



Florida Forever Back Country Horsemen, Inc.

Preserving our equine cultural heritage on public lands for today and tomorrow

FFBCH Newsletter March 2009

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Special Notes of Interest

General Meeting
March 31, 2009
 Golden Corral
 Brooksville, Fl
 Dinner 6 PM
 Meeting 7 PM

Speaker
Deena Meyer
Understanding
Your horse's
Heart rate

Trail Pace

Riders and horses came from all directions. Many were local, but others came from Pasco County and an adventurous group came all the way from Eustis. We appreciate all of these riders braving the frigid early morning temperatures. We also appreciate Croom Riders for supporting the Trail Pace in lieu of their monthly ride and meeting.

In all, we had 39 riders competing in three divisions: 8 in Endurance, 3 in Cavalry, and 28 in Medium. Four juniors participated in Endurance. With no entries in Leisure, we awarded those prizes to the large Medium division.

To our amazement and delight, there were several riders who came extremely close to the "secret" time for their division. Mere seconds separated the placings in the Cavalry and Medium divisions.

RTTs Workday

Dave Mackenzie has started work on RTTs south of Ridge Manor with his tractor. We will have a workday on **Thursday, March 12 at 9:00 AM** to put the finishing touches on the part that Dave has started. We work for one to two hours. If you have pole saws and loppers please bring them.

We will shuttle you from either Ridge Manor trailhead or the parking area in Trilby.

Please contact Kathy Thompson at kathomps@gate.net if you are willing to help with this effort.



Our Young Riders

Jennifer Lamb claims no prior experience, but she came within 13 secs of perfection in the Medium Division. Our veteran rider, Joy Bostrom won the Endurance Division, while Debbie Shaughnessy bested Tim Annis by 39 secs in the Cavalry division.

Volunteers and riders alike had a good time. The trail and markings, parking, and trail snacks received rave reviews. Riders were fascinated to learn about their horse's pulse rate before and after the ride. We look forward to doing this again in the future.

This Just In

FFBCH has been invited to join Triple B at Doe Lake over Memorial weekend. Over the years Triple B has initiated and volunteered on

many equine related projects. This will be an opportunity to share information and enjoy the amenities they help to support at Doe Lake.

More details on page 6

Truman, My name is Rachel Allen. I am Vice President of Triple B Riding Club. Our club is camping at Doe Lake in Umatilla, Florida over the Memorial Day weekend. We would like to extend an invitation for some of your members to come join us. We currently have 20 sites available to your group, if you would be interested. I have received your emails for a couple of years and I slipped into your January meeting. I have been forwarding your newsletters on to our members as well. Our organizations share common interests and we would be delighted for you to visit with us. If you are not familiar with the amenities at Doe Lake, it is primitive camping but a full bath house is available. Let me know if you are interested, Thank you, Rachel

From the President's Saddle

This has been a busy year for FFBCH. We partnered with the American Endurance Ride Conference and the Withlacoochee State Forest to sponsor a Trail Masters training course. We now have eight Trail Masters to aid land managers with their trails issues in Florida.

From our experience opening the Withlacoochee State Trail, we found that there is significant cost associated with this type of work. In order that individual members do not have to absorb such cost we have established a special trails fund to support trail work. The profit from our recent Trail Pace event goes toward the trails fund.

The Trail Pace was an educational event where we also had some fun. The goal was for a rider to maintain a specific pace over a course of unknown distance of between 8 to 10 miles with one group – the endurance group - doing two loops.

The participants also learned about resting heart rates of their horses and how their heart rate recovery helps to determine the condition of their horses. The specified paces were 4.5 miles per hour, 6 miles per hour and 7.5 miles per hour (for 17 miles) for the endurance class.

We had a great turnout of 39 riders. We had plenty of volunteers – thank you all. We had great cooperation with the Withlacoochee State Forest staff. We had beautiful weather day for the event. We ended up making over \$400.00 for the trails fund. This money will go a long way to help us support our mission of promoting the responsible use of horses on public land and insuring that public lands remain open for equestrian use.

There is a Department of Forestry requirement that their trails be monitored

on a regular basis with any problems documented so they can be addressed. We are now working with the WSF to monitor the Croom equestrian trails and provide written reports on their status. That will allow WSF to better maintain the trails through both their personnel and volunteer support. You will find details on this program in this newsletter along with details of the program to name and put signage on the trails that will help people better navigate the Croom horse trails. Many thanks to Mary Lou Patton for her tireless efforts to put this program into affect.

We are starting efforts to reopen the Withlacoochee State Trail (Rails to Trails) from Ridge Manor South to Trilby. Last year we reopened the 10 mile stretch of the WST from Ridge Manor to Nobleton. We will announce trail work days in the near future.

