



To Landowners, Riders, and Supporters

This is my fifth year as president of the North Salem Bridle Trails, having taken over from Stephen Mulligan in 2013. I would like to thank Steve for having so capably headed up the organization for six years and was sorry to see him go. Looking forward, I am excited to welcome our two new board members, Barbara Howard and Cindy McKean. Barbara is the owner of Chase Meadows Farm and the editor of this newsletter, a pet project of mine until this year. Cindy is actively involved in membership, having chaired membership for the North Salem Open Land Foundation (NSOLF). Another exciting change to let you know about is Katherine Daniels, NSBTA board member and former president, has joined me as a co-president as I spend more time on the trails with Jack Manes.

All of this brings me to what is the most important part of our trail system...Landowners. To our longtime landowners who allow us to ride through your property please accept a sincere thank you from all of my fellow board members and NSBTA riders. I would also like to welcome and thank new landowners in North Salem who have recognized the special value of our trail system. The miles of open space, reservoirs, lakes, rivers and woods make one feel that they could be living anywhere but in a town within commuting distance to a major metropolitan area. We are so lucky to have residents who appreciate North Salem's beauty and allow riding trails through their land. Just this year we secured permission from over fifteen new landowners for trail access on their properties! I would also like to thank those of our members who do not ride but continue to support our organization through their donations.

The North Salem Open Land Foundation is our largest landowner and we encourage our members to also join NSOLF. NSBTA maintains all the riding and many of the walking trails on NSOLF land as a gesture of our sincere gratitude for their preservation of so many beautiful acres. Landowners are the key to the existence of NSBTA and we cannot be thankful enough. As you will soon read in the trail report, we are thrilled to announce that people who appreciate our town and its open space have purchased a huge parcel of land and an integral part of our trail system. On behalf of the board of directors of NSBTA I extend my heartfelt thanks to all of you who make our town so special.

Charlotte Harris
President
NSBTA



2018 Trail Report

We always look forward to telling our members about where their membership dollars are being put to work. NSBTA is constantly at work to improve our environment and making it safe for horse and rider. There is the ongoing maintenance of clearing fallen trees, cutting back encroaching brush, replacing culverts and clearing rocks. And then there are the one-time projects, including cutting new trails that require more serious time and investment.

About 10 years ago—thanks to the vision of Jack Manes—the NSBTA embarked on a plan to stabilize all bridle trails on slopes. We installed water bars to divert run-off and control erosion. This was done not only in steep areas but also on trails with heavy usage. The results have been dramatic. During storms or heavy rain the soil backfills behind the water bars, eliminating washout and erosion. The only maintenance required is digging out the water bars and periodically replacing them. So not only are we able to prevent deterioration but are improving and rebuilding trails with these methods.

In past newsletters we have taken you on “virtual trail rides” to better explain the work we have done or are doing. This trail report is a little different but will hopefully give you a good visual on where we have been working.

VAIL LANE

The 370-acre Stanton property on the east side of town has been sold. First and foremost the board of directors and members of NSBTA graciously thank the Stanton family for the privilege of riding through their meadows and woodlands for over forty-five years. Ronald Stanton saved the property from development in the early 1970s and was an active participant and supporter of the North Salem riding community.

The new owners have saved this crucial parcel of land from development...again. *Thank you, thank you, and thank you!* The collective riding community is eternally grateful to these generous residents who saved this very crucial link to our town’s vast hundred-mile web of interlocking trails. NSBTA will be doing quite a bit of work improving existing trails in the woods, as well as building new trails where allowed. There will be tree work and invasive species clearing. We will post on our website under “Trail Alerts” any significant information that may require trails to be temporarily closed. As always please stay alert, be respectful of the land and adhere to any posted signs.



HILLTOP – To Keeler Lane

There were two problematic areas on the trail system for those coming from the north side of Rt. 116 at Valentine Farm. After fording the Titicus River just off Hilltop Road and heading towards Keeler Lane and the town Christmas tree, horses often lost shoes in the perpetually muddy banks of the trail’s next stream crossing. This has been fixed. The landowner allowed NSBTA to put its water diversion talents to work last year which dramatically improved the crossing.

The second project off Hilltop Road is still in the works. The so-called goat trail that connects Hilltop to River Horse Farm is still a rough-and-tumble passage during the winter as horses navigate its steep and narrow sections. We are exploring an alternative route with the landowner and will keep you up to date on our progress.

HUNT LANE/RT. 116

We are excited to announce the opening of a new trail to get riders safely across Rt. 116 near Hunt Lane. We received permission from eight landowners to build a new trail on their properties so riders can cross Rt. 116 at a straight section of the road with a clear sightline. The new trail runs from Norton Lane behind the homes on the north side of Rt. 116 and crosses the road just east of Hunt Lane. The trail then winds behind three homes on the south side of Rt. 116 and comes out on Hunt Lane.



NSBTA has a former board member, Kyle Van Splinter and a current board member, Carol Goldberg to thank for encouraging the landowners to allow access. The trail had the final touches put on it in January with the installation of a wooden footbridge to protect a stream.

BAXTER – To the Vineyards on North

NSOLF's Baxter North and South Parcels represent another vital link to the chain of bridle trails that weave through meadows, hedgerows, woods and wetlands. Here too maintenance is ongoing: NSBTA mows the tract's bridle paths, clears downed trees and repairs



culverts and water bars in the woods. Heading west from Baxter across June Road and into the woods behind Old Salem Farm, riders come to the old Vineyard property. Under relatively new ownership, the Vineyard is now open to riders for the first time in many years. The property has a beautiful path around the

perimeter but riders are only allowed on certain sections. It sounds confusing and is a little hard to describe but it is extremely well marked. Please follow the signs. The path itself is navigable in any weather and connects to the trail system on the north side of Hardscrabble Road.

On the north side of Hardscrabble Road, NSBTA built a beautiful loop in the woods behind the new Bridleside development off June Road. The west end of the loop links up with trails behind Darlington Hall and Red Horse Farm; the north end to Black Gate Farm on June Road. The trails are high, dry and quite beautiful. These trails also connect with NSOLF's Bloomerside Preserve on the east side of June Road and the vineyard trails on the south side of Hardscrabble Road as described above.

