



# TRAIL RIDERS OF TODAY

Dedicated to maintaining and expanding sustainable trails for equestrian use



## TROT Newsletter<sup>#232</sup>

March 2019

For more information visit TROT's webpage at <http://trot-md.org/>

### MESSAGE FROM THE PRESIDENT

Hello TROT Members. For those of you that were not able to attend the annual dinner held on February 16, let me take a moment to introduce myself. My name is Friederike Grow. You can call me Fritzzi. I am the new TROT President, and am honored and proud to be part of an organization that has been around for almost 40 years. TROT brings together all horse lovers from different counties in Maryland as well as other states. I believe I can speak for all of the TROT board in saying that we are really excited about this New Year. Our mix of fresh blood and experienced long time TROT members is perfect to deliver TROT's message and do what we do best, which is maintain and advocate for our trails, and educate people in and around Maryland. We have some really energetic people on board with us, but it doesn't stop with just us. We need your help! I will look forward to meeting you at future meetings and on the trail.



### DESENSITIZING CLINIC



Jimmy Wagner (9am-12pm) and David Beard (1pm-4pm) will lead this clinic on March 23 that is aimed at helping you make your horse safer, calmer, and more reliable in a variety of unfamiliar situations. This type of experience will benefit any horse and rider, especially on the trails. Gain confidence that you and your horse can handle anything the trails might throw at you. David and Jimmy focus on teaching gentle horsemanship at the Seven Boarding and Training Facility.

Advanced registration required for riders (\$110-\$150) and auditors (\$15-\$50). Registration is available on Eventbrite, just search for "TROT Desensitizing." If you would prefer to mail in your registration and payment, please contact [TROTEvents@gmail.com](mailto:TROTEvents@gmail.com) for a registration form.

### WORLD OF PETS EXPO

TROT participated in the January 25-27 Pet Expo at Timonium Fairgrounds. With the loss of the Horse Expo here in Maryland, the Pet Expo organizers were gracious enough to include equine partners. Along side other horse organizations such as PATH, Maryland Horse Council, Days End Farm, and the Maryland Horse Industry, TROT was able to engage many animal lovers that are just as concerned about our mission of preserving the trails and greenways. TROT gained ten new members thanks to our presence at this event, and looks forward to participating at the 2020 event.



### Newsletter Submissions: [TROTNewsletter@gmail.com](mailto:TROTNewsletter@gmail.com)

The newsletter is published six times a year in January, March, May, July, September, & November. Newsletter submissions are due: February 15, April 15, June 15, August 15, October 15, & December 15.

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## TRAIL WORK



Debbie Mullinix working on Piney Run trails

Is it too muddy to ride the trails? Why not do a little trail maintenance while you hike instead? Your efforts go a long way in maintaining our trails. Amy Kimble, our TROT Adopt A Trail Coordinator, is thrilled with the reporting of 785.5 Volunteer Hours for 2018. In 2017 we barely broke 300 hours. Thank you for your contributions! Please continue to let Amy Kimble know about any volunteer hours you have in any of the parks, whomever they are managed by. Remember, get a passport booklet and your hours recorded in the book and with Amy could win you prizes!

Our next organized trail work day is Sunday, March 17, 2019 at Piney Run in Carroll County. This work day is on horseback or on foot. It is a St. Patrick's Day theme with a prize for the person or horse wearing the most green. A light trail lunch will be provided to those who come to work. Contact Stephanie Brennan at dadslilcobra@yahoo.com or 603-573-1123 for more information.

Location	Hours
Tuckahoe	188+
Morgan Run	164.5
Patuxent	94
Patapsco	90.5
Liberty	54.5
Liberty	54.5
Benson Branch	50
Gunpowder	35.5
Remaining Parks	108.5

## COMMITTEES

### Adopt a Trail

Amy Kimble  
amyhkimble@aol.com

### Events

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Meggan Whalen,  
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### Logo Wear

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### Trail Rides

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### Webmaster

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TROTRWebmaster@gmail.com

## ANNUAL DINNER



Hopefully Mother Nature has set a precedent for 2019 by holding off on the bad weather for our annual dinner, which had record attendance at 107 people. The check-in and registration desks were busy all night. Fritz Grow and Brianah Schwartz did a great job as our emcee's. The attendees voted in the new board members. Brittney Carow-Vallot was the guest speaker for the Maryland Equine Transition Service (METS). Visit <https://mdequinetransition.org> for more information. Larry Raskin from TROTSAR had a table with information about their all-volunteer organization. Visit <https://www.trotsar.org> for more

information. The potluck dishes were wonderful and no one left hungry. It was great to see everyone catching up after a muddy winter.

