

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

Greetings Everyone! How about a quick quiz to start? How old was Secretariat when he won the Triple Crown, and what records did he set? (Answers hidden in the newsletter.)

I'm sure you've gone through the GCTC calendar (available on our website) for 2023 and you've penciled in all our wonderful events on your calendar. March presents an opportunity for you to climb into the saddle on our first annual ride of the year at Spenceville Wildlife Area on March 11 (rain date: March 18). It is a magical place to ride in the spring. Plan to bring a lunch and we will tie the horses at a beautiful spot for lunch.

Our March general meeting will be held March 14th, as always, the second Tuesday of every other month. Please join us and bring your ideas and enthusiasm so we can make 2023 the best GCTC year ever. It can only happen with **YOUR** participation!

Our annual "New Member Social" is scheduled for Tuesday, April 11th. All new members are invited. We will have seasoned members attending who are always happy to meet, connect, and get to know and mentor new members. Whether you are interested in working on the trails (our club mission) learning the trails, or horse camping in the Sierras, there are members who can share their enthusiasm and are happy to help you participate. This is an opportunity to meet your GCTC officers as well. Join us and find out what's coming up this year, what we do as a club, and more.

We are working on coordinating at least one "Tulip" ride in April at Ananda/Crystal Hermitage Gardens where 19,000 tulips will be in bloom. Information will be emailed to members as arrangements are made.

Helen Crawford has graciously volunteered to

chair our annual GCTC Poker Ride this year. On the calendar for June 3rd, Helen is already hard at work ironing out the details. Please be sure to reach out to her and let her know where and how you'd like to help. Gathering prizes is a big part of a successful Poker Ride, so to let her know how you can help in that department. A sumptuous lunch is planned as well. Volunteers are needed for many tasks, and ask you know, **many hands make light work**. This event is another fantastic opportunity to meet fellow trail enthusiasts.

Mary McMillan has taken the "reins" of our GCTC Trail Patrol. It will undoubtedly be a resounding success with Mary at the helm. Be sure to watch for information about how you can participate. GCTC introduced the Trail Patrol program a few years ago and it is a worthy component of GCTC.

Be sure to keep an eye out for the latest membership roster coming out soon. Toni Owen has been working hard to get it put together – not an easy task. Everyone benefits from Toni's contributions to GCTC. Kudos and a Big THANK YOU to Toni for her huge behind the scenes contributions to GCTC.


THANK YOU TO ALL GCTC leaders and volunteers. **IT IS ONLY BECAUSE OF YOU** that we accomplish our annual goals for trails, enjoy all the fun social events we love, and add new events for our enjoyment throughout the year(s)!

Happy Trails to all! As always, feel free to contact me with any questions or innovative ideas. Let's make it happen.

[President Jamie Canon](#)


(530) 265-8326





Howdy and Welcome to our newest members!!

The Benson Family
 Alex Bruner
 Deb Henry
 Cynthia Lane
 Janice Wong



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

Thank You
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Members who
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Ahhh, Spring...

<http://www.goldcountrytrailsCouncil.org>


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 Forest Service Liaison: [Mary Johnson](#)
 GCTC Apparel Manager: [Sandrine Nattkemper](#)
 Historian: Anna Starkey
 Refreshment Manager: Phyllis Fanning
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 Trail Ride Coordinator: Jamie Canon
 Trail Workday Coordinator: Mary Johnson

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DID YOU KNOW the names and web addresses which are in blue text and underlined in each newsletter are hyperlinks? No need to copy and paste, just click on the text, for example, [name](#), and it will open to the destination or person you desire.



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

	MARCH APRIL 2023		

MARCH

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

APRIL

- Sat. Day Ride (Date/Location TBD)
- 11 Tue. Board meeting 7pm
New Member Social
- 22 Sat. Trail Work Day - Lone Grave
- 29 Sat. Trail Work Day - Lone Grave (rain date)

PLEASE NOTE: Dates & times may change. Changes and an updated calendar is always available on the website: www.GoldCountryTrailsCouncil.org
Click on the "Calendar and Events" tab. Also check your email for the latest updates.



GET READY TO RIDE! AT SPENCEVILLE WILDLIFE AREA



The first club ride of the season is scheduled for Saturday, March 11th at Spenceville Wildlife Area (weather permitting). There are several creek crossings that will probably be at their highest, but crossable. We would advise shoes or front boots as there are some rocky areas. Please be aware there are hundreds of cows pastured in Spenceville this time of year. The drive in on the road isn't as bad as it has been in the past. HOWEVER the going is still slow and rough in spots. The staging area is yet to be determined, so watch your email for updates.



