

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.

PRESIDENT'S MESSAGE

My goal as your GCTC president is to inspire you and encourage you to get actively involved in Gold Country Trails Council. You joined the club because you are interested in trails, horses, hiking, wilderness and so many other reasons, and we welcome your ideas and passion. Let me know what your concerns and or ideas are for moving the club forward this year and in the years to come. Let's implement your ideas and make them happen.

SOOO many fun events are planned for this year. Although it may be a bit of a challenge with all the proposed Caltrans work going on Highway 20 above Nevada City.

Our annual Poker Ride is a GO this year, so let's have a party!. We are dedicating the ride to a Lifetime GCTC member, Penny Avery. Penny created and organized our first GCTC poker ride 31 years ago, and she and her husband ran the poker ride for several years.

This year, Laura Duncan is our Poker Ride Manager and is working diligently to make it a huge success. All the campsites at Skillman were booked in record time as soon as the ride was announced. As I write this, we are almost sold out on ride entries. Advice for the future: get your entry in as soon as the poker ride is announced!

To truly make the ride a success, we need YOU to volunteer to do various tasks. Please watch for emails regarding that need. We also ask members to bring a donation for a prize to the May 10th General Meeting. Thanks in advance to everyone who will help make this year's poker ride a fabulous success.

We have other fun events and activities planned for the year ahead. Please check the 2022 activities calendar often on our website, peruse the most recent edition of our newsletter, watch your email, and save the dates.

As you know, GCTC has a long history of working actively to develop, maintain and preserve public access to local trails. During this long history, many people have worked tirelessly initiating our mission and fulfilling it. These people may not be familiar names to you, and you may not have seen them at our meetings. Nevertheless, they play and/or played vital roles in providing and protecting the amazing trails we enjoy today. I was recently reminded of a story of a long past member by one of our club's past presidents, Karen Schwartz.

If you ride at Lone Grave, more than likely you've ridden the "Dascombe" trail. There is a colorful history behind the name of that trail. Although Ruth Dascombe has now passed, as the great-granddaughter of the famous Nez Pierce, Chief Joseph, she lived every moment to the fullest while she had the chance. It is said she was totally fearless, and her exploits on horseback are legendary. She reportedly rode a horse into a crowded San Francisco bar on a dare during a parade to celebrate the opening of the Bay Bridge. She also liked to ride two horses at once, Roman style, on Ocean Beach. Her adventurous attitude and can-do spirit are an inspiration to us all.

So, think of Ruth Dascombe and promise yourself to try something new this year (although perhaps not riding into a bar). Attend one of our day rides or horse camp/work/ride weekends. Volunteer to help at a trail workday, the Poker Ride, or join a GCTC committee. Having fun together is one of the best ways to get to know other GCTC members (who just happen to be amazing people!) and to continue the GCTC tradition of trail adventures, preservation, development, and fun. Yes, FUN!

~ Jamie Canon

LET'S HAVE A PARTY!

Howdy and Welcome to our newest members!!

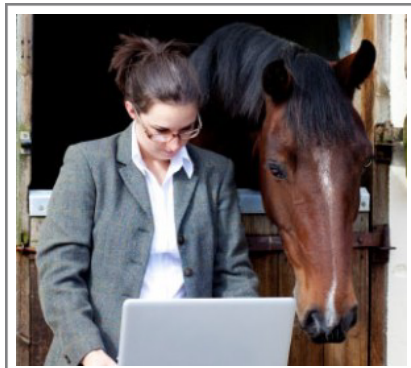


- Jade Anderson
- Margaret & Greg Antonoff
- Victoria Borges
- Amber Clark
- Susan Crum
- Dawn Elliott
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- Callie Hill
- Lynne Holochwost
- Ann Goldberg
- Cheryl Laudato
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- Heidi Rodriguez
- Donna Stafford
- Michael Stine
- Joyce Syftestad
- Coralie Vandermeersch
- Joanne Vavak

DID YOU KNOW the web and email addresses in the 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.



