



## *From your Vice President and Fundraising Chairperson*

**SHIRLEY RIGHI**

[vice.president@evbch.org](mailto:vice.president@evbch.org)

Our major fundraising event, the January 29th and 30th EVBCH Family Fun Festival is less than 4 weeks away. Fundraising Committee members are busy preparing for the event. To date they have recruited

twenty plus vendors, collected greater than 60 silent auction items, created fliers for distribution, and advertised on social media.

**If you can volunteer on one or both days, please email [srighi76@gmail.com](mailto:srighi76@gmail.com).**

ALL of our committees and activities are important, but we cannot stress enough how important this festival is to our Chapter. This is EVBCH's time to shine and put our best foot forward in the community, as well as raise money to fund our work and mission as our Chapter moves forward.

Let's all pull together to make this Festival a success! We can all help to get the word out; invite family, friends, and neighbors, share information about the festival on social media, hand out and hang fliers, and talk to people you meet in stores and restaurants. Together we can pull in a good crowd, support the vendors and artisans, and make this a fun, positive, and productive experience for everyone involved.

## BCHA MISSION STATEMENT

*The purpose of this organization shall be:*

- To perpetuate the common-sense use and enjoyment of horses in America's back country and wilderness.
- To work to ensure that public lands remain open to recreational stock use.
- To assist the various government and private agencies in their maintenance and management of said resource.
- To educate, encourage and solicit active participation in the wise use of the back country resource by horsemen and the general public commensurate with our heritage.
- To foster and encourage the formation of new state Back Country Horsemen's organizations.

## • • • • • We Love our Members! • • • • •

The Board wants to tell all members that you are valued and appreciated. We are all volunteers giving our time and energy for a cause that we hold near and dear, "keeping trails open for all."

Your dedication and efforts are what keep this chapter strong, even through the most challenging of times.

**As of Dec. 22nd, we have 67 memberships  
with a total of 94 members!**

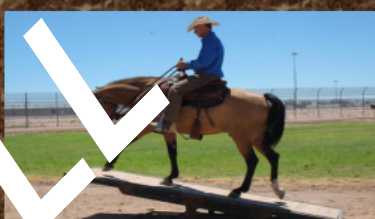
- Dual Family Memberships – 4, with 8 members
- Dual Single Memberships – 4
- Family/Couple Memberships – 20, with 43 members, including 3 youth under 18
- Single Memberships- 39

*Out of our 94 members, 33 members are local, and 19 members are new!*



## 2 Day Horsemanship clinic Apache Junction Az

Saturday and Sunday January 29<sup>th</sup> – 30<sup>th</sup>  
Rodeo grounds - 1590 E Lost Dutchman Blvd



This clinic will focus on:

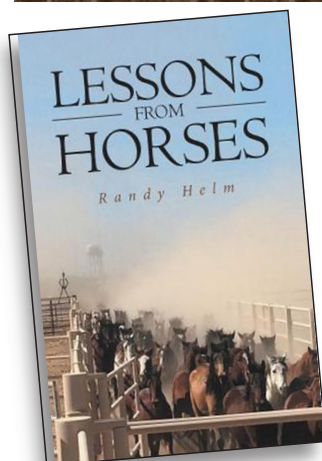
- Practical Horsemanship
- Obstacles
- Carrying - dragging - pushing
- Routines
  - for safe confident riders
  - For relaxed responsive horses
- Having fun



Cost \$350.00  
\$200.00 will go to EVBCH  
No charge to audit  
[helmhorsemanship@gmail.com](mailto:helmhorsemanship@gmail.com)  
for application and PayPal invoice



This clinic is designed for beginner through intermediate riders  
You should have basic riding ability and experience and your horse should  
have foundational cues, stop, back and be able to walk on a loose rein.  
If you have questions feel free to email me.



### Randy Helm, People, and Horses

We want to give a huge thank you to Randy Helm who is donating a portion of his clinic fees to EVBCH. He has a long history of giving back to people and communities.

