



trot

Trail Riders Of Today

Dedicated to maintaining and expanding sustainable trails and open spaces

www.trot-md.org/

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September 2022

Founded 1980

Number 247

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[Note: Articles without attribution are by the Newsletter Editor, Barbara Sollner-Webb]

Hopefully everyone will enjoy riding this season! But please, do not ride the trails if the ground is wet enough that your horse leaves footprints! And please pick up (or move aside) your horse's poop from parking areas & paved trails. Thanks!

PRESIDENT'S MESSAGE

from Carolann Sharpe

How many horses have you ridden? Can you name them all? There was a time it was only a handful but now I must add a new name to my list, Georgie. A patient Tennessee walking horse. Gaited. As wonderful as he was, I realized I'm loyal to a fault. I think this personality trait makes it hard to ride a horse other than my own. This also makes it impossible and emotional to consider the time when I must find another horse. The partnership I have with my horse transcends horse and rider.

Recently during a camping trip, my horse Diesel came up with a scratched eye. A friend offered his horse so I wouldn't miss riding that day. After caring for Diesel's eye, I nervously took him up on the offer, asking a million questions. What does Georgie like? What might he do? Is he ok if I do this? His owner kept telling me he is effortless, push button, a toddler rides him. All should have calmed me down, but it didn't really.

[continued on next page]

GAITED CLINIC COMING TO TROT

from Jacquie Cowan

A gaited clinic will be coming to TROT this fall with well-known trainer Joe London. Details will be shared by email blast and on TROT's Facebook page as soon as they are finalized. In the meantime, contact Jacquie Cowan with your interest and questions (410-215-4979 or jacquiecowan@comcast.net).



Tuckahoe Equestrian Center recently held such a clinic with Joe London and it was wildly acclaimed as most valuable by the attendees and auditors.

PLANNING NEXT YEAR'S EVENTS

from Christina Micek

We are thinking of starting up a regular cadence of events again as most of us are going back to our normal daily activities after a long pandemic. We would love your input. We thought themes every other month might be nice, and to hold an event that might fit into that theme. We would appreciate getting your ideas and feedback on possible events that could fit into a theme and/or on themes we might not have thought of. Ideas of themes:

- **Health Related:** Demo on massage, acupuncture, light therapy, vets talking on a few hot topics, visit to a large animal clinic for a tour, info on supplements, feeding for the hard to keep or easy to keep horse, conditioning 101, etc.
- **Riding Clinic Related:** Riding clinics on gaited horses, how to stay safe on the trails with your horse, trail challenge, natural horsemanship methods for issues, etc.
- **Try a new-to-you sport:** Intro to fox hunting, endurance, ski joring, jousting, polocrosse, etc.
- **Farm Tours:** Get a tour of a farm to see what works and what doesn't work for the owner.
- **Unique Experience:** Swimming with horses, camping with horses, etc.
- **Non-Riding Clinic:** Driving a trailer, trailer loading, starting a young horse, restarting a thoroughbred, how to evaluate your next trail horse, etc.
- **Social Event:** Annual picnic, annual dinner, movie night, etc.
- **Swap:** Member swapping expertise on a topic, members reviewing new and old products, etc.

Please send me your thoughts and feedback, at boardmember01@trot-md.org.

REMINDER OF UPCOMING TROT ELECTION

from the TROT Board

If you are willing to share your good ideas and talents with our member-driven organization, TROT, taking only a few hours a month, please consider volunteering. As described in the last newsletter, on September 15th you should receive by email (or for those who have no email address listed with TROT, a few days later by snail-mail) a nomination form to use to nominate yourself or another member to become TROT President, Vice President, Secretary, or one of the four General Board Positions that are up for election this year. You can nominate as many members for each open position as you want or nominate yourself for two positions by filling out multiple forms; if someone is elected to two positions, they can select which they want and the next runner-up gets the other position. Nominations for these two-year terms are due by October 13th, Voting on the final candidate ballot by the membership will be from November 13th through December 11th. Results will be announced before January 1. If you do not receive the nomination form or election ballot, contact TROT's secretary, Ivy Smink, at <trotsecretary@gmail.com>. If you need a paper ballot, contact TROT's President, Carolann Sharpe, at <trotpresident@gmail.com>.

VOLUNTEERS NEEDED FOR IMPORTANT POSITIONS

from the TROT Board

TROT is very much in need of individuals willing to become TROT's Trail Work Coordinator and TROT's Webmaster.

The Trail Work Coordinator need not set up trail work events but merely encourage TROT members to do trail work on their own or to join other planned trail work events, AND to report their work hours to you. Then, you will report these work hours to the parks, for which they receive extra funding and TROT gets respect.

The webmaster will work with TROT's web provider and keep TROT's website updated; also to provide input on how to improve the user-friendliness of our website. This position is best-suited to someone who is familiar with website development and design work. Specifically, this person will be responsible for updating webpage posts, pages, pictures, calendar events, and the members-only page. She/he will also be able to make design improvements. The website is created in WordPress and has a number of unique plug-ins. **The commitment is maybe 1–2 hours a month at the most.** Ideally, this person should have or want to develop experience building custom plugins/themes in WordPress and an understanding of Search Engine Optimization. Knowledge of front-end technologies include HTML5 (the current version of HTML) could also be helpful. If you have a willingness to help and learn, this is something you might well enjoy doing. Please give it a try.

