



The Roundup



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To contact the board email info@rvha.us

PRESIDENT'S CORNER

by Marjorie Porter

Welcome to the RVHA's brand new online newsletter *The Roundup*. Last December we discontinued the printed version of the newsletter. After much effort and thought, the RVHA board of directors is pleased to bring its membership this new publication. This is only the first edition and it is a work in progress. However, we hope to make it better and better as the development progresses.

Lisa Goettsche has generously volunteered to be our editor. She has a degree in Journalism and is an eager and talented individual. We thank Lisa for her ongoing participation in the RVHA, as she is also co-chair of the Roadside Cleanup committee.

This is YOUR newsletter. All members are encouraged to offer their ideas and articles. Let us hear from you. After the hot summer months we are back in the swing of planning and developing events for our members. Again, if you have ideas please submit them to me or one of the board members. As always, we will be vigilant in keeping you informed of information and events which affect our way of life here in the Rio Verde Foothills.

Hope to see you all at one of our upcoming events!

MEMBERSHIP

by Mo Wachman

Hey everyone, here we are again! This is the first edition of our new online (email) newsletter. We're including some information on our RVHA membership as we've done in the past.

It's September and we're beginning the last quarter of this year. Our membership at this point is 527 members. And 41 of those are new members for this year. We also have 32 Lifetime memberships.

Thanks, everyone, for helping to keep our organization healthy. We started out in 1998 with a couple hundred members and our numbers have grown tremendously over the years.

Below is a list of those who have joined the RVHA during this year.

Madeleine Ascott
 Kathy & Russell Barnes
 Joyce BergHansen
 Jim & Karen Cage
 Joseph Campos
 Randy & Susan Collins
 Connie & Dante Concetto
 Vallen Cooper
 Tracy Demetropolis

Bryan Detwiler & Carrie Lightfoot
 Carol Jo Emmons
 Melissa & Mike Freesch
 Katarina & Stan Johnson
 Cheryl & Eric Kalinen
 Craig & Cindy Kelly
 Dan Lusky
 Dan & Katie Marsh
 Bill & Kim McAleb

Cyndi McPherson & Ken DeBoer
 Kenneth Mendenhall
 Jim & Kate Peterson
 Heather & Reede Reynolds
 Sherri Towne
 Sandra Ward
 Brent & Kandice Wilcox
 Debra Winard

RVHA TRAILS COMMITTEE MOONLIGHT RIDE

Saturday, October 15, 2016

Discover the beauty of the Sonoran Desert by moonlight!

- What:
- Easy ride in Midway Wash, approximately 2 hours, walking only
 - Bring people water, horse water provided
 - Bring beverage of choice for post-ride
 - Coffee, tea and dessert will be provided after the ride



When: Arrive at 6:00 PM, ride out at 6:45 PM
Sunset: 5:53 PM
Moonrise: 5:58 PM

Where: Red Horse Ranch at 30013 North 163rd Place, (enter on 164th Street)
Parking in driveway and on neighboring lot to the South
Directions will be provided when you sign-up

How: Call, text or email Jenny at 480-861-8392, jpowers@gorvw.net

Ride is limited to 10 participants!

ROADSIDE CLEANUP

by Mo Wachman

Here's a little history about the Roadside Cleanup program which we began in 2010. The RVHA joined the Adopt-A-Road program with the City of Scottsdale to clean both sides of Dynamite from 136th Street east to 144th Street. We also joined the Maricopa County program called Adopt-A-Highway where we clean both sides of Rio Verde Drive from 144th Street east to 152nd Street.

These cleanups are scheduled 4 or 5 times per year and we count on our RVHA members and friends to come out and take part in this effort. We suit everyone up with a very bright vest, gloves, trash bags and litter-gitters. You're asked to clean about a two-block section on both the north and south sides of the roadway. All it takes is about 1 to 1-1/2 hours to finish the entire area we are assigned, depending on how many volunteers we have.

The upcoming dates for this next season are: October 8th, December 10th, and for 2017 they are February 11th, April 8th and June 10th.

This is an all-volunteer project, and we'll be sending out email reminders later with more information. Watch for them. Help us keep the roadsides clean and beautiful!



A big "thank you" to Sabrina Nelson, Lisa and Randy Goettsche who oversee this program for us.