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



<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: **OPEN**
- Historian: Anna Starkey
- Membership: Toni Owen toni@owenacctng.com
- Newsletter Editor: Pamela Warmack (510) 697-6625 cows2horses@gmail.com
- Parades: Linda Lanzoni
- Poker Ride Fundraiser: Laura Duncan
- Program Director: Helen Crawford
- Publicity: Teresa Dietrich
- Refreshment Manager: Phyllis Fanning
- Skillman Water Manager: Barry Vaccaro
- Skillman Campground: **OPEN**
- Sunshine: Andrea Duncan sendmailtoandi@gmail.com (510) 295-7600
- Tool Cache Manager: Suzanne & Barry Vaccaro
- Trail Rides: Jamie Canon

Gold Country Trails Council Officers

- President: Jamie Canon 530-265-8326 tra.jamiej@sbcglobal.net
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- 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: Miriam Lytle tomiriam@rocketmail.com
- Board Member: Teri Personeni 530-273-9144 teri@teromorgans.com

Minutes of the GCTC Board Meetings and the current 2022 GCTC Events Calendar can be accessed on the GCTC Website www.GoldCountryTrailsCouncil.org

	MAY JUNE 2022		

MAY
 10 (Tue) General Meeting – **ALL WELCOME**
 13 (Fri) GCTC Washington Day Ride
 18 (Wed) Workday @ Skillman
 21 (Sat) Penn Valley Rodeo Parade
 22 (Sun) Loomis Basin Equine Medical Health Fair - GCTC Booth
 25 (Wed) Workday -- rain date

JUNE
 4 (Sat) GCTC Annual Fundraiser Poker Ride
 14 (Tue) Board Meeting (all welcome)
 17-19 (Fri-Sun) Wild West Endurance Ride (non-GCTC event)
 24-26 (Fri-Sun) Work Weekend/Ride/Camp @ Little Lasier Meadow



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.



**WE HOPE
TO SEE
YOU AT THE
MEETING**

MAY GCTC GENERAL MEETING!
TUESDAY, MAY 10th, 7 PM
(Everyone's Invited!)

GOLDEN EMPIRE GRANGE
 11363 Grange Lane, Grass Valley

**Please Bring Your
POKER RIDE DONATIONS!**



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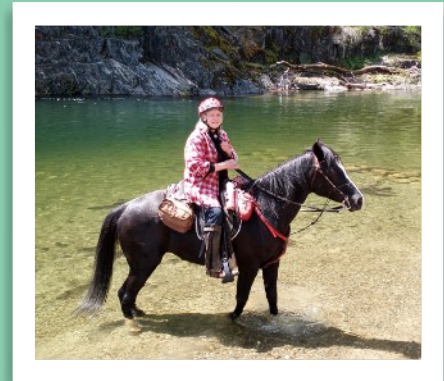
Or a donation from your favorite store

Let Ride Manager Laura Duncan know what you have:
PokerRideGCTC@gmail.com

**ALTHOUGH THE WASHINGTON DAY RIDE IS FULL,
THERE IS A WAITING LIST!**

GCTC folks rode the trail recently and found it passable. But, there is one section left with trees on the trail that are somewhat tricky as they are large (to get over) and near the edge of a drop off. It is not for the faint of heart on a questionable steed. We will also have to cross HWY 20 coming and going. Also be aware of the delays due to road construction—all summer, ughh....

It's a long way down to the town of Washington, so most of the entire ride down, down, and down—which means...a long climb back out. Approximately 6 miles down, then 6 miles back up and out. Horse and rider should be in decent condition for that climb at that altitude. The change in elevation is over 1800'. Your horse should have shoes, or at least front boots, if not all four. A breast collar is recommended for the long uphill ride out. A crupper, if need be, for the ride down. The ride is approximately 6 hours, including lunch.



- WHEN:** Friday, May 13
- WHERE:** RSVP for staging location
- TIME:** Be in the saddle and ready to ride at 10:30
- LUNCH:** We can have lunch at the Washington Hotel or bring a lunch. We are going to pre-order lunches. When you RSVP, you'll receive a copy of the menu.
- PACK:** Bring drinking water for yourself on the trail. Money for lunch. There is some horse water on the trail. There will be horse water at the lunch stop. Bring a halter and lead rope to tie your horse for lunch.

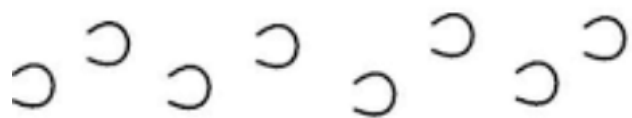
The cell reception in Washington is non-existent.
Call or email if you would like to be on the wait list or have any questions.

TRAIL COORDINATOR:
Jamie Canon
tra.jamiej@sbcglobal.net or 530 265-8326

Alexandra Rogers
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GETTING SKILLMAN HORSE CAMP READY FOR POKER RIDE & CAMPING

GCTC Workday



WHEN: Wed, May 18 (Rain Date: May 25)
SIGN IN: 8:30 AM
WORK BEGINS: 9:00 AM
WORK ENDS: Noon with lunch provided by GCTC

WHAT: The primary work will be cleaning up the horse camp for the upcoming camping season.