For more info or to volunteer, please contact TROT's secretary, Ivy Smink at <trotactivity@yahoo.com>.

BEFORE GOING TRAIL RIDING, CHECK THAT PARK'S HUNTING DAYS

Hunting season has already begun! Before going out on a trail ride, check on that venue's hunting days and regulations. Some venues have no hunt days (e.g., Little Bennett, WSSC's Rocky Gorge Reservoir), some have only few days (e.g., <https://montgomeryparks.org/wp-content/uploads/2021/08/FY2022_Park_Closure_Schedule_for_Deer_Population_Management-FINAL-7-30.pdf>), but some have lots of days closed. For instance, in Carroll County (visit <www.carrollcountyequinecouncil.org> for an up-to-date calendar) from September 1 through February 15 Piney Run trails are closed every Monday, Wednesday, Friday and Saturday plus the entire two and a half weeks after Thanksgiving. So check the hunt schedule for your intended riding venue.

And please remember that whenever out trail riding during hunting season, it is always wise to wear a bright orange vest or jacket. If your dog accompanies you on the ride, he/she should wear a bright orange vest as well (and be leashed if required).

PRESIDENT'S MESSAGE CONTINUED – FROM PREVIOUS PAGE

During the ride, I was getting in the groove, feeling a little more in sync with Georgie and appreciating his swift movement and willingness to collaborate for a beautiful ride. Even got him to Gait which I realized, the unrecognizable movement was the exact thing that makes the Gaited horse so special, but it wasn't MY horse. There have been a few times I have ridden someone else's horse. At 19, I got up on my now-husband's mother's horse. We took a picture, and we went for a walk on their property. The horse sneezed and I basically demanded to go back, scared out of my mind. Years later I took two lessons on a horse and again, decided it was too scary. Fast forward a couple years and at 35, I adopted Buddha. I rode ONLY him for 10 years. Enter my life – Ares. Again, I had ridden only him for five years. In the time, I started riding Diesel at a friends' farm. The only horse on her property I would ride. Three more horses since then – a Paso Fino, a quarter horse and now two Tenn Walkers. As I am grateful to every single person that allowed me to ride their horses, it is abundantly clear, I want my companion, my partner, my horse.

I fear my 'missing my horse' sounds ungrateful for the perfection and wonderful way other horses have taken care of me. My emotion was not disappointment or lack of appreciation for these other horses, but deep regret I wasn't sharing this ride with one of my best friends.

Riding for me is not an activity, it is a deeply emotional experience. As those that know me, understand, riding a horse, living this life was a dream I truly never thought would come to pass. I am extremely grateful. On my saddle is a horse hair tassel with the Navaho colors and a medicine man healing bag made with my beloved Buddha's hair. Buddha took part in an actual PowWow while I owned him. When the time comes, I will have tassels made for Ares and Diesel. I ALWAYS want to be on the trails with my horses, no matter what horse is patient enough to listen to me ache for my partner in crime, MY HORSE.

TROT 'S RECENT PICNIC *from Joyce Bell & Janet Whalen, photos from Christina Mirek*

TROT's second annual TROT picnic was held on August 14th in the McKeldin Pavilion of Patapsco State Park (photo on right). The weather was warm but not too hot. Everyone enjoyed a nice variety of scrumptious dishes provided by members and guests. TROT provided the sandwiches, cake, and beverages. Two baskets filled with goodies for man and beast were auctioned off, and laughter and good cheer flowed freely.



Some members rode their horses both before and after the picnic. Trees behind the picnic pavilion provided shade and a nice respite for the horses (photo on left) while their owners connected with old friends and made new ones.



Shown in the photo on the right, TROT member Sandy Lewis Boyd (left), Bob Richards (center), and Leslie Prevost (right) found they lived close to each other and made plans to ride together.



More attendees, shown from left to right in the photo on the left: Janet Leitzel (Treasurer), Janet Whelan (VP), Marty Lanham, Rick Ousley, Liz Ousley, and Howard Lanham (Board Member)



President Carolann Sharp presented updates on how TROT continues to represent the membership. (photo on right)



A great time was had by all. There was lots of laughter, sharing of stories and reminiscing. It was suggested that we continue this event but consider other venues throughout Maryland, so it is not always so far for the same people.

SCAM WARNING

It has been brought to our attention that numerous scam requests for gift cards, money, credit card info, etc. are being sent to TROT members, fraudulently stated as if coming from Carolann Sharpe, TROT President (although a few are claiming to be from other board members). However, no TROT officers are sending them -- a scammer is. So please do not send money to such requests.

