

# Bay State Trail Riders Association Inc.

Betsy MacDonald

The Bugle July 2026

[www.bstra.org](http://www.bstra.org)

## Live Lark Acres Pleasure Ride

*Sponsored by J.F. Cove Insurance Company*

### *Ingredients for a fun ride:*

**Weather:** Sunny, cool, and just about perfect.

**People:** A wonderful turnout with 40 riders and 16 volunteers, plus support from the town constables and ECARA radio operators.

**Trails:** Beautifully marked, cleared, and staffed with road crossers right where we needed them. I had the chance to “hang” with a few different riders as I let Shaylee pick her own pace for the day. Sometimes she powered out with purpose, and other times she stopped on her own to wait for a group to catch up. She kept things interesting, that’s for sure.

**Food:** An impressive spread of hearty salads, crockpot meals, and plenty of desserts. Sadly, the whoopie pies melted — but everything else was a hit.

**Social Hour:** Fun, lively, and full of good conversation.

**Education:** Featured onsite at the Live Lark Acres ride, as a result of Rob Sawyer's winter webinars on distance riding, a "camping setup demo" was available for folks to peruse various ideas for camping overnight with horses.

Five different types of fencing were shown - Wellscroft electric fence, panel-style electric fence, HiTie trailer tie system, as well as CarriLite fence panels. Inside the trailer was an air mattress with bedding and a sleeping bag, and examples of packing lists were posted. A covered water bucket and a bale of hay in a nibble net were also displayed.

Many thanks to Rose Zarizcny for supplying and setting up the electric panel-style fence, and to Kelly Berthiaume and Shirley Standing for their extensive assistance to Valerie setting up and breaking down all her equipment for the demo (Valerie has personally used 3 of the five different types of fencing when she's camped), and to Kerriane Foley for her last minute save helping ground the Wellscroft fence (Valerie is still learning about electric fence!)



And of course, the most important ingredient in any successful ride: our volunteers. Thank you to everyone who made this such a smooth, enjoyable day on the trails.

A heartfelt thank-you to Valerie & Dave Clark for generously allowing us to use their property and trails. Additional thanks to: Suzanne Nicholas, Joyce Sandvik, Scott Ruskin, Angela Authier, Cheryl Fitzpatrick, Rose Zariczny, LouAnn Murphy, Deb Deschenes, Karen Parlin, Becky Kalagher, Kathy Gardner, Janeen Rose, Kelly Berthiaume, and Brandee Viens.

We also deeply appreciate the assistance from the Thompson CT volunteer constables and the Eastern Connecticut Amateur Radio Association (ECARA) radio operators.

This ride is now another good memory tucked away to bring forth when we want that knowing smile in our memory. *BK*

### Tack Sale held in May

Always the opportunity to clean out some of the old and hopefully not come home with more than you brought!

It's also a really nice social venue in that you get to touch base with those that you know but haven't seen for quite a while and spend some time just catching up. That is the real beauty of these events.

Thank you to everyone that attended and supported our tack sale. A huge thank you goes out to Karen Parlin who handles the logistics and the food goodies with her side kick Steve.

Thanks to Carolyn Weeks for manning the raffle table.



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# BSTRA SPIRIT OF AMERICA RIDE

## JULY 12

CHECK IN 9:30 - RIDE OUT 10:00

LOCATION: UPTON STATE FOREST.

GPS: 205 WESTBORO ROAD, UPTON MA

NEHT AFFILIATED BETWEEN 5 TO 7 MILES

PRICE:\$40 (BSTRA MEMBERS \$30) JUNIORS 17 AND UNDER FREE,  
IF PRE-REGISTERED THEY EAT FREE TOO!

MEAL ONLY \$10

MUST PRE-REGISTER BY JULY 8TH **NO POST ENTRIES**

MAKE CHECK PAYABLE TO BSTRA AND MAIL WITH THIS FORM TO:

S. NICHOLAS , 96 MOUNTAIN GATE ROAD

ASHLAND, MA 01721

OR REGISTER ONLINE AT [BSTRA.ORG/EVENTS](http://BSTRA.ORG/EVENTS)

**Not riding anymore but still want to be part of the fun? Join us for our lunch only option. Come reconnect with friends, enjoy the horses, and soak up the atmosphere you have always loved.**

**Contact Suzanne at 508-380-2124 or [hco7645@gmail.com](mailto:hco7645@gmail.com)**

### SPONSORED

By:

### Milford Federal

### Bank and

### Koopman Lumber

Prizes for top three costumes!