WHERE: Skillman Campground Approximately 15 miles from Nevada City on Hwy 20. One mile past the Vista Point. Turn off is on the right. Follow the short road to Skillman campground and park in camp site #2.

LUNCH: Lunch will be served at approximately 12:00 with care (and with COVID safety protocol if necessary). A delicious/nutritious lunch will be served by our smiling lunch crew, headed up by Debbie Molloy. No charge for GCTC member trail workers!

RSVP REQUIRED FOR LUNCH: RSVP to Debbie Molloy a241mom@gmail.com or text 530-802-4088. If you require a vegetarian lunch, please let Debbie know when you RSVP.

WHAT TO BRING: Bring rakes (garden & leaf), tubs or wheelbarrows, loppers, hand saws, pruners, pole pruners, etc. Please bring a chair. Bring WATER and snacks. GCTC will have some loppers available to use.

WHAT TO WEAR FOR SAFETY: Long pants, long sleeve shirts, close-toed shoes, GLOVES.

RSVP & QUESTIONS? Contact Mary Johnson to let her know you're coming or if you have any questions, by email mjshasta@aol.com, or text or leave a message at 530-353-0082.



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PENN VALLEY PARADE

The 2022 Penn Valley Rodeo Parade is on! Come join GCTC as we show our stuff! This is the first one in 3 years: rained out in 2019 and cancelled due to Covid in 2020 and 2021.

Everyone loves a parade and thrilling the spectators. We need as many riders as possible AND we need two members to proudly carry our GCTC banner. It's a blast! Currently, we have 4 riders rearing to go, but we need more and we need 2 more to carry our GCTC banner. Sadly, if we don't have enough participants, we will have to pull out. Please let Linda know ASAP if you are ready to show your GCTC spirit!

- Date:** Saturday, May 21
- Time:** 3:00 pm
- Staging:** Show up by 1:30 pm
- Place:** Stage at Gateway Park
- Dress:** ORANGE t-shirts, blue jeans, Helmet (preferred) or GCTC ball cap or cowboy hat and trail boots
- Horse:** Clean and ready to tack up to ride when you get to Gateway Park



For those of you who are new to this, your horse should be able to handle a crowd. This means that while we understand some horses will get a bit nervous, they need to be under control and able to stay in line. We will march in twos down the road. Your horse may not step out or go ahead of those in front of you. Then, all you need to do is sit up straight, smile, and wave to the crowd.

Again, we all wear ORANGE t-shirts, long or short sleeved. If you don't have one, Linda has several you can buy or borrow:

This is a really fun parade on a level road and one mile from start to finish, at the Rodeo grounds. We remain there until all the participants have arrived and then we walk back to the park.

Please let Linda know as soon as possible if you want to join the fun so Linda can give an accurate count to the parade officials. She will send out the Space # (where you will park your trailers) and any other info as soon as she receives it.

Linda Lanzoni
(530)263-6696 or linda@StarshineRanch.org

Thank You

to the following
for their generous donations!

- Jaede Miloslavich
- Laurie Sweeney
- Everyone who uses Amazon Smile to benefit GCTC

LET'S HAVE A PARTY ON JUNE 4th!

MARK YOUR CALENDARS! ♣

Saturday, June 4th is the date this year for our GCTC Annual Fundraiser Poker Ride at Skillman Horse Camp. The Poker Ride is renowned in the area and looked forward to every year by many riders. It also marks a return after a two-year pandemic forced hiatus, so LET'S HAVE A PARTY! This is GCTC's largest fundraiser (how we preserve and enhance those trails), and we look forward to everyone participating, whether you are volunteering, camping and/or riding, or joining us for a tasty lunch with old and new friends. This year, our ride is in honor of Penny Avery, the original and first GCTC Poker Ride Manager.

NEW AND IMPROVED POKER RIDE! ♣

On Saturday, our poker ride will be easier, with simpler poker rules than in the past, but as always with great prizes and fun for everyone. All members, including hikers, are invited, and you don't have to be a camper to enjoy the Poker Ride.

AMAZING VOLUNTEERS! ♣

If you don't plan on riding, we can always use your help the day of the ride for set up, registration, parking, card stations, poker hand card readers, food service, guitar player or other musical entertainment, prize helper, drag riders, and most importantly, clean up!

PRIZES, RAFFLE, SILENT AUCTION! ♣

Yes, yes, and yes! Everyone, come up for the day and support our fundraiser efforts!