TROT DIRECTORY UPDATE

Several members have asked for an update on the status of the long-awaited TROT membership directory, which last year, members voted overwhelmingly they wanted TROT to again produce. TROT's 2022 membership form provided the option to not share the requested contact information and in the directory which was to be produced. However, a number of unfortunate snafus in the requesting and recording of that information have since become apparent. Thus, **to create a 2022 directory that respects all members' wishes, a request for information should soon be going out to all members. Please respond to this request, to enable a membership directory still this year.** And then next spring, after the 2023 membership applications with the needed information have been received and processed, a 2023 membership directory should be generated.

TRAIL MAINTENANCE AT MORGAN RUN

from Howard Lanham

Sunday, September 4, 2022, was this season's fifth trail maintenance session at Morgan Run Natural Environment Area, Maryland State Parks, sponsored by the Carroll County Equestrian Council, with the participation of TROT members. This time, turnout was adequate, but not as large as prior dates, likely due to the heat and/or people's August vacations. However, those who did come included many of our veteran core group who are all accomplished workers. So much got done, including trimming a loop called "Howard Square", a section of the trail that runs from the parking area to the first tree line, and an overgrown section leading to the northern parallel trail of the first tree line. We give a special thank you to our three volunteer mowers: David Ratcliff, Gina Miller and Sue Donaldson and to our acting coordinator, Theone Andrews Hulse. Others participating were: Adam Smith, Marty and Howard Lanham, Karen and Frank Durilla, and Randy Hulse. We also are thankful for the contributions of Joe Dragon and Lynda Rogers. The participants enjoyed a picnic lunch afterwards. Our next date is Sunday, October 2, 2022, at 9 AM (see below). If you enjoy Morgan Run, remember: if not you, then who? State workers mostly maintain the parking area while the rest is on us.

TRAIL WORK

The Carroll County Equestrian Council announced their trail workdays, and TROT members are encouraged to join, at:

- Morgan Run on Sunday Oct 2 – contact Carolyn Garber at 410-549-5141
- Piney Run on Saturday Oct 29 – contact Stephanie Brennan 603-573-1123

Whenever you are out riding at your favorite venue, take along your clippers and folding saw to do trail work along the way. Simply clipping overhanging branches while you ride counts. And report these hours to <trotactivity@yahoo.com>. Also, if anyone hears of other organized trail work efforts, please spread the word, including on TROT's Community Facebook page.

TROT TRAIL RIDE PROGRAM

from Reena Lentz, TROT Trail Ride Coordinator

Hello to all TROT members. I hope all have had a wonderful summer filled with plenty of trail riding and horse time. I want to thank all of our trail ride leaders this year: Mette Raben Fields, Carolann Takenberg Sharpe, Priscilla Huffman, Eleanor Fulton, Diane Cafferty and Barbara Sollner-Webb. Carolann's ride to Woodstock Inn is always a big hit (see write-up in the July newsletter) as is the horse swim at High Tide Farm (which was held during the months covered by this newsletter and is summarized below). Thank you Carolann for these two popular rides.

Christina Micek offered to be a Trail Guide for the C & O canal between Blockhouse Point and Muddy Branch between Esworthy and Pennyfield and between Pennyfield and Violet's Locke. Remember to contact her to meet up for a ride.

[Editor's Note: the complete list of current TROT Trail Guides is on following page; please volunteer to be one.]

If anyone is interested in leading a ride, it's not too late. Fall is a wonderful time to hit the trails. Contact me if you are interested. Reena Lentz 301-471-4389 or Facebook message or email at <lentzreena@gmail.com>. And stay tuned for a Gettysburg ride on a weekday in mid October. For now, happy trails all!!

THE RECENT TROT TRAIL RIDE

from Carolann Sharpe

We had another beautiful Horse Swim at High Tide farm for TROT members and friends. With 25 signed up, two did not make it due to the carelessness of a driver. It is so important for motorists to watch their speed and know what lane they are changing into. But hats off to the two State Troopers and the Department of Transportation employee, who were amazing -- patient and provided protection while the horses had to change trailers on I-695.

The day was perfect riding weather. The horses had a fantastic time in the cool water, splashing and playing. For two years, we have had a riding instructor bring her students, who are so grateful to have that special time with the horses. While the horse provides the students an education in the arena or shows, today was about fun and bonding.

We look forward to our return next summer.

TROT TRAIL GUIDES – *if your favorite venue is not covered, please volunteer!*

For decades, TROT has offered "Trail Guides", thoughtful members who volunteer to show their favorite trails to TROT members who contact them. See below for a listing of the venues that are currently covered by this program. If you would like to learn one of those trails, do contact the generous Trail Guide listed, to arrange a personally guided trail ride and/or description.

TROT's Trail Guide program seems especially valuable for members to learn new trails now, since there are only few organized TROT rides. We would love to get back to having far more of the regions' great riding venues covered by the Trail Guide program. So PLEASE, do consider volunteering to be a Trail Guide at your favorite venue. It is very little work, since Trail Guides are only called on very infrequently (and ...

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CONTINUED FROM PREVIOUS PAGE – TROT TRAIL GUIDES

you likely ride there anyway). And you will be doing a great service by being there should new riders want your help. Contact <bsw@jhmi.edu> or 301-604-5619 to volunteer.

