

CORRAL NEWS

ETI CORRAL 357 | SADDLEBACK CANYON RIDERS



JUNE 2021

VOLUME 28, ISSUE 4



A Note from the President

By Kristen Holden

This last year has taken a toll on so much of our lives; ETI has been no exception. As many of you know, during the last several months, two of our most prominent board members have resigned. Debbie Kelly, one of our longest participating members and our Trail Boss has decided that a break is needed. Jim Iacono has filled her job temporarily along with his position as Activities Coordinator. Secondly, Vicki Iacono, who has been relentless in managing the club's finances as well as overseeing the membership role has also decided to step away from her duties as a board member. This leaves at least two, preferably three positions available to be filled. As y'all know...in order for a club to continue to be successful as well as to grow, member participation is essential. We are in need of members to step up and take a position on the board. I seem to use this same quote from Jimmy I. very often, "Many hands make for light work!" When each position is held by one

person, each job is very manageable. I am asking those of you who have been in the club for many years, but have not held a position on the board, or have not in recent years, to step up into a leadership role and help our club come out of this pandemic healthy and growing.

I know it may feel like a big commitment, but you will be surprised at how each board member supports the others. Being a board member can be very rewarding and more than that your ideas and goals for the club's growth can be realized.

Please contact me if you are willing to take the leap. I promise it will be fun and rewarding and will not be an overwhelming amount of work.



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EMERGENCY

"Horses And Life, It's All The Same To Me." - Buck Brannaman

"We ain't skered!" - Flick Balthasar, Past President

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Reminds me of a Story..Just Say Yes

By James M. Iacono

I didn't realize how fast my earth was spinning until it wasn't. Ground to a halt. The "Pause" button could not be unhinged by a thumb tap. The Pandemic damned up the flow of my life's routines. Two letters summarized our quest for stepping out of the still waters that surrounded us: NO.

No to the Movies. No to the fancy eateries. No to the Gym. No to the Clubs. No to the beach! (for a while). Now that the silt and branches and logs of the dam are finally breaking down, I have sprung up to say, "Yes!"

Nothing pleases me more than when it's the right answer. Which reminds me of a story.

Last year I was battling cancer. I didn't have a choice. When it came to treatment, I HAD to say "Yes." So, from that perspective, it was an easy choice. Along that journey I met a man on the same battlefield. We were drafted to begin the battle, and released from duty on the same days. We were both bartenders in college. We both had daughters who lived in Arizona, and hence the choice to be treated at Mayo Clinic, Phoenix, made sense. We were both in Improv troupes. We had the same first and last initials for crying out loud. It was easy for me to forge a friendship. So, we stayed in touch and he came to visit me as soon as it was safe to do so.

When he showed up at my home, I asked if he was ready to share one of my passions. Even though he has a bad hip from a car accident, he still came prepared in his boots. "Yes!" he beamed. "I want to ride!"

During this past year, one of my regular riding buddies was Debbie Kelly. I thought I should ask her along even though I knew the timing was bad. Her mother had passed three days prior. She declined, but familiar with my bents, she asked if we were stopping at the cantina. Of course, we were, as what's a long ride without a watering hole. I then mentioned I had an

extra steak, and that after the cantina, I was having a barbecue and would she like to come. Despite that her cheeks had 3 days-worth of tear tracks, that she hadn't slept much, that her hair wasn't salon coiffed... her answer was "Yes!" to both offers. She met us at the "hitching" post. The rest is history. My friend J and Debbie immediately hit it off. There were things she was trying to forget, and there were things he was trying to remember, like what it was like to be with a woman who says, "Yes!". They were hugging over appetizers, kept catching glances during dinner, and exchanged numbers after dessert.



