



# LRRETA NEWS

## Pilot Point Chamber of Commerce Recognizes LRRETA Volunteers



LRRETA president Linda Moore and past president Carol Nichols were recognized by the Pilot Point Chamber of Commerce at their Winter Festival 2018 Awards Banquet. The event, honoring community volunteers and first responders, was held December 11,

2018 at St. Thomas Aquinas Catholic Church in Pilot Point.

Vicki and Maggie Fraser, Margaret Rabbitt, Tim Beaty, Gail Cotton Michaud, Michelle Maxwell Ellis, Tracy Matern, and Mark Stewart were among those who attended.

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### Monthly Trail Ride

1st Saturday of the Month  
June-November

Locations announced on Facebook.

Call before you haul!

Michelle Ellis  
214-491-7941

### Work Days

**Announced on Facebook.**

Call Michelle Ellis 214-491-7941  
or Chuck Manning 940-390-9188  
to confirm plans.

**Your purchases can help  
fund our trails**



Visit <http://smile.amazon.com>  
and designate Greenbelt Alliance of  
Denton County as your charity.  
Every time you make a purchase,  
they donate .05% of the purchase  
price. It adds up!

## President's Message



Spring is here and the bluebonnets are blooming! Time to get riding again in between rain storms!

Exciting things are happening with LRRETA this spring.

First, we have the ETS Obstacle and Trail Challenge Tournament coming up soon on April 27-28 th at the Elm Fork trailhead. We need lots of assistance and lots of riders to make this a successful fund raiser. I recently sent an email to all with two links, one to sign up for the challenge, and the other one to sign up to help at the event. Please check your email or go to [www.EquineTrailSports.com](http://www.EquineTrailSports.com) to register to ride and [www.SignUpGenius.com](http://www.SignUpGenius.com) to sign up to help with the event. We can work it out so you can ride and assist! The money we raise will go towards our projects at the lake.

We have finally signed the contract for our next grant award of approximately \$132,000 with the TPWD Recreational Trail Grant program. We will need matching funds of \$26,000. We will begin construction on 5 stalls in the day use area at Little Blue Stem soon (*see photo at right*). Step 1 has been accomplished; a tree that had to be removed has been cut down. Thanks, Rangers! We have also rented a UTV for trail work and are in the process of purchasing a flatbed trailer (*see photo at right*) to transport the UTV to various trail heads and to transport our obstacles for the obstacle challenge. Read more about the grant later in the newsletter.

We just had a very successful self-defense and desensitization clinic in Pilot Point. Gail Cotton-Michaud organized this clinic and it was successful and profitable for LRRETA. Thank you Gail! The arena was donated by Bonnie and Buggy Siegel, and clinicians Eddie Rodriguez of Natural Horsemanship and former Dallas mounted patrol officer, Erick Knight who donated their time. Horses and riders learned a lot at the clinic and had a good time despite the cold and windy weather. A thank you to the 15 participants and 3 auditors who braved the weather! LRRETA netted about \$1300 from the clinic.

This issue of our newsletter has lots of great information from contributing members and a recap of our annual banquet held in February. Make sure your LRRETA dues are up to date so you continue to receive the current issue.



**LRRETA Board Meetings**  
(Open to all members & Guests)  
2nd Tuesday of the Month



10279 FM 455 E. #100  
Pilot Point, TX 76258  
6:30pm.

# LRRETA Board of Directors and Committee Members

## LRRETA BOARD OF DIRECTORS

Linda Moore, President, City and TPWD Liaison	(940) 206-9355	<a href="mailto:moorelinda741@gmail.com">moorelinda741@gmail.com</a>
Michelle Ellis, Vice President	(214) 491-7941	<a href="mailto:justme.always@ymail.com">justme.always@ymail.com</a>
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Eileen Stecik, Secretary/Membership Chairperson	940-390-0393	<a href="mailto:texasles@juno.com">texasles@juno.com</a>

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Tracy Matern	(214) 392-2288	<a href="mailto:tmatern1945@gmail.com">tmatern1945@gmail.com</a>
Susan Mendoza (Phone Tree)	(972) 475-9107	

## EVENTS

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Gail Cotton	(214) 356-8523	<a href="mailto:gailcotton@verizon.net">gailcotton@verizon.net</a>
Monica Millan-Barbera	(817) 915-8455	<a href="mailto:monica@blackmustangranch.com">monica@blackmustangranch.com</a>

## GRANTS

Linda Moore	(940) 206-9355	<a href="mailto:moorelinda741@gmail.com">moorelinda741@gmail.com</a>
Lynn Jaco	(214) 995-9215	<a href="mailto:lynnjaco@yahoo.com">lynnjaco@yahoo.com</a>
Tracy Matern	(214) 392-2288	<a href="mailto:tmatern1945@gmail.com">tmatern1945@gmail.com</a>

## TRAIL STEWARDS

FM380 to FM428		
Michelle Ellis	(214) 491-7941	<a href="mailto:justme.always@ymail.com">justme.always@ymail.com</a>
Linda Moore	(940) 206-9355	<a href="mailto:moorelinda741@gmail.com">moorelinda741@gmail.com</a>
FM428 to Elm Fork		
Margaret Rabbitt	(214) 415-5527	<a href="mailto:marabbitt@gmail.com">marabbitt@gmail.com</a>
Elm Fork to Little Bluestem-Isle du Bois		
Maybeth Nunn	(214) 356-0383	<a href="mailto:maybeth.nunn@yahoo.com">maybeth.nunn@yahoo.com</a>
Little Bluestem-Isle du Bois to Jordan Park		
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Jordan Park to Lost Lake		
Alan Padgett	(903) 564-4781	<a href="mailto:alanpadgett@gmail.com">alanpadgett@gmail.com</a>

## EQUIPMENT MANAGERS

Cliff Hemming		<a href="mailto:chemming3@pobox.com">chemming3@pobox.com</a>
Sam Noble	(903) 738-0556	<a href="mailto:ntxwildlifecontrol@gmail.com">ntxwildlifecontrol@gmail.com</a>

## NEWSLETTER

Leah Fry	(972) 742-9019	<a href="mailto:mljintex@yahoo.com">mljintex@yahoo.com</a>
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# Membership News

by Eileen Stecik

This year we have added the option to join or renew membership via PayPal on the LRRETA website:

<https://www.lrreta.com/join-renew>

Click the "Donate" button next to the membership you wish to join/renew and it will then take you to Paypal.