GRANTS CORNER – And on to Turkey Hill

There are quite a few farms on the east side of Grant Road, just north of Hawley Road, that have beautiful land. The northernmost farm has access to NSOLF's Hearst-Mead preserve. This preserve has hiking trails, not appropriate for horses as there are many rock ledges and outcroppings, and beautiful well-marked NSBTA maintained riding trails that lead to Mt. Lakes. These landowners have allowed NSBTA to mark a trail that runs through their farms from Grants Corner to the NSOLF preserve. Riders can also head west from Grant's Corner and cross Grant Road at the stonewall triangle. Once on June Road, all you have to do is walk a short distance to the first driveway on the left and follow NSBTA trail markers. It's one of those over-the-river-

and-through-the-woods trails and is spectacularly beautiful! The trail leads to Turkey Hill Road. Once on Turkey Hill Road riders can access all the trails that extend south to Cat Ridge Road or they can cross Rt. 121 to the trails on NSOLF's Grossman Preserve.

WILLOW FARM & GAYMARK PRESERVE

On the northernmost section of our trail system as it borders our trails in Southeast, we have cut a new trail. The old trail ran next to Willow Farm's paddocks and was quite wet. The trail was closed but we were allowed to cut a parallel section in between the stonewall and the pond on No Frills Farm property. This trail runs north to Grand Central Farm. On the west side of Dingle Ridge Road we have built a trail, thanks to the permission of three landowners, that connects to NSOLF's Gaymark preserve and over to Three Phase Equestrian Center.

TRAIL MAP

We have embarked on a new GPS project to map all of our new trails. In the past, our map has been for maintenance purposes only as our landowners did not want a map to be printed. However, in this day and age of Google Earth and other GPS applications, the landscape has changed. We plan to produce a new map of the trails and break it down into quadrants. The maps will be available to our members for a small amount to cover the cost of mapping and printing. Stay tuned!

Happy Trails!

Charlotte Harris



Attention Trail Riders

With the exception of Town property, conservation land and roads, our trail system is made up entirely of private property. Trail riding in North Salem and adjacent land depends on the cooperation of our Landowners. **Everyone MUST be a member of NSBTA to ride on the trails!** We can continue to enjoy our trails only if ALL RIDERS follow a few common sense rules and use good, safe and respectful judgement on the trails.

Country Vet Chronicles

BY MATT ELIOTT

“What happened?”, I asked, as Sally carefully and slowly led her mare back into the tent stall after retiring from her show jumping round.

“She left a stride out, leaving long coming into a combination”, Sally responded while removing the mare’s tack. “I pulled her up a couple of strides after the jump. I could tell something wasn’t right”.

‘Dots was a 6-year-old, off the track, Thoroughbred mare that Sally was competing at a 3 day event, having put in a good dressage test and a clear cross country round the day before.

“She was fine yesterday and wanting to take me to the jumps in stadium today, but then she left long going into the combination, and came up lame on the other side of the triple”, Sally remarked.

“Let’s pull her splint boots and have a look”, I said.

As Sally knelt to remove the mare’s protective leggings, I asked her about the mare’s history while on the track, and if Dots had any prior injuries, or previous lamenesses.

“Well, I bought her as a 3-year-old off the track. I knew it was a ‘roll of the dice’ buying a race horse with an injury, but she only raced a few times before coming up lame with what they called ‘bucked shins’ and a ‘high bow’ on her right front. They ‘pin-fired’ both of her front cannons and were about to do the same to her right front flexor tendon when I bought her. I was told that her injuries weren’t that serious and besides, I was willing to re-hab her for a year before turning her career around as an event horse”, Sally



responded.

“Have a look and let me know what you think?” Sally asked as she stood up after removing her mare’s wraps. “You can see how I decided on her name”, Sally added,



trying to smile but with tears in both eyes. I glanced down at the mare’s front legs to see 15 or more, very white, dime size ‘dots’ over each front cannon bone where the mare’s front legs had been ‘pin-fired’.

Today, Equine veterinary medicine still lags years behind human medicine. Along with any number of ‘not so therapeutic’ medications for horses, an array of harmful and very painful procedures for the ‘treatment’ of tendon, ligament, and inflammatory bone disorders persisted into the 1990’s and beyond. Blistering agents, counter irritants, and the practice of ‘pin-firing’ were, and tragically still are, accepted veterinary therapeutic strategies in the treatment of several lamenesses, particularly those seen at the track.

Thermocautery or ‘pin-firing’ incorporates the use of applying red hot irons to the skin over inflamed bone or tendons, the perceived rationale being that more inflammation will somehow create less. The cauterizing of the skin over the front of Dots’ cannon bones destroyed the skin’s pigment producing cells, leaving a telltale pattern showing the placement of the cauterizing irons. ‘Pin-firing’, a procedure remiss of compassion for the horse, has been outlawed in Europe for many years. Sadly, the procedure persists to this day on American racetracks.

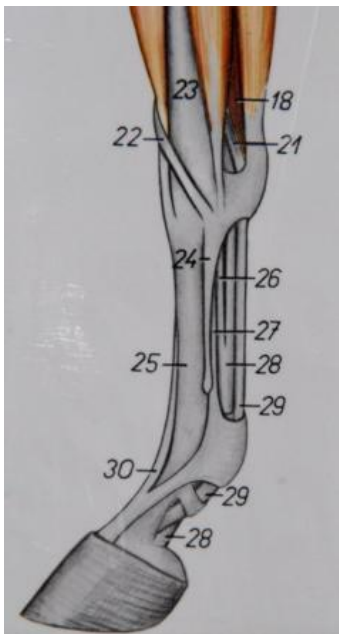
“Let me have a look”, I said bending down by the mare’s front legs and gently squeezing the swollen flexor tendon

just below her knee behind her right front cannon bone.

“What do you think?”, Sally anxiously asked.

“Hmmm.... we are going to have to do more than just a ‘look n’ feel’, I replied palpating what I suspected to be a partially torn flexor tendon. “I’ll be right back with my ultrasound machine”, I added, standing up to leave the stall.

Tendons are stretchy, elastic, and are the tapered ends of muscles anchored to bony insertion sites. When muscles contract, tendinous attachments pull on bone



causing limbs to flex or extend. Ligaments are also strap like structures, but less stretchy, functioning more like cables connecting bone to bone, stabilizing the joints they surround. The microscopic appearance of a tendon is akin to that of bristles of a paint brush: elastic fibers arranged in parallel, so that when a muscle contracts, the fibers pull forcefully as one. The long straps of tendon that support and scaffold the front of the cannon bone are called extensor tendons and those in the rear, are the flexor tendons. An injured

flexor tendon often heals with a “bowed” appearance, resulting in the horseman’s term bowed tendon.