SHARED RVHA INFORMATION SAVES A DOG'S LIFE

by Connie Bray

Last week our dog had an encounter with a desert toad. It was in his water dish. Bear had probably been poisoned about 45 minutes before we discovered this. He had neurological symptoms consisting of weakness/partial loss of use in his back legs, couldn't seem to focus on direction or our voices and was crying. We did as you had suggested and put the hose in his mouth halfway on for about 5 minutes (my husband said it was like waterboarding our dog). Also gave him two bowls of cooked rice soaked with chicken broth (had discovered this a couple of years ago when he chewed/ate a plant that he shouldn't have). He was a little lethargic for a couple of days following but now is back to his old self.

We are so very grateful to have had the information from RVHA. It saved Bear's life!



Grandsons Wyatt and John Bray with Bear



DOGTOR T, THE PET VET By Melissa Thompson, DVM, CVC

“My dog doesn't need heartworm protection; we don't have mosquitoes here in the desert!” So many times I hear this day in, day out. Yes, we live in a desert and, yes, we have mosquitoes. Not too long ago I was sitting outside at dusk at a friend's house, enjoying the pool and their tree and shrub-lined yard, only to find myself with welts from where the little flying vampires had taken their meals.

If the annoyance from the intensely itchy bites weren't enough, they also spread horrible diseases, heartworm being one of them. The average number of cases is 1-5 per pet hospital per year. Certain areas, such as the more southeastern part of the state, have higher incidences¹. But even one case is too much for something that is preventable.

When the mosquito takes a meal from an infected animal, it picks up microfilaria in the blood. Those microfilaria mature in the mosquito into a larva, which is then passed on to other dogs, cats, coyotes etc. Once the larvae have invaded the host animal, they mature into adult heartworms. These worms can grow to approximately a foot in length and take residence in the heart and the blood vessels that move blood between the heart and lungs. Over time, the presence of these worms leads to damage of the heart and vessels.

Animals infected with heartworms often don't show clinical signs until there is significant progression of disease. Owners may notice their pet having exercise intolerance, coughing, shortness of breath, and in severe cases, abdominal distention and collapse.

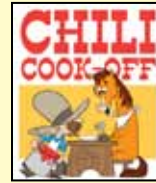
Treatment is both expensive and dangerous. The big concern for treatment of a heartworm-positive dog is killing off the worms without killing the patient. The massive die-off of the worms can lead to an embolism, or clog of the vessels in the lungs, leading to death of the patient. The treatment protocols can be as long as 120 days with complete restriction of exercise (to reduce the likelihood of embolism from the dying worms) for 12 weeks during that time. Even once the worms have been eliminated, the damage that they caused can remain.

The best option for our pets is to protect them from getting these severe infections to begin with. There are various types of prescription heartworm preventatives available. There are monthly chewable tablets, topical products, as well as an injectable form that offers protection for 6 months at a time. It is up to you and your veterinarian to determine which medication is right for your pet.

¹Data collected and presented by the American Heartworm Society for 2013 www.heartwormsociety.org

SAVE THE DATES!

- October 8th Road Cleanup
- October 15th Fullmoon Horseback Ride
- October 29th Chili Cook-off
- November 20th Holiday Bazaar



The Great American Horse Drive

By Terry Holmes-Stecyk

While thumbing through an issue of the magazine *Cowboy and Indians*, a picture of a large herd of horses caught my longtime friend's eye and an adventure of a lifetime started to unfold. My friend was coming up on age 60 and as she read the article, quickly decided THIS was how she wanted us to celebrate her milestone birthday.

The Great American Horse Drive is a 40 year tradition of moving outfitter horses from their winter pasture to the spring sorting pens of the Big Gulch Ranch in Craig, Colorado. These horses are not wild, they are horses owned by the Walker family and once at the ranch are soon sorted, shod, vaccinated, bucked out and prepared for their summer jobs at several riding stables across Colorado. In the fall many are used for hunting trips. Several even stay year round here in Arizona at the Ponderosa Stables at South Mountain. Once the working season is over, these horses are turned back out to winter pastures until the next spring season and another drive adventure begins.

The yearly drive started as a family only operation. As their herd grew, the drive filled with friends of family wanting to help out, then friends of friends joined in, then quickly friends they didn't know they had wanted to join the ride. After watching the movie "City Slickers", drive manager, Lee Peters, told owner, Rex Walker, "Hey, we've got something here no one else offers". It took a while to convince Rex to go along with the crazy idea, but soon folks from around the world started signing up to join the 62 mile journey.