As I get ready to attend my third BCHA national board meeting, I can't help but look back to the progress we have made. In a little over two short years we have addressed some major issues with the trails in the Croom Tract of the WSF and working with WSF have made significant improvements. We have opened a 10 mile stretch of the Rails to Trails equestrian trail that connects the Ridge Manor trailhead to the Townsend Regional Park in Nobleton. We now have two connector trails that connect the Croom horse trails with Rails to Trails. This results in regional trail system of almost 65 miles. The good relationships that we have worked to develop with both DEP and WSF have made much of this possible.

It has been a good two years and I thank each and every member for making this possible.

Happy Trails,
Truman Prevatt

Do you go to the ER following an accident?

The topic presented at this month's meeting by our guest speaker, Gary Macintosh, was how to handle medical emergencies on the trail. See page 5 for the guidelines that Gary prepared for us.

Ironic that recently two of our fellow equestrians required medical attention following a horse related accident. Elaine Stratford witnessed the accident and

soon after getting the accident victim, her daughter, Kathy Lenoir and the horses home, Elaine suffered a heart attack and was rushed to the hospital where they performed life saving surgery.

Two weeks later Kathy Lenoir was rushed to the hospital where emergency surgery was performed to remove a ruptured spleen and repair some other

damaged tissue, all attributed to the accident.

Chad Lenoir asked that we keep both of them in our thoughts and prayers for their speedy recovery.

Chad also said, "Hopefully, our speaker (Gary), can convince people like my mother and grandmother that falling off is serious and does require the ER!"

If you have an emergency or problem in the WSF, this is the number to call.

Emergency Dispatch Number for the Withlacoochee State Forest

352-754-6757

Volunteers Set the Pace

Thank you to all the volunteers that helped with our first Trail Pace. We think that this event was a success. We heard nothing but positive comments from all who participated.

Especially considering the economy, the cold weather and several other events competing with ours on the same day - we had a great turn out of 39 riders.

We have been receiving support from forestry for this trail pace and the equestrian trails in general. Without their co-operation this trail pace would not have been possible.

What a great job was done with the parking, it went so smoothly thanks to Dave and Bill. They did an impressive job! The long line of trucks and trailers so orderly parked along Croom road was a sight to see!!

Also, thank you to Bill for bringing his car with the flashing red lights that really helped slow traffic on Croom Road.

Thank you to the efficient and friendly group Rose, Rhonda, Mary Lou and Martha who checked people in, answered questions and handed out the trail snacks. The timing of outgoing and incoming riders was done by Anke, Rhonda, Louise and Jim. Jim also took care of the grueling task of calculating all the ride times!! Thank you!!!

Thank you for the support from Gary, Bill, and Bill's dog standing by as medic/search and rescue. We are glad that you were standing by! And that you didn't have to rescue anyone.

Deena and Truman were checking pulse rates. This was supposed to be an

option for the riders that were not in the endurance group, but it seems all riders took advantage of this special service.

The educational experience provided by Truman and Deena was very much appreciated by everyone. Thank you to Truman and Deena for being there and listening to the heart beats

Riders were enthusiastic going out on the trail and everyone came back complimentary about the trail. It was a very scenic and varying trail that was very well marked with orange ribbons and additional directional signs at intersections. Nobody got lost!!

Thanks to Dave the riders found a water stop along the trail, it was commented on and appreciated by the riders. The trail was laid out and well marked by

Truman, Dave, Mary Lou, and Kathy.

When the hungry riders returned back to camp Becky had hot dogs ready. Thank you, Becky for shopping and cooking for such a large group.

The prizes were provided by FFBCH or donated by members, but our member Gloria Cerra was able to get several sponsors. Thank you to John Holzwart, Glovers Stable, Dave's Tack, Western Stampede, Hoof Print Valley farm.

Thank you to Southeast Endurance Riders Association (SERA) for sanctioning the Pace and providing affordable insurance for our riders.

Again, thank you to all the volunteers who were willing to show up on a chilly Saturday morning to help our cause!!

Anke Matthiessen



Signs and Maps in the Withlacoochee State Forest

*You ask yourself,
“How did this all come
about?”*

I have also asked myself this, as this project has pretty much consumed my life these past 3 months.

Trail Reconnaissance

It started at a FFBCH board meeting, where we were informed that Johnnie Arquette, WSF Trail Ranger, had asked for help in monitoring the equestrian trails in Croom. A directive from Tallahassee was given to him to monitor all user group trails in his area once a month. He since found out it is twice a month.