This link can also be used to pay for LRRETA events such as the recent clinic on Self Defense on Horseback and Urban Desensitization, as well as meals that may be included at events. For events such as these select, "Choose the Amount You Wish to Donate."

Our current active membership list contains 130 names. Recently we sent out reminder cards as well contacted via phone to remind members to renew dues. If you have questions concerning your membership, are not receiving emails, have moved or changed emails, or no longer wish to be a member please contact me at [eileenstecik3@gmail.com](mailto:eileenstecik3@gmail.com).

Your dues allow for discounts at LRRETA events and keep you up to date via our fantastic newsletter on happenings within our community.

THANK YOU, MEMBERS FOR ALL YOU DO!

## Welcome New Members!

Duanna Hanners  
Nancy Mendoza  
Christine Barrera  
Desiree Hodnett  
Terry Hinojosa  
Diane McLeod

## Please join LRRETA, TETRA & CTETA LRRETA/TETRA Dual Members

Chuck Manning, TETRA Region 4 Director; Linda Moore; Carol Nichols;  
Tracy Matern, Michelle Ellis

## CTETA/TETRA Dual Members

Diana Hobbs, Linda Moore; Vicki Fraser, Robyn Pucci, Michelle Ellis,  
Carol Nichols

We encourage LRRETA members to also join TETRA & CTETA  
(see page 15)

## Denton Silver Saddles 4-H Spring Classic Horse Show May 5 Breakin' Hearts Ranch



All age groups are welcomed and encouraged to attend. All experience riding levels are welcomed too. Sponsorships and/or donations are a big help. We put on horse shows so kids can get into the equine world. If you are interested in sponsoring and/or donating please email Holly Branch at: [hollyberrybranch@gmail.com](mailto:hollyberrybranch@gmail.com)



## Meet the *Ranger*



**Randy Killham**

Randy Killham started working at Isle Du Bois in April of 2006 and has been the HQ Office Manager since 2010. One of his favorite things about working at the park is getting to see all the horses as he checks Coggins papers. His love of horses started while growing up in Nebraska, spending summers working on his relative's farms. Randy was active in the theatre and choir during high school and continued working in community theatres for the next 25 years. In 2005 he moved to Aubrey and found a new hobby, working in the chutes at IGRA rodeos, re-igniting his childhood dreams to one day own a horse.

## New Member *Highlight*



**Diane McLeod**

Diane is originally from Kalamazoo and Sault St. Marie, Michigan. She started riding at age 50 after moving from Chicagoland! She is an Olympic weightlifter with several Texas state records in two different weight categories. She has also placed 2nd in the Masters Nationals and 3rd in the Master World Cup. Sounds like this gal can take care of herself! Diane enjoys quilting with friends and donating her quilts to charity auctions. She rides her 13-year-old Gypsy Cob, Giselle, on the weekends and looks forward to meeting other riding partners. She frequently takes her granddaughter riding in a buddy seat on Giselle.

## Online Reservations for Texas State Parks System Now Active

Planning a day or overnight trip to a Texas State Park is now easier with new online features available in the Texas State Parks reservation system. The new options allow visitors to reserve a specific campsite, buy day passes in advance and buy or renew a Texas State Parks Pass online.

"We are excited to introduce these helpful features to park visitors and provide a new way to efficiently schedule a trip, either for the day or overnight, to any Texas State Park," says Rodney Franklin, Director of Texas State Parks. "These options give park goers the ability to plan their perfect state park vacation, no matter where and when they want travel."

Visitors now have the option to purchase day use passes up to one month in advance, guaranteeing access to parks even during busy times like weekends and holidays. The new "Save the Day" pass helps address the growing issue of visitors not being able to get into a popular state parks due to overcrowding. Day passes for some of the more popular parks have specific arrival time slots.

Anyone planning overnight trips at a Texas State Park can now choose a specific site when making reservations up to five months in advance. Photos and details of campsites, shelters and cabins are available online, so campers can pick their site before arriving at the park. Visitors can search for sites by specific parks and site types, see photos of the site before making their decision and see details for each site including utilities, parking pad length and width, and amount of shade.

Larger families and groups can also select and reserve neighboring sites, so they can enjoy the outdoors together.

Parkgoers can also renew or purchase a Texas State Parks Pass online. With a Texas State Parks Pass, an entire vehicle of guests gets unlimited visits to more than 90 Texas State Parks with no entry fee for 12 months.

Texas State Parks are making every effort to make the reservation system upgrades as smooth as possible. All existing park reservations have been moved into the new system and are secure. Any customers experiencing issues may contact the Customer Service Center at (512) 389-8900. However, in the early days of the improved system, Customer Service Center wait times are expected to be longer than normal due to increased demand.

**For more information about the system, or to make a reservation to a Texas State Park, visit [www.texasstateparks.org/reservations](http://www.texasstateparks.org/reservations).**

## Parade Preparation and Safety

by Tracy Matern

There are many points to consider when you are thinking about taking your horse in a parade. Make sure your horse is ready!

1. Take your horse to as many "spook" or "desensitizing" clinics as you can or set up your own training. A good source of self-education on this is the book "Bombproof Your Horse" by Sgt. Rick Pelicano published by Trafalgar Square Publishing. My Moonshine and I went to probably 6 different clinics. It was two years before I was confident enough that he could handle his first parade. I have to start all over now with my donkey Joe.
2. Learn and practice the one-rein stop. A horse can't rear, buck or run off if you stop him early with a one-rein stop. Use it at the first hint of trouble. It's good for his flexibility too.
3. Start with a small horse-friendly parade with just a few horses.
4. Make sure your cinch is tight. Check it after your horse has moved around a bit and double check it. Parelli recommends tightening a cinch in three stages, moving the horse around in behind each. Most of the accidents I've seen have been due to a loose cinch.
5. If your horse seems upset, consider just tying him to the trailer to get used to the sights and sounds of a parade or arrange for you and a helper to walk him in the parade. It is safer and smarter to not mount up or to get off if your horse is not calm. Trust your instincts; if you think you should get off, get off!
6. Make sure your horse is not afraid of any of the decorations you plan to use on him.
7. Protect your brain — wear a helmet!
8. Don't use different tack for the first time in a parade. Try it at home first.
9. Spread out. Don't crowd another horse or let yourself be crowded. Give your horse enough room to turn around and enough space to get out of the way if another horse spooks.
10. If you're in a parade that has a lot of stopping and waiting, try to keep your horse's feet moving by circling the other riders or by other means. Horses can be upset by constantly being held back.
11. At the end of the parade, don't pick up speed suddenly to get back to the staging area. If you are going to speed up, ask those behind you and make sure they are comfortable with it.
12. Be alert and careful returning to the staging area. Often parade organizers do not provide people to stop traffic or open your path after the parade is finished.