- Block House Point (Montgomery County) Christina Micek <cmicek@christinamicek.com> or phone/text 617-435-1187
- C & O canal portions (Montgomery County) Christina Micek <cmicek@christinamicek.com> or phone/text 617-435-1187
- Fairland Park (Prince George's & Montgomery counties) Barbara Sollner-Webb <bsw@jhmi.edu> or 301-655-3552 (c)
- Gunpowder Falls State Park (Baltimore County) Priscilla Huffman <priscillahuffman@verizon.net> or 301-646-4422
- Muddy Branch (Montgomery County) Christina Micek <cmicek@christinamicek.com> or phone/text 617-435-1187
- North Tract, Patuxent Research Refuge (Anne Arundel County) Barbara Sollner-Webb <bsw@jhmi.edu> or 301655-3552 (c)
- Patapsco State Park/McKeldin (Carroll, Baltimore, Howard counties) Carolann Sharpe <blackandwhitecookie@yahoo.com>
- Prettyboy Reservoir (Baltimore County) Priscilla Huffman <priscillahuffman@verizon.net> or 301-646-4422
- Rocky Gorge Reservoir (Prince George's & Montgomery counties) Barbara Sollner-Webb <bsw@jhmi.edu> or 301-655-3552 (c)
- Rockburn County Park and connecting Patapsco Valley Park (Howard County) Jacquie Cowan <jacquiecowan@comcast.net>
- Tuckahoe (Caroline & Queen Anne's counties) Joyce Bell <wbell2@washcoll.edu>
- Triadelphia Reservoir (Montgomery County) Barbara Sollner-Webb <bsw@jhmi.edu> or 301-655-3552 (c)
- Wye Island (Queen Anne's County) Joyce Bell <wbell2@washcoll.edu>

LAMINITIS AND THE BEST ICE BOOTS EVER

from Joyce Bell

For some horse owners, laminitis season can be all year long. Laminitis is painful inflammation of the laminae that hold the hoof wall to the underlying coffin bone, while “founder” is the severe situation when the hoof wall actually separates from the coffin bone. Laminitis can have many causes: a hormonal disorder such as Cushings, obesity, retained placenta, colitis, pneumonia, concussion (“road founder”), stress, grain overload, but most often from consuming too much grass that is high in non-structural carbohydrates (NSC). Once a horse has had laminitis that horse is always susceptible to future episodes, so prevention is key.

Having a horse that once verged on being laminitic, I was always careful to limit his access to spring grass. Horses gobble more pounds of grass per day in the spring than summer. I later learned that grass accumulates NSC in sunlight, so turning out a laminitis-prone horse in the very early morning is best since that is when NSC levels are lowest.** Then I learned that even in late fall, if it hasn't rained for a while and your pasture looks dried out – watch out! Dry grass can have more NSC than long lush grass. Worse still, fall “frost grass” (when nighttime temperatures fall below 40 degrees) is even more dangerous. A friend told me of a horse she lost to frost grass. If your horse appears uncomfortable standing, act quickly!

Cold therapy has been known for a long time to have an amazing healing power.** Not only does it reduce the pain in the hoof, but it slows down the inflammatory process and can prevent a laminitic attack from becoming chronic founder. To this end, you can stand your horse in buckets of ice water or purchase devices like Ice Therapy Pro Laminitis Boots (\$180 each). Cold therapy should be started as soon as possible and continued for 24-72 hours.

When TROT board member Susan Gray's horses got out one night, I happened to be in the area and was happy to help with the very successful, inexpensive cold therapy treatment she has been doing. Susan used cut sections of old tire tubes, inserted a hoof, dumped in ice cubes and a bit of water, folded up the tire tube against a horse's leg, and duct-taped it closed. [Photo at right.] Ingenious!! The horse could maneuver around the stall without being tied. The ice in the “boot” slowly melted until re-application 4-6 hours later!



photo from Joyce Bell

[Editor's note: A wealth of excellent information in laminitis and founder is available on-line through experts in the “Equine Cushings and Insulin Resistance” IO group.

[footnote on NSC (non-structural carbohydrates, or sugar and starch): Plants' sugar, made in the sunlight by photosynthesis, first gets metabolized to starch, which then more slowly gets further metabolized to other molecules. Thus, highest NSC levels are in late afternoon, evening and well into the night. In late spring, summer and early fall, NSC levels fall significantly by early morning because the starch has been significantly metabolized. However, on cold nights in early spring and late fall, that further metabolism of the starch becomes extremely slow, causing NCS levels to be nearly as high in early morning as the previous evening. That is why “frost grass” tastes “sweeter” and is so dangerous, causing laminitis/founder to occur more frequently in spring and fall.**

[footnote on icing: It is very important to start this icing as quickly as possible, to halt the breakdown of the laminae. Once the laminae have degenerated sufficiently that the hoof wall becomes detached from the underlying coffin bone (founder, very painful), that detached hoof wall does not re-attach. Rather, it has to grow out while a new hoof wall with new laminae grows in (over 6 to 12 months), hopefully staying attached if laminitic events are under control.]**

Trail Stewardship Training Clinic by Penn Equine Council *from Christina Micek*

Your intrepid Montgomery County Area Contact, Christina Micek, recently attended this year's Trail Stewardship 3-Day Training Clinic put on by the Pennsylvania Equine Council in State College PA by the infamous Bud and Gwen Wills. Bud and Gwen have been learning and teaching about trail building and maintenance for years, specializing in equestrian trails. This class is sponsored by Pennsylvania grants, so if you are out of state like me, you will have to pay for your hotel and food yourself.