ENTRY INFORMATION	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 TRAILS DONATION		
PHONE NUMBER		
EMAIL ADDRESS		
COGGINS # and DATE (within 1 year)		
Are you bringing a trailer?		

# Poker Run

Sponsored by Yered Trailers

With temperatures expected to reach the 90s, registration was moved to 8:30 a.m. so riders could start earlier and avoid the midday heat. Twenty-eight riders set out on the 7-mile Poker Run Ride at the Greenbriar Reservation area in Oxford, collecting cards along the route to complete their poker hands. Each rider received two cards at the registration table and picked up three additional cards posted throughout the ride.

## Division Winners

Senior Division: Bill Knott (1st), Deb Carlson (2nd), Phil Rutledge (3rd), Angie Knott (4th), Sharron Cochran (5th), and Anna-Maria Paul (6th).

Adult Division: Heather Sprague (1st), Doreen Doyle (2nd), Maria Heskes-Allard (3rd), Crysanda Aloia (4th), Nicole Richards (5th), and Denise Kanakry (6th).

Junior Division: Marshall Streeter.

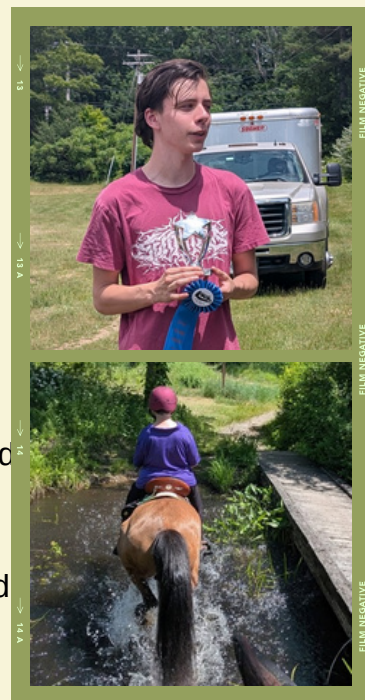
Overall Winner: Bill Knott, who drew three Jacks with an Ace high.

## Lunch Highlights

To round out the day, Kelly Berthiaume and her sister, Debra Larose, hosted a fabulous potato bar for lunch. Riders could top a baked or sweet potato with cheese, corn, pulled pork, veg. chili, macaroni and cheese, and a variety of other toppings. The potato bar was a creative change of pace and included vegetarian and gluten-free options, thanks to Valerie Clark.

## Special Thanks

Special thanks to our sponsor, Yered Trailers, and to Michele Dunn for providing first aid coverage. We also appreciate Deb Deschene, who served as our “dealer” and tallied the winning hands; Suzanne Nicholas and Joyce Sandvik for covering registration; Rose Zariczny and Kathy Gardener for handling parking; Kelly Berthiaume and Crysanda Aloia for marking the trails; Karen Parlin for selling the National Trails Day raffle tickets; and Deb Carlson and Kelly Berthiaume for unmarking and clearing manure from the trail. JS



# National Trails Day Ride & Fundraiser

*Sponsored by Whitehorse Truck & Trailer Service and Sales*

Our rescheduled date turned out to be a gift—perfect weather, great footing, and an easy, relaxed atmosphere that set the tone for a wonderful day. Hosting the ride at the North Brookfield Sportsmen's Club (NBSC) proved to be an excellent choice. With plenty of parking, well-maintained trails, and a spacious outdoor pavilion for post-ride festivities, the venue supported every part of the event beautifully.

The first 50 registered riders and volunteers each received a swag bag valued at \$43. Riders had their choice of a 4.1-mile, 8.5-mile, or 12.6-mile loop—something for every pace and preference.

As always, the horse community's camaraderie shone through. Rita discovered she had forgotten the girth for Dan, and thanks to Valerie's well-stocked trailer, a western girth was quickly found. Later, the last two riders realized they had forgotten a saddle pad and needed a western one. A quick check of Rita's trailer saved the day again. Moments like these remind us of the special kinship among horse people, and I'm pretty darn happy to be part of it.

All 52 riders reported having a great ride, enjoying trails that offered a satisfying mix of terrain—fields, dirt and gravel roads, and wooded stretches.

NBSC members cooked up a hearty lunch of hamburgers (with cheese if desired), veggie burgers, hot dogs, and homemade fries. BSTR added beans, pulled pork mac & cheese, straight mac & cheese, four different salads, and a generous assortment of desserts. No one left hungry.