**EQUINETRAIL  
SPORTS**

*Spring Trail Challenge Tournament*  
*April 27-28, Aubrey, TX*  
*Saturday am- Field Obstacle Course- 10 Obstacles/Saturday pm- 6 Mile Trail Challenge- 6 Obstacles/Sunday am-6 Mile Trail Challenge-6 miles*  
 Hosted by: Lake Ray Roberts Equestrian Trail Association at Elm Fork Trailhead  
 Ray Roberts Lake State Park, Aubrey, TX 76227

**WWW.EQUINETRAILSPORTS.COM**

## **LRRETA Spring ETS Obstacle and Trail Challenge Tournament**

LRRETA is hosting a spring Equine Trail Sports (ETS) Obstacle and Trail Challenge event April 27-28, 2019. This will entail a Field Obstacle Trail Challenge on Saturday morning. Once again our superb designer, Sam Noble will design the course. Saturday afternoon will be a Trail Challenge going from Elm Fork south towards FM 428 for a total of 6 miles (out and back). Sunday the trail leading from Elm Fork (north) to Little Blue Stem for a total of 6 miles (out and back). This is the major fund raiser for the spring. We encourage all LRRETA members to actively support the event by either registering to participate or assisting in the event. If you are interested in competing, click the link below. You can also ride and help. If you want to be eligible for high point awards that will be given after the fall tournament, you must ride at least 2 of the 3 competitions that weekend. Please indicate in the notes on the sign-up if you plan to ride and work the event.

How can you help? There are a variety of opportunities! Please read through the sign up list and help us. I hope you will consider either competing or assisting with the event. Proceeds will be used to enhance the trails and as funds for our "match" on the 2017 recreational trail grant that we were just awarded. We will be putting in a rinse rack and an additional 5 day-use stalls at Little Blue Stem, Isle du Bois.

Can't help that weekend, that's OK! The immediate need is for our talented members to make or donate cool, "horsey" prizes. No time? Buy something you would like as a prize and donate it.

**SignUp Genius to volunteer to help.** <https://www.signupgenius.com/go/30e0a48aaaa2aa6fa7-greenfest>

**Equine Trail Sports to sign up to ride.** <https://www.equinetrailsports.com/event/12000/>

## Self-Defense and Urban Desensitization Clinic Held March 30



The morning Self-Defense portion of the clinic was taught by Eddie Rodriguez of True Horsemanship Seminars. What if you are approached by an assailant on the trail? What if someone tried to grab you or your horse when you are mounted? Eddie demonstrated how to escape or avoid confrontation using techniques executed by both rider and horse. All the techniques he demonstrated and that participants got to try were easy and required only basic horsemanship skills and average physical strength.

Riders were encouraged to play on their horse's strengths, something he/she does easily and willingly, when employing an escape or evasive maneuver. For example, you are mounted and an assailant approaches on the left and tries to grab you or your tack. If your horse yields easily, one technique you could use to escape is to turn your horse hard to the right while disengaging the hind quarters hard to the left (same basic principle as the one-rein stop). Nobody wants to see the rear end of a horse coming at them fast and close! This gives the opening to get away.

After a lunch of pulled pork sandwiches (and a chance to warm up in the feed room!), Eric Knight, former Assistant Trainer for the Dallas Police Mounted Unit took over for the Urban Desensitization

segment. Eric laid out a common variety of objects and situations that commonly cause issues to horses and riders: feed bags and plastic blowing around, tarps, a hard plastic kiddie pool, ground poles, banners and flags. Eric had riders do several laps around the arena to gauge abilities and reactions to the objects.

Eric's method includes using the herd dynamic — safety in numbers — to instill confidence in the horses (and their riders!) with what they are being asked to do. At various times, horses and riders rode single file, and two, three or 4 abreast in a repeating series of serpentine maneuvers back and forth in the arena. No direct pressure was placed on the horses to accept the objects. As these exercises progressed, Eric sometimes moved horses around to place them in a situation that would better facilitate their success. For example, if two horses were consistently walking into the noisy crumpled kiddie pool, Eric would put them on the outside of one or two horses that weren't so comfortable with it. By the end, all of the horses were relatively at ease with the ground obstacles as well as flying flags, flailing humans, and the cracking of a bullwhip. Pretty impressive!



Thanks to Bonnie and Bugsy Siegel for donating their beautiful arena for the day. Thanks to Eddie Rodriguez and Eric Knight for donating their time to put on this fun clinic and thanks to Gail Cotton Michaud for putting the whole thing together. LRRETA made about \$1,300 to be used as matching grant funds.

# Grant Update

by Tracy Matern

## 2014 Recreational Trails Grant

This grant is complete and we have received our final reimbursement. We used \$132,313 in Federal Funds and \$33,078 in matching funds to make improvements to the Lake Ray Roberts State Park equestrian trails including the Equestrian/Pedestrian Walkway, mileage/informational markers along the entire length of the trail, 5 handicapped accessible mounting ramps and general renovations to the trail itself where culverts, rock or grading was necessary. Many thanks to Judy Odom and the Greenbelt Alliance of Denton County for seed money to make application for this grant possible. LRRETA members contributed 1152 hours of work valued at \$26,500, donated \$2,641 in equipment use and donated \$11,276 dollars towards our match. Many thanks to Tim Beaty for most of the financial contribution as donated dirt work for the walkway. Without Tim Beaty and Linda Moore organizing and supervising most all of the work, it would never have been accomplished and we all owe them an enormous Thank You!