The trail stewardship training consisted of 1.5 classroom days, a full day on Thursday, and a half day on Saturday, and a hands-on workday on Friday. The classroom time was very important, and students learned everything from how to work with all of the different landholder agencies in the state, as well as practical basic trail building skills including layout, construction, maintenance, sustainability and best management practices. The most important lessons we learned included that: (1) it is extremely important to keep the water off the trail, (2) construction and layout should be done by professional trail contractors, and then the maintenance can be done by volunteer groups, and (3) to support and cherish our trails as equestrians so we do not get pushed out by other user groups and possibly lose access to our trails and open spaces to ride. Most people do not understand that parks typically do not have staff that are trained to do trail design and building, and there is often little in the budget for maintenance -- so they rely on volunteers to help out and bring their knowledge.

One of the main issues with trails is water erosion, so some of the fixes presented to address this were reroutes, grade reversals, switchbacks, rolling dips, in-sloping and out-sloping, removing berms, geotextile hardening or turnpike options. Interestingly, switchback turning radius for bikes should be about 6 feet, and only 3 feet for equestrians, and an appropriate grade into any switchback should be 2 or 3%. We learned how to do a proper bench cut, how and where to build a retaining wall, and how to deal with stream bank stabilization for bridge and low water crossings.

We then learned about the best tools of the trade, non-mechanized and mechanized, and how to use them. The list included but wasn't limited to: Fire rakes and shovels (sharp edge that needs to be protected), Pulaskis, McLeods, weeders with blades, ratchet style loppers (one favorite is the Spear and Jackson 8290RS Razorsharp2 Heavy Duty Telescopic), saws (Stagecoach West sells Fiskar that comes with a leather carrier) loppers, and chainsaws (a favorite was the Stihl combi tool). Remember, to be able to use a chainsaw in parks, you will need to take an approved chainsaw safety course.



*photos from
Christina Micek*



Of most interest to most attendees was the hands-on day where we tried to put what we learned into practice. We traveled to DCNR's Bald Eagle State Forest to perform a low water crossing armoring project to stabilize the trail, bank, and mitigate any flooding. There are multiple equestrian trail users in the area, and they requested this project on a popular trail connector that they saw was creating erosion. The volunteers dug an 8-inch deep tray on both sides of the stream where erosion and flooding was occurring. We then laid down geotextile material to protect and reinforce the wet, unstable soil. Then we laid down 4-inch geocell and filled it with type 2 and 3 rock fill aggregate. We then added about 2 inches of rock fill above that and made sure everything was safe and level. This system over time becomes a part of the landscape. If you can let it sit for a year without use, that is ideal to let it go through a complete freeze and thaw cycle. Trail maintainers should visit the site again within this timeframe to make sure nothing additional needs to be fixed or refilled.

We were also very lucky to practice our clinometer use to measure the grades of land slopes, and even more fun, we learned how pack animals can be used in wilderness projects to shuttle heavy materials such as rock ... *[continued on next page]*



continued from previous page - Trail Stewardship Training Clinic

aggregate to the site. We used Bud and Gwen's pack mules for this, learning the proper equipment, how to load and unload the weight, and how to keep both volunteers and equines safe during the process. During our classroom training day, we went over the equipment needed for packing materials into a wilderness trail site, and how to care for the animals while doing it. There are additional trainings on this topic, and one of the best is the Wild Lands Training Center in Missoula, Montana.

Many in the class were also very interested in camping with their equine partners, and we learned best protocols for traveling, camping, and packing up and dispersing at equine friendly campsites. Part of our education included how to build usable equine camping areas in existing parks and on public/private lands, from places that contain the animals (corrals and stalls) to appropriately armoring underneath a hi-tie area, as well as water and manure management considerations.

Further education can be sought by taking an IMBA (mountain bikers association) class in your local area which is not as good and does not specifically focus on equines but will get you the basics, or possibly a chainsaw safety course often provided by your state park management such as DNR, or if you are very serious, perhaps you might want to take a professional trail builder course offered by either American Trails or Professional Trail builders Association.

Our textbook was the Equestrian Design Guidebook for Trails, Trailheads, and Campgrounds put out by the United States Department of Agriculture. It was provided as part of the fee to attend.