After lunch, President Joyce Sandvik thanked our ride sponsor, Whitehorse Truck & Trailer Sales and Service, along with all participants and volunteers. She shared the impressive fundraising totals: \$11,700 in cash and \$10,844 in product donations. Those donated items filled four raffle tables, and once ride fees and raffle proceeds are finalized, they will be added to the cash total supporting future trail projects. That mission—funding trail improvements and expanding access for equestrians—remains at the heart of this event.

As always, if you hear of a trail project or potential opportunity in your area, especially one that includes parking for truck-and-trailer rigs, please let us know.

Joyce then awarded prize bags to our top five fundraisers:

1. Becky Kalagher
2. Karen Parlin
3. Mary Wood
4. Maria Heske-Allars
5. Lynn Paresky

NTD continued

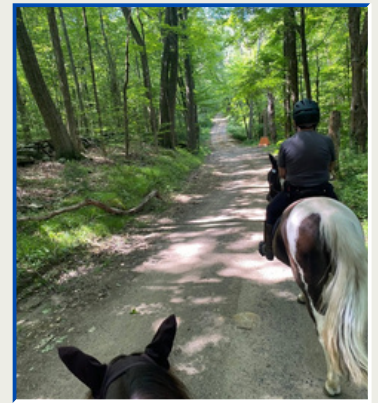
She also presented Stacy Hayes with a small gift and a huge planter of sunflowers in appreciation for her tremendous work organizing this ride. Stacy made sure to acknowledge that she couldn't have done it without Barbara McCumber.

The next hour was spent drawing raffle winners—lots of happy faces and plenty of great prizes. I know I went home a very happy camper with some wonderful winnings.

To our dedicated volunteers—both on the day of the event and during all the essential pre-work—you are truly priceless. Thank you to:

Stacy Hayes, Barbara McCumber, Kelly Berthiaume, Becky Kalagher, Jim & Kelly Shaw, Joyce Sandvik, Karen Parlin, Mary Wood, Rose Zariczny, Sue Quirk, and Suzanne Nicholas, plus the six NBSC members who supported the event.

Your time, energy, and heart make this fundraiser—and our trail projects—possible.  
BK



## **We love our volunteers!**

Without our volunteers, we couldn't do what we do!

Please remember to record your volunteer hours here or send us a hard copy at year end.

Tracking hours helps us demonstrate the work we do to our supporters and the community.

At our next Annual General Meeting and Banquet, we will do a random drawing of all volunteers who recorded their hours and award a prize to one lucky winner.

We love celebrating our volunteers and showing our heartfelt appreciation for all your amazing work.

Do you have an idea for how we can thank you? We would love to hear from you. Please email us at [bstra.org@gmail.com](mailto:bstra.org@gmail.com).



## **Updated Trail Marking Standards**

We worked on fine tuning the way we mark the trails for our rides and wanted to pass this along to all of our members.

### **Ribbon Colors**



Pattern ribbons are used for all marking (e.g. polka dots, stripes, checkered).

Solid colored ribbons indicate a turn.

For two-way areas, different patterned ribbons are used on the way back towards home.

### **Ribbon Placement**

All ribbons are placed on the right hand side of the trails.

Turn indicators are placed as close to before the turn as possible.

Confidence ribbons are placed after a turn and another on shortly thereafter.

### **Turn Indicators**

Turns are indicated with 1 patterned ribbon and 1 solid color ribbon on the same branch.

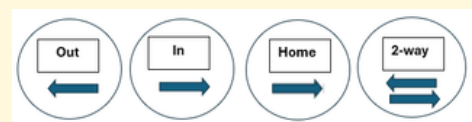
The solid ribbon indicates a right or left turn. If the solid ribbon is on the right of the patterned ribbon, turn right. If the solid ribbon is on the left of the patterned ribbon, turn left.

### **Other Signage - Optional Depending on the Trail**

BSTRA yellow diamond with arrow signs indicate direction

Red pie plates with a W indicate you are going the wrong way.

White plates with an arrow indicate direction or other instructions.



# Bay State Trail Riders Association



## Goddard Memorial State Park Pleasure Ride

July 18, 2026 Ives Road (watch for Equestrian Area on left)  
East Greenwich, RI

**Sponsored by United Ag & Turf and Corinthian Insurance Agency**

Come and enjoy the groomed bridle trails and ocean breezes at this special Rhode Island State Park. For those without horses, there is a beach, salt water fishing, and horseback riding concession. (Check out the website at [www.riparks.com](http://www.riparks.com))

*Brunch for all who pre-register by July 13th*  
*BSTRA members \$25*  
*Non-members \$35*  
*\$ 10.00 meal only*  
*Juniors 17 & under free!*