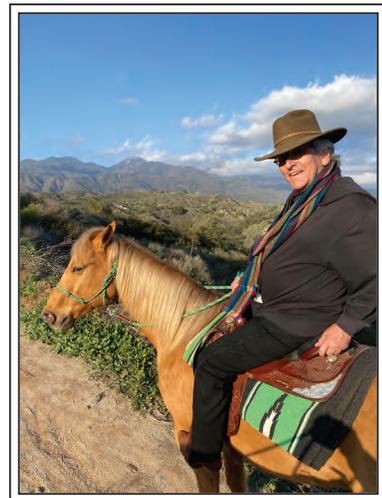
Two months later, they are both still thanking me for the beauty of a budding relationship, but I say it was the power of YES! Their adamant airing of multiple Yesses prevented the error of missing out on the beguiling journey that looms!

So it is, also, with our horses. We may have every intent to ride on a particular day. But the weather might not be perfect. It might be too hot, too cold, too windy. Or we may have a riding group, but we are not comfortable with the style that they ride - too fast, too slow, too many. We may WANT to ride, but we think our horse doesn't. He might be barn sour, and doesn't want to leave. Or we have a second horse that will go crazy if the one leaves without him. Or maybe our horse has been fine going out, but lately when turning home he picks up



a pace with which we are uncomfortable. There are many months of the year in which the sun sets fast in the canyon. We may be getting a late start after work, and we fear riding home in the dark. Yada, yada, yada.

wasn't like me and cancer treatment where there was only one obvious option. They had as many reasons to say no as I've listed above to not "go out of the barn" that night. But they said yes, and instead there were two WINNERS.



The fact of the matter is that there are a zillion reasons to say, "No", to riding on any given day. And if we use a different reason above on a bunch of different given days, we just missed out on weeks of riding... maybe months. There are two losers when we say No. You know who.

Remember the story above, and the cavalcade of yeses that had to take place in order for Debbie and J. to have a chance at the "perfect ride". It

Our worlds will start spinning back to normal soon. Let's not let the last year create a mindset that lingers. Rather, let us realize that the only way we experience this re-dawning of relationships and rides is to break down the damn dam and say "yes" to the flow that was meant for us to ride.



Treasurer's Report

By Vicki Iacono

ETI - CORRAL 357 FINANCIAL REPORT FOR PERIOD ENDING: March 31, 2021

Ending Bank Balance (Bank of America) \$ 7,031.87

DEPOSITS:

Deposits Made After March 31, 2021 Closing: \$ 0.00

Sub-Total for beginning Balance + Deposits \$ 7,031.87

EXPENSES:

CK#	Source	Reason	Amount
2223	ETI	Dues	\$ 96.00
2224	ETI	Dues	\$ 56.00
2275	R Gomez	Domain	\$ 23.00
Total expenses paid in March 2021:			\$ (175.00)

Total Outstanding Checks March 2021 i.e. Spending: \$ (0.00)

Funds on hand in checking as of 03-31-21 \$ 7,031.87

Petty Cash on Hand as of 03-31-21 \$ 400.00

Corral FUNDS On Hand at 03-31-21 \$ 7,431.87

NET - NET - NET Funds on Hand in Checking, Petty Cash to credit of: Corral 357 \$ 7,431.87

Membership renews dues

Patti Gretzler expired 6/1/2021 Beth Andrews expired 5/21/2021

Welcome to our New Members: Joanne Wallace



Getting in Shape To Ride ...

By Mike Wallace

If there's one thing that always gave me pause, it was seeing someone on horseback that wasn't really in shape to ride. It's one thing to sit in a saddle and let the horse do a vast majority of the work. Quite another to be an active, conditioned rider who really acts as a partner in the saddle. Co-Vid 19 may have even cut back on your ability to get out and ride or exercise and your just not in as good a condition as you were a year ago.