The silent auction received well over 125 donations. A very special part of this years auction was the ability for members bid on saddles and other items donated by the family of the late Terry Ledley. Many attendees shared stories of Terry with those who knew her and to those that wish they had while reviewing the items on the tables. Vendors generously donated services such as lessons, trailer maintenance, dental floats, pony parties, saddle fitting etc. We also had many books for sale on training and care for horses in our community. There was also beautiful paintings and shirts that were on display, many created by our members. Our items netted roughly \$2,100! There will be further monies from our wonderful friend Julie Lucus who has committed 20% of her sales to our club. Logo wear and logo jewelry were also offered. Our new sweatshirts and long sleeve t-shirts with our name spelled out was well received. In addition, 6 more people got themselves Passports to Adventure so they can take part in the challenge of riding more and riding new places (see page 6).



Ron MacNab & Bev Raymond

## COMMITTEES

We have an urgent and dire need for committee members. Next year TROT will be 40 years old. Want to be instrumental in putting together the celebration? Talk to the events committee at TROTEvents@gmail.com.

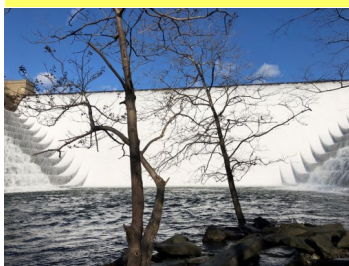
## MONTHLY MEETINGS

TROT meetings are on the first Wednesday of every month and open to everyone. The next meeting is scheduled for April 3, 2019 at 7pm. A pot luck dinner is served at 6pm. Please check TROT's website for the location. We are excited to announce that if you can't make the meeting in person you can call or video conference in.

Dial-in number (US): (605)-313-4459, Access Code 421873#

Join the online meeting: <https://join.freeconferencecall.com/trot>

## LIBERTY RESERVOIR, Carroll County



**March 31, 2019**

12:00PM Pot Luck Lunch and Meeting  
Must RSVP to Friends.LibRes@gmail.com.

Liberty Reservoir is a Baltimore City owned reservoir with most of the watershed in eastern Carroll County, and a small portion in southwestern Baltimore County.

What some overlook in Liberty Reservoir's 104,800 acres, are the dwindling miles of fire roads. These fire roads are not being maintained and subsequently shut down, causing safety issues for those bordering and using the reservoir. The fire roads are becoming increasingly shut off to hikers, bikers, trail riders, nature enthusiasts, etc.

Please plan on teaming up with TROT, whether as a group or individual, to discuss ideas and work with the watershed management to preserve the fire roads. Our hope is that a unified effort will spur the watershed management in a forward and positive direction.

## TRAIL RIDES

TROT's organized trail rides are a fun and safe way to learn new trails, meet new riding buddies, and help illustrate to riders the value of preserving trails. Please contact Barbara Sollner-Webb to lead or co-lead a TROT ride. To participate in a ride, please contact the designated ride leader to sign up, learn the start time and directions to the ride out area. Be sure to provide the ride leader with your contact information so if weather causes the ride to be postponed, the ride leader would be able to notify you.

All riders must wear a helmet, have a current negative Coggins on the horse they are riding, and be a TROT member. Membership forms can be found at <http://trot-md.org/join-now/>, as well as at the ride. There are also \$5 one-day memberships for non TROT members. For updated trail ride listings or to post a trailering request, please check the social media links on TROT's website.

## PINEY RUN, Carroll County

March 20, 2019. Trail Ride. Come celebrate the first day of spring riding this quaint area. Parking is limited, so sign up early to reserve your spot. Piney Run Park encompasses 550 acres with a 300 acre lake. Prior to being a park, this land was a private farm. RSVP: Stephanie Brennan at [dadslilcobra@yahoo.com](mailto:dadslilcobra@yahoo.com) or 603-573-1123.

## SCHOOLEY MILL, Howard County

March 28, 2019. Trail Ride. Come & join us on a beautiful, leisurely trail ride. The trails are well-maintained and easy to navigate for a green horse or a beginner rider. This will be a slow ride to get us all in condition for the year. Plenty of parking is available. The ride will be about an hour and half long. We will finish with a potluck lunch. I will provide fried chicken and a dessert. Please bring a drink and snack to share. This will be the first of Laury Lobel's "Last Thursday of the Month" rides and will be led by Joan Bosmans. RSVP: Joan Bosmans [joanbosmans@gmail.com](mailto:joanbosmans@gmail.com).

