

Trail Times



www.GoldCountryTrailsCouncil.org



Official Publication of the Gold Country Trails Council

GCTC is an organization committed to develop, maintain and advocate for safe integrated trails for equestrians and other non-motorized users.

JANUARY PRESIDENT’S MESSAGE

Happy New Year! Welcome 2023! We had fantastic 2022 accomplishing an impressive number of activities, projects, events, and fun. Check out the list in this newsletter.

It was nice to see so many smiling faces at our Thanksgiving feast on November 15th. Our new officers were sworn in, and the 2022 well-deserved Top Hand Award was presented to our hard-working Camp Cook, Debbie Molloy. Not only the camp cook, Debbie also organizes and orchestrates our Thanksgiving Feast every year. Kudos to – and thank you – Debbie!

It is our outstanding volunteers that make GCTC such a success. If you want to be an active part of GCTC, we want that too, and as you’ll see in each newsletter, there are many ways and opportunities

United Trails Day was October 8. With a great showing from the Woods Riders, combined with BONC (Bicyclists of Nevada County) and GCTC volunteers, we worked on trails that had been impacted by the Highway 20 construction project. (I hate to admit it, but for the first time, the Woods riders outnumbered GCTC folks. We will come back strong this year!) GCTC provided a fantastic lunch for the volunteers. Thank you to again to Debbie Molloy and her committed staff. Thank you all!

United Trails Day is truly a unique event, wherein various groups come together with the same goal in mind, of enhancing our amazing trail systems here in Nevada County. Please join us on United Trails Day this year, the second Saturday in October: October 14. In the next couple of years there will be plenty of trail work to be done alongside the Forest Service, in rebuilding the Pioneer Trail.

Our annual Member Appreciation ride and



barbecue at Lone Grave was held on October 15th, with almost 60 people in attendance. Some folks rode, while many simply came to enjoy a beautiful day in each other’s company, and a fabulous meal!



GCTC membership renewal time is almost at a close (January 31), and what a bargain to be able to make such an impact for just \$25! It’s easy to pay on our website (details are here in the newsletter). Please reach out if you need any help signing up online.



We’ve got a grand full calendar worked out for 2023, with club rides, camping trips, workdays, BBQ’s, guided rides and more. Print out the full year’s calendar included in this newsletter, and mark your calendars, so you don’t miss a single event. Then, watch your email for updates from our webmaster, Jaede, as the dates grow near.




It is you who have make all our accomplishments possible. Whether working on trails, serving in positions or on committees, or donating funds for projects, you are what make GCTC a success. Every dedicated volunteer is needed to and appreciated. You are always welcome at our General and Board meetings, and we especially invite you to bring your ideas and enthusiasm. Let’s make 2023 our best year yet.



As always, feel free to contact me with any questions or ideas, President Jamie Canon tra.jamiej@sbcglobal.net or 530-265-8326.





Howdy and Welcome to our newest members!!

Laura Anders
 Patricia Bach
 Kristie Baker
 Courtney Brain and family
 Nicole Green
 Jerry Gridley
 Deborah Johnson
 Jan Kopecky
 Sheila Kumar
 Charles LaCivita and family
 Natalie Reyes and family

Welcome back returning board members!
 Welcome new board members!
 THANK YOU for volunteering your time and your skills.



Stay up-to-date by regularly checking your email!

GCTC 2023 PROPOSED CALENDAR

The new year starts off with a Proposed Calendar, full of exciting events.

Updates will be forthcoming as the year progresses. Be sure to regularly check your email for up-to-date information.

Happy trails to everyone!