I always sign my emails with the phrase; "Ride TALL". It's not just a catch phrase to me. It's a suggestion. When I see a rider with there posterior buried in the saddle, usually about 60%, or more, of their bodyweight is in the saddle itself and in most cases, somewhat back in the saddle seat resting on the cantle. I always wonder what the horse is thinking. (something like; "Hey' a little help here?") Buck Brannaman always taught that we don't ride on our pockets unless we are at a full stop. I was taught by Linda Parelli that 60% of our weight should be in the stirrups while riding. Classic riding positions vary dependent on what are trying to accomplish as we're riding. Full seat, half or light seat, and two-point. English riders in particular use the two point for jumping. However, no matter what your discipline, you can use all three seats when you ride. To do this, you need a strong set of legs and hips, a conditioned core, and good general conditioning.

I have seen riders, in every discipline, do stretching exercises before they mount up. I've watched Buck Brannaman do this before every clinic I've attended of his and I've been at a countless number of and observed rodeo cowboys stretch before they get ready to

perform. So, let's look at some stretching and conditioning exercises you can do, to make you a more fit and conditioned rider.

Stretching Exercises

Calf Stretches



Most people think if they just stretch their thighs, they're good. What I've learned is that good stretching starts all the way down at the calf muscles. Stretching

the calf can be done on a step. Hold onto a railing at first, if one is available. holding onto a railing or a wall, balance on only the balls of your feet. Slowly stretch down and lower your heels until you feel the stretch in your calves. Sound familiar? This is recreating the stirrup! Hold for 10 to 30 seconds, rest for 10 seconds. Do this 3 - 10 times depending on your fitness level.

Hamstring Stretches

There are a ton of exercises that will stretch the hamstrings (the muscle in the back of your leg.) One I personally like uses a yoga stretching band,



but a dog leash will work just as well. You just attach the band to your foot and lying on your back, pull mildly on the band until a stretch is felt in the hamstring. Do your best to keep the leg as straight as possible. Hold for 10 to 30 seconds. Switch legs

and do it again. Two or three times should do the trick.

Adductor Stretch

Stand straight with your feet more than a shoulder width apart. Place your hands on your hips and lower your body toward one side. Your opposite leg is straightened out. Hold the stretch for about 15-25 seconds. Repeat with other side. Do two or three of these on each side.



improve your fitness. You can find them online if you're not familiar with these poses.

Half Boat Pose



Warrior Pose



Strengthening Exercises

Adductor Exercise

Use any rubber or plastic ball at least a foot in diameter. Find a hard chair that allows your knees to sit at right angles to the floor and then scoot to the edge of the chair so that your thighs are completely off of it. Alternately, you can lie on your back as well. Squeeze the beach ball between your knees, hold for fifteen seconds, and then release. Do this a few times a day until 15 becomes easy, then increase to 20, then 30, and so on. This is a great way to increase your ability to hang on to your horse with your thighs. It increases the inner thigh muscles. You can also go to the gym and use what is called the "hip adductor" machine. Many equestrians who have had to take time off have noted that when they regularly use the hip adductor machine before getting back on a horse, they are more likely to feel fit and avoid the pain in the inner thighs when one gets back on a horse after a long layoff.

Try Yoga Poses

Even if you don't practice yoga regularly, holding a few key positions, like the boat, half-boat, or warrior, for a few minutes a day can

As an added bonus, doing these moves correctly can also strengthen your back and improve your posture! These also help open up the shoulders, which is good for people who do a lot of slouching. (remember; "Ride TALL")

Practice Good Posture

It is easy to become complacent about posture when sitting at a computer or watching TV, but these are some of the best times to work out your back and shoulder muscles by simply sitting up straight and opening (rising) your chest. Riding is an aerobic activity, so the longer you can maintain your posture, the better equipped you will be for riding.

Reverse Sit-Ups.

This is a good exercise for the back and core, and it doesn't require as much coordination as yoga. Lie with your back on the floor and your knees flexed. Now lift your knees towards your head instead of the other way around. Repeat



as many times as you would do a normal sit up. This move is better for your abs and doesn't shorten your hip flexors. It's important that those are loose for riding.