I placed my ultrasound machine on a bale of hay, plugged it in, and began to scan the back of Dots’ cannon bone area. “What can you see?” Sally asked. “Hang on just a sec, let me have a little better look”, I responded, while moving the probe back and forth over the area of swelling. Tendon injuries, or strains, occur most frequently from over exertion. As muscles fatigue from overuse, tendons begin to precipitously stretch beyond their means, and eventually begin to tear.

“Sally, it’s worse than I thought. She’s torn a significant portion of her flexor tendon”, I commented while staring at the screen. “It seems her old flexor tendon injury from when she was on the track as a 3-year-old, has re-torn”, I added. Once torn, the elastic and resilient stuff of tendinous tissue can only be patched and never truly repaired. Scar tissue fills in the area of tendon tearing. Re-injury rates are high in that part of the damaged

tendon, because scar tissue doesn’t have the capacity to stretch, but rather simply tears.

Dots’ initial injury to her flexor tendon as a 3-year-old on the track, was without question a set up for a re-injury. Unfortunately, the re-injury is frequently more serious, than the initial one. Preventing tendon and ligament injuries of your horse has almost everything to do with their level of conditioning.



“Why is conditioning so important?”, you ask.

First of all, horses do not readily alert us to the fact that they are becoming tired. Muscle and cardiovascular fatigue has long since occurred by the time it becomes apparent to you as the rider. As muscles fatigue, then weaken from overexertion, tendons are stretched beyond their limit and begin to tear. Of course, conditioning programs vary depending upon what you wish to achieve with your horse, be it dressage, show jumping or cross country. Clearly however, a well-conditioned horse is far less likely to sustain any number of muscular and skeletal injuries.

A simple conditioning program that would benefit any horse regardless of discipline, would be several weeks of the following.

Every other day

- Trot 4 Minutes
- Walk 2 Minutes
- Repeat Trot/Walk interval 3 times

My Irish event horse, in order to remain conditioned, required (3) 6-minute trot sets, each followed by a 2 minute walk, and then finishing with a 5 minute canter.

Dots would have the area of her torn flexor tendon injected with stem cells with hopes that the injected stem cells would transform or ‘morph’ into tendon like tissue. For two weeks following her injury, her injured leg would be iced 20 minutes 4x per day, her leg bandaged, and oral anti-inflammatories administered daily.



The Watershed Agricultural Council partners with hundreds of farm and forest landowners in the New York City Watershed region to protect water quality while supporting agricultural viability and land conservation. The Council works with farmers and landowners to develop and implement a “Whole Farm Plan” based on the individual farm’s needs. This holistic approach to farm management is used to identify and prioritize environmental issues without compromising the farm business. Potential risks to water quality are identified and addressed through the implementation of “Best Management Practices” which are prescribed, designed, and funded by the Council’s expert technical staff.

The East of Hudson Program of the Watershed Agricultural Council is currently partnered with sixteen farms in North Salem and has provided structural improvements in the form of fencing, watering facilities, access roads, compost and manure storage facilities, wastewater systems, drainage, and farm fuel storage facilities. The Council also provides technical advice and assistance to our farm participants by producing nutrient management plans, creating integrated pest management programs, and assisting with pasture, cover crop, watercourse boundary, and forage planting.



Before working with the Watershed Agricultural Council, this farm’s manure container provided a hard-to-access and dangerous set-up which resulted in unsanitary waste disposal that potentially threatened water quality.



After receiving assistance and funding from the Council, this farm’s revised waste system now includes a retaining wall, convenient and safe dumpster access, and concrete pad that minimizes water quality issues, improves hauling access and ultimately saves the farm money..

Equestrian activities can present challenges that do not correlate with existing environmental standards but the East of Hudson’s team of planners and engineers is able to develop new, site-specific practices to address these issues. The team recently developed a “Wastewater Infiltration System” to address wash stall water, a

Country Vet Chronicles

(continued)

Rest (‘tincture of time’), would consist of almost a year of turn out and a gradual re-introduction to a work program would eventually ensue. Dots even began a

swim therapy program where for 15 minutes twice a week she could aerobically maintain her condition without the



stress on muscles, tendons, and ligaments.

Despite the advanced therapeutics in equine sports medicine, torn tendons and ligaments never regain their elasticity and resilience. Dots would never return to her previous level of performance, but she did become Sally’s favorite trail riding horse.

Effective conditioning programs which minimize the likelihood of muscle fatigue are essential in preventing tendon and ligament strains and sprains in whatever discipline you choose to ride.

“An ounce of prevention is worth a pound of cure”, so spoke Benjamin Franklin, who undoubtedly must have been a horseman.

unique issue relating to horse farms. The team designed an underground infiltration system that meets specific site and soil requirements to effectively treat “gray water”. The Council’s innovative wastewater systems have become the standard for treating wash stall water and have been installed on five farms in North Salem.

Partnering with the Watershed Agricultural Council is a voluntary endeavor that improves farms, the environment and protects the drinking water for nine million New York City and Westchester residents. For more information, please contact the Council at (914) 962-6355 or visit www.nycwatershed.org to learn more about our programs.



Reflections on Riding in the 2015 Mongol Derby

The longest, toughest endurance horse race in the world, covering 1,000km on semi-wild horses across the wilderness of the Mongolian steppe.

by Sara Klymkowski

I am back in New York City, high above Central Park in a skyscraper, trying to put into words my experience on the Mongolian steppe. I barely know where to start: how can I truly explain the feeling of being atop a surefooted horse speeding across the largest valley I've seen in my entire life, the sun streaking across the grass, the Eternal Blue Sky above me and companions, friends, kindred spirits racing alongside? What a journey it has been, what a privilege.



You choose how to ride, where to ride, which mount to ride. You are consumed first with taking care of the horse beneath you, the riders beside you, and continuing to move

forward, ticking through kilometers and marking the passage of the day with fenceless valleys, mountain passes, and the last time you were able to offer your eager horse a drink of water.

The Mongolian families usher in exhausted riders, offer everything they have, their food,



their homes, their beds, their horses. I have never been so well or so tenderly taken care of or in such need of care, with only a poorly-pronounced thank you - bayarlalaa - in return. From the hottest days, when heat exhaustion affected the entire field, to the full day of frigid rain, where hypothermia rattled teeth and numbed fingers, the families at each urtuu showed us all the most remarkable kindness and hospitality. Their semi-wild horses, never truly tamed as each time they return to their herds and winter pastures they “remember their wildness,” will be in my heart forever. There were horses that galloped 30km without any sign of slowing, horses that navigated innumerable marmot holes without breaking stride, horses that loved their sweaty faces scratched at the end of a long 40km leg, those that made you feel safe, and those that proved to have remembered their wildness more than the rest. These

mongol horses were only rivaled by the amazing riding ability of the herders and their families, kids of five or six years old racing across the steppe bareback, like they were born on the backs of horses.