<http://www.goldcountrytrailsCouncil.org>

Leaders

Camp Cook: Debbie Molloy
 Communications, Web Site and Social Media:
 Jaede Miloslavich jaede@sbbmail.com
 Forest Service Liaison: Mary Johnson mjshasta@aol.com
 GCTC Apparel Manager: Sandrine Nattkemper snattkemper1@gmail.com
 Historian: Anna Starkey
 Hospitality: **OPEN**
 Membership: Toni Owen toni@owenacctng.com
 Newsletter Editor: Pamela Warmack (510) 697-6625 cows2horses@gmail.com
 Newsletter Assistant: Donna Macmillen
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 Skillman Water Manager: Barry Vaccaro
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 Sunshine: Andrea Duncan sendmailtoandi@gmail.com (510) 295-7600
 Tool Cache Manager: Suzanne & Barry Vaccaro
 Trail Ride Coordinator: Jamie Canon
 Trail Workday Coordinator: Mary Johnson

Gold Country Trails Council Officers

President: Jamie Canon 530-265-8326 tra.jamiej@sbcglobal.net
 V.P.: Helen Crawford
 Secretary: Mary Lundin 530-272-5813 charkrider16@hotmail.com
 Treasurer: Cathy Scott 530-305-1982 ccharlie@suddenlink.net
 Past President: Bernie Molloy 530-802-4089 imarangemaster@gmail.com
 Board Member: Laura Simmons lauraseden@aol.com
 Board Member: Mary McMillan
 Board Member: Bernie Molloy imarangemaster@gmail.com

Minutes of the GCTC Board Meetings and the current GCTC Events Calendar can be accessed on the GCTC Website www.GoldCountryTrailsCouncil.org



Print this page, clip it to your refrigerator, add dates to your calendar, so you never miss an amazing 2023 GCTC event!

JULY

- 4 Mon. 4th of July Parade - Penn Valley
- 11 Tue. General Meeting/ Ice Cream Social 7pm
- 15 Sat. Royal Gorge Ride
- 21-23 Loney Meadow Camp/Work/Ride
- 29 Sat. Western States Endurance Ride (Tevis) non-GCTC event

AUGUST

- 5 Sat. GCTC Trail Workday (TBD)
- 8 Tue. Board Meeting 7pm
- 9-13 Nevada County Fair (non GCTC event)
- 19 Sat. Day Ride TBD

SEPTEMBER

- 9 Sat. Trail Workday- TBD
- 12 Tue. General Meeting
- 22-24 Draft Horse Classic (non GCTC event)

OCTOBER

- 10 Tue. Board meeting 7pm
- 14 Sat. United Trails Day/Workday
- 21 Sat. GCTC Member Appreciation Ride/BBQ- Lone Grave
- 28 Sat. GCTC Member Appreciation Ride/BBQ (rain date)

NOVEMBER

- 14 Tue. General Meeting/ Thanksgiving Feast/Elections/Top Hand Award 7pm

DECEMBER

- 12 Tue. Board meeting 7pm
- 31 Sun. GCTC Membership Renewal

JANUARY

General Meeting **CANCELLED** due to weather
31 Mon. 2023 Membership Due

FEBRUARY

14 Tue. Board meeting 7 pm (all invited)

MARCH

- 11 Sat. Spenceville Area Ride
- 14 Tue. General Meeting 7 pm
- 18 Sat. Spenceville Ride (rain date)

APRIL

- 8 Sat. Day Ride (TBD)
- 11 Tue. Board meeting 7 pm
- 22 Sat. Trail Workday - Lone Grave
- 29 Sat. Trail Workday - Lone Grave (rain date)

MAY

- May Date TBD-Mtn. Bike Races-Gold Country Equestrian Trailhead
- 9 Tue. General Meeting 7pm
- 17 Wed. Skillman Horse Camp Work Day
- 20 Sat. Penn Valley Rodeo Parade
- 24 Wed. Skillman Horse Camp Work Day (rain date)

JUNE

- 2-4 Poker Ride Camping-Skillman
- 4 Sat. GCTC Poker Ride
- 9-11 Western States Horse Expo (non GCTC event)
- 13 Tue. Board meeting 7pm
- 16-18 Wild West Endurance Ride (non GCTC event)
- 23-25 Little Lasier Meadow Camp/Work/Ride

PLEASE NOTE: Dates & times may change. Changes and an updated calendar is always available on the website. Go to: www.GoldCountryTrailsCouncil.org, then click on the "Calendar and Events" tab.