DONATIONS! ♣

Members have been generous with donations for prizes. However, we are still in need of additional items for the poker hands, raffle, and silent auction. If you have a donation, please let Laura know. Horse related items are always appreciated. Check around your house or barn for newer items that you no longer have a need for that might make a great silent auction find for someone else. Remember, one person's junk is another's treasure. Services or homemade crafts are always welcome and appreciated. Another option is to solicit a donation from your favorite vendor. Most are happy to a non-profit organization such as GCTC. Downloadable donation receipt forms are online at: <http://www.goldcountrytrailsCouncil.org/2022-poker-ride.html>

FOOD! ♣

One thing that makes the GCTC Poker Ride so popular is the delicious meal served to participants and volunteers. On Saturday, we will be serving a delicious BBQ lunch, planned by our extraordinary Camp Cook Debbie Molloy. Members are also asked to bring appetizers or desserts. Email Debbie a241mom@gmail.com and let her know what you will be bringing.

GUIDED RIDES! ♣

On Sunday, June 5, there will be free guided rides for GCTC members only. Come up for the day—you don't have to be a camper to enjoy the guided rides.

All information is available online on the GCTC website: www.GoldCountryTrailsCouncil.org

Bring a chair for yourself and enjoy a great day in the forest!

Laura Duncan
2022 GCTC Poker Ride Manager
PokerRideGCTC@gmail.com



GOLD COUNTRY TRAILS COUNCIL Annual Fundraiser Poker Ride - June 4, 2022



In the beautiful Tahoe National Forest
Ride in honor of our first Poker Ride Managers Penny and Carl Avery



Ride approximately 8 miles of easy to moderate well-marked trails.

Check in starts at 8:30 am
Ride out begins at 9:30 am

HORSE CAMPING is FULL!

GET YOUR ONLINE ENTRY NOW!



GREAT PRIZES!

Huge Raffle!! Tasty Food!
OVERNIGHT camping in the famous SKILLMAN HORSE CAMP!!

Entry deadline by May 30, 2022

GCTC members \$30 - \$35 non-members includes ride, BBQ, and 2 raffle tickets
FREE for Juniors, 16 and under
Non-riders/hikers
\$10 for BBQ, 2 raffle tickets

FOR ONLINE ENTRY FORMS:
www.GoldCountryTrailsCouncil.org

FOR MORE INFO EMAIL RIDE MANAGER,
PokerRideGCTC@gmail.com



THE GOLD COUNTRY TRAILS COUNCIL ANNUAL FUNDRAISER RIDE

benefits the building and maintenance of local trails, staging and parking areas, Skillman and Little Lasier Meadow horse camps, and non-motorized trail advocacy.

Event by NFS Special Use Permit; US. Dept. of Agriculture. Please feed weed and seed free hay. The Forest Service prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation and marital or family status.



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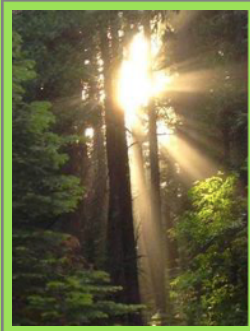
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The WILD WEST ENDURANCE RIDE June 17 - 19



The Wild West Pioneer Endurance Ride is coming up June 17-19, 2022. The ride is based out of the Skillman Horse Camp and this year covers approximately 100 miles of trail. Each day there is a Limited Distance ride of 25 miles and a 50/55 offered. Riders looking for a challenge will try to tackle the Pioneer Ride of 155 miles in 3 days. This will be its 24th year!

People come from all over to experience the lovely winding trails and breathtaking views in the Tahoe National Forest. We aim for a friendly and welcoming family environment with emphasis on enjoying the trails. The ride is known for being a great first multi-day ride with lots of support from volunteers, vets and management.

To learn more or to register for the ride: <https://www.wildwestendurance.com/wild-west-ride/>

Ride management and volunteers are committed to helping keep our trails and the Skillman Horse Camp in great shape. On average, they spend over 200 hours clearing brush, removing trees, repairing footing and other general trail maintenance. If you come to Skillman in May or June, you'll probably see one of them on horseback, dirt bike, or hiking, working on trails. But we need YOUR HELP to keep this ride going. Good volunteers are one of the most important aspects of a successful endurance ride. We have several committed GCTC club members who come every year to volunteer during the ride and we appreciate them so much!