**Please make checks payable to BSTRA and mail to:  
Rose Zariczny, 216 Grand St., Woonsocket, RI 02895**

**Contact: Rose (401) 487-3190**

ENTRY INFORMATION	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 TRAILS DONATION		
PHONE NUMBER		
EMAIL ADDRESS		
COGGINS # and DATE (within 1 year)		



*Bay State Trail Riders  
Galloping Gourmet Ride  
NEHT Affiliated mileage 6/10/20*

**Royalston, MA August 2, 2026**

**Ride Sponsored by Bill & Angie Knott**

**Location: WE ARE WORKING  
ON WHERE WE ARE  
PARKING**

Not riding anymore but still want to be part of the fun? Join us for our lunch only option. Come reconnect with friends, enjoy the horses, and soak up the atmosphere you have always loved.

**Price: \$40 (BSTRA members \$30) Juniors 17 and under free, if pre-registered they eat free too! Lunch only \$15**  
Pre-registration with payment must be postmarked by July 29th to receive meal. Post entries welcome - just no meal included.

Come enjoy the trails in Winchendon & Royalston on property owned by DCR (Department of Conservation & Recreation), DFW (Division of Fisheries & Wildlife), and ACE (Army Corps of Engineers).

There is a permanently marked 10 mile loop on beautiful cart roads and trails throughout the park. This ride is just the excuse to grab a friend and enjoy a nice ride. After the ride, sit down, have lunch and chat with everyone. Lunch is a delicious affair that one would not expect out on a trail ride.

**Contact: Becky 508-476-3960 or [Becky.BSTRA@protonmail.ch](mailto:Becky.BSTRA@protonmail.ch)**

ENTRY INFORMATION	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 TRAILS DONATION		
PHONE NUMBER		
EMAIL ADDRESS		
COGGINS # and DATE (within 1 year)		

# BSTRA 2026 Events Calendar

DATE	EVENT/LOCATION/SPONSOR	CONTACT	PHONE	EMAIL
July 12*	Spirit of America Ride, Upton MA <i>Ride Sponsored by Milford Federal Bank &amp; Koopman Lumber</i>	Suzanne	508-380-214	hc07645@gmail.com
July 18th	Goddard Brunch Ride, E. Greenwich RI <i>Ride Sponsored by United Ag &amp; Turf/Corinthian Insurance Agency</i>	Rose	401-487-3190	rzariczny@verizon.net
Aug. 2*	Galloping Gourmet Ride, Royalston MA <i>Ride Sponsored by Bill &amp; Angie Knott</i>	Becky	508-476-3960	Becky.BSTRA@protonmail.ch
Aug. 22nd	Northfield Mt. Ride, Northfield MA <i>Ride Sponsored by Visimark Inc./Stethoscope.com</i>	Suzanne	508-380-214	hc07645@gmail.com
Sept. 13th	Sue Brainard Memorial Hunter Pace, Douglas MA <i>Ride Sponsored by EquidDoc Veterinary Services</i>	Susan	860-377-5060	sjackson3773@gmail.com
Sept. 27th	Scavenger Hunt, Carver MA <i>Ride Sponsored by Homefield Credit Union</i>	Suzanne	508-380-214	hc07645@gmail.com
Oct. 4th	Wyndham Land Trust Ride for Open Space, CT			
Oct. 11th*	Mt. Jefferson Pleasure Ride, Hubbardston MA <i>Ride Sponsored by Webster First Federal Credit Union/ Castle Plastics Inc.</i>	Becky	508-476-3960	Becky.BSTRA@protonmail.ch
Oct. 18*	Red Rail Farm Ride, Lincoln MA <i>Ride Sponsored by Yered Trailers</i>	Suzanne	508-380-214	hc07645@gmail.com
Oct. 25*	Big Pumpkin Ride, Upton MA <i>Ride Sponsored by EquidDoc Veterinary Services</i>	Joyce	617-429-1319	bstra.org@gmail.com
Nov. 1*	Larry Underwood Classic, N. Brookfield MA <i>Ride Sponsored by Fidelity</i>	Joyce	617-429-1319	bstra.org@gmail.com
Nov. 15*	Thompson Raceway Ride <i>Ride Sponsored by Dean Bank</i>	Valerie	508-864-8432	valerie.clark@snet.net

## \*NEHT Affiliated Rides

1. Unless otherwise noted, all rides start at 10:00 am and trail workdays at 9:00 am.
2. Most rides require advance registration and payment to receive lunch.
3. Riders 17 and under, accompanied by a guardian, ride **free** (lunch included if pre-registered). (Some rides exempt.)
4. Alcohol is prohibited on State property. No smoking allowed while riding. A current Coggins within a year of the ride date is required.
5. Please leave the trail & parking areas better than you found them. Clean up your hay & manure at all rides. Be considerate of others.
6. Year end awards require a member in good standing to have a minimum of 4 hours of volunteer time completed.