DID YOU KNOW the web and email addresses in each newsletter are hyperlinks? No need to copy and paste, just click on the [address](#) or [email](#) (designated in blue and underlined) and it will open to the destination you desire.



THANK YOU

2022 GCTC TOP HAND AWARD

DEBBIE MOLLOY RECOGNIZED AS GCTC 2022 TOP HAND



The 2022 GCTC Top Hand Award is presented to Debbie Molloy by the 2021 recipients, Laurie Monkman Sweeny and Michael J. Peckham.

Each year, the members of Gold Country Trails Council vote on a volunteer to recognize his or her special contribution to GCTC by awarding them the GCTC Top Hand Award. For 2022, Debbie Molloy was chosen for her tireless efforts over the years.

Debbie presented the award by the 2021 recipients, Laurie Monkman Sweeny and Michael J. Peckman, at the GCTC Thanksgiving Feast in November. Her name joins the prestigious list of past Top Hand Award winners and was engraved on the trophy she received.

As our GCTC Camp Cook, Debbie, has kept us well fed with mouth-watering meals for several years. Members have never gone hungry at the end of a trail workday and other events. Debbie creates, cooks, delivers, and sets up a veritable feast every time (as mentioned in Jamie’s President’s Message)!

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*Members are Invited to Advertise their
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Hey GCTC Members, you may place your business card as advertisement in GCTC publications for just \$5 per issue, or \$25 for the entire calendar year (6 issues). The Newsletter is distributed to all GCTC members, affiliate members, and appears on the GCTC website.

To place your ad, or if you have any questions, please contact GCTC Newsletter Editor Pamela Warmack. You may send a high-quality scan of your business card to her at: cows2horses@gmail.com.

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YOUR GCTC FAMILY CARES ABOUT YOU

One of the many joys of being a GCTC member is receiving some "sunshine" when you need it. The past two years have certainly proved we need sunshine. If you have been the recipient of a lovely GCTC Sunshine card in the past, then you have experienced support when you needed it.

GCTC Sunshine lets you know your GCTC family cares about you and your well-being. Going forward into 2023, we have a renewed supply of sunshine to share in support of our members. If you know of a member who is in need of some GCTC sunshine, Andi Duncan, our official Sunshine person, is the one to contact.

IT'S EASY TO SPREAD SUNSHINE. Just email or call Andi Duncan sendmailtoandi@gmail.com or (510) 295-7600, when you know someone who could use some friendly support. Andi will take it from there!



**THE CLOCK IS COUNTING DOWN...
HAVE YOU REMEMBERED TO RENEW YOUR MEMBERSHIP?**

We're all crazy busy, and with the holidays just behind us, it's a wonder we know if we're coming or going. So, if you forgot about renewing your GCTC membership, you're in luck! **You have until January 31st to do so.**

You may have thought when you saw the first (or second) notice, or when our Membership Chair Toni Owens sent you a reminder, that you would do it tomorrow. Well, tomorrow is here!

If you don't renew by JANUARY 31st, you're no longer going to receive this amazing newsletter! Or all the emails Jaede sends out about the great events GCTC creates! You're going to miss out on all these great people and fun times!

Renewing or joining online is easy— PayPal or credit cards are accepted. More details for online joining are at: <http://www.goldcountrytrailscouncil.org/join-us.html>

If you've already renewed— Yay You! If you can't remember, feel free to contact Membership Chair Toni Owens at toni@owenacctng.com.



RENEW your MEMBERSHIP by *January 31st!*



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Welcome back, and **THANK YOU**, to our continuing GCTC member advertisers!

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2022 GCTC ACTIVITIES AND ACCOMPLISHMENTS



GCTC volunteers completed many hours of trail work, trail head and campground maintenance.