Join us for great camaraderie, fun, food, swag and to learn about endurance. We always need people to help during the ride at the vet checks, water stops, with our ham radio operators, and road crossings. Do you want to learn about the trail? Come up before or after the ride to help work on the trail with us. We're planning lots of camping trips and working on weekdays. If you want to learn a loop, we can hook you up with a color and you can pre-ride checking ribbons, then pulling the ribbons after.

To sign up for volunteering: <https://forms.gle/TEJqxtCPHxm3Pr1J9>

Wild West Pioneer Endurance Ride coordinator Elicia Kamberg is excited to announce new leadership for the ride. In 2023 Samantha Ellis, Courtney and John Brain will be taking over the Wild West Ride. Elicia and her husband Bob have received orders from the Air Force and will soon be moving to South Carolina. Everyone will collaborate on the ride this year to make a smooth transition.

The new ride managers are all local experienced endurance riders and plan to be part of GCTC. Samantha Ellis is the manager at Crater Hill, an endurance boarding and training stable in Newcastle. Courtney Brain is a licensed marriage and family therapist (LMFT). She has a private practice and runs a program teaching new therapists. John Brain is one of your local farriers and works as a specialist at Loomis Basin Equine. The ride's in great hands.

We appreciate any volunteer help and welcome your input. Any questions please contact Elicia at: wildwestendurance@gmail.com





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LITTLE LAISER MEADOW WORK / CAMP / RIDE JUNE 26-26, 2021

The workday is Saturday, June 25 from 9:00 to noon

Little Laiser Meadow is located north of Truckee near Jackson Meadows Reservoir,

approximately 100 miles from the Grass Valley area. The horse camp was created in the early 1980's by GCTC members and the Tahoe National Forest.

The Forest Service reserves the camp for us in exchange for the work we do, and there is no cost for GCTC members to camp Friday and Saturday (June 24-25) nights. Several members do start their campout earlier in the week. Those extra days are at your own cost.

Come and enjoy this beautiful area on the workday or spend a few days camping. There are many riding and hiking trails as well as nearby boating and fishing opportunities.

WORKDAY Saturday, June 25th: Typical work includes cleaning campfire rings, raking debris, pruning branches, cleaning and leveling tables, trail brushing and some trail bed work. Please wear appropriate clothing (long pants, long sleeve shirt, sturdy boots, gloves, and hat) and bring trail trimming tools (loppers, hand saw, etc.) GCTC will provide large loppers and trail tools. Bringing rakes and shovels can also be helpful.

CAMPING: The campground accommodates tents, pick-up campers, LQ trailers, as well as small RV's. There are no hook-ups. There are 9 campsites. Participation in this event is limited and sites will be shared and assigned according to size of rigs. There are a limited number of horse pens available, so it is best to have an alternate method to confine your horse if a pen is not available (high line, portable corrals, electric corrals, Hi-Tie to trailer, etc.) Water for horses is available from a central well with a hand pump. You will need to carry/transport water to your horse. In order to achieve best use of the camp sites, they will be assigned according to the size of rig and other factors.

There are two vault toilets, but no showers. The available water is from a hand pump (well) and it is not labeled as potable.

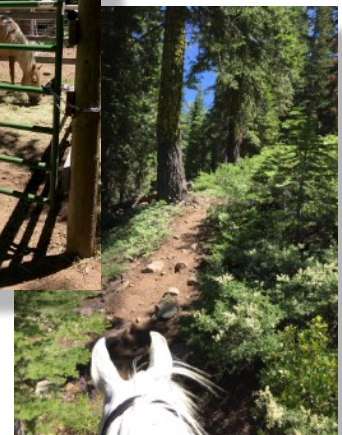
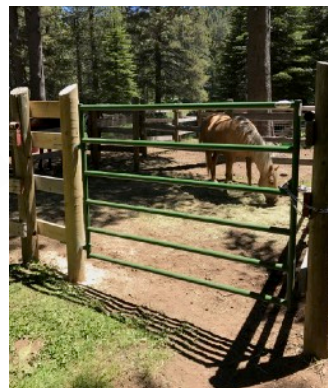
RIDING: The trails in the area are a mixture of logging roads, gravel roads, single track trails, and the Pacific Crest Trail. Footing is a mix of soft dirt and rocks. Some trails are quite rocky in places. A couple of the trails involve crossing a creek.

RSVP REQUIRED!

Mary needs to know these things in order to coordinate the event:

- When you plan to arrive and leave.
- Your contact number(s) and email.
- How you camp: tent, camper on your truck, sleep in your trailer.
- Size of your rig, truck & trailer (pull or gooseneck, LQ, length or how many horses does it hold).
- How many people and horses you are bringing.
- How you will accommodate your horse: high line, solid portable corral, electric fence corral, tie to trailer, need a camp corral. It is best to have a back-up plan as there are not enough camp corrals for everyone.