## NORTH TRACT, East Laurel, Anne Arundel County

March 30, 2019. Trail Ride. The North Tract of the Patuxent Wildlife Refuge is the only Fish and Wildlife property to allow horseback riding thanks to TROT. The trails are sturdy packed-stone base originally designed for military tanks. This is one of the few venues to ride without causing trail damage when the ground is soaked. The ride will cover 10 miles of flat trails with no stream crossings. RSVP: Barbara Sollner-Webb at [bsw@jhmi.edu](mailto:bsw@jhmi.edu) or 301-604-5619.

## UPCOMING EVENTS

- **3/16/19 County Coordinator Committee Meeting, Page 7**
- **3/17/19 Piney Run Trail Work, Page 2**
- **3/20/19 Piney Run Trail Ride, Page 3**
- **3/28/19 Schooley Mill Trail Ride, Page 3**
- **3/30/19 North Tract Trail Ride, Page 3**
- **3/31/19 Liberty Reservoir Committee Meeting, Page 3**
- **4/3/19 Monthly Meeting, Page 2**
- **4/4/19 Blue Mash Trail Ride, Page 4**
- **4/6—4/9/19 Assateague Camping & Trail Ride, page 4**
- **4/13/19 Gillis Falls Trail Work, page 4**
- **4/14/19 Gillis Falls Trail Ride, page 4**
- **4/25/19 Location TBD Trail Ride**
- **4/27/19 T. Howard Duckett/Rocky George Reservoir Trail Work, Page 4**
- **5/8—5/11/19 Big Elk Lick Camping & Trail Ride, Page 4**

For more events, please visit the TROT website.

<http://trot-md.org/calendar>



## BLUE MASH, Montgomery County

April 4, 2019. Trail Ride. Blue Mash is a fantastic ride with good footing, fairly level ground, and varied scenery with some wildlife. Because so many trail riders are out of shape after our last year of record rains, this ride will be a walk-only. Bring your sandwich to join in a group lunch after the ride. Parking is limited, so sign up early. RSVP: Debbie Wagner 301-233-7538 (phone or text).

### UPCOMING EVENTS

Continued from page 3

- 5/11/19 T. Howard Duckett/Rocky George Reservoir Trail Ride, *Page 4*
- 5/12/19 Morgan Run Trail Ride, *Page 5*
- 5/18/19 Fair Hill Trail Ride
- 5/20/19 Underground Railroad Trail,
- 5/30/19 Location TBD Trail Ride
- 6/13/19 Monocacy NRMA Trail Ride
- 6/16/19 Patapsco McKeldin Trail Ride
- 6/22/19 Union Mills Trail Work
- 6/27/19 Location TBD Trail Ride
- 7/10/19 Torrey C Brown Trail Ride
- 7/13/19 Patuxent River State Park Trail Ride
- 7/25/19 Location TBD Trail Ride
- 7/29/19 Gunpowder Falls, Sweet Air Trail Ride
- 8/9/19 Morgan Run Trail Ride
- 8/17/19 Union Mills Trail Ride
- 8/29/19 Location TBD Trail Ride
- 9/7/19 Fairland Park Trail Ride
- 9/15/19 Gillis Falls Trail Work
- 9/26/19 Location TBD Trail Ride
- 9/28/19 Gunpowder Fall, Sweet Air Trail Ride
- 10/12/19 Gunpowder Falls Trail Ride
- 10/19/19 Piney Run Trail Work
- 10/31/19 Location TBD Trail Ride
- 11/2/19 Union Mills Trail Work

For more events, please visit the TROT website.

<http://trot-md.org/calendar>

## ASSATEAGUE, Worcester County

April 6-8, 2019. Trail Ride & Camping. Ride with the wild ponies! Horseback riding is permitted in Maryland from October 9 through May 14. An entrance fee is required for all vehicles entering the park. It is highly suggested that you check with your vet before attending this ride. RSVP: Stephanie Brennan at [dadslilcobra@yahoo.com](mailto:dadslilcobra@yahoo.com) or 603-573-1123.

