

**MEDINA** COUNTY O.H.C.  
*DEDICATED TO PROMOTING RIDING IN*  
*THE CUYAHOGA VALLEY NATIONAL PARK*



## October 2005 Newsletter

### *Jack's Stall OCT 05*

I can't wait for the Halloween Party and work-camp weekend starting Friday afternoon October 21, 2005 at Robinson Field. It will be a really fun time and I hope that many will be able to attend. I have put in my order for lovely weather and clear skies so that we can have a haunted moonlit ride.

The Richland County State Ride and Chili cook-off at Mohican State Forest was well attended. Reuss, Sherry, Linda and I were there for the day on Saturday. We had a really nice ride on the 13 mile loop. The various pots of chili were pretty good. I may have to consider entering my world famous chili next year. My chili is somewhere between 'O MY' and "O MY GOD" depending upon how I measure the spices. It was also nice to see and visit with friends from around the state.

The Delaware County State Ride at Alum Creek was also well attended. Linda and I were the only ones present from Medina County. JoEllen our regional mentor was there along with a couple of other state officers. The guest of honor was a roasted pig. The pig was treated royally and was very welcome at the pot-luck dinner Saturday night. Dinner was followed by a blue grass band that played well into the night.

I loved the trails at Alum Creek. However, they are not for the faint of heart and I would not want to ride then in a driving rainstorm. I probably rode about 30 miles of trails. I rode with Bruce and Terry Mort who are from East Liverpool, OH. It turns out that Linda and Bruce went to the same elementary school and high school. He was two years behind her. They had a great time comparing experiences that they had at Grant Street Elementary School. They both ride walking horses. JoEllen also rode with us along with a couple of others whose names escape me at the moment. Willie was always the first out of camp and the first one back. That little horse sure can walk.

The rerouted section of the Perkins Trail in CVNP is now complete. While I liked riding along the creek the new section of trail is much better and will be much easier to maintain. I like it a lot. I rode it a couple of weeks ago.

Linda and I had dinner with the Fox Trotters after the last work party. We had a nice time. There was a good turn out for the work party. We worked on a section of Riding Run.

I really wanted to go to the Wayne County Regional Ride at Malabar State Park. However in my older age I just did not feel up to camping in the rain. Singing in the rain is OK but camping in a tent when it is not very warm is not very high on my list of priorities.

I have been thinking that it just might work to turn our regional ride into a state ride. From what I can see it would not be any more work to have a state ride. I think that it is time to have a state ride in our area of North East Ohio. I would like to hear your thoughts regarding this matter.

There will be a regional meeting at Dave's Fireside Nov. 5<sup>th</sup> at 2:00. Any and all members are welcome to attend.

The State General Meeting is coming up Nov. 13<sup>th</sup> in Delaware, OH. We will be voting on the revised by laws and electing state officers. As most of you know I am now the acting vice-president and am running for that office. If you can come to the meeting and cast a vote in my direction it would be much appreciated.

I'm not sure but I think that Reuss will chair the state by laws committee next year. North East Ohio is becoming an influence in the State OHC.

To quote Mary Twelveponies "There are no problem horses, only problem riders." Please don't be a problem rider as you traverse the trails of life.

Jack

## **Trail Maintenance Report October, 2005**

A lot has happened since the last meeting. Jack Weese, Bob Burrows and I met with Bill Carroll, Deputy Superintendent of the CVNP and his staff to find out the status of our bridle trails. The Park's approach had changed since the Cleveland Area Mountain Bike Association (CAMBA) petitioned for their own trails in February. The Park, which had been opposed to mountain bike trails, was putting all trails on hold until the CAMBA issue could be resolved. Further the Park's master trail plan issued in 1985 is out of date and needs to be rewritten.