Please contact Mary Johnson if you would like to be part of this event or with any questions. mjshasta@aol.com, 530-477-8501 (voicemail), 530-353-0082 (message or text).





SPENCEVILLE GUIDED RIDE

Our first guided club ride was held April 9th at Spenceville Wildlife Area. We had a total of 15 riders including 2 guides. Helen McDermott led the faster group of riders: Ann Rubenstein, Jon Zerin, Jeanine Wolf, and Mary Jay Russell. Suzanne led the moseying group: Sandrine & Will Nattkemper, Lori Lundsford, Gigi Lawton, Sharon Silver, Donna MacMillan and Jamie Canon.



We had beautiful sunny weather with the perfect temperature for riding. Our rides were resplendent with wildflowers blooming as we rode to an old homestead. Everyone expressed how much they enjoyed this ride.

NEW MEMBER SOCIAL

We had a great turnout at our April 12th Board Meeting for our annual "New Member Social.". We had several speakers share what GCTC is all about, and what we do. Jeff Foltz had prizes to award participants who could answer his "equestrian" related questions. Raffle prizes were handed out to several lucky new members. Fun was had by all, and thanks to all who attended.



TULIPS, TULIPS, EVERYWHERE!



Thanks to Jacqueline Debets, we added a new ride this year, the “Tulip Ride” at Crystal Hermitage Village, north of Nevada City off Highway 49. In fact, the first ride filled up so fast, Jacqueline added a second ride, which also filled up immediately.

Jacqueline led the groups up and down hills, through the forest, enjoying beautiful scenery and architecture and each others’ company. The lunch stop included touring the 17,000 tulips in bloom amongst a rainbow

of

complementary pansies, wisteria, rhododendrons, azaleas, peonies, dogwood trees and the fabulous cherry tree.

Kudos to Jacqueline for stepping forward to host and lead these rides. If you have an idea for a club ride, please let us know. We can make it happen!



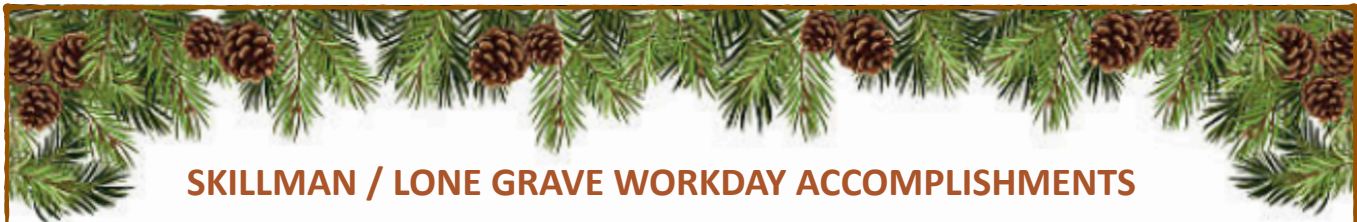
Make it so horses and equestrians are ALWAYS welcome!

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





SKILLMAN / LONE GRAVE WORKDAY ACCOMPLISHMENTS

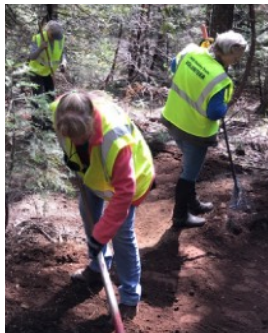


The April workday was well attended by enthusiastic GCTC volunteers. Although response had a slow start, the end result was 37 hard-working GCTC members on the trails at Skillman and Lone Grave and helping with lunch. The Hallelujah trail was the main target, as it was littered with fallen trees. It is now clear! Other areas of work in the Skillman area included the Pioneer trail and the Dogwood trail. In the Lone Grave trail system, the reroute on a section



of the Dascombe trail was finished and brush trimming was accomplished on a short section of the Harmony trail.

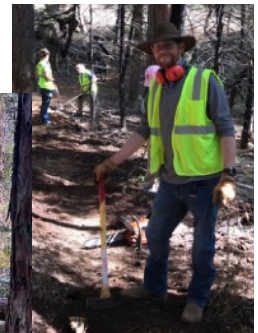
Special thanks to all the chainsaw operators... without them the trails would not be clear, but right behind them were the swampers, brush trimmers, McLeod users, Pulaski users, rakers, lunch and support crew. Thank you to each and every one of our amazing volunteers!!!