[Editor's note: Gwen and Bud are saints for continuing to educate trail riders about trail construction, upkeep and manners in their wonderful clinics. Their clinics seem as exciting and informative as in 2013, when TROT sent Maria Schwartz (upcoming TROT president) and Barbara Sollner-Webb (upcoming newsletter editor and trail ride coordinator) to attend and report to the membership. See their September 2013 newsletter article (p 3-4; online at <www.trot-md.org>) or ask Barbara (<bsw@jhmi.edu> for the PowerPoint talk they gave at a TROT membership meeting in August 2013.]

GREAT OFFER: Free 1-Day Trail Stewardship Training Clinic from Ivy Smink

The Pennsylvania Equine Council will be presenting a FREE 1-day Trail Stewardship Workshop, given by the wonderful Gwen and Bud Wills, on Saturday December 10th 8-4:30 at the Codorus State Park, Hanover PA. Bring a lunch; light snacks & drinks will be provided. To pre-register contact Michele Emenheiser at 717-586-8812. PA Ranger members can also find a registration form on their Facebook page under files. Deadline is 11/30/2022, but register now, as this class will assuredly fill up quickly.

LEAGUE OF MARYLAND HORSEMEN 2022 INVITATIONAL from Jacquie Cowan

September 30 — October 2

League of Maryland Horsemen private campground
8067 Henryton Rd Marriottsville, MD <www.leagueofmarylandhorsemen.com>

Please come join a wonderful time to meet and greet members of LOMH and other horse clubs in other states!

*Camping is open to all LOMH members and registered visitors for this event. Bathrooms and showers are in the Clubhouse. Bring your own hi-line or portable corral for your horse. Electric hook-ups are available first come first serve. Water spigots are around the grounds, but not to be used for trailer hook-ups. A designated wash area is near the Clubhouse. Please be courteous to your neighbors and park tight. Corrals are only allowed along the trees. Generators are allowed, but please keep the loud ones away from your neighbors. If you need special parking, please note on your registration form. We will have plenty of parking for everyone. You can ride the trails directly into beautiful Patapsco Valley State Park. **A current Coggins must be presented at registration on site, and everyone must sign a Hold Harmless form and Infectious Disease waiver upon your arrival.***

Cost: \$40/adult (13 and older); \$25/youth (6-12); children under 5 are free! Camping fees: 20 /day with electric, \$15/day without electric (LOMH members: \$15 & \$12). Please pay fees when you arrive, in envelopes at the clubhouse or entrance mailbox.

Food: Friday: Snack (5-7 pm); Saturday: Breakfast (7-8 am), Lunch (12-1 pm) & Dinner (6-8 pm); then Games (8-11 pm); Sunday: Brunch (10 am-12 pm) Please feel free to bring a store-bought dessert for all to enjoy!

Contact Kathleen Asbury (296-901-7855) or Lauren DeFeo (443-262-1040) with any questions and we will be delighted to help you settle in. WE ARE EXCITED TO SEE EVERYONE NEW AND OLD!

Mail-in registration is open thru 9-28-22. Please make checks payable to LOMH. Send to: Cheryl Burns, 16960 Old Frederick Road, Mt. Airy, MD 21771 (<tcbclb@verizon.com>). Or register on eventbrite.

Name _____ Phone _____
Address _____ Email _____
Others attending with you: Adult _____
Youth (6-12yo) _____ Under 5yo (free) _____
Amount Due: _____ Adults x \$40 = \$ _____ + _____ Youth x \$25 = \$ _____ == TOTAL \$ _____



This Event is held rain or shine No refunds will be issued for this event.
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ANNE ARUNDEL COUNTY REPORT

from Jacquie Cowan, AA Co Rep.

ANNE ARUNDEL HORSE TALK: Gathering is the third Tuesdays of the month, 7-9 PM at the Edgewater Glory Days restaurant. Run your own tab; no dues or RSVP; just show up to meet, talk with fellow AA equestrians and hear a guest speaker. For info, contact me at <jacquiecowan@comcast.net> or 410-215-4979.

UPDATE ON BACON RIDGE EFFORTS: This was a primary topic at the August AA Horse Talk gathering with an equestrian county employee attending; a leadership team was created to work with her (I am part of the team representing TROT, as AA Coordinator); a letter to the County Executive was drafted and sent seeking consideration and requesting an onsite meeting to explore options for such basic things as trailer parking, trail development and maintenance.

I hope you participated and enjoyed the previously announced **TUCKAHOE EQUESTRIAN CENTER'S "SADDLIN' UP FOR BREAST CANCER" EVENT** (that I co-organized on Saturday, September 17 to benefit The Red Devils, a non-profit 501(c)(3) that provide life-enhancing services to Maryland breast cancer patients and their families while undergoing treatment) **AND THE SEPTEMBER AA HORSE TALK** (September 19), both of which will have occurred while this newsletter is being prepared.

MONTGOMERY COUNTY REPORT

from Christina Micek, Interim Mo Co Rep

Trail Update: TROT has offered to put together another trail workday for Montgomery County Parks, possibly to:

1. Help reroute the Wheaton Regional equestrian park trail, or
2. Create a geocell armoring turnpike for one of two persistent wet areas in Blockhouse Point Park that is causing trail widening, or
3. Fix some overgrowth (actually, Montgomery County Dept of Transportation responsibility) on the shoulder of the Muddy Branch Trail connector along Esworthy Road in Potomac that makes it hard for equestrians to connect to the trail.

