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# Hoofbeats

September 2022

P.O. Box 1326, Twain Harte, CA 95383



## The Prez Sez



Thank goodness that the oppressive heatwave has finally moved on! We had to cancel or change some events due to the extreme high temperatures. Hope you and all your critters made it through okay!

Now we can move on to our fall events and enjoy them in much cooler weather.

We had a ride led by Diana Moreci to the beautiful White Pines area. The ride is full so we will look forward to hearing all about it at our next meeting!

Coming up is the ever popular Drill Team Play Day led by Nancy Broce. Everyone that participates always has a great time. We are not perfect, but we have fun!

Karissa Rogers, our Mother Lode Roundup Queen, has been at our last three meetings getting ready for the Miss California Rodeo Queen contest. We know she will represent Tuolumne County with much beauty and confidence and wish her the best of luck!

Don't forget elections will be coming up soon and if you wish to hold an office please contact Sandee Watts.

Happy Trails!

Janine  
President

Visit our Twain Harte  
Horsemen website at:  
[twainhartehorsemen.com](http://twainhartehorsemen.com)

**Monthly Meeting**  
Tuesday, October 4  
Board meeting at 6:30 pm.  
General meeting at 7 pm.  
Location: Center Camp  
*Bring your chairs*

## Officers

### President:

Janine Smith  
208.581.3054

### Vice President:

Kim Prout  
909.437.5151

### Secretary:

Kris Jordan  
209.768.9419

### Treasurer:

Helga Zuber  
209.581.1798

### Past President:

Roy Smith  
209.728.7651

## Directors

**Linda Post**  
209.206.8375

**Nancy Sheldon**  
209.206.0296

**Myron McCoy**  
209.206.4043

## Committee Chairs

### Hoofbeats Newsletter:

Colleen Combes  
650.387.5423  
ccombes@pacbell.net

### Membership:

Karen Rosasco

### Scholarship:

Patty McEwen

### THH Website:

Diana Moreci  
209-533-8511  
diana@SFRCsonora.com

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## Past Events

### White Pines Day Ride

White Pines lake in Arnold, was a pretty 3-hour ride amid lush pines and firs. Six riders in four rigs parked in a large dirt parking area past the White Pines recreation area. We followed forest service roads that took us up the ridges above White Pines lake. Our ride leader, Diana Moreci, directed us on to two different single-track connecting trails that took us across a couple of pretty creeks and one worrisome trench that we managed to duck around.

See photos and videos from ride participant Chris Mason on our THH Facebook page. As she said, it was a "Nice ride ... with Twain Harte Horseman in Arnold. Perfect weather and beautiful scenery. White Pines Lake is a secret beauty. Who knew...."



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## Upcoming Events

### Drill Team Fun Day

Saturday October  
8th - 9:00 am  
Eight riders have  
signed up - call to  
be wait-listed  
Auditors welcome  
Bring a chair and  
lunch



Nancy Broce 533-2807  
9223 Highway 49, Sonora

## Sun Shine Notices



John Watts will be having his 2nd knee surgery on September 22nd.



Terry Lewallen has sustained some injuries from a scooter accident while she was in Idaho. She is on the mend. She hopes to be at next month's meeting. Wishing her a speedy recovery.

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# PERFECT DAY...UNTIL

By Vicki Vermeer

My friend and I decided to ride our two mares from Crabtree to Chewing gum lake. This ride is a bit challenging as it is steep and often very rocky. But it's beautiful and your reward is the opportunity to swim in a clean, clear, cool mountain lake.

Sherryl's mare, Shona, in spite of only a year of mountain riding, was extremely sure footed as we climbed up rocks and over logs, stopping only to drink from a tiny stream and to catch our breath. My beautiful Morgan mare, Chica, has learned to safely navigate rough trails after years of challenging rides. She no longer leaps over all the scary stuff. Much easier on this old lady.

We arrived at Chewing Gum lake around 11 am. I hobbled Chica and Sherryl let Shona loose to graze in the green grass along a beautiful inlet while we ate lunch.

Then, swimming! We stripped to our underwear and jumped in, heavenly! Sherryl, a strong swimmer, beat me to shore. She decided to swim Shona, removed her saddle and led her to a small log, intending to jump on.

I asked if she wanted a leg up, but it was too late. I heard the crack across the inlet, Sherryl fell to the ground screaming "I broke my leg."

I rushed over, barefoot, still in my underwear. It was awful, you could see a dent right underneath her left knee. Not good.

I screamed for help, but we were alone. What to do? We had nothing, a few Advil, no jackets, no way to make a splint. I tried calling 911, but could not get service.

After a short while, that felt like eternity, a young man came and stayed with Sherryl, as I got dressed. She stopped screaming and I thought she was in less pain, but she had passed out. Because she was lying in the shallows of the lake, he tried to drag her into dry land while patting her face and saying "Stay with us".

We saw more campers across the small lake and called them over. One had a satellite phone and was able to text 911. We were not sure if the call went through. There was no way Sherryl could ride out. They said "We will not leave her" and sent me back down the mountain to get help at Aspen Pack station.