After much pre-discussion, the determining factor in finding a solution for the washout was the March 5, 2013 meeting orchestrated by Tim Beaty of all those with an interest in the problem, the “stakeholders”, which included the landowner Copperstone Ranch, the City of Denton, the Greenbelt Alliance of Denton County, the Lake Ray Roberts Equestrian Trail Association, The National Resource Conservation Service, Texas Parks and Wildlife, the United State Army Corps of Engineers and the Lake Ray Roberts State Park Management Staff. This meeting enabled us to file an application for a grant with the Recreational Trails Program at Texas Parks & Wildlife on February 1, 2014.

The important dates in the life of this grant are:

03/05/13	Washout meeting
02/01/14	Made application
05/23/14	Application was accepted for funding
04/08/15	Passed reviews/received contract to start
09/05/18	Finished work
12/20/18	Final inspection
02/25/19	Final check received

Please note that the time between filing the application and completion of the project was 5 years. The other interesting timeline is the time between receiving approval for funding and receiving approval to begin work. This was the time necessary for all the impacted agencies to do their reviews and this totaled 10 ½ months.

Thanks to each and every member who contributed your time and talents. Your work is visible every day on the trail.

## 2017 Recreational Trails Grant

We filed an application for this grant on January 31, 2017 and received notice that we had been approved for funding on June 2, 2017. This grant will allow us to build 1) 7 day stalls in the day-use area and 2 stalls near the handicapped accessible Blue Stem site complete with roofs and water faucets, 2) a rinse rack at Blue Stem, 3) hitching posts at all the trailheads and Blue Stem, and 4) trail restoration and renovation from 428 to 380. We would have placed the stalls near campsites except the Recreational Trails program forbids making improvements to campsites. It is a program for trails not for campsites. We will also have funds to purchase 5) needed trail maintenance equipment such as chainsaws, shovels, rakes, etc. and 6) to rent UTVs to help carry equipment and volunteers. Originally we wanted to purchase 2 UTV's but current Department of Transportation and Department of Commerce rulings require Recreational Grant money to only be spent on vehicles manufactured in the U.S.A. of all U.S. Steel. There are no UTV manufacturers that meet this criteria at this time so we can rent but we cannot buy.

Review by impacted agencies took until March 31, 2018 (9 months). We were then informed that we could not start work on this grant until the 2014 grant was complete. This was a new rule. We used to work two grants concurrently but the rules were changed to prevent confusion within the program. We completed our 2014 grant September 5, 2018 but were not able to get an inspection until December 20th and our final check February 25, 2019. In the meantime, delayed funding by Congress and then the Government shutdown delayed the grant contract paperwork from being generated for us to sign until February 22, 2019. This paperwork is much more detailed and involved than it ever has been before but we signed it and got it on its way.

We received our “Notice to Proceed” on February 25, 2019 almost 1 year, 9 months from receiving notice we were being funded. Since then, Linda has swung into action, renting a UTV, requesting updated bids for the stalls, meeting with trailer manufacturer Big Tex and with Mark Stewart to stake out the stall area and plan work there. There is no question things will start moving now!

This grant is for \$133,010 of which \$106,408 is Federal Funds to reimburse expenses and \$26,602 will be required from us as a match. This equals about 1077 volunteer hours, equipment or donations so please answer the call on work days!

**LRRETA**  
**Christmas Party & Celebration**  
**Sunday, December 16th**  
**Isle du Bois, Little Bluestem**



# What You Need to Know About Equine Vaccines

by Noah Grimes, DVM



Spring is in the air and so are pollen and bugs. With bugs also comes the diseases they may carry. Many of the diseases that insects carry are preventable in horses through vaccination. Now is a great time to make sure that your horse is appropriately vaccinated. This will ensure that they are

protected throughout the year and limit their downtime due to illness.

The easiest way to break the vaccine talk down is to divide them into two sections: core and risk. Core vaccines are recommended for all horses due to the prevalence and severity of disease they prevent. Risk-based vaccines are used primarily for horses that are more at-risk for certain diseases.

Core vaccines are recommended for all horses regardless of age, location and risk in North America. These may change for horses that may be traveling internationally but for the overwhelming majority of horses, these are the ones that you should be most familiar with. The core vaccines include Eastern and Western Equine Encephalomyelitis (EEE/WEE), rabies virus, tetanus and West Nile Virus (WNV). Due to their prevalence throughout the country and high mortality associated with these diseases, annual vaccination against them is highly recommended. Rabies also carries a public health risk due to its ability to directly infect humans from horses.

Risk-based vaccines are used against diseases that do not have the high mortality as we see with the core vaccines however, they may be used in horses with an increased risk in certain regions or demographics. The list of diseases included in this group is much longer than core vaccines and includes influenza (flu), equine herpesvirus (also called rhinopneumonitis or, rhino), strangles, Potomac horse fever (PHF), leptospirosis, even snake venom and anthrax.

For the sake of brevity, I'll discuss the more common risk based vaccines.

The two most commonly used risk-based vaccines are flu and rhino. Many vaccine manufacturers offer these two together in a combination vaccine. I recommend this vaccine for any horses that travel as flu and rhino are the two most common causes of fever and respiratory disease following shipping. If there are non-traveling horses on the same premise with horses that travel, I also recommend vaccination for them as well. This is because the horses that travel may be appropriately vaccinated for flu/rhino but they are still able to bring these viruses home and infect horses that have never left the property and may still be naïve, thus causing them to become sick without ever leaving the property. Due to the very high

prevalence of these viruses, there are many equine facilities that have vaccine requirements concerning flu/rhino so it is important to check these requirements well before hauling as many of them require vaccination 30 days prior to arrival.

The Strangles vaccine is the next most requested risk-based vaccine. It is a little different as it is a vaccine against a bacteria versus a virus. Bacterial vaccines are not nearly as efficacious as the viral vaccines in many cases and therefore, is not labeled to prevent disease as with all of the other vaccines previously discussed. The label is only to decrease clinical signs of disease. This means your horse will still get strangles following vaccination, but should get a less severe form of the disease. The strangles vaccine is also associated with secondary complications that are seen with horses that are exposed to the bacteria following vaccination. Due to these concerns, I am much more selective when it comes to recommending this vaccine. As far as the other risk-based vaccines that were not mentioned or further discussed, it is important to talk to your veterinarian about which vaccines may be right for your horse.