The Action Committee is watching a new issue in Frederick County: use of agricultural land to build a huge data center and bore under the Potomac in three places. The Frederick County Council has pushed the deadline for their decision on this plan to October 31. For this, a new amendment to the Sugarloaf Treasured Landscape Master Plan was introduced by Mr. Tom Natelli, a developer, who wants to allow zoning changes so that Quantum Loophole (a company where he is on its board of directors) can build a sister data center. The project includes 40 miles of pipeline through the Agricultural Reserve and under the Potomac River in three places. The Master Plan would require a change of boundaries to allow this, carving out 500 acres or more. You can sign a petition here: <<https://www.change.org/p/preserve-the-sugarloaf-treasured-landscape/u/30872372>> or learn more about this from <<https://www.mocoalliance.org/news>> and <www.sugarloaf-alliance.org>.

BALTIMORE COUNTY REPORT

info from Priscilla Huffman, Baltimore County Rep

[Unfortunately, Priscilla became sick when needing to write her article, but she earlier sent this info:]

Priscilla met with Ben Porter, the Chief of Natural, Agricultural and Environmental Centers who oversees horse access in county parks. A new multi-use trail may be included in the master plan for Oregon Ridge, the county's largest park (1,043 acres).

Each month on the 1st Friday of the month, the Ag Center's Friday Night Lights features a different aspect of riding and horsemanship, so check Facebook for upcoming events. The Ag Center address is: 1114 Shawan Rd, Cockeysville, MD 21030. Gates open at 6 PM and the event is from 7-8:30 PM. A food truck is available, but the grounds are beautiful and have picnic tables if you want to tailgate - and admission is FREE!

CAROLINE / QUEEN ANN COUNTY REPORT from Joyce Bell, rep for those counties

There are two big upcoming events at Tuckahoe Equestrian Center: the Celebration of the Horse (Oct 1) and Berkey camping weekend (Nov. 4-6). Details for both events can be found at <www.tuckahoeequestriancenter.com>.

Now in its fourth year, The Celebration of the Horse will offer exhibitions of bridleless riding and jumping, Roman riding, vaulting, side saddle riding, dressage, driving and Maryland's Official State Sport: Jousting. Not to be left out, Rocky Mountains, Paso Finos, Standardbreds and Mustangs will join the fun. Food will be available to purchase from local groups. Vendors of all types will offer their wares as well. Equine professionals such as a veterinarian, farrier, and dentist will be on site to offer education and answer all inquiries.

The popular Berkey Trail Ride and Fall Harvest Auction camping weekend is coming up Nov. 4-6.

IMPORTANT REQUEST TO ALL RIDERS, FOR COUNTY AND AREA NEWS

Please, whichever county you live in, board your horse in, or ride in, whenever you hear news/plans/rumors/ideas that may be of interest to other equestrians, send in a note to your newsletter editor (Barbara Sollner-Webb, at <bsw@jhmi.edu>), for inclusion in the next issue. Getting such information from YOU is especially important for people living/boarding in areas where TROT does not currently have a county or area coordinator (see list below), as otherwise there is no way for TROT to know about -- and possibly help with -- things that may affect the riding venues and open spaces in your area! Please!

VALUABLE ARTICLES

kindly forwarded by Judy Thacher and Christina Micek

Astute TROT members kindly share interesting articles to pass on here. They are frequently from Judy Thacher and Christina Micek, who sent these valuable articles on:

-- feeding a senior horse:

https://thehorse.com/features/feeding-old-horses/?utm_medium=Nutrition+enews&utm_source=Newsletter

-- helpful info on finding where to buy hay, or what to use when that becomes hard:

https://thehorse.com/1114301/finding-hay-in-a-drought/?utm_medium=Nutrition+enews&utm_source=Newsletter and
https://thehorse.com/1114282/tips-for-finding-horse-hay/?utm_medium=Nutrition+enews&utm_source=Newsletter

-- and "How to Assure the Reluctant Landowner: Maintaining and Acquiring Horseback Access to Private Trails and Land"

<https://elcr.org/assurethereluctantlandowner/>

JOIN A TROT BUSINESS MEETING

These get-togethers are the first Wednesday of each month, at 7 PM, by Zoom. The links for all these meetings are on the calendar section of TROT's website (at TROT-MD.org). All TROT members are welcome to join, and your input will be appreciated!