Randy Helm was raised on a ranch in Arizona. He went on to become a police officer, chaplain, and pastor. In 2012 he was hired

to develop the wild horse inmate program for Arizona State Prison. The training program and the transformation in horses and inmates has been featured in local, national and international news and documentaries including ABC, NBC, Animal Planet and USA Today. Serving as a pastor and police chaplain, Randy was a passion for drawing the parallels between people, horses and Biblical principles. Randy has conducted numerous cowboy churches inside the prison, as well as rodeo events and country western concerts.

His book, "Lessons from Horses," gives an inspiring message about putting the past behind you. Faith, learning from failure, overcoming abuse, and the power of "one thing" are just a few of the lessons in his book.

## FESTIVAL PROGRAM

### Saturday Jan. 29th

Poker Ride & Walk  
7-9AM Registration  
9 AM start time

9AM – 1:30PM Silent Auction

9AM Randy Helm Horseman Clinic  
full but free to audit

1-4PM Music by  
Reigning-N-Country

### Sunday January 30th

Competitive Mounted Orienteering  
7-8:30AM Registration  
Start time approx. 10:30AM

8:30AM doughnuts and coffee  
9AM Cowboy Church  
and Buckboard Ministries

10:30AM Randy Helm Horseman  
Clinic full but free to audit

### **BOTH DAYS!**

8AM- 5PM

Food Truck Extravaganza  
Western Artwork  
Ironwork  
Pack Demonstration  
Equestrian Clubs/ Groups  
Youth Events  
Meet Blue the Pony  
AJ Royalty Court



# EVBCCH Family Fun Festival



**LIMITED ENTRY!** We already have 30 riders preregistered so don't delay; consider preregistering online ASAP!

## Our featured fundraiser is the **Poker Ride/Hike!**

**SATURDAY JANUARY 29TH**

Check-in on the day of the Poke Ride/Hike is from 7– 9 a.m. Start time is 9a.m.

- Participants will be given a playing card when they check in, and then visit three checkpoints along the course – 6 miles for riders and 2 miles for hikers - where they draw more playing cards.
- At the end of the ride/hike they are given their final card, and then they deliver all 5 cards to the score-keeper. The goal is to have the best poker hand.

*The best poker hand will win \$100, second place wins \$75, and third place wins \$50.*



Fred and Shirley Sova,  
Competitive  
Mounted  
Orienteer-  
ing Ride  
Managers



The use of a compass is easily learned with a little help from the ride manager. Compasses will be provided; however, competitors can purchase their own, inexpensive compasses on Amazon.

**SUNDAY JANUARY 30TH**

## *Introduction to Mounted Orienteering*

Check-in 7 – 8:30 a.m.

**Start time following church services**

Each competitor is given a copy of the same map with the approximate locations of objective stations (markers) on it. An objective station is simply a place where the numbered and lettered marker is. On the back of the map, compass bearings to or from at least two described, identifiable landmarks are given. The map and compass are used together to find the markers.

Ideally, competitors ride in teams of 2-4. Teams are started off at intervals several minutes apart. Competitors find their way from one marker to the next in any order they wish. When a marker is found, the letters on the marker are written on their maps to prove they have been there and found it. The object of the sport is to ride out and find as many of the markers as possible and get back in the least amount of time.



**SUNDAY JANUARY 30TH**

*Please join us for*  
**Buckboard Ministries  
Cowboy Church**

Coffee and donuts at 8:30 a.m., followed by Randy Helm delivering the sermon at 9:00 a.m. along with his horse Starbucks. Music by Dakota Kid and friends. [www.buckboardministries2020.com](http://www.buckboardministries2020.com).

*For more information, contact Sheila Shattuck, education@evbch.org.*

• **Jan. 29th and 30th**

• **Randy Helm Horsemanship Clinic**

• *The clinic is full however, it is free to audit both days. [www.helmhorsemanship.com](http://www.helmhorsemanship.com)*



# Calendar of Events and Activities

Please watch email, Facebook and website for updates, cancellations, optional Zoom information, and specific information about each event. CDC guidelines will be followed at all in-person meetings.