We will be in the saddle for approximately 3 hours and at least a 1/2 hour for lunch at Horse Shoe Pond. There are picnic tables and trees to tie your horse.

(For those who would like a longer ride let Jamie know when you RSVP and we will accommodate you.) The cell reception there is sketchy to non-existent. We do have two Spenceville GPX files on our website, including last year's ride: <http://www.goldcountrytrailsCouncil.org/gpx-trail-resources.html>

If the weather doesn't cooperate on the 11th, a rain date is scheduled for the following weekend, March 18th (again, weather permitting).

GCTC members and guests are invited, but **you must RSVP to reserve your spot!** Call or email if you would like to join us or have any questions. Directions can be provided when you RSVP.
[Jamie Canon](mailto:Jamie.Canon@goldcountrytrailsCouncil.org) or (530) 265-8326



COME ONE, COME ALL!
**TO THE GCTC MARCH
 GENERAL MEETING
 TUESDAY, MARCH 14TH
 7 PM
 GOLDEN EMPIRE GRANGE
 11363 GRANGE LANE, GRASS VALLEY**

Join friends and make new friends as GCTC members gather to participate in the workings of club. Bring your enthusiasm and ideas to share. Then learn about the amazing variety of birds in the Spenceville Wildlife Area from our guest speaker, Rudy Darling, of the Audubon Society.

Rudy is returning to share Part 2: The Birds of Spenceville, a veritable hotspot for birding—and just in time for our Springtime riding adventures. Rudy will share what to look out and listen for as we enjoy this beautiful area, right in our backyard.



Put those bell boots to use!

Solved it, no more taking my boots off every 5 minutes to tip the hay out 🙌



Look for the **“Golden Empire Grange”** sign on Le Barr Meadows Road.

Be aware, the driveway is narrow and easy to drive right past.



Really...



THANK YOU to our continuing GCTC member advertisers!

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Welcome
New Members

GCTC NEW MEMBER SOCIAL
JOIN US!

TUESDAY, APRIL 11TH
7 PM
GOLDEN EMPIRE GRANGE



All new and "old" members are invited to meet and get to know each other at our New Member Social on April 11th. New members, this is your opportunity to meet the club officers, find out what's coming up this year, what we do as a club, find out how you can participate and enjoy GCTC, get your questions answered, meet other members, and enjoy refreshments as we get to know each other. We all talk "horse," so please join us.

We will go over much of what we do and why we do it, explain the mission and vision of GCTC, and an overview of the things we do, and how much your volunteering helps in so many ways. We will talk about Trail Patrol, horse camping, day rides, parade opportunities, what we do on workdays, our upcoming annual Poker ride, and more. We will have an open forum providing you the opportunity to ask questions. Of course, as always, tasty healthy and some not-so-healthy snacks and refreshments!

We encourage established members to attend so you can meet and welcome new members and offer your mentorship.

We look forward to seeing you there, new members and "old." More info. to come in your email, but you must RSVP, so we can plan a great bash!






GCTC WORKDAY @ LONE GRAVE April 22 (Rain date: April 29)

The end of April should be a great time to get our trails in shape after all snow has melted (maybe...). Plan on joining us April 22nd to clean up and enhance the trails we enjoy so much for riding and hiking.

While the work with power tools is 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! It's a great time to socialize while creating and maintaining our beautiful trails.

Our Typical 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

Please plan on joining us in April! If you have any questions, please contact [Mary Johnson](#), Trail Workday Coordinator, by email, or text or leave a message 530-353-0082.



Alexandra Rogers
Equine Body Worker
Certified EEBW & ABMP Insured

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Julia M. Urcis, L.Ac. ~ CA license #18932



GCTC STRATEGIC PLAN UPDATE

A GCTC Strategic Plan meeting was held on January 17th to update the organization’s 2017 Strategic Plan. In attendance were Jamie Canon, Cathy Scott, Mary McMillan, Bernie Molloy, Andi Duncan, Jaede Miloslavich, Laura Duncan, Helen Harvey, and Jeffrey Foltz. The group updated the Strategic Plan Goals and discussed the projects and actions the Board can undertake over the next three to five years.

A short survey of the membership will also be done to complement the strategic plan update. Following the survey, the select group will convene to finalize the plan. There will be other opportunities to provide input. Once the working committee completes the update, it will be forwarded to the Board for their review and approval and membership acceptance.