WHO'S WHO IN TROT

POSITION	NAME	E-MAIL	PHONE
President	Carolann Sharpe	<trotpresident@gmail.com>	410-908-5599
Vice President	Janet Whelan	<celticfrost214@gmail.com>	410-790-1044
Interim Secretary	Ivy Smink	<trotsecretary@gmail.com>	443-974-5896
Treasurer	Janet Leitzel	<trottreasurer@gmail.com>	410-833-0572
Additional Board members	Barbara Sollner-Webb	<bsw@jhmi.edu>	301-604-5619
	Christina Micek	<Christina.Micek@natgeo.com>	617-435-1187
	Howard Lanham	<hqlanham@gmail.com>	410-259-2964
	Joyce Bell	<wbell2@washcoll.edu>	410-820-6002
	Susan Gray	<susan@campususan.com>	240-426-1655
Action Committee	Joyce Bell, Susan Gray, Janet Leitzel, Christina Micek, and Barbara Sollner-Webb		
Inventory Manager	Gale Monahan	<gale.monahan2@gmail.com>	301-854-3852
License Plates	Sandy Boyd	<ridersandyboyd@yahoo.com>	301-257-5177
Newsletter	Barbara Sollner-Webb	<bsw@jhmi.edu>	301-604-5619
Trail Ride Coordinator	Reena Lentz	<lentzreena@gmail.com>	301-471-4389
Trail Work Coordinator	VOLUNTEER NEEDED!		
Webmaster	VOLUNTEER NEEDED!		
IT Assistants	Liz Ousley and Christina Micek	<lousley13@gmail.com>	240-593-7002
COUNTY AND AREA COORDINATORS			
	<i>(lacking official coordinators; some members are kindly providing info)</i>		
Anne Arundel	Jacquie Cowan	<jacquiecowan@comcast.net>	410-923-6157 410-215-4979
Baltimore	Priscilla Huffman	<priscillahuffman@verizon.net>	301-646-4422
Frederick	Deborah Wagner		CALL OR TEXT: 301-233-7738
Laurel/Burtonsville	Barbara Sollner-Webb	<bsw@jhmi.edu>	301-604-5619
Queen Anne's/ Talbot	Joyce Bell	<wbell2@washcoll.edu>	410-820-6002

Please, TROT members in **Calvert, Carroll, Howard, Montgomery, and Prince George's counties** as well as other counties not listed above, consider volunteering as TROT's coordinator from your county. Or define some smaller area that you feel comfortable getting more involved with and volunteer to be its coordinator! For info on these positions or to volunteer, contact [<trotactivity@yahoo.com>](mailto:trotactivity@yahoo.com).

TROT INFORMATION

TROT has two Facebook pages;

- (1) the "official" page for members:
<www.facebook.com/Trail.Riders.of.Today> and
- (2) the "community" page:
<www.facebook.com/groups/127953560568829/>

TROT Website: <www.trot-md.org>

TROT Newsletter archives: <www.trot-md.org/newsletter>
Barbara Sollner-Webb, newsletter editor (<bsw@jhmi.edu>)

Get Your TROT License Plates

from Sandy Boyd, License Plate Guru

Have you considered getting a TROT license plate? What better way to show your enthusiasm for horses and educate the public about TROT at the same time! For a one-time fee of \$25, you can enjoy a lifetime of having a TROT license plate. The application process is very easy; within a few weeks you'll have your own gorgeous TROT license plate. Please contact me at <ridersandyboyd@yahoo.com> or call/text me on 301-257-5177, and I will help you with the process.



CLASSIFIED ADS

To place a newsletter ad, email <bsw@jhmi.edu>. **TROT Members** can place one 100-word or business card-size ad in each issue **FOR FREE!** What a great deal! It will run in one issue unless you notify the editor that you want it to run again. TROT members wanting to run a larger ad get that \$6 off the rate (listed below).

Ad rates for non-members and larger ads:

100 words	\$6	(each additional word - \$0.10)	
Business Card	\$6	1/4 page ad	\$25
1/2 page ad	\$40	Full page ad	\$75

Great Organically-Raised Farm Products

from Leah Mack



FOR SALE: 100% grass fed beef (ground beef \$6.99/lb) & **pastured, soy-free, corn-free eggs** (\$6/doz). Beef halves and whole lambs in fall. Organic practices. Pick up at my farm in Libertytown, MD or I can bring to a TROT ride.

Leah Mack <1ecofarmer@gmail.com>, grazydays.com

Gaited Lessons w/ Jacquie Cowan

Find Your Pleasure Gait with Jacquie Cowan, specializing in softly gaited horses for trail and show. I also help build your confidence and trail skills. Contact Jacquie at 410-923-6157 or <jacquiecowan@comcast.net>. I will come to you.

SPECIAL THANKS!!!

Big thanks to the swell folks who contributed articles and other information to the newsletter! Readers highly appreciate these contributions by TROT members! [So please keep them coming!]

And ENORMOUS appreciation for making suggestions and helpfully catching typos in articles of the draft text goes to Ivy Smink, Esmé Hoban, Janet Leitzel, Susan Gray, Judy Thacher, Joyce Bell, Christina Micek, and Denis Webb. You guys are wonderful!

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TROT Membership

PO Box 425

Finksburg, MD 21048

Inside this issue:

Upcoming Gaited Clinic

Planning for Next Year's TROT Events

Upcoming TROT Election

Ice Booting to Treat Laminitis

Very Informative Trail Stewardship Clinic

Valuable articles on Horse-related Information

And lots more