- Cleared trees and brush from the Lone Grave area trails, the Hallelujah and Pioneer Trails. Finished a short re-route on the Dascombe trail.
- Performed annual maintenance and cleaning of Skillman Campground and cleared surrounding trails. Continued sponsorship of a 2-cubic yard dumpster for manure waste.
- Campout and annual maintenance of Little Lasier Meadow Horse Camp and surrounding trails including the Pacific Crest Trail.
- Campout and trail maintenance at Loney Meadow including re-establishing the Lundeen Camp trail, and extensive repair work to the switchbacks on the Bull Pen Lake Trail.
- Cut brush and cleared numerous trees on the Pioneer Trail along Bowman Road. Replaced and improved trail signs.
- Replaced a gate and repaired the corrals at Packsaddle Campground.
- Participated with members of Nevada County Woods Riders (NCWR), Bicyclists of Nevada County (BONC) and the Tahoe National Forest (TNF) on the annual United Trails Day event, working on a section of motorized trail near Last Chance Mine Road. GCTC members prepared and served the lunch for the event.
- Continued cooperation with Nevada County Woods Riders on trail work, especially clearing of fallen trees on the motorized trails as well as the non-motorized trails.
- Participated and represented GCTC in two parades: Penn Valley Rodeo and July 4 Independence Day.
- Held a very successful GCTC Poker Ride Fundraiser at Skillman Horse Camp.
- Coordinated day rides at Spenceville Wildlife Area, the town of Washington, and Royal Gorge. Hosted the annual ride and BBQ at the Gold Country Equestrian Trail Head.
- Continued support and participation for the Pines to Mines Trail, advocating for non-inclusion of electric bicycles.
- Participated in the Bear Yuba Land Trust's "Celebration of Trails" with members and their horses.
- Continued support and advocacy for opening the new sections of Hidden Falls Regional Park trails.
- Reviewed Folsom State Recreation Area Road and Trail Management Plan, supporting some proposed changes and opposing others. Created a template and requested comments to be sent in from GCTC members. Disseminated the information to multiple other groups.
- GCTC Trail Patrol riders and hikers continued as ambassadors on the Tahoe National Forest trails, logging 487.50 volunteer hours.
- Partnered with Backcountry Horseman of California (BCHC) to advocate for safety on trails not suited for a mix of electric bicycles, equestrians, and hikers.
- Started a trail track program using phone trail apps. The tracks to be available on the GCTC web site to download onto a phone app. GCTC members provided instruction on the use of trail apps.
- Provided two new picnic tables at Harmony Ridge Market from a donation by a GCTC member.
- Began creation of an online store for GCTC logo apparel sales for members.
- Continued to promote ongoing cooperative efforts with the Tahoe National Forest (TNF) through meetings with TNF staff and the GCTC Forest Service Liaison and President. This cooperation resulted in grading and new gravel on the road into Skillman, help in clearing large trees, trail discussions in the Lone Grave trail system, relieving bicycle use congestion by creating new trails, updates on the reconstruction of the Pioneer trail due to SR 20 construction and many other topics.
- Through volunteer efforts both on the trails and behind the scenes, GCTC members recorded a total of 1496 hours relating to volunteer work on the Tahoe National Forest, which was reported to the Forest Service.



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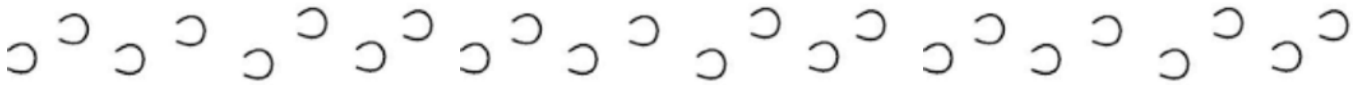
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CAMPING at PACKSADDLE