This adventure provided incredible freedom accompanied by some of the hardest and longest days I've ever experienced. At night, our brains, so accustomed to the constant movement of being on horseback, would set the walls of our ger spinning, and all night we would dream of horses, some urging their dream horse forward in their sleep, "chuu chuu chuu!" I wonder if I will ever have those dreams again. I remember mornings on the Derby with a particular catch in my throat. Still dark out, we forced ourselves out of bed, moving slowly to pack kits and lug increasingly battle-weary bodies out to the horse line with our saddles, wondering what the day might bring. But atop your latest equine gamble, stiff and tired muscles loosened up as we galloped across the steppe.



Morning horses, fresh from a night of grazing, carried us effortlessly across the ocean of grass. These were amazing

moments when we could divorce ourselves from the pain and discomfort that accompanies the stacked 12+ hour days in the saddle.

Galloping for an hour and a half straight is, as Helen Thompson wrote, truly borrowing freedom. Never before – or perhaps again – will I have that opportunity; terrain and custom often impose suffocating restrictions. On my Derby mornings, the weather was cool, the sun streaked out across the grass in this indescribably magical way, the light was golden.

I will always remember the amazing people with whom I had the opportunity to ride. Beautiful and unlikely friendships, souls that take your breath away with their courage, tenacity, warmth, kindness, as well as the animals we met along the way. We had herds of mares and foals, a shaggy-maned stallion running along with us as we crossed in and out of their territories. We watched horses be horses, such a rare and beautiful sight. We had sweet tongue licks from puppies and the healing, roaring purr of a surprise ger cat. We had a golden dog follow us for more than 100km through the freezing rain, his only encouragement our company and the journey. On our last morning, when other riders left the urtuu

before us, the golden dog seeming to know which riders were his, stayed back to accompany us. At the finish camp, we listened to the music of the steppe and closed our eyes and remembered each horse and I was so moved, at the end of the song I had tears running down my cheeks. I guess by now you realize, I could go on and on.

What a journey it has been, what a privilege.

Update on Smartphone "Horsey" Apps

A number of smartphone apps were reviewed in the last newsletter. I thought I would see which ones are still out there and whether there were any new interesting ones.

Still there:

Motion X GPS (free) – great for mapping your trail rides.

PaceDJ (free) – match the music to the pace of your horse

Horse Keeper (\$2.99) – horse care manager

Additional Horsey Apps

SmartBlanket (free) – Enter your zip code and some information about your horse such as age and whether he is clipped or not. The app makes recommendations for blanketing during the day and at night based on the local weather forecast.

RoadID (free) — Highly recommended if you are riding alone. When you start the app, it sends a text or e-mail to the people you have chosen. While you're out your contacts can get a map tracing of your route. If you don't move in five minutes, it asks you if you're alright. If you don't respond, RoadID will send an alert to your contacts, telling them that you are in distress.

Horse Side Vet Guide (\$4.99) — This is a comprehensive veterinary app. It has a section which tells about various supplies and how they are used. Another section gives "how to" instructions for specific skills. There are also descriptions of vet treatments, diagnoses, and diagnostics. If your horse is exhibiting symptoms or behaviors, you can try to match your observations to the potential issue and course of action.



WINDWARD MARK FARM

JINGLE BELL JOG

It all started on a December morning nine years ago while Richard and I were talking around the breakfast table. My husband and I had been residents of North Salem for many years and we were both active members of Golden’s Bridge Hounds and the NSBTA. We were discussing the wonderful camaraderie we shared with our fellow friends and riders within GBH. We said it was a shame that we didn’t get to spend more time riding with our friends and neighbors who were involved in other equestrian disciplines – dressage, show jumping, trail riders. That conversation was the birth of the first Jingle Bell Jog.

In 2008 we sent out a few invitations to our “horsey” neighbors, GBH friends and other folks we knew who had horses in the neighborhood. We invited them to go on a holiday trail ride with us. Prior to the ride we would



gather in our ring and have a “parade of horses” with prizes for the best decorated horse and rider combinations. However, the only requirement to participate in the ride was that you or

your horse must have a jingle bell somewhere on you or your tack. All participants would receive a red and green Jingle Bell Jog ribbon. During the first years of the ride we experimented with a few different formats. We started with multiple groups, some going at a fast pace, others taking a more leisurely pace. We finally settled on a one group format, all at the walk, with our primary focus being camaraderie, riding our trails together and singing our holiday carols. The ride culminates with a holiday party at our Windward Mark Farm, complete with a horn blowing and whip cracking competition.

That first year we had about 20 participants in the Jingle Bell Jog. Each year we would get more and more calls from people who wanted to join in the fun. In 2014 we opened up the ride to include all members of the NSTBA. For the last few

years the last leg of our ride takes us up Rt. 121 with a police escort. We stop at Hayfields for our last few carols before returning to Windward



Mark Farm. Last year we had over 50 people participate in the ride and over 100 local equestrians joining us for the after party. It has been wonderful to bring our friends and neighbors together to share our love of our horses and our trails. Its also a terrific way to kick off the holiday season! The Jingle Bell Jog is always held the first Sunday in December. This year Sunday, December 2.

Save the date and Jingle All The Way!



Yolanda & Richard Knowlton

Barn Safety and Disaster Preparedness Presentation

This is a summary of a presentation full of valuable information for all barn owners

by Carol Parker

On Monday, April 13th, 2015, the Town of North Salem and Old Salem Farm sponsored a special program, "Preparing For Equine Emergencies." Jon Nowinski, owner of EARS (Emergency Animal Response Services) was the main presenter. The Croton Falls Fire Department and other North Salem first responders also participated in the presentation.



Jon's talk, slide show, and numerous hand-outs stressed the practical measures every barn owner and horse owner should take to be prepared for emergencies (small scale, single incidents) and disasters (large scale and wide spread events).

Some Highlights of Jon's Presentation

Preparedness is the key to prevention. The three common major preventative issues are: lack of an emergency plan, having untrained personnel in the time of need, and physical obstructions to first responders. Learning to work with first responders and understanding the incident command hierarchy of personnel and communication is another aspect of being prepared for emergencies.

