#### Bay State Trail Riders Association, Inc.



#### The Bugle



August 2025

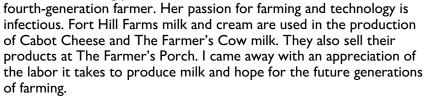
#### **BSTRA Volunteer Luncheon**

Merriam-Webster defines Volunteer "as a person who voluntarily undertakes or expresses a willingness to undertake a service." BSTRA volunteers serve our mission, enabling equestrians and other users, continued, safe access to trails. Whether you are the feet and hands at events, clear or mark trails, represent BSTRA at local meetings, write articles or grants, run an event, or do other work BSTRA needs done, you are what enables the magic.

To thank our 2024 volunteers, BSTRA held a luncheon tour of Fort Hill Farms' Robotic Milking Parlor on July 12<sup>th</sup>.



Our tour guide, Kies Orr LaVack, took us into the inner workings of the robotic milking parlor. Kies is a



Volunteers viewed two of the four the milking robots, where we watched machines clean and milk cows. Cows are trained to go into the robots, deciding when they want to be milked, rather than at a set time. There was a line waiting to enter.

Fort Hill Farms is committed to sustainability. Electricity for the farm is generated by a "digester" that uses manure and food waste to produce electricity. Excess energy is provided to communities in Connecticut.

After the tour, a tasty taco bar from Mos was provided and of course, there was cake. Joyce Sandvik and Valerie Clark thanked Fort Hill Farms for generously hosting the event and all the volunteers for their support. Without your help we could not accomplish all that we do!



In proving just how incredible our volunteers really are, they generously donated to the local church that lent us the chairs we needed for the gathering. They had recently lost their church to a fire and still helped us out asking nothing in return.

On July 20th Valerie presented the Thompson Congregational Church with the generous donations from the folks who attended the BSTRA 2024 volunteer appreciation luncheon.

\$91.25 was donated, which the church greatly appreciates in their efforts to fund their recovery from the fire they experienced. By Anna-Maria Paul





# Bay State Trail Riders Association, Inc. NORTHFIELD MOUNTAIN PLEASURE RIDE & Pot Luck Lunch August 24, 2025

Ride your choice of well-marked trails with indicated grade levels for cross country skiing (easy, moderate, extreme), then enjoy a pot luck lunch. A limited number of plug-ins are available for crockpots/warmers, please indicate what you'd like to bring for your "dish". Complimentary non-alcoholic drinks provided by BSTRA.

**NOTE: HELMETS ARE MANDATORY (per management)** 

Address: 99 Millers Falls Rd. (Rt 63), Northfield MA

Check in 9:30 Lunch: 12:30

Prices: BSTRA members \$10, Non-members \$15

Juniors 17 & under free.

RIDE SPONSORED BY
WILLIAMS RESTAURANT
& CASTLE PLASTICS

Everyone must sign in upon arrival. Clean up of your manure/hay is required. Information: 401-487-3190 or rzariczny@verizon.net

Please complete, cut and mail reservation form below, **postmarked no later than Aug. 20th,** with check payable to BSTRA, Inc. Mail to: Rose Zariczny, 216 Grand Street, Woonsocket, RI 02895

Entry Information Northfield Ride	Rider #1	Rider #2
Rider's Name		
Horse's Name		
Rider's Year of Birth		
Street Address		
Town, State, Zip		
BSTRA member Yes or No		
Optional Donation		
Phone Number		
E-Mail Address		
Coggins # and date (with in a year)		
What are you bringing for "dish"?		

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#### DCR Launches Trail Master Plan Pilot Program to Enhance Outdoor Recreation Across Massachusetts

The Trail Master Plan Pilot Program will focus on six properties: Robinson State Park, Leominster State Forest, Brimfield State Forest, Lowell Dracut-Tyngsborough State Forest, Cutler Park Reservation, and Freetown Fall River State Forest. The goal of these plans is to develop trail systems that protect natural and cultural resources, can withstand a changing climate, require little maintenance and enhance visitors' outdoor experiences.

The Trail Master Plan program is designed to improve and manage state trails for the long term. Each plan will focus on making trails safer, upgrading them, improving signage, and using resources wisely. Additionally, the plans will inform future decisions about expanding or closing trails and ensure DCR takes into account the environmental and cultural impacts, climate resiliency, and community needs.