Vaccination schedules are a big source of confusion for many horse owners. The core vaccines are available through many manufacturers in a combination vaccine to greatly simplify administration. I recommend core vaccines once yearly, typically in the spring. For horses that have had vaccine reactions in the past, I try and break vaccination up between spring and fall with vaccination for insect-borne vaccines in the spring before the bugs come out and the rabies vaccine being administered in the fall. With risk-based vaccines, the recommendation for which vaccine and the frequency of vaccination should be at the discretion of your veterinarian so please consult your regular veterinarian for their recommendations.

I strongly recommend having your horses vaccinated by a veterinarian as well. Many manufacturers only release their most effective vaccines exclusively to veterinarians and vaccines purchased in the feed store may not be the most up-to-date vaccine and may be less effective. In addition, many companies offer guarantees on their vaccines but only when given by a licensed veterinarian.

A final note for vaccination is to try and keep your vaccinations consistent with one veterinarian. Nowadays, many people have multiple veterinarians at multiple practices for specific needs such as annual wellness with one veterinarian, lameness with another and reproduction with a third veterinarian. To make sure your horses are not falling behind in their vaccination schedules or being over-vaccinated, please keep your vaccines consistent with one veterinarian so that your records are all easily accessible with one phone call.

# Palo Pinto Mountains State Park Partners

by Janis Janes

Great news! Even though our fall Ride and Star Gazing opportunities were a wash this fall at Palo Pinto Mountains State Park, we have been busy organizing and getting the Palo Pinto Mountains State Park Partners group up and running. This Partners Group or Friends Group is a 501(c)(3) organization. Not only will your membership show support for the Park, it will also allow funding for more events to take place in the park.

Once the Park is officially open to the public, funds from the Partners/Friends Group can be used to add features to the park/camp areas such as improvements to the equine camp area that you have seen and enjoyed at other State Parks like at Lake Ray Roberts – covers for the pens, wash racks, handicap mounting area, etc. Also, additions like benches along the trail, playground equipment in the park, or nature centers. This group serves all....equine, hikers, birders, bikers, nature lovers.....so help us spread the word by forwarding this email to friends and family.

We would love to have your support, help, and voice as we head into this next Texas Legislative Session in January. This is our next opportunity for park funding and it will be crucial that you make your voice heard.

Whether you sign up for an annual membership, donating extra to this great cause or both, thank you for your support.



## MEMBERSHIP FORM

TITLE:  MR.  MRS.  MS.  DR.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Please indicate your preferred hobbies (all that apply):

- Hiking     Equestrian/Trail Rides     Biking     Birding     Fishing     Master Naturalist
- Running     Canoeing/Kayaking     Camping     Other (*please specify*) \_\_\_\_\_

ANNUAL MEMBERSHIP LEVEL:     \$10 Individual     \$20 Family     \$30 Business

TOTAL AMOUNT ENCLOSED: \$\_\_\_\_\_ Please make checks payable to PPMSP.

Return this application and payment to:  
Palo Pinto Mountains State Park Partners • P.O. Box 399 • Strawn, TX 76475  
*Palo Pinto Mountains State Park Partners is a 501(c)(3) organization.*

## Lone Star Trail Building School

February 15-17, 2019

The Lone Star Trail Building School (LSTBS) is a two-day course at Sid Richardson Ranch (SR2) near Runaway Bay, Texas. The course is facilitated by Groundwork Dallas.

The Basic Course educates students on all aspects of trail building including design concepts, GPS

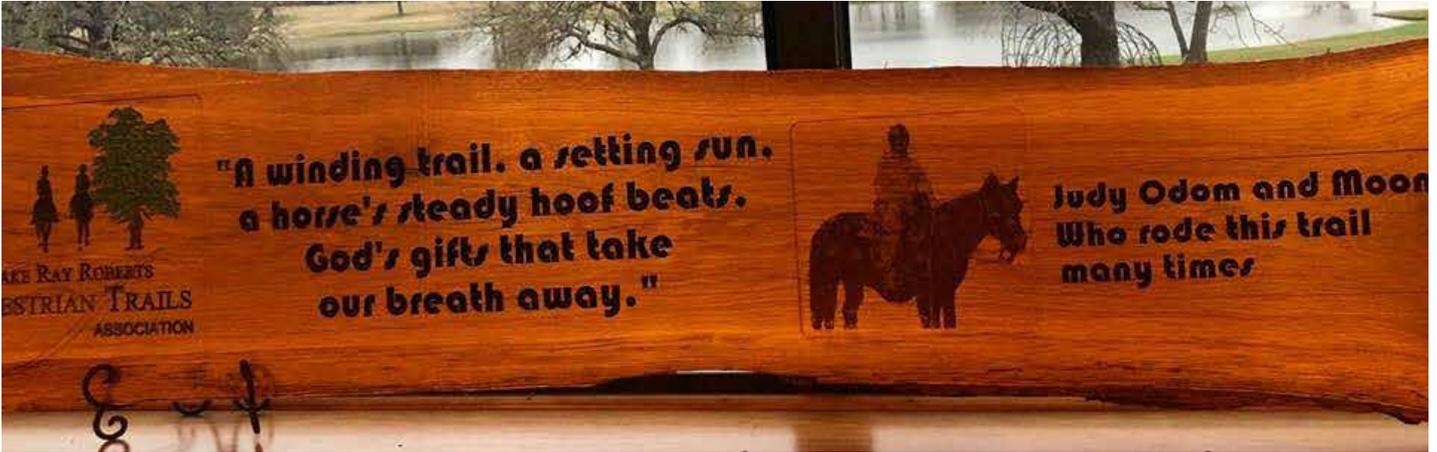
mapping, corridor flagging, and construction.

The school's advanced course includes topics such as armoring, switchback turns, climbing turns, crib walls, wooden construction, and rigging techniques to move large objects.