## Meeting Calendar

Agenda items should be submitted at least 1 week prior to both Board and General Meetings.

### Board Meeting:

First Tuesday of the month

9:30 – 11:00 a.m.

Location will be emailed to Board members and interested EVBCH members.

### General Meeting:

Second Tuesday of the month

6:30 p.m. – 9:00 p.m. • Room 114

Multi-Generational Center, 1035 N. Idaho Rd., AJ

Potential members are invited.

Social time, followed by speaker and meeting.

For safety purposes we will not have snacks at this meeting.

CDC Covid guidelines followed.

### Breakfast Meeting

to be announced

Unfortunately AJ Sports Grill has closed.

\* all times shown are in Arizona (MDT) Time.

### New Member Welcome

Sat., Jan 29th, 12:00 PM

Stop by the EVBCH Booth at the Family Fun Festival and pick up your new member welcome bag.

## Activity Calendar

### Intro to Orienteering

Thursday January 6 and 13th at 4:00 p.m.

6 participants (per day).

Location: Shirley Sova's home. Directions will be emailed.

Sign up through Facebook posted 2 weeks prior.

### Intro to GPS by Doug Matthewson

Thursday January 20, 10:00 a.m.

10 participants

Location: Ann Adkin's garage. Directions will be emailed.

Sign up through facebook posted 2 weeks prior.

### EVBCH Family Fun Festival

Saturday/Sunday January 29 and 30

Apache Junction Rodeo Park

5090 E. Lost Dutchman Blvd., Apache Junction

### Equine Acupressure Clinic by Kristen Guerra

Friday, February 4

10 participants bring and work on their own horses.

Cost: \$25 per participant, \$10 to audit.

Proceeds donated to EVBCH

(Normally Kristen's fees are \$90 for EVBCH members, \$110 for nonmembers)

Location: Apache Junction Rodeo Park

5090 E. Lost Dutchman Blvd., Apache Junction

Sign up through Facebook posted two weeks prior

*See Events in our Facebook group and Calendar on our website [www.evbch.org](http://www.evbch.org) for more activities.*

## Social Activities

*Please keep a close eye on EVBCH's Facebook and website calendars and announcements, and watch email for updates and cancellations.*

The health and safety of our members and animals is always at the forefront of everything we do. Again, this year, we will be following the most current CDC safety guidelines for all planned activities.

### TRAILS, FRIENDS & FOOD

As the Trail Meister, says, "Back Country Horsemen chapters are focal points for social events and trail stewardship efforts. A big reason for joining Back Country Horsemen is the camaraderie of people who have the same interests ~ horses and trail riding."





# JANUARY BOARD ELECTION

Once again, EVBCH is using online voting for the January 2022 Board Elections and our facilitator is Kara Kennedy from New Zealand.

Members 18 years or older who paid 2022 dues by January 1 are eligible to vote. Ballots will be sent to all eligible EVBCH members via email on Tuesday, January 11th, 2022.

Voting period will begin Wed., January 12th through Thurs., Jan. 13th, closing at 10:00 p.m. MST.

Watch your email for more information about the election and complete instructions for voting.

## Meet the candidates ~

On the January 2022 ballot there are four, 2-year Board Positions with terms ending January 2024.

- Vice President ~ Candidate, Incumbent Shirley Righi
- Secretary ~ Candidate, Incumbent, Karen Otterstein
- Voting Director ~ Candidate, Sheila Shattuck
- Non-voting Director ~ Candidate, Incumbent Chris Larson



**Shirley Righi**

Vice President ~ Candidate

Horse enthusiast, Shirley Righi, began riding at an early age, and participates in a variety of equestrian disciplines, although her greatest love is trail riding. Her interest in BCHA began in New Mexico riding with a friend who packs and clears trails with the New Mexico Gila Chapter. Shirley retired from her Nursing career as VP Chief Nursing Officer. Her professional career provided her with a variety of skills, from strategic planning to business operations. Shirley has been using her skills learned throughout her career, combined with her love of horses in the many positions she has held with EVBCH in recent years.