Before



After



Great



job!

PINES TO MINES RESPONSES

– A BIG **THANK YOU** TO EVERYONE!

I would like to thank everyone who submitted a letter regarding the scoping document for the proposed Pines to Mines Trail. A very special thanks to the committee who worked on writing letters, reviewing drafts, calling politicians, and doing research: Helen Harvey, Jaede Miloslavich, Cathy Scout, and Jamie Canon.

Everyone’s input was incredibly valuable to the Pines to Mines environmental assessment and its direction moving forward. Your expressions of concern and thought, and all the input received by the Forest Service, will now be compiled, analyzed, and determinations will be made. This will take a while as this is only the first in a series of public comment periods. That which we cherish and wish to preserve are worth our time and effort, and we thank you for both.

There is a concerted effort to change the recreational uses of the forest to an experience far different than what we’ve enjoyed for years. If effective policies are not put in place to provide a safe trail system for both slow movers, and high-speed thrill seekers, we will see a much less diverse and accommodating trail system going forward.

Those who enjoy the quiet serenity of the forest while hiking, backpacking, running, or horseback riding must continue to speak out and **HAVE OUR VOICES HEARD** by the Forest Service. It is **OUR** public land and needs to serve the **ENTIRE** public.

Again, thanks to everyone for advocating for the protection of our non-motorized trails. The Pines to Mines trail project can be a beautiful and rewarding trail system as long as it remains free of motorized electric bikes.

~ Jeffrey Foltz



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Just stay with ‘em . . .

The following article is brought to you by GCTC member Sonja Conklin, a representative for CALSTAR AirMedCare.

A Fall from Fourteen Hands High

PATIENT PROFILE: Sharon Gonzalez



Best Buddies— Sharon & Bosco.

It was a beautiful day for horseback riding in March. The sky was a sharp blue, and a light breeze swept over the meadow grass, cooling Sharon Gonzalez and her riding partner, Petra Van De Hey, while they rode.

The two were out riding a groomed trail, surveying a section of their employer’s 1,300-acre private ranch outside of Mt. Aukum in El Dorado County. Every so often, they stopped to take pictures of the breathtaking scenery around the property for the owners who were out of town.

Sharon had chosen to ride Bosco that day—a Tennessee Walker/Peruvian Paso of 27 years. “He is the oldest and gentlest of horses, which is why he’s my riding buddy,” says Sharon. “It was a day like any other.”

Then, everything changed.

Twenty minutes into their ride, on a straight and level section of trail, something happened. Sharon cannot remember exactly what that “something” was, as her memory of the event eludes her to this day. However, she does remember awaking to find her face in the dirt. “At the time, I wasn’t in any pain, but I couldn’t move. I didn’t know where I was or what was going on. And then I lost consciousness again.”

Petra, who had been riding ahead of Sharon at the time, had just turned to say something over her shoulder and saw Bosco in mid-fall. The horse had been in good health and spirits that morning, and was not prone to misbehavior or accidents; but something had caused him to stumble hard,

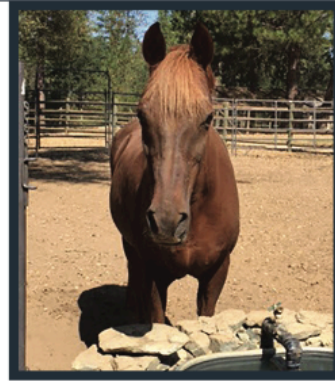
knocking Sharon to the ground in the fall. The force of the blow crushed her ankle, fractured her ribs, and caused her helmet to crack open and separate from its lining.

Kneeling beside her, Petra tried to determine the extent of Sharon’s injuries, and soon realized that emergency services would be needed. The main ranch house was at least a mile away, and as in many remote regions, cellphone reception was unreliable for those in the area. The decision that Petra made next was both brave and terrifying. She would have to leave Sharon alone to find help.

“It’s one of the few things I remember after the fall,” states Sharon. “Petra very calmly said to stay still... she was going to get help.”

Miraculously, Bosco seemed uninjured by the fall, but Petra worried that he may accidentally injure Sharon further if left alone, so she got him up and tied him to her own horse for the ride back. “I tried ponying him [i.e. lead a horse while riding another], but he was slowing us down. When we were far enough away, I threw Bosco’s reins over his saddle horn and continued without him, knowing he would either go find grass or go back to the barn,” she added. Luckily, Petra had received wilderness/rescue training during her career, and she knew





Left: The Ranch
Top Right: Bosco, Fourteen Hands High
Bottom Right: Preparing for Transport

her decision to quickly locate help would ensure the best possible outcome for Sharon.