In May, the International Mountain Bike Association (IMBA) signed an agreement with the National Park Service in Washington to consider mountain bike trails in appropriate venues in the National Parks. The plan is to put in pilot programs in two Parks. The CVNP has volunteered to be one of the parks in the pilot program. If our park is successful in getting in this pilot program, it would facilitate getting the entire trail program redone. The bad news is that the restoration of the bridle trails required an environmental assessment (\$50M) and there was no money available for that. The new master trail program including all trail users will require an environmental impact statement (\$375K) and no one knows where that money will come from either. Because the trail issue has ramped up substantially, the timing to accomplish any new trail program is out at least two to three more years. The good news is that the Park is going to reconsider my proposal to open some sections of the Wetmore trails in the uplands that were not damaged by the flood of 2003. We are going to contact CAMBA to see if we can work together on the trail program for the CVNP.

About three months ago, someone broke into our garage (provided by the Park for storage of club tools and supplies) and stole some of our shovels. Some time before our work party on September 22, the garage was broken into again and everything else was taken with the exception of our fire rakes, tent (stored in a 55 gallon drum) and our muck buckets and tubs. The stolen items included all of our stoves, coffee pots, cookware, etc. The value of the stolen items is estimated to be about \$1200. The items left behind were move out to a secure location. The Park had intended to demolish this building before the year is out and we will be moving to a more visible location near the corner of Riverview and Everett roads. We will be replacing the stolen items on an as needed basis.

The next big trail project will be to bulld up the trail between the golf course and State Rte 303. The trail passes through a pine woods that is saturated with water almost all year. We will be "turnpiking" the trail. Turnpiking is a trail building term that refers to building up the trail tread between large logs (telephone poles) so that the riding surface is several inches above the wet base. We are working with

First Energy Corp to obtain the poles for this project. Our next several work parties are dedicated to this work. If the poles are not available by October 22, we will work on the approaches to the Arizona bridge on Riding Run trail.

Lastly, Bill Carroll, deputy superintendent for the CVNP will be leaving for another assignment in the Washington DC area. Bill has been a good friend to our club and will be missed. We wish him good luck and godspeed in his new position.

Reuss Griffiths  
Trail Maintenance Chairman

**What Time is it? It's Membership Renewal Time !!!!  
Be sure and read- Some things are a-changin'**

***A personal note from your friendly membership chairperson-***

Hey it's that time of year again! Time to renew your membership with the Medina Chapter of the Ohio Horseman's Council. Join now and your membership will be good through December of 2006. Remember if you don't renew by March of 2006 you'll be dropped from the membership lists!. That's Medina county and the state. You will no longer receive the Corral or state newsletter. I often have people calling me wondering where their newsletter is, where the Corral is, etc. This is because you either did not send your renewal in on time or did not specify that you needed a paper copy of Medina's newsletter.

**New for 2006** - Membership cards will be mailed out in a general mailing in March of 2006 for those renewing their memberships. New members will get their card with the welcome letter.

**Just follow these simple rules (and nobody gets hurt!):**

1. Fill out the membership form !!!!! (legibly, please) with all the correct information. This goes to the state, so it's not just for our benefit.
2. Make sure you specify if you need a paper copy of the newsletter.! Now that it is in our website we are able to save money by only mailing it to those who have no internet access.
3. Include your e-mail address. This way we can keep you updated with current news and events. Don't worry we aren't going to sell your email address!
4. Sign the form !!!!!
5. Family memberships include children under 18. 18 and older must have their own membership
6. If this is a Secondary membership be sure to write "Secondary" across the top of the form. Secondary memberships are \$10.
7. Make your check payable to : Medina OHC
8. Mail the check and completed form to : Rosemary Young  
9480 Tracy Trail  
Parma Ohio 44130

Also remember to let me know of any address, telephone number or e-mail changes. Just use the membership form and write "Address change only" across the top.