Good food kept the group going.

Members can find the previous 2017 Strategic plan on the GCTC website:

<http://www.goldcountrytrailsCouncil.org/about--history.html> or from the main page under the ABOUT/HISTORY tab. Scroll down to the strategic plan and click to open the Strategic Plan where you can find the Goals and Projects.

If you have project ideas you would like to be considered, email them to Jamie Canon or text at (530) 409-9436.

~ Submitted by Jeff Foltz

REMEMBER TO “SPRING FORWARD”

DAYLIGHT SAVING TIME - MARCH 12TH



MEMBERS ARE INVITED TO ADVERTISE THEIR BUSINESS IN THE GCTC NEWSLETTER


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, or to send a high-quality scan of your business card to her please contact GCTC Newsletter Editor Pamela Warmack.

Then, send a check for your advertising to:

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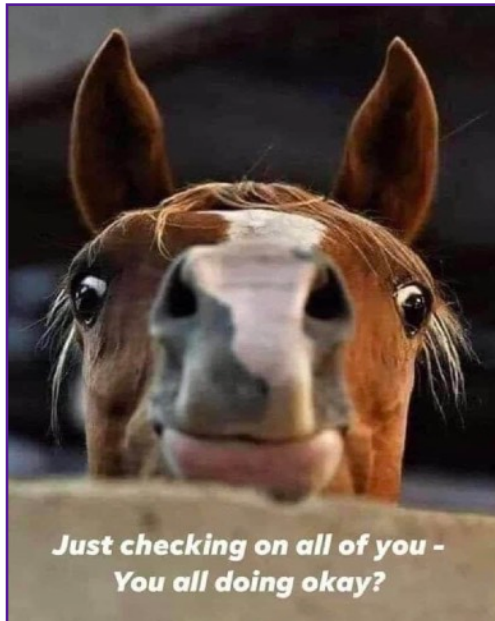
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LIVING INDEPENDENTLY AND STAYING CONNECTED

Many people in the GCTC "family" live necessary and successful independent lives. It is awesome to know that people are strong, healthy enough and determined to function successfully on their own, but also have a strong awareness of needing a backup for those times when things don't quite go as planned. Although there is awareness of need, sometimes we fail to act on making sure we have a backup plan when something does go wrong. Now is a good time to implement a plan if you don't have one in place.

With today's technology it can be as simple as carrying a cell phone... have it in your pocket or in a case attached to your belt or something that keeps it on your person—not on your horse or on your ATV when you need it. Avoid these types of "whoops" with no back up. One member relates the following whoops: the brush I was dragging snagged my glasses,

removing them from my face onto the ground and I couldn't find them... the cord of my electric leaf blower caught the ladder and knocked it down while I was on the roof... perhaps the more serious one when my horse got tangled in some loose wire, and I needed help! Fortunately for this member, help was but a phone call away.

For those into technology, there is the Apple watch (or similar) that will detect if you fall and will ask if you need help, then contact your desired person if required.

But at the very least, have a daily check in with another human. There is peace of mind having someone know you are starting your day and/or have made it through the day, EVERY DAY. For instance, sometimes we ride alone and it's reassuring to know there is someone waiting to hear we're safely back home with a quick call, "Yes, I'm home and just fine."

With that thought in mind, and for those GCTC members who don't have a check-in person, Cheryl Herr is offering to organize, or match up, GCTC members with each other to facilitate a "check in" link. It is her hope that no one will feel alone, while others can help someone else in the club.

Cheryl will take the names and phone numbers of any member of GCTC who would like to be connected with someone for a daily check-in. She will do her best to pair two members who live fairly close to each other, just in case. This is completely confidential, and those who sign up need to be faithful to the "check-in process" so that the other person doesn't worry or, so to speak... sound-the-alarm.

Cheryl is open to ideas, suggestions, and needs from those who wish to sign up and welcomes comments on technology or on check-in techniques that have worked for them.

Contact [Cheryl Herr](#) via email, or text or phone: 831-620-2314.

HAPPY TRAILS!





NEW LEADERSHIP FOR GCTC TRAIL PATROL



Began a few years ago, the GCTC Trail Patrol is comprised of Gold Country Trails Council Members who have volunteered to be ambassadors on the trails in the Tahoe National Forest. The riders report the hours they spend monitoring the trails and often give a short report on any trail conditions that may need attention, such as downed trees or interactions with other trail users. Patrol Volunteers are welcome to provide as much information as they like, or is needed. As ambassadors, they interact with other trail users and can assist by providing directions or general information about an area, if needed, or just provide a friendly, "Hello!"