Each barn needs an emergency response plan. Familiarizing yourself with types of potential emergencies (barn fire, structure collapse, burst pipes, down horse, etc) and disasters (floods, snow storms, hurricanes,

longer term loss of electrical power/water, etc) will help you develop a plan for your barn. Organize your plan in written form, post aspects of it in your barn and train as many people at your barn as possible on how to handle emergency situations. It is important to increase awareness of safety concerns and preventative measures as general barn policy. Once a month safety reviews were recommended.

Understand that emergencies will call for a rapid response team dealing with a single incident. The emergency personnel will be at your service. Disasters are larger scale, often have some advance warning, and span a longer period of time. More logistics are involved when dealing with a disaster. Personnel and aid may come from far away. You need to be prepared for your own animals and expect to be "on your own" for an absolute minimum of three days, one week is more reasonable and being prepared for three weeks on your own is considered the best preventative plan. You may need to evacuate, meaning you'll need to have plans for transportation of all your horses (do all your horses load easily in various types of trailers and vans?), evacuation routes (and alternative evacuation routes), the logistics of travel, having sufficient experienced handlers, etc. "Community events" fall somewhere in between a single emergency and a disaster. In all cases, the priority for first responders will always be to attend to human needs. Situational awareness is crucial in coping with the range of possibilities.

Barn fire is the most common equine rescue emergency. It is important to know and cooperate with the local fire department. Understanding their perspective will enable you to prepare for a fire emergency more effectively. For instance, firefighters wear bulky gloves and smoke impedes vision. How easy is it to work the stall latches if you can't really see them well and you are wearing those heavy gloves? Have your horses been introduced to the equipment

(helmets, etc) that firefighters wear or will the horses be totally spooked by them? Do you park all your vehicles next to the barn or do

you have a designated fire lane? If your hay truck has problems maneuvering in your driveway what is the average fire truck (ten feet high, ten feet wide and forty feet long) supposed to do?

Those three common preventative issues mentioned earlier are vital when dealing with a barn fire: lack of an



emergency plan, untrained personnel delaying the rescue and physical obstruction(s) on the property to first responders. Be pro-active to reduce your risk. Hold



regular safety meetings. Train as many people as possible (not just employees or family members, include boarders, students, neighbors). It is helpful to train

specific people for specific tasks. Store flammables in approved containers. Store highly flammable material (hay) away from the barn structure. Clean the roof and gutters regularly. Post “no smoking” signs and enforce this safety regulation. Identify at least two retreat routes—one may be designed for people, but you can practice leading your horses through people doors, so that becomes an option. Have a halter and lead rope by every stall or paddock. Designate an emergency staging area (to check horses for injuries once they have been removed from the barn) that has easy access, but is away from the driveway and barn. This designated area may be on a neighbor’s property if you get consent. Keep an animal trauma kit stocked with supplies and information regarding all horses, including contact information.

Don’t neglect the paperwork aspect of being prepared. Jon had samples of individual stall cards with owner, veterinarian, and emergency contact information listed. He also had a sample “Equine Emergency Profile Form” with similar information, plus an area for photos of the horse, and an area for special feeding or medication instructions. Post general emergency numbers in a public place in your barn. If the barn owner is unavailable, has someone else been designated as an emergency contact? Create and post barn and property diagrams (include which stalls are occupied). These diagrams should show where the exits are, location of fire extinguishers, where designated retreat confinement areas and staging areas are, etc. It was suggested that electrical and water shut off locations also be noted. Keep duplicates of your paperwork, so a barn fire doesn’t destroy all your emergency contact information!

In summary:

- 1. HAVE AN EMERGENCY PLAN**
- 2. TRAIN AS MANY PERSONNEL AS POSSIBLE**
- 3. REMOVE ANY PHYSICAL OBSTRUCTIONS HAMPERING ACCESS TO YOUR BARN.**

Croton Falls Fire Department Presentation

Please always have general information and especially contact information readily available and posted in your barn. Often when the fire department responds to an alarm, no one is home. If an alarm comes in, they (and other first responders) are obligated to come. Calling your alarm company and stating it is a false alarm will not stop the fire department from coming. The fire department often experiences issues with access. This may be in the form of closed gates to the property, tight driveway entrances, or vehicles/equipment parked near the barn. It is a North Salem ordinance that if you have an alarm, your automated driveway gate must be wired to this alarm. The gate must automatically swing open when the alarm goes off and must remain open for the period of one hour. It was firmly stated that any closed gates obstructing access would be driven through if there was a fire.

Indoor Ring Show and Tell

The next portion of the presentation was held in Old Salem Farm’s indoor ring. The fire department graciously brought one of its fire trucks and the Town of North Salem’s emergency response Gator, complete with emergency rescue and medical equipment. Jon also brought his EARS truck which contained an impressive supply of materials for all sorts of rescues. This was a casual question and answer opportunity with our local first responder professionals. It was most informative and reassuring talking to them all. I was impressed with how genuinely concerned they were for being able to serve the North Salem equine community to the best of their ability.

Many thanks to Paul Taft of the Town of North Salem Building Department, Bruce Thompson (former North Salem Building Inspector), the North Salem first responders (Croton Falls Fire Department and North Salem Police Department), and to Old Salem Farm for hosting a most informative presentation.

Follow Up Information

NSBTA plans to organize training for a group of volunteers willing to be equine first responders in local emergencies and/or disasters. If you are interested in being part of this group, please contact Charlotte Harris. Obtaining current information regarding all horse properties and their horses in North Salem is another item NSBTA is interested in. It would be to everyone’s advantage if the Town of North Salem and the Croton Fall Fire Department had access to a current data base of each horse, horse owner information, veterinarian information, and any other pertinent emergency contact information. If you are interested in sharing the information from your “Equine Emergency Profile Form” please contact Olivia Goodnow.

Ericka Rose
with her horse Tango



TRAINER INTERVIEW by Barbara Howard

Ericka Rose came to my attention when a friend asked me to help her find a horse for fox hunting. Ericka is a horse trainer working at Gale Epstein's Hawk Rise Farm in Kent, NY, where she has horses that she leases out for fox hunting. Ericka first became involved with the hunt only about two years ago.

"I came upon hunting quite by accident. I was helping a couple of clients who hunted their horses and we were having great success in the ring, but some problems were persisting in hunting. I realized I needed to hunt with them. So, I went and discovered what was going on and found my calling. Who knew that I wanted to be a hunt rider?"

