

LOW RANGE RAMBLIN'

AUGUST 2022

A Publication of: Inland Empire 4 Wheelrs



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WHO IS IE4W?

Inland Empire 4 Wheelrs is a family oriented 4x4 club formed for the enjoyment and preservation of 4 wheeling. We consist mainly of short wheelbase vehicles such as Jeeps, Toyotas, Suzuki's although we do get an occasional long wheelbase vehicle. If you have one of these, expect to go some places where you could possibly



sustain body damage. We have monthly club runs that take us from the deserts to the mountains. We could easily end up in the snow, rocks, or sand. As a club, we are dedicated to the preservation of our public lands and our family sport. We welcome new members to join us!

BOARD OF DIRECTORS

President	ROBIN REED—INTRIM president@ie4w.com
Past President	Mark Ogaz ppresident@ie4w.com
Vice President	TBD vpresident@ie4w.com
Secretary	SHERIE THOMPSON—INTRIM secretary@ie4w.com
Treasurer	Karen Henry treasurer@ie4w.com
Membership Chair	Bill Bem membership_chair@ie4w.com
Hospitality	Karen Henry hospitality@ie4w.com
Newsletter	Bill & Karen Henry newsletter@ie4w.com
Big Bear Forest Fest Chair	TBD bbff@ie4w.com
Historian	Bobby Holley
Round Up	TBD round-up@ie4w.com
Adopt A Trail	Robin Reed adopt-a-trail@ie4w.com
Environmental Affairs	Robin Reed environmental_affairs@ie4w.com
Safety	Jerry Burgess safety@ie4w.com
Web Site	Teri Patterson webmaster@ie4w.com
Public Relations	TBD
Club Merchandise	Mike Anderson house_chair@ie4w.com
Sheriff	Bill Henry sheriff@ie4w.com
Trail Boss	Kevin Rice trailboss@ie4w.com

The Inland Empire Four Wheels regular business meetings are held the first Thursday of each month at 7:00 PM

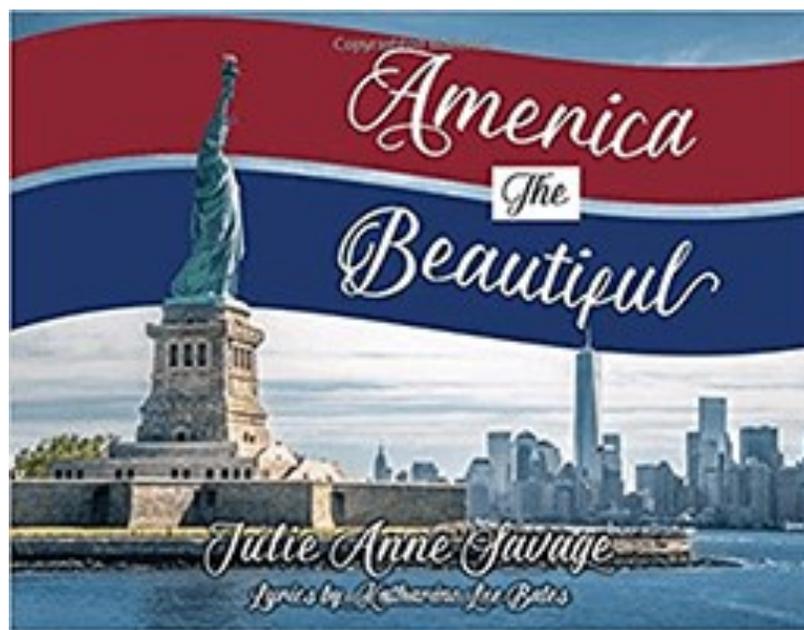
The Redlands Elks Lodge #583

633 New York St.

Redlands, CA 92374

All are welcome

Please be considerate with noise when congregating in front of and in the club house.





PRESIDENT'S MESSAGE

It has been a busy month. Thank you all for helping with Adopt a Trail Cleanup and Randy for leading a fun run on 2N17X to Dishpan. I just got off of a call with the AAT group and they were very appreciative of what IE4W is doing to help keep our forests clean. Many clubs have dropped out of AAT which leaves more work for those of us still supporting them. The membership of IE4W has fallen to a level where we need more people to handle the functions to keep the club functioning. I like the idea of Duck Duck Jeep that Karen has supported to bring more interest into 4x4ing. Lets work together to rebuild our club so we can keep running the trails we love.