When the Trail Patrol volunteers report their hours spent on the trails, GCTC gains credibility as a volunteer partner with the Tahoe National Forest. That in turn aids GCTC in having a voice in planning for trails, campground maintenance, and changes or improvements the club would like to see happen.

Mary McMillian has assumed the "reins" of the patrol and more information will soon be available as to how you can participate. A big shout out to Helen Harvey should be given for establishing and managing the Patrol, as well as creating the GCTCtrailpatrol@groups.io online for communication and reporting.



At age three, Secretariat not only won the Triple Crown, but he also set speed records in all three races. His time in the Kentucky Derby still stands as the Churchill Downs track record for 1-1/4 miles, and his time in the Belmont Stakes stands as the American record for 1-1/2 miles on the dirt.



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COMPLIMENTARY PLAN REVIEW

Just one month left in the Open Enrollment Period for Medicare Advantage Plan changes which runs until 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

JUST A FEW COMMENTS FOR THE 2022 GCTC TOP HAND: DEBBIE MOLLOY

"She has been diligently and happily cooking for our events for years now. It is an unsung job and a tremendous amount of work and planning. She not only plans the menu calculate the amount of food then gathers all the ingredients, then prepares everything. All must be packaged for travel and transported to the venue with all the necessary accoutrements. From bowls and serving utensils to eating utensils, napkins condiments etc. etc. etc. And always enough for everyone."

"My vote is for Debbie Malloy. She has tirelessly fed us at all our events and meetings with delicious and wonderful food and does so graciously."

IN CASE YOU HAVE NOT
BEEN ADEQUATELY
INFORMED,

"Debbie Malloy has been working so hard the last several years making sure we are all fed at many of our events and workdays. That is a lot of work! She always does a great job also. Dependable and friendly. She makes trips to Costco for us, and I have heard her say " I really appreciate our group so much!" Plus, she makes GREAT food."

"During Covid, Debbie researched and implemented Health Department regulations so that GCTC could continue to safely serve food. Debbie is not a flash in the pan member who shows up for a year or two, she's been consistently showing up for over 10 years. Her generosity with providing meals also extends to members who have been incapacitated and unable to cook. Debbie serves food with a smile and makes everyone feel welcome even when she herself is suffering."

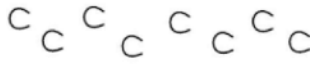
"Debbie puts in many hours behind the scenes planning, shopping, and preparing so many delicious meals for club events. She then transports, sets up, serves, and cleans up all while being cheerful and welcoming. The planning, preparation and love that Debbie puts into these meals is evident in every bite."

"For many years, Debbie has been the lead food person for our club events, Thanksgiving feast, United Trails Day, Poker Ride, member appreciation BBQ, and workdays. She and her husband give their time and energy and don't even ride or own horses anymore."

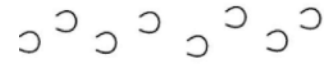
PLEASE CONSIDER THIS
OFFICIAL NOTIFICATION
THAT YOU ARE AWESOME.

"Debbie Molloy for Top Hand. No one does more and is recognized less than Debbie. She has quietly done all the behind the scenes work of planning and prepping meals for our activities for many years. Never does she complain or refuse to step up. Debbie is very deserving of this award. She is an unsung GCTC volunteer who keeps workers fed and manages food operations for events."

"Debbie Molloy for Top Hand, year-in and year-out Debbie has been providing meals to our members, which are much appreciated. Debbie works extremely hard for our club, feeding our volunteers AND managing the food for all our meetings and big events. Hers is a big job, and she does it well, always with a smile on her face! She is very deserving of this award."



Hidden Falls Gold Finch Trail Repair



Hidden Falls Regional Park's popular multi-use Gold Finch Trail got a much-needed upgrade to address a troublesome section that gets extremely boggy and slick in winter and spring. The section of the trail is just north of where Great Egret Trail abuts Gold Finch. To avoid getting stuck in the muck, trail users migrated up and around the bog, creating more mud, and further exasperating the problem.

Trail users are asked, if encountering a muddy section of trail, to stick to the trail to avoid widening it. If the footing feels unsafe, report the issue to the land manager. Avoid using the trail until conditions improve.