**Karen Otterstein**

Secretary ~ Candidate

Karen is a 26-year veteran of BCHA. As the founding secretary of the 4CBCH in Durango, Colorado, she also served on the Education and Public Affairs Committees. Additionally, she raised Tennessee Walking Horses as well as completing the Colorado Trail of 500 miles. She and her husband, Ottie, have packed hunting camps and elk for many years. The Ottersteins also were instrumental in starting other Colorado chapters.



**Sheila Shattuck**

Voting Board Member ~ Candidate

Sheila Shattuck, a resident of Apache Junction, is an avid trail rider with a passion for the western lifestyle and keeping it alive for future generations. She is very active in many equine organizations and advocacy groups including, Superstition Horseman Association (SHA), where she currently holds the position of Program Director, the Arizona Trail Association, Friends of the Tonto, and the Tucson Saddle Club. She is also a lifetime member of the Indiana Trail Rider's Association. Her other activities include Director of Arizona Cowgirls for Christ and Buckboard Ministries Cowboy Church.



**Chris Larson**

Non-voting Board Member ~ Candidate

Chris has lived in the beautiful state of Arizona her whole life. She worked for 30 years for the city of Mesa as police/fire dispatcher and 911 operator. She has always loved horses and participated in many aspects from gymkhanas, showing, NATRC, and now thoroughly enjoying trail riding on her new mustang, Sally. Chris is looking forward to doing all she can to help EVBCH keep the trails clear and keep them open to equestrians.



## The Benefits of Belonging to Back Country Horsemen of America

### MARJ CHRISTENSEN

**EV BCH Board Member and  
BCH AZ State Secretary**

[marj@evbch.org](mailto:marj@evbch.org)



Back Country Horsemen makes available an inexpensive \$1 million personal excess liability policy from Equisure related to horse activities. The cost is only \$20 for an individual and \$40 for a family.

BCHA members have the benefit of being able to secure \$1 million of excess personal liability insurance at a discounted price. This excess personal liability insurance is related to all sums that may become legally liable to pay as compensation for accidental bodily injury to any person — or accidental damage to property or personal injury to any person — arising out of use and/or ownership of a horse or horse drawn vehicle. The use and/or ownership a horse, or horse drawn vehicle is understood to include:

1. Riding a horse on a public highway or elsewhere
2. Leading a horse along a public highway or elsewhere
3. Driving a horse drawn vehicle
4. Grazing or stabling a horse

In the event a policy holder gives permission to any person to use their horse, or horse drawn vehicle, such person would also be indemnified — covered. For family memberships, “insured” means resident spouse and/or resident children less than 18 years of age. No coverage is provided for liability arising out of business or profession or the use of a horse drawn vehicle for hire, or used as a main form of transportation, or practice or preparation for participation in racing under the rules of a legally constituted racing authority.

When a horse accident occurs, and a policy holder is sued, it is usual that most of the expenses are the lawyer fees. Legal fees can be crushing. There may also — quite likely — be financial awards or fines for damages as well.

The cost of a 1-year Equisure \$1 million excess personal liability policy is only \$20 for individuals and \$40 for a family. Go to BCHA's website under the Membership Section [www.bcha.org/membership/](http://www.bcha.org/membership/), to print an application for the insurance, read the FAQ's, and find instructions to pay by check or with credit card. The coverage runs from January 1, 2022 to December 31, 2022.

For questions, please contact Marj Christensen, EVBCH Director, at [marj@evbch.org](mailto:marj@evbch.org).

## 2022 MEMBERSHIP DUES and RENEWALS

Thank you to all of our past and present members. We hope to see everyone back in 2022. Please, share EVBCH's newsletter and website with a friend who may be interested in joining, or invite them to come along to one of our General Meetings.