## GILLIS FALLS, Carroll County

April 13, 2019. Trail Work. Show up and make your presence known. Together we can help this area become a safe haven for our trail riders, hikers, and bikers. RSVP: Jon Arnold 301-524-8448 or [jonbarnold@hotmail.com](mailto:jonbarnold@hotmail.com)

April 14, 2019. Trail Ride. Gillis Falls is also known as Woodbrook CWMA in Woodbine. This area boasts miles of trails, arenas, and cross country jumps. Show some love to the Carroll County Equestrian Council and the Gillis Falls trails surrounding their awesome venue. RSVP: Stephanie Brennan at [dadslilcobra@yahoo.com](mailto:dadslilcobra@yahoo.com) or 603-573-1123.

## ROCKY GORGE RESERVOIR, Prince George's County

April 27, 2019. Trail Work day in Memory of Terry Ledley at T. Howard Duckett/Rocky Gorge Reservoir. Last year, after the passing of the wonderful trail advocate and founding TROT member, Terry Ledley, we decided to do a yearly trail work session to honor Terry's memory. What better place to have this event than on the trail that Terry made and WSSC dedicated to her. We will break into small groups to be most efficient, and walk along the trail pruning overgrowth for about 2 hours and then enjoy lunch. Pruning tools will be provided. Please come to honor Terry. RSVP: Barbara Sollner-Webb at [bsw@jhmi.edu](mailto:bsw@jhmi.edu) or 301-604-5619.

May 11, 2019. Trail Ride. Come ride along WSSC's beautiful Rocky Gorge Reservoir, celebrating TROT's efforts to reopen this trail a few years ago. This ride starts in West Laurel and offers magnificent views of the reservoir, with a good chance of seeing heron and maybe an eagle. Despite the name, the footing is fine for barefoot horses, with plenty of easy stream crossing to water the horses. We will have a walk-only and a faster group. After the 2.5 hour ride, there will be a potluck lunch. RSVP: Barbara Sollner-Webb at [bsw@jhmi.edu](mailto:bsw@jhmi.edu) or 301-604-5619.

## BIG ELK LICK, Pennsylvania

Wednesday May 8-Saturday May 11 - Horse camping and trail riding at Big Elk Lick, Benezette, PA. Marisa is a new to TROT, and already offered to have TROT members join her on a horse camping/trail riding trip at Big Elk Lick where the terrain can be challenging, but the area is spectacular. She notes that this indeed is Elk county! The Big Elk Lick campground has a bath house, some stalls, unlimited trailer parking, and high lining sites with primitive and hookups available. Please contact Marissa at 717-469-7390 for information and to sign up.

## AG FARM, Montgomery County

May 9, 2019. Trail Ride. Montgomery County's Agricultural History Park (Ag Farm) is a favorite with equestrian due to its scenic easy trails with watering spots, great footing, and lots of parking. The main ride will be all-walk but those who want to move out can trot/canter back from the group and then rejoin. Bring your sandwich to join in a group lunch after the ride. RSVP: Debbie Wagner at 301-233-7538 (phone or text).

## MORGAN RUN, Carroll County

May 12, 2019. Trail Ride. Veteran Morgan Run trail rider, Debbie Mullinix, will lead us on this trail ride. Morgan Run is a 1,336 acre environmental nature area featuring miles of equestrian trails in both open fields and woodlands. Only a few sections are somewhat rocky, but the vast majority of the trails have footing that is easy on horses' feet. There is plenty of parking at Morgan Run. As always, plan to stay for the potluck after the ride. RSVP: Stephanie Brennan at [dadslilcobra@yahoo.com](mailto:dadslilcobra@yahoo.com) or 603-573-1123.

## CLASSIFIED ADDS

### Gaited Horse Lessons with Jacquie Cowan


Specializing in the softly gaited horses for trail or show; trail skills and confidence building. Individuals, groups, and clinics. Jacquie will come to you. 410-215-4979 / [jacquiecowan@comcast.net](mailto:jacquiecowan@comcast.net)

### Horse Blanket Wash/Repair

Free pick-up/delivery available for six or more. Price sheet & more info can be found at [Roxy@SweetRockStables.com](mailto:Roxy@SweetRockStables.com) or 410-374-3870

### Rocky Mountain Mare for Sale

Eight year old Rocky Mountain mare for sale. Darling is a wonderful, kind girl who has been only a trail horse. She is 14.3 to 15 hands tall. Her gait is smooth and slow. She is registered but has not been certified for breeding. That can be done by the new owner. I would not be selling her but have health issues that are causing me to give up riding. Asking price is \$2500. She is presently at my home in Laurel, MD. Please e-mail me at [wmaco@comcast.net](mailto:wmaco@comcast.net) for photos and questions. Kathleen Macoughtry