Thanks - Rosemary Young      Your friendly membership chairperson

Oct 21-23	Medina OHC Halloween Ride <a href="#">Go Here for More Info!</a>	Workparty ( of course!), camping at Robinson Field....Saddle fitting clinic, Costume competition, games on horse back (suitable for all ages and abilities) back by popular demand the TURD TOSS and of course trail riding on the most beautiful trails around!	Sherry & Reuss	216-218-6954
Oct 23	Trail-A-Thon at Pferd Stables in Streetsboro	Pferd Stables in Streetsboro is hosting a Trail-A-Thon on Sunday October 23 and October 30 on the ground of Sahbra Farms. Come and ride on a beautiful marked 1-2 mile trail through open fields, a sand track and much more. Gentle hills and pretty scenery.	For ride information please visit our website at <a href="http://www.pferdstables.com">www.pferdstables.com</a>	
Oct 25-27	Search & Rescue course at the Kentucky Horse Park	All are welcome to attend  Registration \$275 (Contact Fred Parker 954-249-4499)  Camping, STALLS & Room  More Info here... <a href="#">Page 1</a> <a href="#">Page 2</a>	Camping, STALLS & Room Info:  Contact Trooper Roy Foster: Kentucky Horse Park Mounted Police 859-259-4250 or 502-863-3888  Visit us at <a href="http://www.mountedpolice.com">www.mountedpolice.com</a>	Other Contacts...  Fred Parker at: (954) 249-4499 <a href="mailto:Mountie3@adelphia.net">Mountie3@adelphia.net</a>  Jim McRitchie at: (216)-701-4290, <a href="mailto:EquineSer1@aol.com">EquineSer1@aol.com</a>
Oct 30	Trail-A-Thon at Pferd Stables in Streetsboro	Pferd Stables in Streetsboro is hosting a Trail-A-Thon on Sunday October 23 and October 30 on the ground of Sahbra Farms. Come and ride on a beautiful marked 1-2 mile trail through open fields, a sand track and much more. Gentle hills and pretty scenery.	For ride information please visit our website at <a href="http://www.pferdstables.com">www.pferdstables.com</a>	
Nov 2	General Meeting	Hines Hill Conference Center 6:30pm Social 7:30pm Meeting	Sherry Eucker	216-218-6954

### Quote of the Month

"When your horse has reached his potential, leave it. It's such a nice feeling when you and your horses are still friends."

-- Dr. Reiner Klimke, Olympic dressage gold medalist for Germany

## Oral Colic Help at the Tack Store

*Laura & Sammy, Summit County OHC*

When Big Dees suggested Haarlem Oil (oral syringes) for my horse's colic problems, I had never heard of it. Recently, Sam had a bout of colic and when I talked to people about what I'd used to cure it, no one had heard of it. So...I have found the following great article describing the ingredient contained in Haarlem Oil: Juniper Berry Tar. Hope it helps you out if you should ever need to use it. I found the article to be very informative!

What a nice alternative. It only costs \$2.50 a syringe and Big Dees rep suggested a dose of 2. Worth a try! It does however have quite a pungent odor==wear disposable gloves if handy!

Juniper Berry

By Karma Ashley

Juniper is a short evergreen shrub whose fruit and oil provides a flavoring agent used extensively in the food, perfume, and soap industries. Juniper berry is probably best known as the unique flavoring agent of gin, an important component of the dry martini, a popular intoxicant and a putative calmativie revered by western culture for over 300 years. As a medicinal remedy, juniper has a long history of use employed as a treatment for numerous diseases by ancient Greek and Arab healers, as well as Native American Indians.(2)

Juniper berries have been used since the 16th century in herbal medicines. They are rich in vitamin C, volatile oils and other nutrients. (11) The junipers are also used in aromatherapy, which is the use of essential oils through inhalation, massage, bathing, or ingestion to create good health and beauty. The science of aromatherapy can be traced back over 5000 years to the Egyptians. The practice of employing the essences of plants for medicinal and therapeutic beauty treatments is thousands of years old. (10) The scientific name of juniper is *Juniperus communis*. It belongs to the family Cupressaceae. Common names include juniper berry, genepro, and enebro. (7) The genus has about 60 to 70 species of aromatic evergreen trees or shrubs distributed throughout the Northern Hemisphere. (6) About 15 species occur in North America. (7)

