



Chico Equestrian Association

www.chicoequestrianassociation.org



March/April 2019

CEA Officers & Board

CEA Officers

President: Deni Whiting

Vice President: Tammie Veach

Secretary: Donna Mathis

Treasurer: Cathy Fell

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Jeff Crawford (webmaster)

Nancy Daugherty

Kari Doughman (youth representative)

Kay Eagan

Sue Holt

Kathleen McFarren (newsletter)

Yvonne Names

Skip Oberdorf

Jan Sneed

Gate combo - For Members Only
Through Thursday, Mar 21:
Starting Friday, Mar 22:

President's Message

It was the strangest thing. I looked up in the sky a couple of days ago, and I saw this yellow thing called the sun. Did you all see it? With the sun, out came the horses, too, and the trail riding began!

This past weekend, we had a great St. Patrick's Day ride and a desensitization clinic at our CEA arena. Thanks to all of you who helped: Nancy, Jeff Crawford, Donna Mathis, Sue and Jim Holt, and Jan Sneed. Pam Dawber, a new CEA member, generously made cupcakes and donated a PA system for CEA to use.

On Sunday morning, March 24 (rain day is March 31), there will be a team sorting clinic at the Holland Arena (80 Watt Lane, Oroville) from 9:30 to noon. Learn the basics of team sorting, expose your horse to cows, and have fun, too! We'll need 10 people for this clinic. Call Jan Sneed right away at 228-5796 to RSVP—you must RSVP!



CEA will be honoring some of our local veterinarians and their assistants who helped during the Camp Fire. On Tuesday evening, April 9, we'll hold a dinner at the CEA Arena, and the vets will share their experiences. We hope you can join us, but you must RSVP to me by April 9th—see more details in the "Special CEA Dinner!" box to the lower left.

CEA is considering holding a cowboy church event on Saturday, April 20 where we'd ride our horses to the cross in Upper Bidwell Park. Please let me know if you'd be interesting in having such an event.

Starting Friday, April 5, the Pageant Theatre will feature, "The Mustang," a highly-rated film about a convict who trains mustangs.

I hope you've sent in your CEA membership. But, if not, an application is on page 3 of this newsletter, or you can download an application from the CEA website. It's important that CEA keeps its numbers up, as the City would love to turn the CEA grounds into a disc golf course!

A big "thank you" goes to Cathy Fell for stepping up to take over the treasurer's reins for 2019!

Deni Whiting, CEA President
530-519-3803

CEA Events

Sunday, March 24 – Team Sorting Clinic. Please RSVP right away! (*See details in letter above*)

Tuesday, April 9 – Special CEA Dinner. Please RSVP. (*See details in box at left*)

Special CEA Dinner!

Tuesday, April 9 at 6:00 PM

At the CEA Arena in Upper Bidwell Park

Please join us as we honor some of our local veterinarians—Dr. Gary Darling, Dr. Jessie Jellison, and Dr. Dawn Alves—and their assistants who spent countless hours tending to animals during the devastating Camp Fire. They will share their experiences with us. Cost is free to CEA members and \$15 for non-members. Please RSVP by Friday April 9th; call Deni Whiting at 519-3803 or emailing her at 4dubs@sbcglobal.net.

Nearby Places to Trail Ride

- Bidwell Park, Chico
- Black Butte, Orland
- Butte Meadows
- Camelot Equestrian Park, Butte Valley
- Childs Meadows, near Lassen Park
- Doon Grade Ranch, Magalia
- Empire Mine, Nevada City
- Folsom Lake SRA, Folsom
- Greenhorn Ranch, Quincy
- Hidden Falls Regional Park, Auburn
- Jellys Ferry, north of Red Bluff
- Lake Oroville SRA, Oroville
- Meadowbrook Ranch, Magalia
- Running I Ranch, Dunnigan
- Skillman Horse Campground, Emigrant Gap
- St. Bernard Lodge/Pacific Crest Trail, near Chester
- Whiskeytown NRA, Whiskeytown

Help us expand our list—please tell us about other great places to ride!



Rider First-Aid Kit

Inside the kit, use zip-close, see-through bags to keep individual items dry, organized, and easily visible.

- Any required medications
- Sterile gauze pads of various sizes
- Adhesive bandages in various sizes
- 1 roll of adhesive tape
- 1 roll of roller gauze
- 3 triangular bandages (to make slings/hold bandages in place)
- 1 roll of Vetrap™
- Antiseptic wipes
- Hand sanitizer
- Scissors (sharp, blunt nosed)
- Safety pins
- Instant ice pack
- Disposable, latex-free gloves
- Silver-foil emergency blanket
- Quick Relief Blood Stop Powder
- Barrier device (pocket mask)
- Small bottle of water (to rinse wounds or to add to sugar to assist with a diabetic emergency)
- Sugar packets (in case of diabetic emergency)
- Aspirin tablets (to thin blood in the event of chest pain)
- Antihistamine (to treat allergic reactions)
- Antiseptic packets
- Paint stir sticks (to make a splint or to use as kindling)
- Small candles
- Waterproof matches
- Flashlight/batteries
- Protein bar
- Pocketknife
- Fox 40 whistle (to signal position if lost or injured; find on www.fox40world.com)

When you're on the trail, put rider first-aid items into a fanny pack, in case you're taking a break or are thrown and your horse decides to leave the scene.