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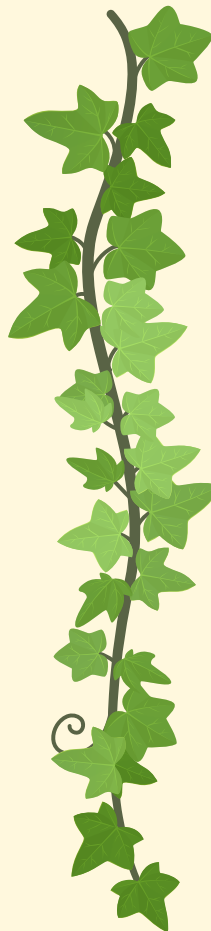
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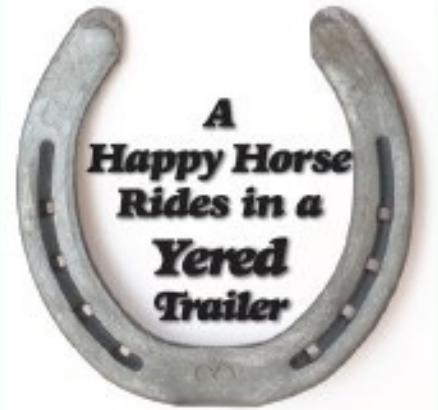


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**HORSE TRAILER: KINGSTON WINDSOR**, two-horse, bumper pull. 1998. Very good condition. Very low miles. Two private owners. Regular maintenance. Oversized. Tires very good w new spare. Dexter Axle electric braking and hydraulic system. Removable stall divider post. Added features include: aluminum, diamond -patterned gravel guard; Dig Brake box system, Draw-Tite Activator II brake control; custom made floor length, heavy-duty removable stall divider; sway bars for distance driving; extra heavy duty tie rings; padded ceiling; trailer lock. Travels very well. Recently serviced and inspected. GVW 5,900 pounds. \$ 6,595. Specs and pics available. Call/text (508) 269-2600 ( Rehoboth, MA)

**PASSIER DRESSAGE SADDLE.** G Passier & Sohn Nicole's Grand Gilbert. Light use, Very good condition. 252106. Very comfortable for trail riding also. \$645. Pics available. Call/text (508) 269-2600 . (Rehoboth, MA)

**Rough board stalls available** . \$250.00 month. . Small private barn in Grafton with access to miles of trails . Shelters available for day and 24/7 turnout. . Large box stalls included, if you prefer to keep your horse in at night. Options include shared responsibilities with other boarders. You supply all food and supplements. Small outdoor ring available. Horses need to be up to date on Coggins and vaccines( or titers upon arrival). Contact Karen : 774-248-0587

**For Sale:** #1 SmartPak Rockin Classic medium weight waterproof turnout blanket. Navy with mint trim. 220 fill, 600 denier. Size 82. Has been cleaned. \$45. #2 Dover Saddlery lightweight blue/gray trim turnout blanket. 100 fill, 1,680 denier. Size 82. Just had it professionally cleaned. \$45. Contact Suzanne at [HC07645@gmail.com](mailto:HC07645@gmail.com)

**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

**Women's Lace Up Packer Boots:** Size 8 M. Oil Resistant sole. Worn once. Golden tan color. \$50. 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 Becky.BSTRA@protonmail.ch

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**"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](mailto: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.

**Officers & Directors**  
**bstra.org@gmail.com**

*President:* Joyce Sandvik *VP/Clerk:* Becky Kalagher  
*Treasurer:* Karen Parlin *Rec. Secretary:* Rose Zariczny  
Kelly Berthiaume, Valerie Clark, Sharron Cochran  
Suzanne Nicholas, Sue Quirk, Kelly Shaw  
Mary Wood



**Welcom New Members**

Diana Baer, Ashby MA  
Annette Bent, Woodstock CT  
Beth Higgins, Bellingham MA  
Gina Letteri, Douglas MA  
Sharon McQuilkin, Upton MA

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Equine Excess Personal Liability Insurance is available to our **members** provided through Equisure. Once your membership is active, go to our website under Membership, choose Equisure Equine Excess Personal Liability Insurance and pay \$25 for single, \$50 for family. This has to be paid online. [Insurance Link](#)

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