Front Plank



This is often considered yoga move and it is great for your core muscles. Put yourself into the push-up position but instead of leaning on your hands, lean on your forearms. Push

yourself up so that only the balls of your feet and your forearms are touching the floor. Contract your deep core muscles and keep your back flat, making sure to not let your lower back arch or your hips droop toward the floor. Hold for about 30 seconds and repeat for 2 – 3 sets. You can build up to 45 seconds and longer. (If at first you can't do an elbow plank without your lower back hurting, start with an easier version, which is just holding the upper position of a normal push-up.)

These are just a few of the exercises you can do to prepare yourself to ride. I hope you find them helpful and that you find that your riding is a bit more athletic and enjoyable!

Ride TALL!

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4th of July BBQ and Party

By Rich Gomez

Welcome back!

Well, we've done it. We've made it through the lock-down of 2020 and we're on the way to getting our lives back. Congratulations to each of you for caring for your families, your friends and your country. **Now let's celebrate our independence!**

ETI Corral 357, Saddleback Canyon Riders, and local realtor extraordinaire, Susan Piazza, will be hosting the traditional BBQ, horseshoe (and corn hole) tournament and fireworks viewing at the Gomez' round pen behind their home at 20551 Trabuco Oaks Drive. You know, go up Danielle Lane, make a left and drive to the party!

We can't wait to see our good neighbors, our friends and long-time ridin' buddies for an afternoon of celebration.

Of course, because of the continuing health risks, we're taking every precaution we can to keep everyone safe. We're posting our health protocols and we are asking everyone to comply with our health protocols and sign our waiver and release form before they can join the party. It's no big deal, you're all familiar with this new way of doing things, and we're sure you each understand the importance of protecting ourselves and our community. Our protocol and release are included below.

Everyone's invited so please plan on attending:

What: 4th of July BBQ

When: July 4th 2021

Time: 3:00pm – fireworks time (9pm)

Bring: Your favorite side dish AND your favorite cocktail

Saddleback Canyon Riders - COVID PROTOCOLS

To limit the risk of transmission of the Covid-19 virus during any ETI Corral 357 event the following guidelines are established:

- Events will be held outdoors, with appropriate room for distancing where possible. Ample hand washing facilities and/or liquid hand sanitizer will be provided.
- The wearing of masks is recommended whenever members are in a confined setting and not eating or drinking. Social distancing is recommended whenever possible: when in the food line for example.
- Upon arrival at an event, the participant's temperature will be checked. If the reading is 100 degrees or more, a second external thermometer will be used to check again. If the reading is confirmed, the participant will be allowed to rest for 10 minutes and the temperature will be taken again. If the reading is still 100 degrees or more, the participant will leave the event.
- Within the preceding two weeks before commencement of the event, the following will preclude participation at the event:
 - o If s/he is experiencing symptoms common to Covid-19
 - o If s/he has had contact with anyone that has Covid-19
 - o If s/he has tested positive for Covid-19.





COVID QUESTIONNAIRE & RELEASE

Name: _____ Date/Time: _____ Temperature: _____

Within the last 2 weeks or are you now experiencing known Covid-19 symptoms? Y N

Within the last 2 weeks have you had contact with anyone that has Covid-19 or has tested positive for Covid-19? Y N

Within the past 2 weeks have you tested positive for Covid-19? Y N

Have you been fully vaccinated for Covid-19? Y N

Waiver and Release for Communicable Diseases including Covid-19

Assumption of risk/waiver of liability/indemnification agreement

In consideration of being allowed to participate in ETI Corral 357 related events and activities, the undersigned acknowledges, accepts and agrees that:

1. Participation includes possible exposure to an illness from infectious diseases including but not limited to MRSA, Influenza, and Covid-19. While particular rules and personal discipline may reduce this risk the risk of serious illness and death does exist particularly during the Covid-19 pandemic of 2020 and 2021 and:
2. I knowingly and freely assume all such risks of my infection both known and unknown even if arising from the neglect of the Releasees or others and I assume full responsibility for and illness or injury to me associated with my participation and:
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards to protection against infectious diseases. If however I exhibit any unusual or significant hazard to myself or others during my event presence or participation I'll remove myself from participation and bring such information to the attention of the nearest ETI board member immediately and:
4. I for myself and on behalf of my heirs, assigns, personal representatives and next of kin hereby release and hold harmless ETI Corral 357, its members, guests, employees, volunteers, other participants and if applicable, owners and lessors of premises used to conduct the event (Releasees) with respect to any and all illness, disability, death or loss or damage to personal property whether arising from negligence of Releasees or otherwise to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it and sign it freely and voluntarily without any inducement. This release is in addition to the ETI Corral General Release Agreement, which together shall limit you and your heirs/ estate from suing ETI Corral 357 its members, guests, employees, volunteers, land owners/lessors as well as Coldwell Banker Realty, Susan Piazza, Piazza & Associates, Inc. their agents, employees and successors.

Name: _____

Date: _____

Signature: _____



2021 Calendar

Date			Event	Location	Contact	
Jun	3	Thur	Members' Meeting	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Jun	5	Sat	Imperial Beach Ride	8:00 am	Meet at CVS	Debbie (949) 244-0670
Jun	10	Thur	Board Meeting	7:00 pm		
Jun	12	Sat	Trail Maintenance	9:00 am	O'Neill Park arena	Kristen (949) 444-1990
Jun	20	Sun	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Jun	27	Sun	Month-End Ride	9:00 am		Debbie (949) 244-0670
Jul	4	Sun	July 4th Parade & BBQ	3:30 pm	Gomez' Round Pen	Rich/Patti (949) 888-1604
Jul	8	Thur	Board Meeting	7:00 pm		
Jul	20	Tue	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Jul	25	Sun	Trabuco-Rose Preserve Ride	8:30 am	Stage O'Neill; meet Trabuco Oaks gate	Debbie (949) 244-0670
Aug	5	Thur	Members' Meeting	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Aug	6	Friday	Pancake Fund Raiser - Setup	5:30 pm	RSM	Kristen (949) 444-1990
Aug	7	Sat	Pancake Fund Raiser	5:30 am	RSM	Kristen (949) 444-1990
Aug	12	Thur	Board Meeting	7:00 pm	TBD	
Aug	20	Fri	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Aug	28	Sat	Month-End Ride	8:30 am		Debbie (949) 244-0670
Sep	2	Thur	Members' Meeting	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Sep	9	Thur	Board Meeting	7:00 pm		
Sep	18	Sat	Inner-Coastal/Watershed CleanUp	8:00 am	Trabuco Creek Bridge	Rich/Patti (949) 888-1604
Sep	20	Mon	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Sep		Sun	Fiesta Island Ride - San Diego	8:00 am	Fiesta Island, meet at CVS	Jim (714) 612-1789
Sep	26	Sun	Trabuco-Rose Preserve Ride	10:00 am	Stage O'Neill; meet Trabuco Oaks gate	Debbie (949) 244-0670
Oct	2	Sat	Acorn Day	10:00-3:00	O'Neill Park	Debbie (949) 244-0670
Oct	7	Thur	Members' Meeting/Nominations	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Oct	9	Sat	Trail Maintenance	8:00 am	O'Neill Park	Mike (949) 981-9336
Oct	14	Thur	Board Meeting	7:00 pm		
Oct	16	Sat	Walk-Trot Roundup	10:00 am	O'Neill Arena (9:00am registration)	Jim (714) 612-1789
Oct	20	Wed	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Oct	30	Sat	Costume Trail Ride	10:00 am	O'Neill Park Arena	Debbie (949) 244-0670
Nov	4	Thur	Members' Meeting and Election	7:00 pm	M&C's Sports Grill	Kristen (949) 444-1990
Nov	6	Sat	Trail Maintenance	9:00 am	O'Neill Park	Rich/Patti (949) 888-1604
Nov	11	Thur	Board Meeting	7:00 pm		
Nov	20	Sat	Trabuco-Rose Preserve Ride	10:00 am	Stage O'Neill; meet Trabuco Oaks gate	Debbie (949) 244-0670
Nov	20	Sat	Newsletter deadline (for articles)	7:00 pm	Google Drive	
Dec	9	Thur	Board Meeting	7:00 pm		
Dec	11	Sat	Christmas Party	5:30 pm	TBD	
Dec	20	Mon	Newsletter deadline (for articles)	7:00 pm	Google Drive	