"Apparently, I create fox hunters because all of my horses are really good at it. But, to me, creating a horse that has enough of a foundation to be able to tolerate fox hunting will create a horse that will shine in any arena. It's all about the basics. It's about creating an understanding with the horse, knowing what the job is, and having a set of coping skills to be able to deal with

whatever is presented to them. Who knew that fox hunting would put those coping skills to a purpose? One of the coping skills essential to fox hunting is getting along in groups. If you have a horse that pins their ears in the arena when somebody trots by, that's going to be an enormous problem when you are out in the field. It turns from a little thing, like, "Oh she just makes ugly faces", to getting you bucked off or run off with."

As I learned in this interview, Ericka does a lot more than lease out hunt horses. She is a natural horseman who has studied with Ray Hunt and Tom Dorrance. She was on the Parelli Savvy team with her horse Tango. She specializes in troubled horses and troubled riders.

"I am a student of the horse. And I'm always looking for ways to increase my knowledge when it comes to horses in lots of different directions. Right now, it's dressage. I'm pursuing that up the levels with a few horses. I feel that everybody has something to teach me, whether it be my students or my mentors or a dressage instructor. Knowing the pieces that go into an

upper level movement or an upper level jump or riding on varied terrain or being in a group setting or chasing a cow are going to help me problem solve when somebody brings me their horse. My understanding of the combination of the owner's fears, the trainer's fears, and the horse's innate personality help me figure out how to get out of the cycle that they're in. I don't back away from anything and I always appreciate a challenge."

Ericka sees herself as a trainer of people as well. "A lot of people who come to me are women who are nervous, not just nervous about their balance or being on a horse, they're nervous about everything. So, it's about tackling that fear step by step and helping to reach out into other branches of their life. There's so much more that I do than just train horses"

"Sometimes I meet people whose horses have their number. The horse isn't scared, but they are. The horse is a left-brain thinking horse and sometimes that kind of horse needs a little bit more discipline. When they come to me the pattern is ten miles down the road. You need to be as soft as possible and as firm as necessary. Other horses live on the other side of the spectrum. They're nervous, so everything is about time and softness. "

Ericka cited several examples of her successes with horses. One was the horse she was riding when I arrived.

"The vet called me on this horse and said we can't do a lameness exam because of his behavior. He had this awful ability to rear and go left. They labelled it crazy horse syndrome. So, I came down and helped with the vet exam. We discovered that he wasn't lame and then I started working with him. What I do is not fear-based training. It's starting a horse with a language that he can understand and allowing him to grow from there."

Since this interview was for an article in the NSBTA Newsletter, I asked Ericka for her thoughts on trail riding.

"People think that trail riding is a simple thing to do with your horse, but it is just as involved as riding in the ring. Basics, basics, basics, basics. To make a good trail horse you need a horse that's responsive to your leg and hand aids, that has a relationship with his rider. The horse needs to look to his rider for leadership. He also needs to be looking forward to the work. There are responsibilities the horse and the human have. The

horse has the responsibility to want to be a partner. 49 percent of that responsibility goes to him. Not 51. We get 51 percent because we are humans and we think a little better."

The horse's responsibility is to:

- Go where his rider tells him
- Look where he's going
- Go at the gate that the rider asked for
- Partner with the rider

Those are the four things that a horse needs to do.

As a human, our responsibilities include:

- Wanting to partner with our horse
- Understanding the basic needs and nature of a herd animal
- Building and maintaining an independent seat
- Asking things in a manner that the horse understands"

"An independent seat is essential so that the rider is balanced in the stirrups and able to direct their horse out of an interesting situation even when that interesting situation might throw them off balance."

"Good communication with the horse means that if you're asking your horse to go forward and you put your leg on and the horse doesn't understand that, you need to be able to break it down into smaller pieces. The horse needs to understand that your leg can mean a number of different things: go forward, go sideways, stop, or steady."



After the interview was over, Ericka finished her ride. I would never have known that only two weeks before, her mount would rear, and lunge left whenever she asked him to canter.

When spooking, a horse can move sideways at 45mph.



Safety a Concern For Riders on North Salem Roads

Reprinted with permission from Sue Guzman, who interviewed Katherine Daniels among others for this article that was posted on tapinfo.net last August

With the warm weather upon us, equestrian season is in full swing in North Salem, and many who ride their horses on town roads are sounding the alarm where safety is concerned.

There are three basic laws that regulate how motorists are to interact with horseback riders on roadways in New York State. When approaching horses, every driver "must exercise due care to avoid colliding with any horse being ridden or led along a public highway." In addition, "Every driver of a vehicle shall approach a horse being ridden or led along a public highway at a reasonable and prudent speed so as to avoid frightening the horse, and shall pass the horse at a reasonable distance. Plus, the law states "No driver of a vehicle shall sound the horn when approaching or passing a horse on a public highway."

North Salem resident Katherine Daniels rides her thoroughbred horse Pisco daily, especially along and

across Rt. 121. "There are really very few people who slow down as I do that," Daniels said, "Here I am holding onto 1,500 pounds of horse, and people continue to speed by at 40-50 miles-per-hour." She went on to add, "I'm afraid it's just a matter of time before something happens."

Daniels, a lifelong equestrian, serves on the North Salem Bridle Trails Association's Board of Directors. The organization maintains and develops the historic system of trails in North Salem and Ridgefield, Connecticut. It also works to stimulate interest in the preservation of North Salem's unique rural character and preserve its equestrian heritage.

According to North Salem Police, there have been no violations issued for drivers involving a horse over the past year. State Police are confirming just one incident over the past year ending in March 2016. "I myself haven't seen any violations of the state law," said North Salem Police Sgt. Andrew Brown, "There have been verbal disputes among drivers and horseback riders, but nothing that amounted to a violation."

Brown says his department makes a point of patrolling dirt roads in the town, such as Vail Lane, where many people ride their horses. His goal is to slow down speeding drivers. He said the department recently set up a speed detail along Rt. 116 using the electronic monitoring device known as the Smart Machine, which clocks drivers' speed limits. Brown says between Saturday June 11 and Tuesday June 14, approximately 7,000 cars traveled on the roadway. Of that 7,000, only 26 exceeded the 45 mile-per-hour speed limit by 10 miles-per-hour or more, he said. Brown says that's good news, but admits "The fact that we don't have more incidents is a miracle."

Daniels says the issue of speeding drivers along heavily-traveled routes such as 121 and 116 has been a concern of hers over the past 20 years. "My current horse Pisco, a 16-year-old thoroughbred, is pretty unflappable. But people need to realize that horses are big and unpredictable. I do make it a point to wave and thank motorists who slow down or even stop as I cross the road," she said. Daniels said hitting a nearly one-ton horse would be catastrophic for motorist and horseback rider alike. "Imagine hitting a deer times ten," she explained. The average deer weighs between 150 and 300 pounds, when fully grown."