"This initiative is an important step toward strengthening Massachusetts' outdoor recreation infrastructure, which not only enhances quality of life but also drives local economies." said Massachusetts Office of Outdoor Recreation (MOOR) Director Paul Jahnige. "By developing sustainable trail systems, we're not just improving access to nature, but also creating economic opportunities that benefit communities throughout the Commonwealth."

As part of the planning process, DCR will gather data about existing trails, how well they work, their resilience to climate change, and their effects on local natural and cultural resources. This data collection will provide the foundation for creating well-rounded, sustainable plans. The process will also seek public input to ensure the plans reflect local priorities and concerns.

The Trail Master Plan is an important initiative aimed at enhancing the trail system on our public lands, with a planning process set to begin in spring 2025. The process will include four phases, with multiple opportunities for public input and feedback to shape the trail system. DCR encourages residents and stakeholders to actively participate and share their

insights throughout the process.

Phase I: Data Collection

In this phase, all trails—both authorized and unauthorized—will be evaluated. Cultural and natural resources within the area will also be inventoried. This work will be complemented by field surveys, and tribal consultation will be conducted. Additionally, we will seek public input through a community survey.

Phase II: Identifying Impacts and Opportunities

DCR will analyze the data collected to understand how trails are impacting the area and identify opportunities for improvements. This process will be guided by DCR's Trail Guidelines, Landscape Designation Management Guidelines, and any relevant recommendations from Resource Management Plans. Input from staff, stakeholders, and the public will help shape the findings.

Phase III: Refining the Trail System and Implementation Plan

DCR will create an improved and sustainable trail system along with a detailed plan for how to make those improvements. A public meeting will be held to discuss the proposed design, and feedback will be incorporated into the final plan.

Phase IV: Permitting and Implementation

In the final step, DCR will secure the necessary permits and begin putting the recommendations from the plan into action to enhance the trail system.

This multi-phase approach ensures that the development of the trail system is well-informed, inclusive, and aligned with both community needs and conservation goals.

For more information about the Trail Master Plan process and to review previously completed plans, please visit DCR Trail System Planning.

Completed projects are Middlesex Fells Reservation Trail System Plan, Myles Standish Trail system Plan, Pittsfield & October Mountain Trail System Plan.

In progress are the Robison State Park Trail Mater Plan and the Freetown Fall River Trail Master Plan.

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### Goddard Memorial State Park (RI) Brunch Ride Held July 19<sup>th</sup>. (--Rose Zariczny)

Oh, wonders of wonders when Mother Nature smiles on us! A "10" of a day with cooler temps and little humidity! Combined with a light breeze there were few deerflies, bees, or nuisance flies. I enjoyed seeing



returning friends along with new-comers on this ride. Thank you to all our participants. All 28 riders and 5 volunteers seemed to enjoy the day and most stayed around to socialize.

Husband Bill and I put together custom made "cowboy breakfast" with sides of pasta salad and fruit salad. It was a welcome surprise to hear from Foster, RI member Janice Key and her daughter Kathy who not only donated five dozen of their chickens' eggs but attended the ride to help. Also, thank you to those who donated several desserts that all went well with my donated lemon and strawberry Italian

Ice.

Thank you Bill, Deb Deschenes, Sue Quirk, Janice and Kathy for all your help. Thank you to our ride sponsor, **Mill** 

Valley Veterinary
Services. Happy

Trails!

Editor's note: We did send a letter to the RI

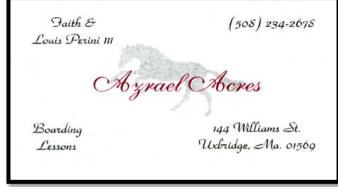


DEM to let them know about the two sections of trail along the ocean edge that was severely eroded and now posing a safety hazard. The letter was accompanied by a map showing the location and a picture of one of the areas. We did suggest that they re-route those two sections inland by 15'. They let us know that they received the letter and was passing it along to the appropriate department. We will keep you posted.









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#### Galloping Gourmet Ride sponsored by Bill & Angie Knott

The light intermittent rain we had was an easy trade off for the cool (in the 60's) weather that helped keep the deer flies down. So thank you to all those that like to play in the rain!