The Great American Trail Drive is not a dude ranch with nose-to-tail riding and fancy accommodations. This is the real deal. We slept in bunk houses, ate home cooked meals with the wranglers, and had no access to a TV, our computers, and even extremely limited cell service. (Let's just say Verizon would not want to do a commercial up there!) We listened to guitars and wranglers singing under the stars most nights. Guests surrounded a roaring campfire while listening to horses whinny to their buddies out in the pastures. A little Fireball whiskey might have been passed around the campfire to help keep us warm and perhaps sharpen our dancing skills but as the saying goes: what happens on the ranch, stays at the ranch.

Two days prior to the drive is spent meeting and riding your two equine partners. The herd boss and team leader picks out horses based on a rider's experience. Each day you get a chance to ride out to be sure you and your steed are well matched, and that those who say they are "good riders" can actually ride. I was blessed to get two draft crosses that were amazing ranch horses. By chance, Johnny Garcia, an RVHA member and my neighbor, happened to be my team leader. Johnny called ahead to be sure I had everything they suggest you bring. He even hauled my saddle, riding gear and sleeping bag up for the drive. John Wachman loaned me his slicker and chaps... so a bit of Rio Verde Foothills made the adventure with me. Thank you, gentlemen!!!!!!

The day before the ride, owner Rex Walker shared the history of the Sombrero Ranch and the amazing story of his wife's family and early survival in that rugged country. The national anthem was sung, we enjoyed the best steak cook out I've ever attended, and the anticipation of the 2 day drive becomes a reality.

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It is not an easy little trail ride through the country. You ride for a purpose and that purpose is to get horses from point A to point B. It is two days of a long, hard, pounding trot across 62 miles of country covered in sagebrush and low lying prickly pear cactus. We moved 500 horses that had been gathered out of the Colorado backcountry, across the Yampa River, through the small town of Maybell, and ending at the Big Gulch Ranch. I was sore in places I didn't know could get sore. I was ever so grateful for all my early years of English riding lessons as I went up-down, up-down, up-down in rhythm with my horse for hours. I found my sweet spot in the saddle, trusted my horse to not stumble, and kept up with the big boys as we followed the herd along the well-known path.

By day two the drive boss allowed me move up to ride flank with the herd. Forever in my mind will be the sound of hooves crunching brush as the herd trotted from rest stop to rest stop, horses of every color weaving in and out of the group, snorts, an occasional whinny to a mate that has fallen behind... and the exhilaration of chasing the one who tried to escape and getting him to go back into his place in the herd. Yee haw!!!

Not all the riders make it and keeping up with the herd is not an easy feat. I did Rio Verde Foothills proud and came away with the personal satisfaction of an accomplishment that few have experienced, stayed up with the big boys throughout most of the ride, have wonderful memories that will last a lifetime, some new Facebook friends and a trophy buckle that shows the world that I was tough enough to make it "Gate to Gate."

For more information you can go to: <http://www.sombrero.com/adventures/horse-drive/>



OMG PUMPKIN PIE CUPCAKES



Ingredients

Recipe type: Dessert

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

Individual portions of traditional pumpkin pie with great combination of texture and yummy pumpkin and spice flavor.

- 15 oz pumpkin puree
- ¾ cup sugar
- 2 eggs
- 1 tsp vanilla
- 2/3 cup evaporated milk
- ¼ tsp salt
- ¼ tsp baking soda
- ¼ tsp baking powder
- 2 tsp pumpkin spice
- Whipped cream

Instructions:

1. Preheat the oven to 350 F.
2. Grease 12 cup cupcake pan
3. In a bowl stir together flour, pumpkin spice, salt, baking powder and baking soda
4. Mix the pumpkin puree with sugar, eggs, vanilla and evaporated milk
5. Add dry ingredients in the mixture and mix until it's evenly combined
6. Fill the pan with 2/3 cup of the mixture in each cup
7. Bake for 20 minutes
8. Let the cupcakes cool in the pan for 20 minutes than remove them from the pan and let them cool completely. Store them in the fridge
9. Top the cupcakes with whipped cream and dusted with cinnamon or pumpkin pie spice on top before serving