This year's advanced project had participants constructing a boardwalk supported by the surrounding boulders. They learned how to set anchors into stone, attach the support structure and finally the tread. This was an on-site custom cut project to match the contours of the rock.



## LRRETA Annual Meeting Held February 9 at Rancho De La Roca



The annual meeting had a packed agenda was well attended this year. Following greetings and introductions, Secretary Eileen Stecik and Treasurer Tim Beatty presented their reports.

Texas Parks and Wildlife's Ben Fleury gave us the latest on the state of the trails and Tracy Matern gave a status update for TPWD Grants from 2017 and the new grant submitted for 2019. She reiterated the importance of volunteer hours in meeting our match.

Carol Nichols related recent developments with the Fannin County Equestrian Trails Association and Duke Monson shared the latest from the Trinity Trails group. Linda Moore talked about Cross Timbers and the Pilot Point Trails initiative. Awards and recognition followed and new opportunities for service and engagement in the areas of stewardship, membership retention and trail ride bosses were discussed. Plans for 2019 were discussed including:

- Develop directory
- Bluestem amenities – electric, water
- Events

Pilot Point Chief of Police Tim Conner addressed the group about his idea to form a citizen's mounted posse. Possible activities for this group would be assisting with search and rescue in areas best accessed on horseback and assisting at parades and other events. There was a lot of interest in this suggestion.

Kate Zielke of NTXCOG gave us the latest new regarding the expansion of FM 428 and its impact on the park and specifically the trails.

Representatives from the Medical Air Services Association gave a presentation about emergency transport services.



In 6 years since founding, LRRETA has invested \$300,000 in the Lake Ray Roberts equestrian trails and Bluestem camp site. The planned 3rd grant would push the total to approximately \$500,000!

Thank you Linda Moore for your leadership and to our donors and members for volunteer and financial support.

The trail from  
Bluestem north to  
Jordan Park is  
**OPEN!**



# Where have you ridden lately?

## Sportsman's Lake Equestrian Trails by Linda Moore



A number of LRRETA members went to Seminole's Sportsman's Lake Equestrian Trails to ride and camp recently. We had a great time!

It is about a 3-hour drive from the Denton area and you can go right up Hwy 377. I did have a blowout on the road and thank goodness for US Rider who came and fixed it!

They have three coves: cove 1-equestrian, cove 2- fishing, cove 3-camping. In cove 1 there are trailer hook ups and most camping spots have pens and those that don't have posts ready for high lines. They also have a covered pavilion area. The public restroom and shower area are older and not up to TPWD standards, but still useable.

The trails are mostly sandy and a bit rocky so you will need front shoes or boots on your horse. The trails are also a bit technical with ups and downs and logs to cross as well as small streams. The trails are well marked and there is a good map so you won't get lost up there. Most of us enjoyed riding trails 4 and 5 going south. Others rode trails 1 and 2 to the north but found it impassable at a point.

For more information go to [www.seminole-oklahoma.net/sportsman.html](http://www.seminole-oklahoma.net/sportsman.html)

For those going to OK at this time of the year, we found the TICKS to be bad, so go prepared! They were very small Lone Star Ticks but they got on the horses legs and body and sheath/udder area as well as a few on us!

I suggest Deep Woods Off (humans), and Adams Flea Tick to get them off the horses or dogs. We also found dusting with Sevin or Sulfur on fetlocks effective too but may want to wash it off after the ride so the horses don't rub their faces on their legs.

The Equine-On product may also be a good idea. If ticks get attached to you, check with your physician for antibiotic treatment. Don't want any Lyme Disease!

*See the article on the next page for more than you ever wanted to know about ticks.*

# How to deal with ticks on horses, and what health issues to watch for

by Heather Smith Thomas



Spring is tick season, when newly-emerged nymphs and adults seek a host. Dr. Tia Nelson, a veterinarian in Helena, Montana, says some ticks are a problem year round, however. "Some of the worst infestations I've seen have been in January."

Some species spend their entire life on the host, whereas others pass different stages on successive hosts, says Russ Daly, extension veterinarian and associate professor, South Dakota State University. Eggs are laid in the soil, and young ticks crawl onto bushes and attach themselves to a passing host. Adult females suck blood or lymph from the host and then drop to the ground to lay eggs. Complete eradication of ticks is difficult because many species live on several hosts, including wild animals, and adult ticks can live for weeks or months apart from a host.

Daly says ticks are often found on horses, especially those pastured or ridden in brushy areas. "Most horse owners find it unpleasant to discover ticks crawling on their horses, especially if ticks are attached and

engorged with blood. Ticks can cause skin irritation and introduce bacterial skin infections—and small abscesses. Discomfort and itchiness may cause the horse to rub those areas where ticks are attached," he says.

"Ticks feed on blood and may cause anemia in severe infestations, with the horse becoming weak from loss of blood. Anemia from heavy tick infestation doesn't happen very often in adult horses but it can certainly happen in young foals," says Daly.

Ticks are the main carriers and spreaders of many protozoal diseases; the protozoa survive from one generation to another in ticks by infecting their eggs. One example is piroplasmosis, which is endemic to much of the world, but that appears only sporadically in the United States. Symptoms of piroplasmosis include lethargy, reduced performance, pale mucous membranes, fever, jaundice, anorexia, and digestive problems including colic, constipation, or diarrhea. Since many of those symptoms are common in other diseases, a blood test is required to positively identify it.

Ticks can also spread diseases caused by bacteria and viruses. Lyme disease is caused by bacteria carried by tiny deer ticks that use mice (and packrats in some western regions) as one host in a multiple-host life cycle.

Dr. Liz Boos, Belle Fourche Veterinary Clinic, Belle Fourche, South Dakota, says a parasite, *Anaplasma phagocytophila*, carried by deer ticks and black-legged ticks, causes anaplasmosis. The presence of the parasite makes itself known by fever, typically accompanied by limb swelling, and the appearance of small hemorrhages on the mucous membranes of the nose, mouth, eyes and/or vulva. Much less commonly, signs of incoordination, muscle inflammation or digestive tract pain

may be observed.

"These [types of ticks] are not common in my area, but when you get into Wisconsin, Minnesota and regions farther south and east you might see problems. Luckily we don't have much trouble here with Lyme disease either. Occasionally I'll see horses with an intermittent fever and we've tested a few times for Lyme disease but have not been able to find it," says Boos.