After our jaunts around the trails at Lake Dennison (DCR) we settled in for lunch and social time. Here was this year's menu!

#### **Trail-Side Sandwiches**

Apricot-Mustard Hamwiches Honey-glazed ham meets sharp cheddar and crisp lettuce, all elevated by a trail-blazing blend of apricot jam and golden mustard.



Sunset Egg Salad with Caramelized Onions Fluffy farm-fresh eggs and slow-cooked onions tucked into a sandwich that's as comforting as a campfire at dusk.

Tropical Trot Coconut Shrimp Minis Crispy coconut shrimp nestled in Hawaiian rolls with Swiss cheese, fresh greens, and a tangy orange marmalade aioli—your passport to flavor paradise.

Bologna Reimagined A bold twist on a classic: ground bologna whipped with sweet relish, red peppers, creamy mayo, and cheddar cheese, all on a fresh roll with crisp lettuce.

#### **Garden-Gallop Salads**

Tabbouleh Bean & Cheddar Power Mix Bursting with color and crunch—parsley, pea pods, mint, bell peppers, and garbanzo beans unite with cheddar cubes in this wholesome trail-worthy medley.

Chili Cornbread Delight A savory surprise where rich chili flavors meet crumbly cornbread in a salad that's hearty, homey, and full of trail spirit.

Coconut Curry Carrot Escape Shredded carrots transformed by creamy coconut milk, flaked coconut, warm curry, and golden raisins. Slivered almonds served on the side—trail-friendly for all tastes.



#### Sweet Finish from the Trail

Blueberry-Lemon Pie Bars Tart lemons and sweet blueberries pack a punch in these decadent bars—a little slice of summer with every bite.

Orange Creamsicle Dream Squares The nostalgic flavor of orange creamsicles captured in a chilled bar that whispers "sunshine and smiles."

Rhubarb Honey-Peach Cupcake Bliss Moist, luscious cupcakes layered with rhubarb, honey-sweet peaches, and velvety cream cheese—this is summer trail magic in cupcake form.

This year was much easier for me food wise as I finally smartened up and asked for some help. So a super thanks to the following for picking one of the recipes and making them up for the ride: Karen Parlin, Joyce Sandvik, Rita Ballou and Kelly Berthiaume.

I also have to thank Frank Whitney and Ann Degnan for not only checking the permanent trail markers, but for also putting up (and taking down) the markers and signs for the short loop and to get onto the perma-

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nently marked trail.

I have to thank Brandi King (Lake Dennison DCR) for getting us set up on that side for the ride when I found that we couldn't park in the field at Birch Hill Dam this year. And the DCR personnel for getting rid of the huge bee's nest on the exit gate, opening and closing it for us to make it easy for everyone to leave.

Our last batch of volunteers were those that did registration, parking, selling raffle tickets for the oil painting, setting up the food and helping with take down and clean up. My eternal gratitude goes to Joyce Sandvik, Suzanne Nicholas, Bill & Angie Knott, Kelly Berthiaume, Karen Parlin, Valerie Clark and Rita Bal-

lou. BK















www.DimplesHorseTreats.com

#### **POULIN GRAIN PROGRAM**

When you buy Poulin grain for your animals, make sure to tell the clerk that you are a BSTRA member. That's all you have to do! We get .25 for each bag you buy. The collected bag amounts are remitted to Poulin and they send us a check. Participating dealers: Mane Place (Uxbridge).

#### **EXCESS PERSONAL LIABILITY INSURANCE**

A \$1 million Excess Personal Liability Insurance policy is an optional member benefit. Become an individual or family member of BSTRA and choose this valuable protection. This service is provided by Equisure, Inc. in cooperation with BSTRA. This program is not a source of revenue for BSTRA. Association Resource Group Purchasing Group (the Mater Policy holder) has arranged coverage with Certain Underwriters at Lloyd's London using Equisure Inc. as the agent. For details, please visit our website at www.bstra.org or email rzariczny@verizon.net

#### **BSTRA CLOTHING**

Please us this QR code to access our site to purchase BSTRA clothing. Or go to our website, click on the Support tab in the top header, then click on Merchandise Sales. There will be a link on that page that takes you to the "store". **NEW ITEMS ADDED** 



#### **VOLUNTEER HOURS**

You can now submit your volunteer hours online from our website. Please make use of this throughout the year so you don't forget what you did.