Thanks,
Robin Reed
Interim IE4W President



Trip Reports

2N01 AAT Illegal Dump Cleanup

07-17-2022, 01:36 PM

2N01 Illegal Dump Clean-up on Saturday July 16, 2022 @ 8:30am

We met at the Trail Head for 2N01 and Hwy 38

I want to thank all of you who showed up for a very successful AAT cleanup. Some of the people already had other plans which they changed to be here.

Keith Chan IE4W

Bill Bem IE4W

Todd Gomez

Cathy Garrison SCMF

John Garrison SCMF

Mike Casares SCMF/USFS

Alexandria Sabido USFS

Tom Thompson IE4W

Sherie Thompson IE4W

Al Auerbach IE4W

Jerry Burgess IE4W

William Henry IE4W

Robin Reed IE4W

We had a drivers meeting to discuss our plan for the clean-up. Jerry Burgess explained some safety tips to make sure that we were safe if there were any snakes present. Jerry and Mike went ahead to the dump spot to make way to get the pick-ups in while the rest of us waited for Bill Henry to finish airing down. I led the rest of the group with Bill bringing up the tail. We got the pick-ups in close to the dump site and began pulling the trash apart to organize it and look for snakes. 3 Truck loads were removed. 1 truck with 11 tires to the discovery center and 2 trucks to the Dump with trash and recyclables. Mike will return to our 2N01 site and repair the Barbed Wire road block and post a sign.



Trip Reports

AAT continued



Trip Reports

AAT continued



After finishing the cleanup in 2 hours, Mike of SCMF got a call requesting help at another site where Code Enforcement was clearing out a homeless encampment 1 mile east of the Discovery Center. Most of our members Volunteered and we had lunch at the Discovery Center parking lot. We helped SCMF clean the other site where they took 3 truckloads to the Dump.

Much Thanks to all who helped.

Robin Reed IE4W AAT Coordinator.



2N01 Trail Clean-up

Adopt-A-Trail



Thank you
Inland Empire 4 Wheelers
(IE4W) club for a
successful clean-up of an
illegal dumpsite on 2N01.
Removing 12 tires, over 30
bags of trash, and took
great care in separating
recycling.



Later that day helping
SCMF clean-up an illegal
encampment taking over 5
truck loads to the Dump.



Trip Reports

2N17X tp Dishpan
Saturday, July 23, 2022



Safety Report

By Jerry Burgess



SAFETY in HOT Weather

According to the Forest Service Handbook:

54.2 – Extreme Weather Conditions. Use the buddy system while training and working in extreme weather conditions.