Juniper foliage may be scale-like, needle-like, or both, and it often has a distinctive odor that can be detected from quite a distance. (1) The juvenile leaves of a juniper are needle-like and the older leaves are scale-like. Mature leaves are awl-shaped, spreading, and arranged in pairs or in whorls of three. Some species have small, scale-like leaves, often bearing oil glands that are pressed closely to the rounded or four-angled branchlets. Male and female reproductive structures usually are borne on separate plants (6), so only female trees have fruit. (1) The reddish brown or bluish cones are fleshy and berrylike and often have a grayish, waxy covering. (6) Their fruits are soft and look like blue berries, and are round cones, but they are softer than most and they have a blue, red, or copper color. They mature in 1 to 3 seasons and contain 1 to 12 seeds, usually 3. (6)

There are three junipers native to the Pacific Northwest, but chances are good that western juniper is the only one you will see. The other two, Rocky Mountain juniper and common juniper, do not typically grow together. (1)

Gin

Dr. Sylvius (Frank de Ja Boe) invented gin in the Netherlands in 1650. It was originally intended as a remedy for kidney disorders. He used neutral grain spirits flavored with the oil of juniper. He called it genever after the French term *genievre* meaning juniper. It was being commercially produced by 1655 and English soldiers serving in the area took affection to the spirit. (3) The classiest of the clear liquors, gin is distilled from grain and flavored primarily with juniper berries. Geneve is the original Dutch version and has a very full flavored spirit. (5)

This evergreen produces fruits that are essential to gin's flavor. The acrid oil of juniper berries is added during distillation in what we like to think of as cocktail aromatherapy. The berries are placed in a tube above the gin vats. As the oil becomes vaporous, it melts with the gin. Producers of low quality gins merely dump juniper oil into the vats. (4)

During prohibition, bathtub gin was made in America by taking the poisons out of the denatured alcohol to recover the ethyl alcohol. This was then flavored with juniper, diluted, then bottled. There is a German Gin, which is referred to as Wacholder, or juniper. It is distilled with the juniper right in it instead of adding the flavoring afterwards, so the result is quite strong in flavor. Traditionally it is served chilled as a shot with a beer chaser. There are two methods for producing gin: distillation and rectifying (or the redistillation of distilled neutral grain). Flavoring of the neutral spirit is the most common means, and thus has lead to various debates as to whether gin is merely a flavored vodka. (3)

Gin is a flavored, distilled, colorless to pale yellow liquor made from purified spirits usually obtained from a grain mash and having the juniper berry as its principal flavoring ingredient. Netherlands gins, known as Hollands, Geneva, genever, or Schiedam, for a distilling center near Rotterdam, are made from a mash containing barley malt, fermented to make beer. The beer is distilled, producing spirits called malt wine, with 50-55 percent alcohol content by volume. This product is distilled again with juniper berries

and other botanicals, producing a final product having alcoholic content of about 35 percent. English and American gins are distilled from malt wine purified to produce an almost neutral spirit, without flavor or aroma, having alcohol content of 90-94 percent by volume. This is reduced with distilled water, combined with the flavor agents and distilled and reduced again, producing a final product of 40-47 percent alcoholic content (80-94 U.S. proof). The dry gins have more added flavoring ingredients than Dutch types. Each producer employs a secret formula, including, in addition to the juniper berries, combinations of such botanicals as orris, angelica, and licorice roots, lemon and orange peels, cassia bark, caraway, coriander, cardamom, anise, and fennel. (8)

#### Other Uses

Junipers have a great number of uses. The berries are good for digestive problems, gastrointestinal infections, kidney and bladder problems, cramps, acne, and food flavoring; while the wood is used for furniture and other products.