**Clover Veterinary Services**  
PO Box 1511  
Eldersburg, MD 21784

**Kerry Murphy, DVM**  
Veterinarian  
[clouervetservices@gmail.com](mailto:clouervetservices@gmail.com)

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443-536-5319

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## AD RATES

100 Words \$6  
(each additional word  
\$0.10)

Business Card \$6

1/4 Page \$25

1/2 Page \$40

Full Page \$75

*TROT members can place one 100-word or business card-sized ad in each issue of the newsletter for free. TROT members wanting to run a larger ad receive \$6 off.*

Thank you Dr.  
Murphy and  
Kathleen Tabor for  
volunteering your  
time in support of  
our TROT First Aid  
clinic.

## BOARD OF DIRECTORS

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## THANK YOU

*TROT would like to express their sincere appreciation to the following people.*

- ◇ **Jean Cooper** for her years of service on the board.
- ◇ **Dana Grabiner** for her grant writing, time on the board, and serving as secretary.
- ◇ **Laury Lobel** for her years of service on the board.
- ◇ **Gale Monahan** for her years of dedication, donations, and serving as president.
- ◇ **Barbara Sollner-Webb** for her years of service on the board, and as past newsletter editor.

## PASSPORT TO ADVENTURE

Passport booklets are being sold for \$10 each. Any TROT member in good standing can compete in this fiscal year event. There are 24 counties in Maryland. For the adventurous types, this passport book also includes a few places in Pennsylvania, Virginia, and Washington D.C.

The rider(s) who attend(s) the most TROT rides within a calendar year wins an award\*, and the worker(s) who record(s) the most trail work hours within a fiscal year wins an award\*.

\*Awards are determined by the TROT Board & distributed each year at the Annual Dinner.

TROT Trail Ride-Have the ride leader initial & date the location in the passport book. Attendance will be verified by the ride sign-in sheets given to the TROT Trail Rides Committee Chair.

Trail Work-Self initial & date the location in the passport book. Record hours for yourself, and with the TROT Adopt a Trail Program Committee Chair, who will verify hours worked.

Don't see a TROT ride or work day you want. Coordinate a TROT trail with the help of TROT's Trail Ride Committee Chair! There are plenty of blank spaces to add on additional rides and trail work!

Passport booklets must be mailed by December 31, 2019 to TROT, PO Box 506, Highland, MD 20777 to be eligible for prizes at the 2020 TROT Annual Meeting and Banquet.



## TROT LICENSE PLATES



You do not need the "Luck of the Irish" to get a TROT license plate for your truck or car!! Just let me know and I will help you through the application process. For a one-time fee of \$25, you can have a TROT license plate forever! The Department of Motor Vehicles will transfer the information and registration fees from the current license plate over to the new TROT license plate. What better way to show you enthusiasm for horses and educate the public about TROT!

Contact me at [PonyExpressMessenger@gmail.com](mailto:PonyExpressMessenger@gmail.com) or call me on (301) 703-4087.

~ Karen Durilla



## **ANNE ARUNDEL COUNTY**

News from Anne Arundel County provided by Jacque Cowan. NORTH TRACT of the Patuxent Refuge in Laurel, MD has re-opened and is available for riding on their hard packed dirt roads when the rest of our trails are too wet and slippery. It was closed during the federal shutdown since it is federally owned and managed. Please use this great western Anne Arundel County asset as the weather and ground conditions continue to be wet and muddy. Do be careful in freezing temperatures or just after as the roads ice over easily and do not readily thaw out.

## **BALTIMORE COUNTY**

On January 12<sup>th</sup> JoAnn Bashore and Priscilla Huffman made a short presentation at the TROT First Aid and Safety seminar to promote the Volunteer Mounted Patrol. Several current VMP's attended the seminar.

The Maryland Park Service had a booth at the World of Pets Expo from January 25<sup>th</sup> – January 27<sup>th</sup> held at the Timonium Fairgrounds. The Volunteer Mounted Patrol staffed the booth and had literature available regarding the VMP program. Karen and Frank Durilla did the booth set up and the breakdown, and the booth was staffed at various times by Karen and Frank, Bianca Paterakis, Scott Nickel, Bob Lilly, Andrea Steed and Priscilla Huffman. There were several other horse-related exhibitors at the Expo and the organizer hopes to increase horse exhibitors next year.