First-Aid Flow Chart

Major injuries are either *systemic* or *physical*. Systemic injuries include poisoning, colic, laminitis, heat stroke, and shock. Physical injuries include sprains, breaks, inflammation, and major cuts.

For systemic injuries, your top priority is to reduce swelling and pain, maintain normal vital signs, promote normal bodily functions, and provide comfort. This usually involves administering a nonsteroidal anti-inflammatory drug and often requires veterinary attention.

For physical injuries, your top priority is to stop the bleeding, reduce swelling and pain, and provide comfort.

First-aid can be broken down in two parts, *wounds* and *major injury*.
 Wounds can include bruising, bleeding, or puncture. For bruising, your main goal is to provide comfort and preventive methods for further injury, such as cooling and wrapping.
 If your horse is bleeding, your primary goal is to stop the bleeding by applying pressure.
 If your horse has suffered a puncture wound, your highest priority is to flush and clean the wound site to help prevent infection.

Wound

- Bruise**
Provide Comfort; Prevent Further Injury
- Bleeding**
Stop Bleeding; Clean; Protect
- Puncture**
Flush; Clean; Protect

Major Injury

- Systemic**
Poison; Colic; Laminitis; Shock; Heat Stroke
Reduce Swelling and Pain; Maintain Normal Vital Signs; Promote Normal Bodily Functions; Provide Comfort
- Physical**
Sprain; Break; Inflammation; Major Cut
Stop Bleeding; Reduce Swelling and Pain; Provide Comfort

18 THE TRAIL RIDER • JUNE 2013



Chico Equestrian Association

Membership Application for 2019

Join
CEA!

Chico Equestrian Association (CEA) is a non-profit organization dedicated to maintaining the horse arena in Bidwell Park; ensuring that the park remains accessible to horses; promoting community awareness about horses; donating funds to horse-related organizations; and providing educational, fun, and social activities for CEA members and the community.

1. **MEMBERSHIP STATUS** Renewal OR New membership

2. **MEMBERSHIP DUES FOR 2019** Memberships run from January through December for each calendar year. Any additional dollar amount you pay will be accepted and considered as a donation to CEA.

Individual Membership - one person age 18 or over \$35 if paid by 1/31/19 \$40 if paid after 1/31/19 \$25 after 9/1/19

Family Membership - spouses; OR parents/guardians and their children age 18 or under at same address \$45 if paid by 1/31/19 \$50 if paid after 1/31/19 \$35 after 9/1/19

Junior Membership - one person age 17 or under \$15 - there are no discounts for junior memberships

Total Dues Paid Amount \$ _____ Cash Check # _____ Date paid _____

Make checks payable to Chico Equestrian Association. Mail form and payments to CEA Treasurer, P.O. Box 1733, Chico, CA 95927

3. **MEMBER NAMES AND ADDRESS** Please print legibly

Individual Membership Name of adult _____

Family Membership Names of spouses/parents/guardians _____
Names of children _____

Junior Membership Name of junior _____

Address _____ City _____ Zip _____

Home phone _____ Cell phone _____ E-Mail _____

Name of emergency contact person _____ Phone _____

4. **RELEASE OF LIABILITY**

Release: I agree that I will assume full responsibility and not hold anyone connected with CEA or the CEA's facilities liable for any loss, damage or injury that I, my horse, or equipment may suffer while associated as a member, contestant, or event participant, or during any other activities. I further hold harmless each and everyone from any claim which might arise by virtue of injury to or caused by me, my family or guest, or horse under the direction or control of myself, my family or guest. I agree to follow the bylaws, rules, and regulations set forth by the CEA.

Signature of Member (or parent/guardian for a junior) _____ Date _____

5. **CEA NEWSLETTER** Please send the bi-monthly newsletter to me via e-mail OR U.S. Mail (only if you don't use e-mail)

6. **INTERESTS/ACTIVITIES** Check here if you don't want your interest/activity preferences posted on a tally sheet other CEA members see

Being a board member Social events Trail trials Rides (trail, poker, moonlight)
 Being an officer Guest speakers Ranch/cattle work Schooling shows (English/western)
 Helping w/CEA events Clinics English dressage Playdays/gymkhana
 Attending City meetings Horse camping Western/cowboy dressage Sharing horse transportation
 Other: _____

7. **COMMITTEES YOU'RE INTERESTED IN VOLUNTEERING FOR** Help your fellow CEA members with activities and events!

Planning CEA events Horse shows Maintenance and repairs (grounds, clubhouse, arena)
 Helping with food at events Playdays/gymkhana Other: _____
 Rides Scholarships Other: _____

8. **SUGGESTIONS FOR CEA** _____

CEA Member Business Cards

CEA Members: E-mail a high-resolution copy of your business card to skmcfarren@comcast.net, and we'll post it in the next newsletter.



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