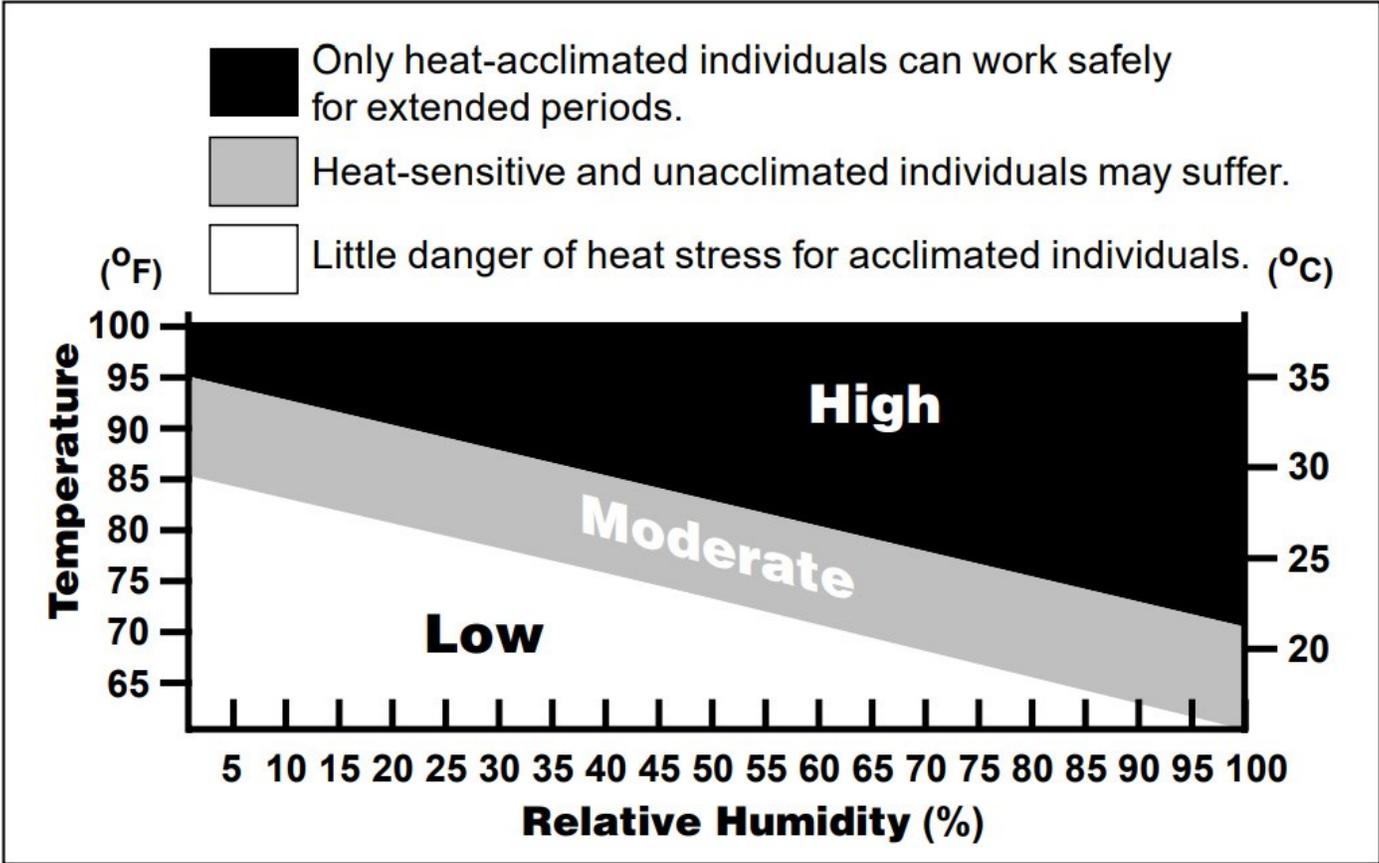
54.21 – Working in Hot Conditions. Individual differences in heat tolerance are related to fitness, hydration, illness, drugs and medication, and fatigue (sec. 54.01). Heat stress occurs when the body's core temperature rises beyond safe limits. Evaporation of sweat is the body's main line of defense against heat. As sweat evaporates, it cools the body. When water lost by sweating is not replaced, the body's heat controls break down and body temperature climbs dangerously. Three factors that can contribute to heat stress are low or poor physical fitness, excess weight, and hypertension (ex. 01).

1. Fit workers adjust or acclimate to work in the heat twice as fast as unfit workers (4 days compared to 8). Be especially careful the first 2 to 3 days.
2. Schedule the hardest work during the cooler hours of the day. Set a moderate work pace. As the temperature increases, stop for frequent rest periods of at least 15 minutes. Relax in cool locations, where possible.
3. Always have an adequate supply of water available and ensure that employees are getting their needed liquids. Plan ahead for drinking water; don't allow water to run out before resupplying (ex. 02).