#### **Welcome New Members**

Wendy Bryant, Leeds MA
Norman & Tracy Lauren, Northampton
MA



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#### **Classifieds**

Free ads are for members and their items only. Please contact the editor for advertising rates for non-member classified ads.

Please submit your ad in writing (mail or e-mail) to the editor. Ads will only appear once unless you notify us to run it again. Ads must be received by the 15th of the month preceding publication.

For Sale: Orange Loop reins 8 feet long. Black &White Loop, and Red Loop reins 10 feet long. All are made from heavy yacht rope. 9/16". Won't get slippery and are adjustable for the desired length. Each end is spliced with a small leather popper. They attach to the bit with slobber straps. The reins are washable. \$15 each. Black & red lead rope. 11.5' long. \$10. Saddle Ups Olde Time brand cantle roll holds lots of stuff from extra clothing or to pack away a medical kit, rope, lead & halter. Attaches in back of your cantle with string ties and footer. Attaches in back of your cantle with string ties and footer. Attaches in back of your cantle with string ties and footer with solid stainless steel hardware. Measures 18"L x 5"D expanding to a circumference of 20". Lined with Cordura water resistant leather. Retails for \$145. \$50. Leather Grab strap/ night latch. Attaches easily to your saddle adding security and safety. Black \$10. Email Suzanne @ HC07645@gmail.com

Wintex Isabella Dressage Saddle: Black, 17" seat, has interchangeable gullets (comes with medium and wide). Girth, irons, working diamond wool pad, and saddle cleaner. \$550. Email Becky.BSTRA@protonmail.ch

**Saddle for Sale**: Custom Circle Y. Older, but in great shape. The fully hand tooled saddle leather is a mahogany color. It is accented with a rope edge with silver lacing. The horn is braided rawhide with silver lacing. The gullet is 6-3/4" wide which is considered semi- quarter horse bars. Set up for double rigging. The sheepskin is really good. 15" seat. Floral engraved conchos and matching pieces on saddle. One of a kind saddle. \$1,000. Pictures available. Email Becky.BSTRA@protonmail.ch

**Business Classifieds** 

Short Term/Vacation Boarding: Walking High Farm has two run in sheds with separate fencing available for your short term needs. Going on vacation? We can take care of your horse, or both if you have two of them. Please call Becky for details at 508-476-3960 or bstra@charter.net

Horse Training, Horsemanship Lessons, Riding Lessons; Do you struggle with loading your horse onto the trailer? Want him to self-load? Need assistance with keeping your horse on the lunge line, overcoming stall or food aggression, catching a hard-to-catch horse, or improving your horse's whoa command? Enhance your relationship with your horse and develop new horsemanship and riding skills with our expert training. We offer versatile and liberty training, among other services, to help you and your horse achieve your goals. Call Cathie (508-479-5266) bobcatfarm.com and check us out on facebook @ Bobcat Farm

#### LOOKING TO SELL OR BUY HORSE PROPERTY

I service Central and Western MA from backyard farms to full equestrian facilities helping you to create life long memories. Why not have a Realtor that has been in the horse community for over 30 years. Sharron Cochran 413-668-7606

Sharron@equinehomes.com

"The Adventures of BB, the Wonder Pony" is an illustrated, first chapter children's book that will be enjoyed by readers of all ages. My Connemara Pony "BB" tells his life story in his own pony voice. BB talks about life as a foal, learning to be ridden, going to a variety of shows and having adventures with his big brother Cody. The illustrations are by a 12-year-old artist – really cute, on every few pages. You can contact me at sue.perry@charter.net to purchase a book, \$5.00 each plus shipping. You can also order the book on-line from Amazon at \$7.99.



WYCH FAMILY DENTAL, P.C. KATHRYN KEANE WYCH, D.M.D. STEVEN J. WYCH, D.M.D.