I am an organizer, so I volunteered to head up the project to monitor the equestrian trails. My first thought was how does one divide up the trails in a forest that are all marked with blue bands? When I met Mackenzie 17 years ago, one of his requests was when I was out riding, to name the trails, so he could find me if I had a problem. I have done this everywhere we have boarded and also up in the Allegheny National Forest in Pennsylvania where he has a camp. That was my answer--name the trails, which I did.

I took my map with named trails to Johnnie. He liked the idea and called Mark Good, in charge of Croom tract, in to see it.

This was the answer to their problem also. They get calls that people are lost, hurt, etc. and they have no idea where they are, when all the lost people can tell them is, “I am near a double or single blue band”.

Signs

They gave us permission to make signs with the trail names. I took a sign idea to them, and with some of their suggestions, I began to make the signs. I knew at the time that the signs would not last, but I went gung ho to get them up while we had the opportunity.

As of February 21, all signs were up. The problem now was, since the signs would not last, how do we go about finding signs that will last?

Our new Vice President, Rhonda Culver, suggested speaking with her husband, Ken, who loves to do crafts. Ken was excited about the project and tried a couple ideas, with burning the names into the cypress wood, being the final decision. There are already a few of these new signs on the trails.

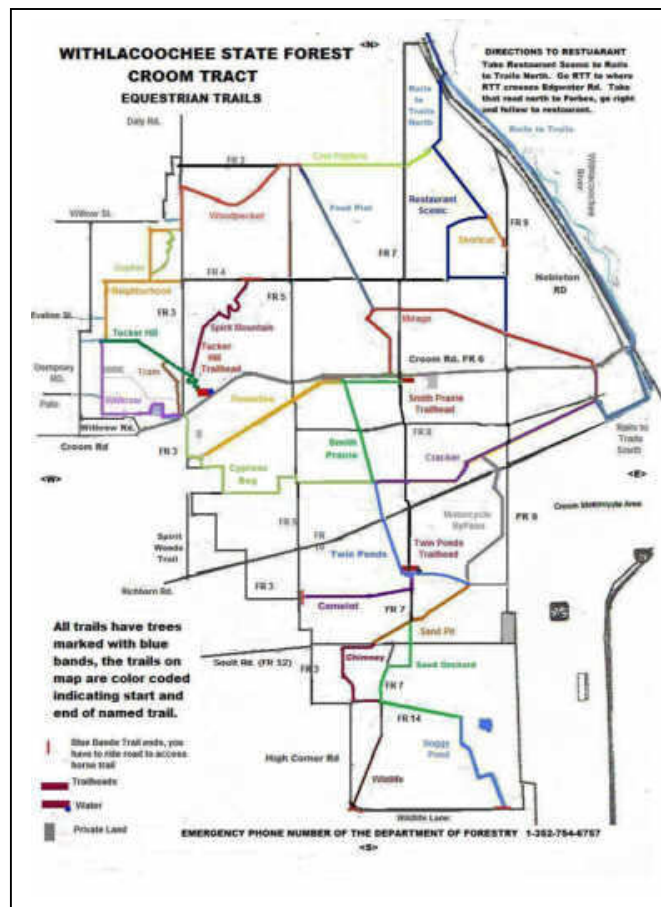
This all has been a humongous, yet rewarding project, and when completed, we will have the best signage for trails I feel pretty much anywhere.

Map

As for the map, it seems I have remade it hundreds of times, each time improving it to be the best map I can make. I have had to change it once again, as Spirit Woods Trail (now known as Cypress Bog) would cause confusion if someone needed emergency help. There is also a Spirit Woods Trail road, within half mile of one of the intersections of the Spirit Woods equestrian trail. Also, it was discovered that the map I was given from forestry to make the current map did not have on one section of Seed Orchard, so I redid the area south of Soult Rd.

Friends, I do apologize for so many changes with the map. As soon as Johnnie Arquette approves it and the name changes are put up on the trails, I will have the map available for you at mamma_lu@yahoo.com. It will be put at the trailheads and given to area rescue personnel. Map holders are being made and will be placed at Smith Prairie and Twin Ponds Trailhead.

Happy Trails,
Mary Lou Patton



What do you do in case of a medical emergency on the trail?

Safety Tips for on the Trail

Use proper safety equipment – Wear a Helmet
 Do NOT ride alone
 Tell someone your Location, Departure and Return Time
 Know your location on the trail system
 Carry cell phone on your person, not in the saddlebag
 Carry your essential medications on your person

Be Prepared for Emergency:

Learn CPR
 &
 First Aid

Is Accident Scene Safe?

Yes

No

Make Scene Safe or Flee

(Fire, Bees, Water, Limbs)

Assess Victim(s) Responsiveness:
“Are you OK?”