**Individual Membership ~ \$35**

**Family/Couple Membership ~ \$40**

**Members from other AZ Chapters or non-Arizona Chapters  
(Dual Membership) ~ \$20**

Memberships run January 1, 2022 to December 31, 2022.

There are 2 ways to pay dues or join EVBCH, either by going to the Membership page on our website, completing the online forms, and paying through PayPal, or by downloading, printing, completing, and sending in the forms along with a check to the address provided.

EVBCH - Membership  
P.O. Box 2928,  
Apache Junction, AZ 85119

Membership forms will also be available at all General and Breakfast Meetings. All members should have a new HHA and updated Membership Application on file each year.

Please, share EVBCH's newsletter and website with a friend who may be interested in joining, or invite them to come along to one of our General Meetings.

## **EVBCH** **Gains Nonprofit Status**

**EVBCH is now a 501©3 nonprofit  
organization.**

**This means that donations made to  
the Chapter are now  
TAX DEDUCTIBLE.**

**We appreciate all donations and  
the generosity of our members and  
friends of EVBCH.**

**EVHBC Advisor, Steve McClintock  
[EVBCHadvisor@evbch.org](mailto:EVBCHadvisor@evbch.org)**



## Committees, Advisors and Liaisons



**TESS STRANSKY**

**EV BCH**  
**Education Committee**  
**education@evbch.org**

Always keep learning... thanks to USFS Brad Sorenson for an informative fire presentation on December 14th. Keep in mind, our speakers give their own "off-the-clock" time to keep us informed and safe during these changing times. With that being said, please check out the LNT tip this month. I sure had Brad's info in my head while composing. Thanks again, Brad Sorenson, and intern Anna.

Program for January 11th General Meeting:

Guest speaker, Larry Gowey, certified LNT trainer will present a PowerPoint addressing the seven Leave-No-Trace Principles. Biff and I will address stock LNT tips followed by Q/A's. This program aligns with our 4th mission statement: to educate others. In other words, pass it along to all ... horsemen, hikers, bikers, etc. Not just US. If we can change maybe one or two of our wild behaviors, it's growth. LNT should just become an automatic commonsense practice. (Mission statement #1: commonsense use of horses and other stock) Visit the EVBCH website, [evbch.org](http://evbch.org), to view Educational Videos under the Education Tab

Educational Programs offered to members only:

Introduction to GPS

Thurs., Jan. 20th by Doug Matthewson. Doug will teach beginning GPS from 10:00-12:00. Dress for the temps since it is being held in a garage. Bring water, chair, snacks and your GPS device. Limited to 10 participants. Sign up through Facebook. Details and address will be emailed to those attending. Thank you to Ann Adkins, for hosting and a big, big thanks to Doug for his time and instruction!

Equine Acupressure Clinic:

Fri., Feb. 4th by Kristen Guerra of Impulse Equine Therapy, former EVBCH secretary. Kristen will teach participants how to



*Kristen offers discounted rate of \$90 to EVBCH members. Normally, \$110 for non-members.*

use acupressure to help their horse's performance, health, and attitude. Participants will be working on their own horses. Limited to 10 participants with their horses. Cost: \$25 per participant, and \$10 to audit. Kristen is donating all proceeds to EVBCH. Sign up through Facebook. AJ rodeo grounds by the concession stands from 11 a.m. - 1 p.m. The west gate on Lost Dutchman Rd. will be open by 10:30. Drive your rigs to concession area. Wait there for further instructions. Dress for the temps, bring water, snacks, etc. Thank you so very much, Kristen!

March: CPR

to be announced

Sign up for all programs will be posted 2 weeks prior to the event on the group Facebook site.