The following rides have been scheduled for Baltimore/Harford Counties:

- Friday, July 10<sup>th</sup> Torrey C. Brown (NCR) trail - Freeland Rd parking area
- Monday, July 29<sup>th</sup> Sweet Air, Gunpowder Falls State Park
- Saturday, September 28<sup>th</sup> Sweet Air, Gunpowder Falls State Park

## **CARROLL COUNTY**

Carroll County is the place to spend time on the trails in 2019! From trail work days to keep you in shape while you promote equine trails, to trail rides all over the county. The Carroll County group even has some rides coordinated outside the county! A monthly email is sent out to keep you abreast of trail topics within the county. If you are outside of Carroll County and would like to be added to the list, please let Stephanie Brennan know.

## **HOWARD COUNTY**

I would like to introduce myself, I am Elizabeth Baran, the new Howard County Coordinator. I am familiar with most parks in Howard County, but I am most familiar with Patapsco State Park where I am always happy to show new friends the trails. Please feel free to discuss with me any issues, ideas, or comments you may have on any Howard County parks. I love to camping/overnight weekend rides, so let's plan some TROT camping rides to meet TROT members and riding groups in other counties! There are wonderful camping parks and trails thru all the counties. For anyone that has always wanted to try camping, I'd be happy to help and possibly host an "overnight for beginners". Please let me know how I can assist you as the Howard County Coordinator. I look forward to meeting everyone!

## **LAUREL/BURTONSVILLE**

We are starting to think about the annual luncheon that riders hold for the WSSC watershed staff, to renew our friendship & thank them for their trail work. If you might like to participate (it will probably be in May or June), please let Barbara Sollner-Webb know. On April 27, please come out to the trail work session on the Rocky Gorge trail, which WSSC named the "Terry Ledley trail", to honor the memory of founding TROT member & trail advocate, Terry Ledley, who passed away last July.

## **COUNTY** **COORDINATORS**

### **Anne Arundel**

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### **Laurel/Burtonsville**

Barbara Sollner-Webb

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301-655-3552

If you did not see your county listed, please consider becoming a county coordinator. Its easy, fun, & rewarding!

Don't know how to start?

**Attend a County  
Coordinator Meeting  
Please contact Stephanie  
Brennan for more  
information.**

[dadslilcobra@yahoo.com](mailto:dadslilcobra@yahoo.com)

603-573-1123

## WELCOME

Tammy & Destiny Arbogast Howard, MD	Lorna Baker & Tom Michaels Caroline, MD	Libby Ballenger Carroll, MD
Pamela Blount Baltimore, MD	David & Louis Barnard Frederick, MD	Theresa Bly Carroll, MD
Roger & Ashley Bowers Carroll, MD	Cheryl & Cara Burns Howard, MD	Sharon Cappeluti Montgomery, MD
Jessica Conoway Carroll, MD	Carol Daisey Baltimore, MD	Beth Daly & Steve Seeger Montgomery, MD
Nancy Delach Carroll, MD	Susi, Doug, Xoe, & Xena DuBois Cecil, MD	Amanda Gross & Robert Jarosi York, PA
Cynthia Harris Carroll, MD	Maryland Equine Transition Service Brittney Vallot, Howard, MD	Joni & Ray Miller Adams, PA
Kerry Murphy, DVM Carroll, MD	Darren Potter & Heather Hardesty Carroll, MD	Yvonne Rawleigh Howard, MD
Ashley Reier Baltimore, MD	Haleh Sabet Baltimore, MD	Riley Schwengel Montgomery, MD
Tianna & Donald Shemon Adams, PA	Jessica & Jennifer Stone, Peter Kromer Baltimore, MD	Kathleen Tabor
Jeorgie & Randy VanderLaan Queen Anne's MD	Vanessa Wilhelm-Croston Carroll, MD	Shirley Williams Charles, MD
Valerie, Mike, Tori & Jared Willis Montgomery, MD	Andrea Vervack Carroll, MD	Cheri Vincent Howard, MD

**Did you know that it costs over \$30 a year to print and mail your copy of our newsletter? That is more than your membership! We know you would rather see those funds go to supporting our mission of trail preservation, enriching events, and membership benefits. Our next newsletter (May 2019), and subsequent newsletters will be emailed as well as posted on our website and social media. If you would like to continue receiving a printed mailed copy, please provide a donation of \$20.00 for the remainder of the year by April 15, 2019. Thank you for your continued support.**

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