"We are fortunate that Lyme disease is currently not prevalent in our area," says Daly. "The disease we'd be more concerned about is tularemia—a bacterial infection found in rabbits and rodents. The ticks that live on them fall off, reproduce and may bite other animals or humans. With tularemia, young foals seem most susceptible because of their immature immune systems. Signs in a foal would be general infection throughout the body; the foal is very dull. If a foal has ticks and seems sick, consult a veterinarian for diagnosis and treatment. If a horse gets tularemia this is a tip-off that we also need to be concerned about ourselves, if we get bitten by ticks," he says.

"Once in a while we'll see something called tick paralysis. The horse (or dog, or cow) bitten by a tick (or with a tick embedded) has generalized weakness, unable to move. Some ticks produce a toxin that affects the nervous system. Luckily, if affected animals are not too debilitated when found in this condition, removing the ticks may enable those animals to recover," says Daly.

Dr. Angela Pelzel-McCluskey, USDA-APHIS Veterinary Services, Fort Collins, Colorado, has seen tick paralysis in Texas, caused by many species of ticks.

*Continued on page 16 ...*

"There seems to be something in tick saliva that causes some cattle and horses to become paralyzed. When I was in practice in Texas, we found ticks in the ear canals, or under the armpits in affected horses. The horse would show neurologic signs, droopy ear, fever, etc. I've seen this occur with a single tick bite, though often the horse has multiple ticks. If you find ticks on a horse with these signs, I'd suspect tick paralysis. We don't know why some horses develop this problem and others do not. It may be related to the horse's immune system reacting to what's in the tick saliva," she says.

Nelson has seen horses loaded with ticks, and one that was horribly tick-infested. "We treated that horse with ivermectin, which killed the ticks that were attached and sucking blood, then sprayed him thoroughly with a pet spray for fleas and ticks. After that, part of his treatment was daily grooming and tick picking, since more ticks kept appearing. Also, because he was so infested, we gave him an immune stimulus. I suspect he had very little resistance to ticks. I've seen herds of horses in which only one horse had lots of ticks—many more than the others," says Nelson. Some horses may be more susceptible, for some reason, just as some cattle are more susceptible to lice.

Several kinds of ticks parasitize horses. Small deer ticks can be hard to see. Most common are the larger "dog ticks" or "wood ticks" that are usually red-brown and flat, until they start to swell with blood after attaching to the horse. By the time they fill with blood, ready to drop off and deposit eggs, they are the size of pie cherries or small marbles and

look purple. Daly advises to check for ticks daily when horses travel through brush, tall grass or weeds.

All ticks grab onto any parts of the body that brush against foliage, then crawl to a protected area to attach and suck blood. "They often attach at the throatlatch, under the mane, around ears, neck and belly—the undersides of the horse. Places to check include behind the elbow, around the sheath or udder, between the hind legs in the groin area, alongside or under the tail, etc." says Daly. If you miss one during grooming checks, it will suck blood and become larger.

"April is a big month for ticks. By late summer ticks are not as prevalent (if it's been hot), but in spring they are eager to find a host. Even if horses are just out grazing and not ridden, they need to be checked periodically for ticks," Daly says.

#### **Tick control and removal**

To remove a tick, make sure you get the head and mouthparts, if the tick's head is already embedded in the skin. "Dispose of ticks by crushing, or put them in a jar with alcohol in it (and a lid), like we do here at our vet clinic," says Boos. "You can throw that away as it becomes full. You can also burn ticks you collect off the horse. If you simply throw them into a garbage can they will just climb out and go looking for another host." Ticks that are not yet engorged with blood are very mobile and tough; you can't squash them by stepping on them. It takes sharp pressure to crush a tick.

For tick control, Nelson recommends grooming on a regular basis, ideally every day, but at least several times a week. "If you need to kill ticks on horses, ivermectin will kill the ones that are latched on, ingesting

blood. Deworming with ivermectin or moxydectin kills embedded ticks as well as worms. You can also use a good flea and tick spray. Active ingredients in these are usually pyrethrins. Just follow directions on the products. You can get these from your farm and feed store over the counter," she says.

The only labeled tick product, with FDA approval for use on horses, is Ultra Boss, according to Boos. "This works well for ticks, lice and flies. It comes in a thick liquid and you apply about 30 cc along the mane and croup area for a mature horse, and a smaller dose for young horses. I have seen horses occasionally have a skin reaction to this product; you would not want that along their back if you are riding them." This is why it's best to put it just along the mane and croup rather than down the midline of the back. It moves over the skin via oil secreted by the oil glands.

"One application lasts up to a month for tick control. People who use it for fly or lice control can apply it every two weeks for those parasites but it is labeled for 30 days for ticks. Off-label, people use the tick spray for dogs, and it's fairly effective.

EquiSpot also sometimes works for ticks. The winter ticks in our area don't seem to be affected by this one, however. We see this particular type of tick in the region around Devil's Tower," Boos says.

Reprinted from Tri-State Livestock News website March 22, 2016.

[https://www.tsln.com/news/how-to-deal-with-ticks-on-horses-and-what-health-issues-to-watch-for/#.XLJI\\_THcdiI.email](https://www.tsln.com/news/how-to-deal-with-ticks-on-horses-and-what-health-issues-to-watch-for/#.XLJI_THcdiI.email)

### **Online UTV and Chain Saw Safety Training for trail work!**

**ROHVA Safety E-Course: UTV Training:**

<https://www.rohva.org/?fbclid=IwAR2Z6dupOpsxz3Fw1SESKxJDffeyCMh8YvphMZNzEBNpfsD4UfEwHGtkxP0#/>

**Stihl Chainsaw Training:**

<https://www.stihlusa.com/information/videos/chainsaw-safety-operations-maintenance-videos/>

## Stable Tips

by Linda Moore

Do you like to put your hay in those net slow feeder net hay bags but hate



to struggle with holding the net open and trying to get the hay in



there? Take a large muck bucket and put the net in it with the edges of the opening draped over the sides and then put the hay in it. Easy and the hay is not all over you!