Reminder: View our website for educational videos. There is a drop-down link under Education and new videos are frequently added. Be sure to watch the short REI LNT before Jan. 11th General Meeting: [evbch.org](http://evbch.org)

***Do you have  
your EVBCH  
NAME TAG yet?***



**To order your EVBCH name tags,  
talk to Tess Stransky at General Meetings or at a New  
Member Welcome, or email [education@evbch.org](mailto:education@evbch.org)**

*Did you know?*

**[www.bcha.org](http://www.bcha.org)**

***Back Country Horsemen of America has an incredible website full of useful, informative tools and educational materials for Chapters to utilize. All members are encouraged to familiarize themselves with the BCHA website and the resources it offers.***



## Committees, Advisors and Liaisons



**ROY ALISOĞLU**

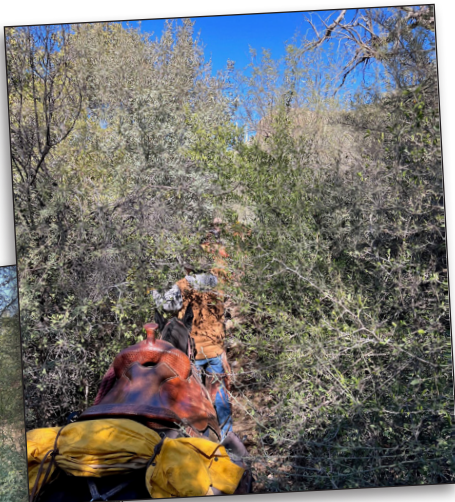
**EVBCB  
Trails Committee**

**trails@evhbc.org**

The trails committee has had a successful end of the year run. Three work parties and two recons were completed during November and December 2021. On Dec. 2nd, a well-attended trails committee meeting was held with a great sharing of ideas.

We had a great turnout for the Water User's Parking Area Clean-up and everyone stuck around to enjoy the Post Work Party BBQ put on by the Fundraising and Special Events Committee. Thank you to everyone who came out to work, and a special thank you to Shirley, Shirley, and Chris for providing such a great meal. Our Dutchman recon ride was successful, although the condition of the trail was disappointing. Thank you again to the seventeen people who made the Dutchman recon possible.

Looking forward, we are planning another work party for Arizona Trail North #18A, which would pick up where we left off on the far end of Whitford Canyon extending to the stone corrals. We plan to complete at least one more work party on the Dutchman Trail, and possibly a 2-night, pack-in camp/work party, developed from the recon on Dec. 16th. Other work parties were identified from our previous recons, but we are in need of equipment to accomplish these. We have reached out to the Forest Service to acquire some of the equipment needed. Starting in January, we have several pack-support requests, which we are going to do our best to honor.



**Photo1: Charlette Augustin hard at work.**

**Photo2: Thick overgrowth on the Dutchman Trails.**



**Photo top right:  
Top: Water Users Parking  
Area Cleanup Crew.**

**Center: The Dutchman Trail  
Recon Riders.**

**Bottom right: Shirley, Shir-  
ley and Chris prepared the  
food for the Post Work  
Party BBQ.**

An advertisement for Crazy Horse Saddle Shop L.L.C. featuring a cowboy hat, a lasso, and a saddle. The text includes the shop's name, owners Craig & Paula Smith, and their location and phone number.

**CRAZY HORSE SADDLE SHOP**  
Craig & Paula Smith  
L.L.C.  
**New & Used Tack**  
1484 W. Apache Trail #3  
1/2 Block East of Ironwood  
Apache Junction, Arizona 85120  
**(480) 671-0381**



## Committees, Advisors and Liaisons

### ANN ADKINS

EV BCH Liaison to the LOST  
(Legends Of Superior Trails)