Officials admit that traffic along 121 has increased in recent years as motorists often get off I84 and use it as a back road. Charlotte Harris, President of the NSBTA,



says there have been a number of close calls over the years involving horses and motorists. "The worst

spot in North Salem is Union Hall," she said, "People come from Keeler and cut through over to Baxter, and that's just dangerous from a crossing standpoint. The difference between horses and cyclists is that bicycles don't spook." Harris noted that summer is an especially dangerous time of the year for riders, who often go out early in the day order to avoid the heat. Because many highway drivers get off of I84 and I684 when there's traffic and use local roads as a shortcut, she says that increases the risk of a car/horse collision.

One of the things Harris has done is ask the state to put additional signs along heavily traveled roads such as 116 and 121, in an effort to encourage motorists to slow down and share the roads with equestrians. Dirt roads are also not exempt from dangers involving horses and motorists. She said even the current 20-mile-per-hour speed limit on many of North Salem's dirt roads carries a risk, as rocks, dirt and gravel are often kicked up inadvertently by drivers. Harris explained for example, that many horses can be spooked when construction vehicles drive by with rattling equipment in the back. "That's when a 5-10 mile-per-hour speed limit would be even better than the current 20-25," she said.



Her dream solution for the problem would be the installation of horse crossing lights such as the ones found in Aiken, South Carolina. The lights, which are similar to pedestrian crossing signals, feature a button that is pushed by the rider and turns the light red for motorists and enables riders to safely cross the road.

Harris says the NSBTA encourages riders to provide positive feedback to motorists who slow down or stop as they cross or ride along town roads. "It's equally important that riders thank motorists for taking time out to be careful," she explained.

Olivia Goodenow, the owner of Vail Farm in North Salem says fortunately she hasn't experienced any real close calls involving horses from her farm and passing motorists. One thing she does do, however, is try and cross town roads with two or more horses for safety reasons, "If I cross a major road, I try to make sure I have a couple of horses at a time, because an increased presence encourages people to slow down."



She went on to add, "Crossing 121 can be harrowing because people are commuting and not aware of the horses on the road."

"Unfortunately it's the way of the world, people are in a hurry," Goodnow said.

Endurance Riding at Cripple Creek Ranch by Peggy Naderman



As we leave the season of twinkle lights and wishes, I wonder how many members of the North Salem Bridle Trails believe in magic. I ask the question because last November I went on an adventure that was nothing less than magic.

Triple Creek in Darby Montana, sponsored an event called "Clicks for Chicks," an all woman horseback ride for Parkinson Disease. Our host and owner of Triple Creek Ranch, Barbara Barrett, is an expert on making dreams come true. Barbara, with her sister Patty and seasoned wranglers choreographed our trips to the Bitterroot and Sapphire Mountains.

Guests at Triple Creek have individual one or two bedroom cabins, privately equipped with their own spa for use after each day's ride. A warming fire, fresh baked goods and aperitifs are in supply. After checking in to the ranch, we met at the lodge for cocktails and a welcome dinner, prepared by their chefs. The seasonal menu features food such as elk or trout, all farmed on the 27,000 acres that comprise the ranch.

Wranglers Kristen and Jessica match rider to horse for the journey up the mountains. Many of the horses are bred at Triple Creek. I rode Riley, a dark bay cutting horse that competed locally. He was sure-footed and responsive, exactly what was needed on this challenging terrain.



Each morning after a warming breakfast at the lodge, we met at the barn to get our horses. I thought I had ridden some difficult trails over the years but as we climbed each day, I realized I had never tested myself in the real out-of-doors. We climbed, traversed and climbed some more. We looked down at tree tops and eagles passing. Much of the mountains are maintained by the forestry department and sections are pure wilderness. We rode where seemingly there was no trail, so we forged one. Riley and the other horses carried us over slush covered shale, with a sheer drop off a few feet away. Riding 7400 feet up, we were at the Continental Divide. The spectacular views made all of us feel something not quite real. Something magical.

It was back to the lodge each late afternoon for pampering and an evening of merriment. We adjourned to our cabins to take a spa and met back at the lodge for cocktail hour and dining, all included with our event. I traveled to Montana with my girlfriend Marlene. The women who attended this ride with us were amazing! Not only were they some of the best dressage riders in the country but fascinating ladies from around the world. We came together in a magical place for a great cause.

Triple Creek Ranch and their entire staff anticipate your every need and they do so with loving care. This is my third trip to Triple Creek Ranch. I rode in a cattle drive, went fly fishing and my husband Barry rented a small plane to fly the mountains up close and personal. Although the focus at Triple Creek is with the horse, you can attend cooking classes or take a photographic safari. The possibilities are endless.

When you wish upon a star.....



Pegasus Therapeutic Riding Update

By Pegasus Communications Director Christine Fitzgerald

It's been a very busy couple of years at Pegasus, and there is more to come!

Through the extraordinary generosity of The Arnhold Foundation, Pegasus recently opened the Michele Arnhold Education Center at Pegasus Farm. The facility is named in memory of former Pegasus volunteer Shelly Arnhold, who was an equestrian and an early education teacher. The Michele Arnhold Education Center includes a 15-stall barn, administrative offices, a volunteer lounge and a hospitality room that is used for events, meetings and classroom activities. One side of the predominantly glass-walled room overlooks four wash stalls that are used for unmounted horsemanship lessons, and the other side has views into the covered outdoor Ann Pinkerton Riding Arena. Pegasus is incredibly grateful to the Arnhold family for this transformative gift.

The Arnhold Foundation also has offered Pegasus a generous challenge match for endowment. The foundation will match up to \$500,000 in donations to the Pegasus Endowment Fund, which will help Pegasus plan for the future. Anyone interested in more information is welcome to contact Major Gifts and Endowment Officer Amy Price at (845) 669-8235 x102 or aprice@pegasustr.org.



The program at Pegasus is in full swing at Pegasus Farm and its chapters in Greenwich and Darien, and we are so happy to see all of our families and volunteers again. A special warm welcome to new volunteers and NSBTA members **Lauren Ivanhoe** and **Anita Zander!**

Lauren's daughter, **Beylie**, also has volunteered with The Rider's Closet at Pegasus Farm whenever her school schedule has permitted, and she has been an incredible

asset to the program. Thank you for your commitment to our mission, ladies!