After riding back to the ranch, Petra sought the help of fellow co-worker, Stephanie—a retired ER nurse—who traveled back to look after Sharon while Petra called 911 and made her way out to the main road to direct first responders. By the time fellow caretakers Troy and Mandy McCabe arrived on site, paramedics were already caring for Sharon, and CALSTAR pilot—Harry Holt—was just landing the air ambulance in an adjacent field.

After nine minutes surrounded by emergency services, Sharon was stabilized for transport and loaded into the helicopter by EMS crews and CALSTAR flight nurses (Jeff Wallen and Heather Summerby). Nineteen minutes later, the CALSTAR team landed at Sutter Roseville Medical Center. Sharon remembers very little of the friends and first responders who had arrived to help her. In fact, other than the brief memories of being carried on a stretcher and flight nurse Jeff Wallen speaking to her before takeoff, Sharon remembers nothing of her preparation on the ground or her short flight.

She spent the next five days in the Neuro ICU at Sutter Roseville Medical Center, receiving treatment for her traumatic brain injury (TBI) and other injuries caused by the blunt force trauma. “Never having been in a hospital before, I had nothing to compare it to,” she says, “but I can tell you that the care I received at Sutter Roseville was completely beyond anything I expected. They treated me like a precious princess when I awoke. It was wonderful.”

In a humorous turn, Sharon’s physician was also named Bosco. “When you’re in the hospital for a traumatic brain injury and your doctor shares the name of the horse that threw you, it can lead to some fairly amusing interactions between patient and hospital staff,” relays

Sharon. “A horse is a horse, of course. Of course?”

“It’s still remarkable to me that I was only there for a week. After returning home, my emotions fluctuated greatly. Now, I’m feeling more like myself, although my sense of taste and smell is still a bit off. I understand that condition may improve with time.” She credits her expedited recovery to the quick, multi-agency response of EMS crews, the CALSTAR flight crew, and her care at Sutter Roseville Medical Center. “At some point, I would love to reunite and thank everyone who cared for me. They are my life-savers.”

SHARON CREDITS HER EXPEDITED RECOVERY TO THE QUICK, MULTI-AGENCY RESPONSE OF EMS CREWS, THE CALSTAR FLIGHT TEAM, AND HER CARE AT SUTTER ROSEVILLE MEDICAL CENTER. “AT SOME POINT, I WOULD LOVE TO REUNITE AND THANK EVERYONE WHO CARED FOR ME. THEY ARE MY LIFE-SAVERS.”

Has the accident affected her love of riding? “Absolutely not,” says Sharon, “although I will most likely never ride Bosco again because the reason for his fall could not be identified. He was vet-checked shortly after the accident, and other than biting his tongue, he suffered no injuries. To this day, we have no idea what caused his fall. It was simply a fluke.”



We can all learn a valuable lesson or two from an experience like this. “I want to encourage your readers to take every precaution when riding, even if they are experienced,” instructs Sharon. That includes the following:

- **Never ride remotely alone. If you don’t have that option, tell friends or family where you are headed as well as the time they should expect you back.**
- **Take along safety/survival gear and a means of communication, if available.**
- **Most importantly, wear a helmet.**

“One or all of these things may help save your life. Two saved mine.” ❁

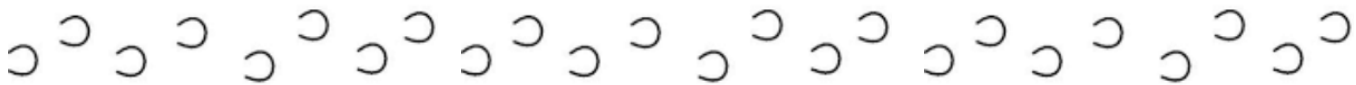







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Remember!

- Collect your Poker Ride donations (page 3)
- Take your Poker Ride donations to... (page 3, 8, 9)
- Sign up for Skillman Workday! (page 5)
- Ride or walk in the Penn Valley Parade! (page 6)
- Go to the Poker Ride Party! (page 5)
- Volunteer at the Wild West Ride! (page 10)
- Attend the Little Lasier Work/Camp/Ride! (12)
- Have fun! (all pages!)





GO AHEAD, RAISE YOUR HAND!
IT'S HOW WE GET THINGS DONE
— AND HAVE FUN TO BOOT!!!



hello
SUMMER