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Wednesday: Trabuco Canyon, Lake Forest, Serrano
Thursday: Rancho Carillo, Ortega, San Juan Capistrano, Nellie Gail, Laguna
Friday: Coto de Caza



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- * Keep your hay/feed room as clean as possible. When your hay runs low it's a great time to move your pallets and sweep out bits of hay or feed that have (or could) become mouse & rodent housing. Remember that rodents are a tasty treat to snakes!
- * Keep your strings under open hay bales so they can be re-tied up and moved when your new hay is delivered.
- * Remember to thank your delivery driver

2021 Board of Directors

Saddleback Canyon Riders | ETI Corral 357

Board Members meet monthly (2nd Thurs); Saddleback Canyon Riders Members are always welcome to attend or host a meeting. RSVP required.

Members Meetings (1st Thurs) are open to the public.

ETI Corral 357 Board:

		<u>Home</u>	<u>Work</u>	<u>Cell</u>	
odd	President	Kristen Holden	949-444-1990	949-444-1990	kristen3091@gmail.com
even	Vice-President	Rich Gomez	949-888-1604	949-888-1684	714-504-7001 rtgomez@aol.com
odd	Secretary	Patti Gomez	949-888-1604	714-335-3123	pattiangomez@aol.com
even	Treasurer	Vicki Iacono	949-459-7742	949-285-5975	zoegal7799@gmail.com
even	Membership	Vicki Iacono	949-459-7742	949-285-5975	zoegal7799@gmail.com
odd	Scribe/Editor-in-Chief				
odd	Trail Boss	Jim Iacono	949-459-7742	714-612-1789	jiacono@gosafeguard.com
even	Person-at-Large	Mike Wallace		949-981-9336	mustangmikes hats@gmail.com
even	Activity Director	Jim Iacono	949-459-7742	714-612-1789	jiacono@gosafeguard.com
	Sergeant-at-Arms	Pam Ragland		949-734-0374	714-287-0001 pmt@aiminghigher.com
	Emergency Response Team				
	Coordinator/Communications;				
	Webmaster	Rich Gomez	949-888-1604	949-888-1684	714-504-7001 rtgomez@aol.com
	Others:				
	O'Neill Regional Park	Steve Aleshire	949-923-2259	949-923-2260	steve.aleshire@ocparks.com
	ETI National Office	Debbie Foster	818-362-6819		eti@linkline.com
	OCFA Station #18		949-858-9369		





The Saddleback Canyon Riders are ETI Corral 357

Established in 1991, we are one of the largest ETI corrals in California with members from South Orange County and points beyond. We are a family-friendly equestrian group based in **Trabuco Canyon** at the foot of the majestic Saddleback Mountains. Our Corral is committed to supporting and helping maintain O'Neill Regional Park and other local riding trails.



ETI: Equestrian Trails, Incorporated is a family oriented riding club established as a nonprofit corporation in 1944 with the Charter to be "Dedicated to the Acquisition and Preservation of Trails, Good Horsemanship, and Equine Legislation." With its combined membership, ETI has successfully worked to keep our trails open and add more equestrian facilities. The more members we have backing equine legislation and trail preservation, the more likely the State, County and City Officials will be to comply with our needs.

Saddleback Canyon Riders

ETI Corral 357

PO Box 1026

Trabuco Canyon, CA 92678