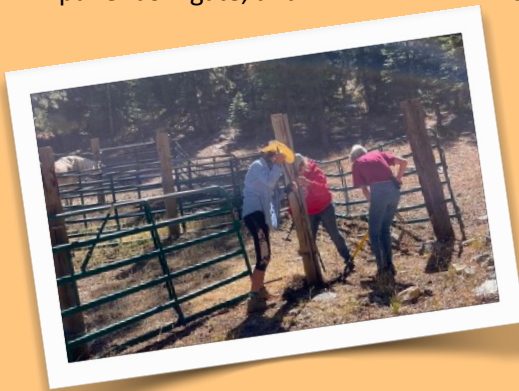


From Sept 29 to Oct 2, 2022, GCTC members Stacey Estrada (along with her friend Holly), Jamie Canon and Mary Johnson enjoyed a long weekend camping at Packsaddle campground near the Sierra Buttes. The campground is now a Pacific Crest Trail (PCT) trail head since the trail was rerouted in 2017-2018. From the campground you can ride to Tamarack Lakes or Deer Lake and beyond.

The weather was perfect, and the views were stunning. Both directions are up hill leaving the campground. The Deer Lake trail is quite rocky with a couple of creek crossings that were easy this late in the season but could be challenging in early summer.



While there, true to GCTC volunteer fashion, the campers made some repairs to the corrals in the campground. A leaning post and sagging gate were replaced with a corral panel bow gate, and another panel.



Packsaddle campground is located in the Gold Lake area near the Sierra Buttes. It is in the Tahoe National Forest and part of the Yuba River Ranger District. The campground was established in the early 1990's and includes a vaulted toilet restroom, a well with a hand pump for drinking water, and four horse pens that are 16' x 16' in size. The campsites have tables, fire rings and bear boxes.

The horse pens are grouped together nearest to site 16, but a few other sites easily accommodate trucks with trailers, which are near enough to the well and somewhat close to the horse pens. The use of portable corrals or high lines are also an option, but the use of a high tie from your trailer is limited.



Site 16: Nearest the horse pens. Will accommodate back in or pull in truck and trailer, some slope. sunny.

Site 15: Park along the wide camp road. Walk into camp area. Good for tent and portable corral, but also near the horse pens. Sunny along road. Shade by camp site.



Site 3: Back in or pull in (depending on length of truck/trailer) Fairly level. Room for tent, portable corral or high line. Shade, with morning sun.

Site 5: Back in or pull in depending on length, fairly level. Shade, afternoon sun. Limited room for tent or portable corral.

Site 7: Back in or pull in (easy), level. Wide site, shade, and sun). Next to small "meadow" which could be wet in the early season. Room for tent, portable corral. This site could accommodate a trailer high tie. Furthest from the well and horse pens.



To see a map of the campsites and more information about Packsaddle, go to: <https://www.recreation.gov/camping/campgrounds/234535?tab=info>.



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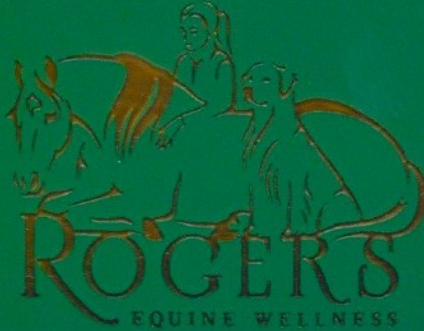


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WHAT HAPPENS ON GCTC WORKDAYS?



If you're new to GCTC, you will have seen several GCTC workdays on our calendar for 2023. You may also be wondering what is expected on our workdays. Wonder no more!

GCTC has been working on many of the trails in the Hwy. 20 corridor since 1981. These are the trails we enjoy so much for riding and hiking. These beautiful trails need our assistance from time-to-time due to harsh winters, overgrown brush, or re-routing for various reasons.

Sometimes we need power saws, stump grinders or other power tools. These are handled by members certified in their operation. Most of the work is done with hand trimming tools, loppers, and rakes. GCTC already has many of the tools we need, however sometimes members are asked to bring their own tools, if available. The work is not labor intensive by any means. We each work at our own pace and take breaks as needed. Then we enjoy a deliciously prepared lunch together!