GENERAL DENTISTRY

OFFICE HOURS
BY APPOINTMENT

1 PLUMMERS CORNER, SUITE 103 WHITINSVILLE, MA 01588-2187 TELEPHONE (508) 234-6634





Date (raindate)	Event/Location/Sponsor	Contact	Phone#	Email address
Aug. 24	Northfield Mt. Ride, Northfield MA Ride sponsored by Williams Restaurant & Castle Plast	Rose	401-487-3190	rzariczny@verizon.net
Sept. 14*	Wild West Ride, Upton MA Ride sponsored by Dean Bank	Suzanne	508-380-2124	hc07645@gmail.com
Sept. 21	Sue Brainard Memorial Hunter Pace, Douglas MA Ride sponsored by Fidelity Bank	Sharron	413-668-7606	hiddenhollowacres@comcast.net
Oct. 5 Oct. 12	Ride for Open Space Wýndham Land Trust Tack Sale, Oxford MA	Karen	774-293-0051	kpschip@aol.com
Oct. 19*	Ride sponsored by Liv Salon & Bob Clark Dog Training Lea MacInnis Ride, Lincoln MA		845-264-2946	marymariewood@gmai.com
	Ride sponsored by Yered Trailers	i iai y		, -5
Oct. 26*	Big Pumpkin Ride, Upton MA Ride sponsored by Fidelity Bank	Joyce	617-429-1319	bstra.org@gmail.com
Nov. 2*	Turkey Trot, Carver MÁ Ride sponsored by Yered Trailers	Rose	401-487-3190	rzariczny@verizon.net
Nov. 16*	Thompson Raceway Ride, Thomson CT Ride sponsored by Unibank	Becky	508-476-3960	becky.bstra@protonmail.ch

#### \*NEHT affiliated rides

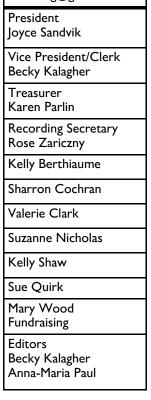
Officer & Directors

bstra.org@gmail.com

9.

Contact:

- Unless otherwise noted, all rides start at 10 am and trail work days at 9 am
- In case of questionable weather, call before leaving home. You will NOT be called if the event is cancelled.
- 3. 4.
- Most rides require advance registration and payment to receive lunch.
  Riders 17 years old and under, accompanied by a guardian, ride **free** (includes lunch if pre-registered). (May be exceptions on some rides)
- Alcohol is prohibited on State property. No smoking allowed while riding. A current Coggins within a year of the ride date is required.
- Please leave the trails and parking areas better than you found them and be considerate of others! Clean up your hay & manure at all rides!
- Year end awards require a member in good standing to have a minimum of 4 hours of volunteer time completed. Divisions: Pleasure, Competitive, Accumulative. Age as of January 1st: Junior (17 and under), Adult (18-64), Senior (65 or old-
  - For more Information, visit our website at www.bstra.org PayPal payments for rides will no longer be transferred to another ride. Refunds will be made.







BSTRA Board meetings are usually on the first Thursday of the month. If you wish to attend one of our meetings, drop us an email and we will send you the meeting link.



Valerie Clark making the donation to Linda Peiczarka of the Thompson Congregational Church.

Bay State Trail Riders Association, Inc.

c/o Joyce Sandivk 103 Ariel Circle Sutton, MA 01590

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AUGUST 2025

## We are on the web! www.bstra.org

Bay State Trail Riders Association, Inc. Membership Application (expires December 31st )  Mail this form with check payable to <b>BSTRA, Inc</b> . to: Rose Zariczny, 216 Grand Street, Woonsocket, RI 02895					
Name: phone: ()					
Address: email: email:					
Please check all that apply:					
Single \$25 [ ] Family \$35 [ ] Junior (17 and under) \$12 [ ] Individual Lifetime Membership \$400 [ ]					
Printed Bugle <b>\$25</b> [ ]					
Additional Barn Membership \$35 [ ] Barn Name					
Additional donation to this 501(c)(3) corporation \$ Your tax exempt donation will be acknowledged.					
I'd like to receive <b>Community Horse</b> , published Spring & Fall, at no cost to me [ ]					
I can help					
by volunteering for trail work days [ ]					
• by sponsoring a trail ride (\$) [ ] Questions? <u>rzariczny@verizon.net</u> or 401-487-3190					
by hosting/running a trail ride [ ]					
• with other projects that might be needed [ ] Thank you for your support. Happy Trails!					
by serving on the Board of Directors [ ] Committee [ ]					
• with					