LOSTliaison@evbch.org



### ELIZABETH BUTLER

EV BCH representative  
to RUG and START

startliaison@evbch.org



In the last month I have attend a conference call and an in-person meeting. The phone conference was scheduled by Cheryl Cormack, Recreation Specialist from the Globe Ranger District to discuss who is doing trail maintenance in Arnett and Telegraph Canyons, and on the AZ Trail. The Sun City hiking club is the "official" group overseeing the maintenance on these 3 trails. Cheryl asked if I would check out the area of AZ Trail where it crosses FSR 4. I have since done that, sending Cheryl pictures for places to put signs to discourage ATV and dirt bike use of the AZ Trail. The in-person meeting was held near the Old Pinal City area. There were approximately 30 in attendance, representing mountain bikers, hikers, mountain climbers, the city of Superior, plus 2 forest service reps. We were given a tour of the area, lots of discussion on possible long-term improvements to the area – more parking, a picnic area, campground, and trails linking to Arnett. All these ideas are just suggestions for now.

### Recreational Users Group (RUG)

The RUG is currently meeting quarterly. The next meeting should be in January 2022.

**ACTION:** Look for the report of the January 2022 RUG meeting in the Newsletter.

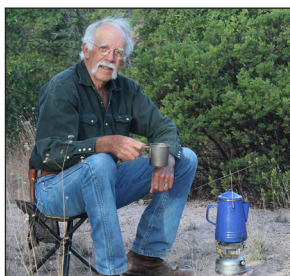
### Superior Tourism and Recreation Team (START)

The START facilitators, Southwest Decision Resources, expect the kickoff meeting to be held in mid to late January 2022.

**ACTION:** Look for the report on the initial START meeting in the February 2022 newsletter.

### BILL VICARY

EV BCH Liaison to the  
Arizona Trail Association  
AZTliaison@evbch.org



I am on the Trails Operation Committee, and also on a "Water Subcommittee". The full Committee has not met since last May. The Water Subcommittee has met a couple times this fall. We are trying to rate all water sources on the AZT and get AZT app in line with other apps that hikers use. We also recommended that the AZT install rain collectors at 3 locations on the trail: Freeman Road on Section 15, Redington Pass on Section 10, and the Babbitt Ranch on Section 35. I expect that the full Committee will meet sometime in January.

**We are excited to  
offer EVBCH**

**T-Shirts!**

**from ABC Lettering LLC!**

The T-shirts will be available in 5 colors and 5 sizes and will be available to size and order at the January 11 General Meeting. Cost per shirt is \$20.

The Tshirts must be pre-ordered and will be ready for pick-up at the Membership Booth during the Family Fun Festival.