The Gold Finch Trail repair project was initiated by local trails volunteer Jim Haagen-Smit, who approached Placer County Parks about the problem and spearheaded a solution. Placer County provided the materials: perforated drainage pipe, permeable landscape fabric, cobblestone, and gravel. Planning and labor were done entirely by a diverse volunteer group of cyclists, trail runners, hikers, and an equestrians. Jim and Jeff Morton brought equipment to transport the materials and install the project.



At the completion of the project, we greeted several types of trail users enjoying the newly mud-free section of trail.

~ Submitted by Cathy Scott

START TODAY thinking about DONATIONS FOR THE POKER RIDE It can be anything you think someone would enjoy!

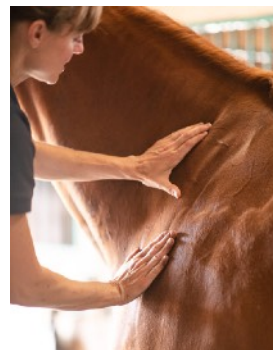
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Let GCTC know what you have or have in mind!
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Equestrian Update at Placer Land Trust Big Hill Preserves

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



GCTC members Jeff Foltz and Jerry Gridley, along with a PLT volunteer, working on installing Kiwi-Style Chain latches and replacing barbed wire with barbless wire near gates.

GCTC members, on the following page you will find the Tahoe National Forest (TNF)

"LEAVE ONLY HOOF PRINTS" half sheets.

Please print out a couple dozen of these, cut them in half, and have them in your vehicle so you can leave one behind on rigs in the areas we maintain.

It thanks those who are picking up after their horses, and reminds those who haven't.

This REALLY helps! Many folks don't even realize they are leaving trail heads in an unpleasant state, and helps us to maintain a good relationship with non-riders.

Thank you!



Leave only HOOF PRINTS

A Tahoe National Forest program where horses leave only great impressions.

- To those who have already picked up after your horses, THANK YOU!
- Don't spread manure to the adjoining bushes. Take it with you.
- Please pick up all manure around your trailer. Take it with you.

LEAVE ONLY HOOF PRINTS

...in the staging, parking and picnic areas.



Leave only HOOF PRINTS

A Tahoe National Forest program where horses leave only great impressions.

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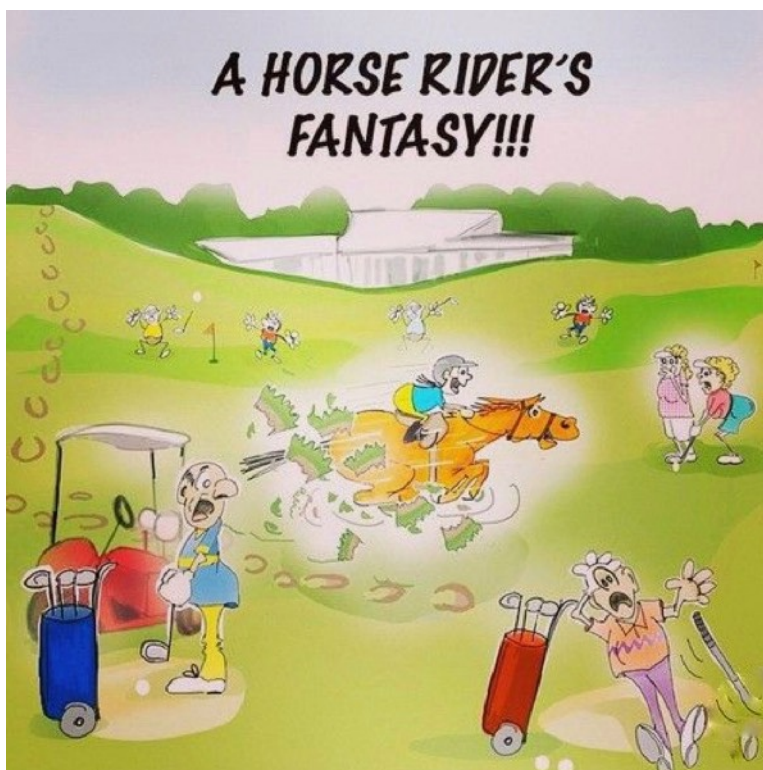


DEADLINE!



Just a reminder: while you're mucking out stalls and paddocks, Or digging out from all the snow, 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: April 15



THAT WIDE SWATH OF PERFECTLY GROOMED GRASS IS OH SO TEMPTING!!!