You cut the wires on the bale of hay and those wires are always springing towards you. Be careful that the wires don't poke you in the face, particularly your eyes! I learned this tip from LRRETA member, Diana Hobbs, who had a friend whose eye did get poked with baling wire. When you cut the wire, fold the ends over so there are no sharp wire ends poking out. You may prevent an eye injury — your own!

## Slow Cooker Chicken Fajitas Recipe

Prep 15 minutes • Cook 6 hours 10 minutes • Makes Servings: 6 servings • Source [Cookingclassy.com](http://Cookingclassy.com)



### INGREDIENTS

2 lbs boneless skinless chicken breast halves  
 1 (14.5 oz) can petite diced tomatoes with green chilies  
 1 red, orange and green bell pepper, julienned  
 1 large yellow onion, halved, sliced  
 4 cloves garlic, minced  
 2 1/2 tsp chili powder  
 2 tsp ground cumin  
 1 tsp paprika  
 3/4 tsp ground coriander  
 1 tsp salt  
 3/4 tsp pepper  
 2 Tbsp fresh lime juice  
 1 Tbsp honey

### For serving:

12 6-inch flour tortillas  
 Sour cream, cilantro, salsa, guacamole, monterrey jack or cheddar cheese

### DIRECTIONS

Pour half of the canned tomatoes into the bottom of a slow cooker and spread into an even layer. Top with half of the peppers and half of the onions. Sprinkle garlic in. Top with chicken breasts.

In a bowl whisk together chili powder, cumin, paprika, coriander, salt and pepper. Evenly sprinkle half of the seasoning over chicken breasts then flip chicken and sprinkle in remainder. Top with remaining half of the tomatoes, then layer in remaining peppers and onions.

Cover and cook on HIGH heat about 3 hours or low heat 5 - 6 hours\*, until chicken has cooked through and veggies are tender (note that if you want to be able to cut chicken into strips cook more near lesser time on HIGH or LOW, otherwise it will probably just shred, which is also fine).

Remove chicken, and cut into strips,

or shred. Ladle out 1 cup of the broth in slow cooker (mostly tomato liquid) and discard.

In a small bowl whisk together lime juice and honey and add to slow cooker along with chicken and season with additional salt to taste if desired. Gently toss.

Serve warm in warmed tortillas with sour cream and optional guacamole, cheese and salsa.

### NOTES

Originally listed as 3 - 4 hours on high, 7 - 8 hours on low. Unless your slow cooker cooks really low they shouldn't need that much time. Extra toppings not included in nutritional info.

### NUTRITIONAL INFO

Saturated Fat 1g  
 Cholesterol 96mg  
 Sodium 1007mg  
 Potassium 1082mg  
 Vitamin A  
 Calories: 432 kcal

***BON APPETIT!***

# Fannin County Equestrian Trails Association Update

by Carol Nichols



We need Fannin Co residents to help with introductions to their City Councils and community leaders. Please contact Duke Monson (214) 422-2929 or Steve Hancock (972) 877-2206, if you can help.

Presentations are scheduled for Leonard, Ector, Savoy, Ravenna, Windom, Dodd City, Whitewright, and others. Please join Fannin Co Equestrian Trails Association on Facebook to show your support.

## Let's Ride!

Fannin County, just an hour east of Denton County, has beautiful rural landscapes, lakes, trails, abandoned rail road beds, and country roads for trail enthusiasts!

The Fannin County Equestrian Trails Association (FETA) is working with the County Commissioners to create a Regional Master Trails Plan to preserve and enhance green space and trails for recreation and economic development.

Duke Monson has presented the Master Plan to various communities in Fannin County and is working with other Fannin Co. cities and groups to present the Plan. Other equestrian groups (such as Carriage Driving and Veterans) have also expressed interest in supporting the Plan. We are continuing to build support for multi-use trails which will preserve the rural feel of Fannin County and bring economic development to small towns.

Duke Monson is doing a "road show" this spring - presenting the Plan to the towns and communities of Fannin County. If you live in Fannin Co or have contacts there, please let Duke know so we can build local support for trails. [duke.fhollow@earthlink.net](mailto:duke.fhollow@earthlink.net)



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Zimmerer Kubota & Equipment, Inc.



Many thanks for loaning LRRETA two 4-seater UTVs to get workers down the trail!

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# THANK YOU to our Business Members!

# LRRETA

## Branded Merchandise

LRRETA has paid to have our logo digitized. Supply your own clothing items and member Robyn Pucci will do embroidery for \$8 per item, or you can order shirts from the Norman Roscoe catalog available online or from Linda Moore.

Items can be brought to our meetings, held the first Tuesday of each month at Ernesto's in Pilot Point at 6:30.

Call Linda with questions (940) 206-9355.



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### Lake Ray Roberts Equestrian Trails Association (LRRETA) Patron Application Form

MEMBERSHIP and PATRONS - Membership in LRRETTA and Greenfest is complimentary. Supporters of the equestrian/hiking trail are PATRONS. Please support your trail by becoming a PATRON and attending the annual Greenfest events!

- Single Patron \$25 annual
- Household Patron (max 4 people) \$75 annual
- Lifetime single Patron \$250 (one time)
- Lifetime Household \$750 (one time)
- Business \$100\*

FULL NAME \_\_\_\_\_

BUSINESS NAME (optional) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home phone (optional)\* \_\_\_\_\_

Email \_\_\_\_\_

Additional Patrons (fill in if checking Household Patron):

FULL NAME \_\_\_\_\_

FULL NAME \_\_\_\_\_

FULL NAME \_\_\_\_\_

*PLEASE MAIL CHECK WITH PATRON DUES OR DONATIONS TO:*

Eileen Stecik, 219 Whispering Trails, Argyle, TX 76226

**State and Federal grants for our trails require 20% to 50% private funds as a "match."**

**We need your dues and donations to access grant money!**

\*Business Membership includes a static ad each quarter in newsletter. Please provide a business card.

LRRETA does not share member information.

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**Please also consider joining our sister trail groups:**

**Join Texas Equestrian Trail Riders Association (TETRA) <http://tetra.memberlodge.org/page-201911>**

**Join Cross Timbers Equestrian Trails Association (CTETA) <http://www.cteta.org/Form-Membership-2011.pdf>**