Responsive

No Response

Assign someone to **Call 911**
 or **Call 911**, yourself
 Check victim for:
Airway, Breathing, Circulation
 Begin **CPR** if necessary

Check	Assess	Manage
Airway	Choking? Can't Speak or Cough? Asthma Attack? Fractured Ribs? Allergic Reaction?	Do CPR Do CPR Find Inhaler Monitor breathing, keep victim still until help arrives Ask if they carry medication
Breathing/ Bleeding	Breathing: Rapid or Slow? Impaled Object? Bleeding?	Monitor Remove only if blocking airway Direct Pressure Direct Pressure/Elevate Direct Pressure/Elevate/Pressure Point Once Controlled Bandage Dressing in Place
Circulation/ C-Spine	Skin color: pink, pale, blue, ashen? Pulses at wrist and neck? C-spine injury from fall or impact?	Squeeze nail beds for 5 secs, release. Does pink color return in less than 2 secs? If not, treat for shock. Stabilize head, neck, and back in alignment. Do not move.
Disability	Fractures, sprains, strains, paralysis	Stabilize until help arrives
Shock	Pale, cool, clammy skin, weak, rapid pulse, thirst, nausea, vomiting, confusion, unconsciousness	Keep victim warm, elevate legs if not injured or pain increases Monitor A, B, C's Begin CPR if necessary

General Meeting
 Tuesday
 March 31, 2009
Golden Corral
 Brooksville, Fl.
 Dinner 6 PM
 Meeting 7PM

**Southeastern Equestrian
 Trails Conference**

GAINESVILLE, FL
July 9-12, 2009

www.southeasternequestriantrails.com

FFBCH members invited to

Camp at Doe Lake
 with
Triple B Riding Club

Memorial Weekend
May 20-25, 2009

\$25 per site

By May 1, they need an idea of how many rigs to expect. FFBCH members can RSVP to either:

Mary Lou Sapp - maryscrewloose@aol.com
 Or
 Rachel Allen - raesbarn@cs.com

The Doe Lake Camping Rules and Registration Form are available on the Triple B website:

www.triplebridgers.org

**FFBCH
 Membership
 Application**

Renewal ()

Individual -- \$20 ()

Family -- \$25 ()

**For organization membership, please
 contact us for more details**

Name _____

Address _____

City _____

State ____ Zip _____

EMAIL _____

Phone _____

*Members will receive quarterly newsletter from Back Country Horsemen of America

If Family -- list additional family member (spouse or partner)

Name _____

Email _____

Phone _____

*Family membership gets two votes at general meeting

Make checks payable to
FFBCH
PO Box 815
Brooksville, Fl. 34605

Phone: 352 796-9272
Email: ffbch@earthlink.net
Website: www.ffbch.org

**We thank you for
 your support!**

FFBCH

**The FFBCH Newsletter is published
for Members and Friends of
Forever Florida Back Country Horsemen, Inc.**

Newsletter Editor
Kathryn Thompson

Officers

Truman Prevatt, President
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Gary Macintosh
Mary Lou Patton
Gail Thomas Pridgen
Becky Swerdloff

Email: ffbch@earthlink.net

**P.O. Box 815
Brooksville, Fl. 34605
(352) 796-9272**

**We are on the web!
www.ffbch.org**

An equine trail advocacy group representing the interests of equestrians who depend on Florida's public lands for their recreation opportunities.

We address current and future issues that face equestrians in their access to and the use of their equines on Florida's public lands.

Our mission is:

- ① To perpetuate the common sense use of and enjoyment of our cultural heritage of using horses on public lands.
- ① To work to insure that public lands remain open to recreational equestrian activity.
- ① To assist the various Federal, State and private agencies in their development, maintenance, and management of said resources.
- ① To educate, encourage, and solicit active participation in the use of the public land resources for equestrian users and the general public commensurate with our cultural heritage.

Why join FFBCH?

FFBCH is an affiliate of the Back Country Horsemen of America, a national organization established in 1973 and active in 25 states. By joining, you will add your voice to those of more than 15,000 of your fellow American horsemen and horsewomen who are interested in improving our equine recreational opportunities on public lands. The number of FFBCH members is all-important as we work to maintain the privilege of using and enjoying our equines on Florida's public lands.

What does FFBCH do?

We are primarily a service organization. We work with public land managers to enhance the equine recreational opportunities in the state of Florida. We do this by providing suggestions for possible trails and assisting with the physical work of maintaining trails.

How can I help?

Volunteers make trails happen. FFBCH members from across Florida volunteer their time to do trail work in their local public lands. Contact us for more information on how you may volunteer your time and skills.