I saddled Shona, and started leading, sometimes dragging her back down the steep, rocky trail. It took almost two hours as she did well most of the time, but would stop at really scary stuff. I had to ride Chica to the bottom, tie her, hike back and convince Shona to cowgirl up and follow me down. I got to the trailer, loaded both mares and drove as quickly as possible to Aspen.

They called on their land line and discovered the Satellite call had gone through and a helicopter was on the way. Relief!

Sherryl was airlifted to Sonora where they operated to stabilize the break. She's now in rehab in Modesto with a 6 to 8 week recovery.

Horse people are crazy. When her doctor asked "What outcome do you want?" Sherryl replied "Ride my horse."



## Lessons from this horrific accident.

Bring a basic first aid kit! Sherryl's break was too severe for her to be able to ride out, but it would have been great to have a splint or even vet wrap to improvise a splint out of sticks to stabilize her leg. Also it did rain and a poncho was needed.

There's a free app for your mobile phone called **Zoleo**. It allows your phone to text 911 via satellite. It also pinpoints your location. You'll be able to exchange messages up to 950 characters, and you'll get messages. Zoleo also sells a subscription-based device to use in conjunction with the app or in case you don't carry a phone. If your phone (or Bluetooth connection) dies, the ZOLEO device will still function (SOS, check-ins, location sharing) by using buttons on the unit.

Strongly consider purchasing the **PHI emergency airlift service**. Individual cost (with health insurance) is \$40. Cost without insurance is \$100. You can obtain the group rate of \$40 a year through Backcountry Horsemen or Pine Mountain Lake. [PHICares.com](http://PHICares.com).

**AirMedCare**, [airmedcarenetwork.com](http://airmedcarenetwork.com), also covers our region. One-year membership for groups and seniors (60 years and older) is \$65. Standard membership is \$85.

There is a great video on YouTube, "**Backcountry Trauma and Improvisation**" by Dr. Judy Klein. <https://www.youtube.com/watch?v=xkBhNEU3RfQ>. One hour long, it encapsulates wilderness emergency treatment. Well worth watching.

**First aid kits** are available for sale on Amazon and at most outdoors and sports stores. Below is a backpacker version from REI. Most sportsmen first aid kits include bandaids, gloves, scissors, tape, wound pads, ointments, and an ace bandage. Add your own items, like an emergency blanket, flexible splint, safety pins, vet wrap, and Benadryl.



**THE ABSOLUTELY ESSENTIAL FIRST AID KIT**

- \* **Wound Care:**
  - gloves: to protect yourself
  - condoms/baggies: to clean wounds, carry water
  - 10 4x4 gauze: to put pressure on bleeding wounds
  - band aids
- \* **Medications:**
  - tylenol, ibuprofen: pain control
  - benadryl: bee stings
- \* **Miscellaneous:**
  - 14 G IV catheter: pneumothorax, cricothyroidotomy, wound cleaning
  - knife
  - tweezers: remove splinters
  - safety pins: for everything
  - duct tape: for everything
  - iodine/chlorine tablets: clean water
  - para cord
  - garbage bag
  - crazy glue

**1001 Uses of Safety Pins**

- Tongue extension
- Making eyeglasses
- Removing foreign bodies from skin/cornea
- Abscess drainage
- Fishhook
- T-shirt arm splint
- Sewing needle
- Wound closure
- Unclogging camping stove jet
- Tick removal
- Fix zippers/bindings.....



NEVER FORGET

- Stay calm
- Survey situation before you enter it. Don't create more casualties
- Body substance precautions: gloves, eye protection
- Introduce yourself to patient
- Activate resources early, just after you initial assessment

## Twain Harte Horsemen 2022 Events

| Date        | Event                                 | Chair        | Participation |
|-------------|---------------------------------------|--------------|---------------|
| October 8   | Drill Team Fun Day                    | Nancy Broce  | Members Only  |
| October 22  | Center Camp Closing Work Day and Ride | Kim Prout    | Members Only  |
| November 5  | Peoria or Red Hills Ride              | —            | Public        |
| December 11 | BCHC Columbia Parade                  | Sandee Watts | Members       |
| December 16 | Christmas & Installation Dinner       | Sandee Watts | Members Only  |

## 2023 Executive and Board Positions

The first Tues. in November Twain Harte Horsemen will select a nominating committee of three. These members will call everyone on the roster and ask if they would like to hold an office in the club for the year 2023 or be on the Board. Voting is then held at the first meeting in December. Installation of officers will be held during the THH Christmas Party.

### Offices available for 2023:

President

Vice President

Secretary

3-year Board Member

Janine will become outgoing President and be on the board for another year. Kris Jordan and Helga have the option of remaining in their positions

### Board member update:

Myron will be a 2-year board member.

Nancy Sheldon becomes a 1-year board member.

Third-year board member Linda Post exits the board.



## BEEF FOR SALE

Hamburger and other cuts by the package.

Hamburger, 1 lb packages – \$6 each.

Other cuts range from \$6 to \$18 (approx. 1 lb each)

Contact Helga

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helga2853@gmail.com