Volunteers are absolutely essential to the running of our programs, and volunteer orientations are continuing throughout the year to ensure we have the support needed for our participants and horses. Check our web page, <http://www.pegasustr.org/news-events/events/>, for the schedule of upcoming orientations. Please contact Director of Volunteer Services Lynn Peters at (845) 669-8235 x109 or lpeters@pegasustr.org if you are interested in volunteering with Pegasus. Though it is helpful, no prior horse experience or special education experience is required. We will train you on everything you need to know to get started.

It goes without saying that our horses are the heart of our mission. These equine angels are magical to watch in program, and for our students, working with horses truly is a liberating, life-changing experience. Now that the new barn is up and running, we are seeking additional program horses.



We look for horses that are: easygoing, flexible and patient; sound at the walk, trot and canter; safe to ride in the ring and on trails; and a mare or gelding between 13-16.1 hands and 9-15 years old. Size and age exceptions are made if the right horse comes along, so please talk to us if you are not sure. If you know of a horse that may enjoy learning to be a therapeutic partner, contact Equine Operations Manager Marielle Baker at (845) 669-8235 x112 or mbaker@pegasustr.org. The process includes an evaluation, a trial period and the arrangement of either a free-lease agreement or a donation. For more details, visit pegasustr.org/horses/donate-horse. To see our horses at work, visit pegasustr.org for links to our YouTube channel, Facebook page and Instagram feed.

To help fund our mission, we often partner with community friends to hold events and fundraisers. On Saturday, September 9, Sam and Fabi Ramirez of NYC Polo Club held an incredibly successful polo event at their beautiful



Pegasus Update (cont.)

Haviland Hollow Farm in Patterson, NY. Hundreds of guests enjoyed a fun day of polo, a gourmet lunch catered by Clock Tower Grill, a silent auction, and a live professional DJ. The event raised approximately \$36,000 for Pegasus. This was the third polo event Sam and Fabi have held to benefit our organization, and we thank them and all our sponsors and guests for their ongoing support of our programs.



We also recently held a very successful Rider Appreciation Day sponsored by Georgina Bloomberg and The Rider's Closet. Local riders in need were invited to stop by Pegasus Farm to take whatever equestrian items they could find in their sizes. We offered boots, breeches, shirts, coats and a variety of schooling and outerwear. As with all requests to The Rider's Closet, the items were donations to the program, and they were meant to be given out for free to equestrians in need. The day was a big success, and we plan to hold another Rider Appreciation Day this coming spring. For more information about The Rider's Closet program at Pegasus, which has shipped requests and received donations nationwide for over a decade—most recently to survivors of Hurricanes Harvey and Irma—visit pegasustr.org/trc.

We are offering a riding clinic with Bernie Traurig on April 28 & 29 at Coker Farm in Bedford, NY. Please visit pegasustr.org/news-events for more information on this clinic and all of our upcoming events.

As we said, it has been a very busy couple of years, and we aren't slowing down anytime soon. If you would like to come visit us, you are welcome anytime. Just contact us to let us know you'd like to stop by, and we will arrange a brief tour of the farm that includes a visit to a lesson if program is in session. Looking forward to seeing you soon!



So Easy Southwestern Strata

Here is an easy recipe to warm you up after a winter ride. If you're lucky enough to have a flock of hens and they are laying again as the days get longer, this recipe is a perfect way to take advantage of those fresh eggs.

INGREDIENTS

- 4 whole wheat flour tortillas
- 1 can refried beans
- 12 oz mushrooms thinly sliced
- 1 lb. chorizo cooked and crumbled
- 3 chopped scallions
- 3 cups fresh chopped spinach
- 8 large eggs
- 1 1/2 cup shredded Cheddar cheese
- Chopped cilantro
- Mild salsa
- Sour cream

Preheat oven to 350 degrees F.

Spray a 9" x 13" glass baking dish with canola oil spray. Cut tortillas to fit the bottom of the dish with the curved edges in the middle. Spread the refried beans on the tortillas and top with mushrooms, sausage, scallions and spinach. Beat the eggs in a large bowl and pour over the other ingredients. Sprinkle with cheese and bake for 45 minutes.

Serve with cilantro, salsa and sour cream.

Submitted by Katherine Daniels

Credits (with some modifications): Garth Woodside Mansion B&B, Hannibal, MO and "Sleep on It", by Carol Gordon.

NORTH SALEM BRIDLE TRAILS ASSOCIATION 2018 MEMBERSHIP FORM

Please visit www.nsbta.org, click on "Membership" and pay via PayPal.

OR

fill out the form below, make checks payable to NSBTA and mail to: NSBTA, P.O. Box 585, North Salem, NY 10560

Corporate matching gifts welcome!

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WHERE DO YOU BOARD YOUR HORSE(S)? _____

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- \$50 JUNIOR \$185 ADULT \$270 FAMILY \$500 SPONSOR
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The NSBTA is a publicly supported, non-profit 501 (c)(3) organization. Contributions are tax deductible to the extent allowed by law. A financial statement is on file with the New York State Attorney General or may be obtained by writing to the NSBTA.

By joining the organization you agree to the NSBTA Terms of Membership.



NSBTA TERMS OF MEMBERSHIP

1. NSBTA member in good standing.
2. Protective headgear is required.
3. Be considerate and courteous at all times.
4. No dogs allowed on trails at any time.
5. No wheeled or motorized vehicles of any kind are allowed on trails.
6. No smoking on trails.
7. Always ride on the edge of fields, not through the center, unless otherwise marked.
8. No schooling over jumps. Our landowners generously allow us to jump fences on their property as we pass through but they do not allow lessons to be taught without permission.
9. Stay out of wet areas and walk if you end up in a wet section. If a trail is wet and near a house or groomed property, do not use it. Treat others' property as your own.
10. Respect the privacy of landowners whenever passing through property close to their homes. Stay on the trail and walk if passing near barns, rings or paddocks. Please do not ride on lawns or approach residences. Be alert for distractions.
11. On roads, ride single file and move to the side for passing cars. Thank drivers when they are courteous enough to reduce their speed. If they don't reduce their speed, give them a friendly wave and hopefully they will slow down the next time!
12. Obey signs and other restrictions on trail use.
13. Never gallop toward or away from a horse or a group of horses. Ask permission to pass and do so by overtaking gradually. Ask permission to trot away.
14. In consideration of your use and enjoyment of the trails, you agree to assume all risks associated with trail riding and agree to hold harmless the NSBTA (including its officers, directors and contractors) and the landowners against any injury that may occur to you and your horse.



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NORTH SALEM BRIDLE TRAILS ASSOCIATION

2018 NEWSLETTER



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