**ABC  
Lettering  
LLC**

**Jenny & Darrell  
MESA MARKET PLACE**

**480-938-4780**

**abclettering@aol.com**

**KEEP AMERICA GREAT BOTH**



**B-138**

**ARIZONA ~ ZONA WEAR &  
CUSTOM LETTERING BOTH**



**B-151**

*Courage is being scared to death  
and saddling up anyway.*

*John Wayne*



## LEAVE NO TRACE Tip #5

### JANUARY TIP OF THE MONTH

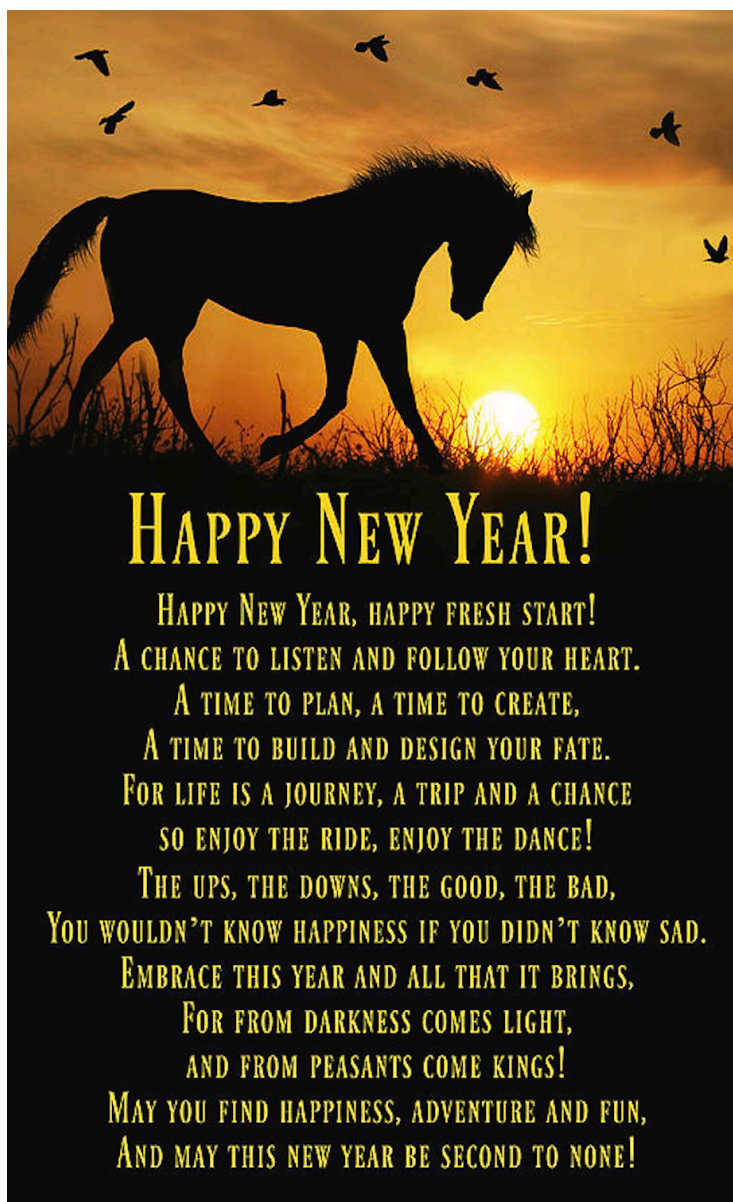
*Campfires... we love them. However, before you anticipate a big "cowboy" fire, there's critical factors to consider. First question: Is it necessary? Warmth and cooking are some valid reasons. Warm clothes and cook stoves can take care of that, but ambiance is another story. As outdoors folks, we always keep our eyes on the weather and stay informed on fire restrictions. We certainly know from our current AZ fires and our program speaker, USFS Brad Sorenson, what one spark can do. Before you start a fire, can you put it out? Remember the shovel/bucket of water... Keep fires small, safe, and manageable. Only use DOWN AND DEAD wrist size wood collected away from camp. Burn fires to ash, don't leave half-burned logs.*



Left photo: Pan fire. Right photo: Mound fire.

*If there is no established fire ring, consider using a fire pan or create a mound fire. (Visit YouTube or Int.org for more info) By using portable camp stoves for cooking, you can earn a Smokey Bear pat on the back!*

**Larry Gowey, a LNT certified instructor will be our program speaker for the Jan. 11th General Meeting. Be sure not to miss it!**



## Ask Ramblin' Rose

Pecos Pete writes,

"Dear Ramblin' Rose,

My new lady friend — real spry — seems to want to keep me around. Lord knows why. She keeps telling me I need to carry a medical information card on my person when I am out riding. What's the big deal? I have been riding a long time and have never been dumped or busted up. Is she just being overly protective?"

Dear Pete,

We can't predict when an emergency will occur, so everyone should be prepared. These days when an emergency happens on the trail, and someone needs medical attention, it's critical that other riders in your group, first responders and medical service providers have quick access to pertinent health information. It's important to make sure your key health information is up-to-date, accurate, and handy for those who may need it.

East Valley Back Country Horsemen have a Medical Card on their website [evbch.org](http://evbch.org) that you can download and fill-in. Some folks laminate the health card. The medical card is best kept on your person — the saddle bag is probably on your nag, running off down the trail. So, yes, your new friend IS being protective, but also smart, and she definitely has your best interest in mind. Carrying a medical information card and telling those you ride with about any medical conditions you might have, such as diabetes, allergies, blood thinners, pacemakers, etc., could save your life in case of an emergency.