Typical Fun Workday Schedule:

- 8:30 am Arrive at the staging area for sign in, donuts (YUM), and an explanation of the work to be done
- 9:00 to noon Take a short walk to the work site or carpool if farther away
- Noon Return to the staging area for a fabulous lunch (DOUBLE YUM) prepared by Debbie Molloy and her crew

We typically have 30 or more members at each workday. It's a great time to socialize while creating and maintaining our beautiful trails.

Please join us! If you have any questions, please contact Mary Johnson, Trail Workday Coordinator, by email mjshasta@aol.com or text or leave a message 530-353-0082



WHAT HAPPENS?



FUN HAPPENS!



Make it so horses and equestrians are ALWAYS welcome!

Please do not clean out your trailer at staging areas. Carry a manure fork and scoop up your horse droppings and place them in your trailer to dispose of at home.



LEAVE ONLY HOOF PRINTS



2022 ANNUAL MEMBER APPRECIATION RIDE AND BBQ



Our annual member appreciation ride and barbecue in October was wonderful! Great food was provided by the club to honor our hard-working and dedicated GCTC members. Our mission could not be accomplished without all the great volunteers who always come through for GCTC.

Always one of our favorite events, we can thank one of our lifelong members, Sue Brusin, for implementing this ride. Some years back, Sue wanted to create an event to thank all our amazing volunteers and it has become one of our favorite annual events. Sue continues to mark the trails for the ride every year. Thanks to Cathy Scott for helping Sue mark the trails this year.



Special thanks to our Camp Cook, Debbie Molloy, and our barbecue king, Barry Vaccaro, and his crew, for their delicious preparations. Thank you to Willie Brusin and Tom Fletcher for a fabulous job of directing parking for 27 rigs. Thank you to everyone who contributed food.



A great big *THANK YOU* to all our members who joined the fun, and to all who give of their time and talents to make GCTC shine. The final tally for the day; 36 riders, 23 non-riders and 27 rigs gathered in our Gold Country Trails Equestrian Staging Area.



Equine Gastric Ulcer Syndrome



What are gastric ulcers?

Gastric, or stomach, ulcers are sores that form on the stomach lining. They are common in horses, with the prevalence estimated between 50 and 90%. They can affect any horse at any age but occur most frequently in horses that perform athletic activities such as racing, endurance, and showing. Researchers have found that exercise increases gastric acid production and decreases blood flow to the GI tract. In addition, when horses exercise, the acidic fluid in the stomach splashes and exposes the upper, more vulnerable portion of the stomach to an acidic pH.

The stomach of the horse is relatively smaller in comparison to other species. As a result, horses cannot handle large amounts of food; they are built to graze and eat frequent, small portions of feed for extended periods. In a natural grazing situation, a steady flow of acid is required for digestion, so a horse's stomach produces acid 24 hours a day, 7 days a week – up to 9 gallons of acidic fluid per day, even when not eating. In a natural, high-roughage diet, the acid is buffered by both feed and saliva. When horses are fed two times per day, which is common in many boarding situations, the stomach is subjected to a prolonged period without feed to neutralize the acid. In addition, high-grain diets produce volatile fatty acids that can also contribute to the development of ulcers. Physical and environmental stressors such as transport stress and stall confinement are additional risk factors. Lastly, chronic administration of some nonsteroidal anti-inflammatory drugs (NSAIDs) such as phenylbutazone (“bute”), flunixin meglumine (banamine) or ketoprofen can decrease the production of the protective mucus layer of the stomach, making it more susceptible to ulcers.

What are the clinical signs of gastric ulcers?