Eastern red cedar (*J. virginiana*), actually a juniper, is the most widely distributed conifer in the Eastern United States. (7) It is an important ornamental and timber tree of eastern North America whose fragrant wood is made into cabinets, fence posts, and pencils. (6) Its wood contains oil that deters moths, and, for that reason, is often used to line chests. Rocky Mountain juniper is a closely related western species, but its multi-branched stems make its wood less valuable. The common juniper is the only species that occurs in both North America and Eurasia. Unlike most junipers, it produces only needlelike leaves. This usually bushy species grows on poor soils and is of little economic importance. Many junipers--both North American and Asian species--are grown as ornamentals for their dense evergreen foliage. They make effective border plants and screens, and can be trimmed into interesting shapes for formal gardens. (7)

Common juniper (*J. communis*), a sprawling shrub, is widely distributed on rocky soils throughout the Northern Hemisphere. The berry or fruit of this species is used to flavor foods. Many ornamental varieties have been developed. Juniper berries have a fragrant, spicy aroma, and a slightly bittersweet flavor. They are also used to season sauces and stuffing, in pickling meats, and to flavor liquor and bitters. (6)

Juniper oil has a fresh, warm, balsamic, woody pine needle odor. It is used with citrus room sprays and in masculine outdoorsy perfumes, aftershaves, and spicy colognes.

Oil of Juniper, distilled from the wood and leaves of several species, is used in perfumes and in medicines such as diuretics. It appears to have some effect as a digestive aid, both stimulating appetite as well as relieving flatulence. The diuretic effect of juniper is attributed to "water diuresis," or loss of water, that is a result of the plant's essential oil. Juniper is also used to treat loss of appetite, urinary tract infections, digestive disorders, and kidney and bladder stones. The oil works to lower blood pressure and acts as an anti-diuretic. (7)

The oils also help increase the flow of digestive fluids, improving digestion and eliminating gas and stomach cramping. As a diuretic, juniper berries are beneficial in reducing congestion, as well as treating asthma and colds. (11)

In the eastern Mediterranean, juniper is used in phytotherapy and cosmetics. Reported uses include baths to treat neurasthenic neurosis (an emotional disorder characterized by fatigue and lack of motivation) and scalp psoriasis in its tar form. Juniper has been used for centuries as a steam inhalant for bronchitis, and to control arthritis. (7)

The antiseptic, astringent, diuretic, and anti-inflammatory properties of juniper berries make them popular amongst herbalists who wish to treat a variety of ailments. They are beneficial in treating infections, especially within the urinary tract, bladder, kidneys, and prostate. Their antiseptic properties help remove waste and acidic toxins from the body, stimulating a fighting action against bacterial and yeast infections. (11)

The other species of *Juniperus* include the savin (*J. sabina*) of central Europe, Chinese juniper (*J. chinensis*) of eastern Asia, and creeping juniper (*J. horizontalis*) of eastern North America. All are popular ornamental species with many horticultural varieties. The wood of Spanish juniper (*J. thurifera*) of Spain and Portugal, and of Phoenician juniper (*J. phoenicea*) of the Mediterranean region, are sometimes burned as incense. (6)

#### Warnings

Although junipers can be safely used for many purposes, there are some serious side effects that can occur when they are used medicinally. Pregnant women, for example, should be cautious in consuming juniper-containing products as they are likely to cause contractions of the uterus. Those suffering from kidney ailments should also avoid juniper-containing products as these can irritate the kidneys and bladder. (2)

Large or long-term doses can cause kidney damage, symptoms of which include diarrhea, intestinal and kidney pain, blood in urine and/or purple tinged urine, or an accelerated heartbeat. Epidermal contact with juniper tar may cause carcinogenic DNA damage in human tissue. (7)

#### Conclusion

Never underestimate the power of a berry. From everyday to spiritual uses, Juniper berries have been used for such purposes as aromatherapy, perfumes, cosmetics, seasoning in foods, pickling for meats and flavoring for alcoholic beverages such as gin. Truly, the juniper is an amazing tree, and one of the more beautiful treasures of nature.

#### References

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11. Juniper Berries (<http://www.reynoldsoffice.com/400-4.html>).

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