The majority of horses with gastric ulcers do not show outward clinical signs and can appear completely healthy. Subtle signs may include:

- Poor appetite
- Dullness
- Attitude changes
- Decreased performance
- Reluctance to train
- Poor body condition
- Poor hair coat
- Weight loss
- Low grade colic
- Girthiness



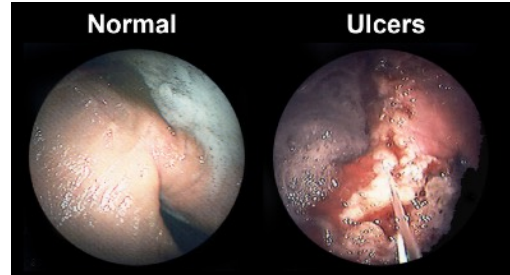
More serious cases will show abdominal pain (colic) and/or grinding of the teeth. Some horses are found on their backs (especially common with foals) since this position seems to provide some relief from severe gastric ulceration. Others will walk away from food if they experience discomfort when the food first reaches the stomach.

Clinical signs of ulcers in foals include intermittent colic (after suckling or eating), frequent recumbency,

reduced nursing, diarrhea, poor appetite, a pot-bellied appearance, grinding of teeth, and excess salivation. When a foal exhibits clinical signs, the ulcers are likely to be severe and should be diagnosed and treated immediately.

How are gastric ulcers diagnosed?

Gastric ulcers can only be diagnosed definitively through gastric endoscopy, or gastroscopy, which involves placing an endoscope into the stomach and looking at its surface. This procedure is easy to perform, is minimally invasive, and allows for the evaluation of the esophagus, stomach, and small intestine. A tentative diagnosis can be made based on clinical signs and how the horse responds to therapy. How are gastric ulcers treated?



There is currently only one pharmaceutical treatment – omeprazole – approved by the U.S. Food and Drug Administration (FDA) for gastric ulcers in horses. Omeprazole is available as a paste formulation and has been very effective in preventing and treating gastric ulceration in all types of horses and requires administration once a day. Due to the cost of this product, some compounding pharmacies prepare and sell paste or liquid omeprazole at cheaper prices. However, several studies have shown that the amount of active omeprazole in those products is lower than the label. Horse owners should be wary of claims for products that are not controlled or regulated by the FDA or evaluated in scientific studies. While those products may be less expensive to purchase, they may be more costly in the end due to inefficacy.

For severe ulcers associated with pain, sometimes a medication called sucralfate is added to the treatment regimen. Sucralfate coats the ulcers, provides symptomatic relief, and can aid ulcer healing along with omeprazole. However, sucralfate should not be administered at the same time of day as omeprazole.

Treatment should be given for a full month, followed by a recheck endoscopy to confirm complete healing.

What is the prognosis for gastric ulcers?

The prognosis for affected horses is generally good. Gastric ulcers can be treated and prevented relatively easily. Most heal within four weeks of treatment.

How can gastric ulcers be prevented?

The following management techniques may assist in preventing ulcers:

- Feed horses frequently or on a free choice basis (pasture). This helps to buffer the acid in the stomach and stimulate saliva production, nature's best antacid.
- Reduce the amount of grain and concentrates and/or add alfalfa hay to the diet. Discuss any feed changes with your veterinarian so that medical conditions may be considered.
- Avoid or decrease the use of anti-inflammatory drugs. If anti-inflammatory drugs must be given, use newer, safer ones such as firocoxib, if appropriate and under veterinary recommendations.
- Limit stressful situations such as intense training and frequent transporting.
- If horses must be stalled, allow them to see and socialize with other horses as well as have access to forage.

<https://ceh.vetmed.ucdavis.edu/health-topics/equine-gastric-ulcer-syndrome>

By Amy Young, July 29, 2019 • Reprinted with permission by the UC Davis Center for Equine Health

Equestrian Update at Placer Land Trust Big Hill Preserves



A big **Thank You** to the twenty GCTC members who recently expressed interest in assisting Placer Land Trust (PLT) Recreation Manager Christy Lea Claes introduce more equestrians to Taylor Ranch and Kotomyan Big Hill Preserves trails which are part of the Hidden Falls Trails Expansion project. Your names and contact information have been added to Christy's growing list of interested riders.

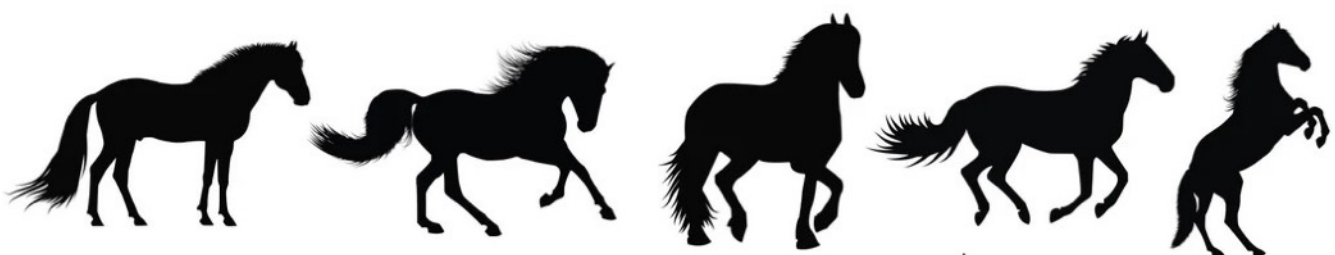
The recent rains, while certainly welcome, soften access into the preserves' temporary staging area and trails. On an adjoining parcel,

Placer County plans to construct a permanent staging area, complete with dedicated and robust trailer parking. But for now, access and parking at Taylor Ranch Preserve is constrained by a rutted single-lane, unpaved drive, and very thinly graveled interim parking area. Despite all the rain, preparations continue for increasing equestrian trail use at the preserves. Much of the volunteer work is being done by mountain bikers such as Jim Haagen-Smit, who have been pitching in to limb up trees along the trails to a 10-foot height clearance. GCTC is helping Placer Land Trust evaluate equestrian-friendly latches for the seven internal trail gates, which we will install once PLT makes a final selection.

A few GCTC riders managed to do a test ride December 19. Sustainable rotational cattle grazing takes place on the preserves in the winter and spring, and the interim parking area is within a primary pasture. Several curious mama cows and a few youngsters wandered over to, and between, our rigs to check things out. Laura Simmons demonstrated in a slow but steady manner how to encourage the mooers to move away. We discovered a flat tire on one of the trailers but figured we would change it after our trail ride. PLT Preserve Steward Volunteers had chain sawed and cleared downed trees on the trails a couple days before our ride, but on Dec 19th Preserve Steward Volunteer Jeff Morton came out on his mountain bike to do one final check before we hit the trails. After our ride, we got to meet several of the Placer Land Trust staff who were holding their Holiday Party at the preserve. An unexpected but very welcome gift from Jeff and one of the PLT staff members was the changing of the flat tire while we were out enjoying the trails.

Placer Land Trust will continue to develop the Equestrian Access Program over the next several months, weather permitting. For more information on Placer Land Trust go to <https://placerlandtrust.org>.

~ Submitted by Cathy Scott





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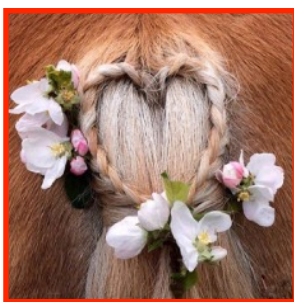
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COMPLIMENTARY PLAN REVIEW

Happy New Year to you! We are currently in the Open Enrollment Period for Medicare Advantage Plan changes which runs from January 1, 2023, through March 31, 2023. As always if you need assistance with your Medicare plan choices or enrollment, I am happy to help.

Thank you!

Sincerely,
Catherine Pegeron



DEADLINE!



Just a reminder: while you're mucking out stalls and paddocks, please keep in mind articles, letters, and photos are due by the 15th of the month before the newsletter issue to the editor!

The next newsletter deadline: February 20