To prevent dehydration:

- a. Drink 8 to 16 ounces (200 to 400 milliliters) of water before work.
 - b. Take frequent drinks during each hour of work (1 quart or 1 liter per hour).
 - c. Drink as much as possible at lunch and the evening meal.
 - d. Continue replacing fluids throughout the evening.
 - e. Limit caffeine drinks, such as coffee or cola.
 - f. Avoid alcoholic drinks.
4. Provide well-planned meals and healthy snacks, which are vital to maintain work capacity and to avoid heat disorders through adequate replacement of water, salt, and potassium.
 5. Wear hardhats, as they provide a very effective air conditioning system.
 6. Prevent sunburn by wearing lightweight, light-colored loose clothing, which allows air to circulate and sweat to evaporate and offers protection from direct sun. Bare skin absorbs the sun's radiant heat and raises body temperature.
 7. Bathe or wash thoroughly each day to keep pores and hair clean. Dirty, clogged skin and matted hair restrict heat dissipation.
 8. During periods of continued extreme temperatures (90° F/32° C or above), ensure that supervisors monitor employees and that employees watch each other for signs of heat-stress disorders, including heat cramps, heat exhaustion, and heatstroke.
 - a. **Heat cramps** are identified by muscular pains and cramps, with leg and abdominal muscles usually affected first. Remedies include stretching and gently massaging cramped muscles and applying a heating pad or hot water bottle to help relieve muscle spasms.
 - b. **Heat exhaustion** is characterized by fatigue, weakness, and collapse. The skin becomes pale, cool, and clammy, accompanied by nausea, dizziness, a throbbing headache, breathing problems, and diarrhea. Recommended actions include moving to a cool, shady place, lying with the feet raised 8 to 12 inches (204 to 306 mm) above the head, and loosening clothing and applying cool compresses to the skin. If there is no improvement quickly, seek medical attention at once.
 - c. **Heatstroke** is a medical emergency. Unacclimatized employees are especially prone to heatstroke. Symptoms are confusion, high body temperature, hot (often dry) skin, rapid pulse, convulsions, loss of consciousness, and coma. Lack of sweating is one sign of imminent heatstroke. Do not delay treatment, it must be immediate. Cool the body down quickly. Administer fluids and transport the victim to a medical facility as quickly as possible.

54.21 – Exhibit 01 – Heat Stress Chart



FUTURE RUNS and EVENTS

Veterans Car Show - October 15, 2022

Elks Lodge—Redlands

IE4W will need 10 volunteers to help coordinate parking and assist in other areas as needed. Please, show your support for our Veterans and sign-up to volunteer.



SEPTEMBER CLUB RUN—SATURDAY SEPTEMBER 10TH BILL HENRY TRAIL LEADER—DETAILS TO FOLLO

TRUCK HAVEN ~ OCTOBER 22, 2022 ~ BOB AND KAREN PETERSON



Thanksgiving 2022 at Parker annual club run

UPDATE (12/11/2021) for Thanksgiving 2022 is a little over a year away.

2022 Thanksgiving will be at Buckskin Mountain State Park where IE4W members will be camping at Buckskin Mountain State Park outside of Parker, Az. Some IE4W members have already reserved RV spots at Buckskin Mountain State Park.

The club run will be on Friday, November 25, 2022 will be leaving from Buckskin Mountain State Park. The club trail run for that Friday has not been determined yet. We will be having Thanksgiving dinner together on Thursday, November 24, 2022. I will be deep frying a turkey and Mike Ewing is going to also cook a turkey too. So turkeys are covered. If any IE4W members or guests are interest in going. You should probably book now with Buckskin Mountain State Park. Furthermore, if you don't find any campsites available now, keep looking throughout the year as campsites do become available.

Buckskin Mountain State Park phone number is 760-697-2557. You can also google the Buckskin Mountain State Park for more info.

Contact me if you have any questions and hope to see you guys there.

Ron Fleming

JULY MEETING MINUTES

Pledge of Allegiance led by:

Welcome to New Members:

Alexandria Sabido, USFS

Randy and Roxann Stockberger

Lewis Renwick

Secretary's Report: Members and guest asked to review minutes on Forums. Trail leaders please complete your trail reports and post them on the forum. Please send word document report to Karen Henry.

Treasurer's Report: **Karen Henry** – started the month with \$26,935.86

Vice President & Land & Use Report: Robin announced that the President of CORA resigned from his position. No other details were available.

Merchandise: Available at club meetings, bring your \$\$\$, support the club and wear your colors. Mike Anderson requested permission to purchase a new case/bin for merchandise brought to the meetings, request was approved

Newsletter: **Karen Henry** – Please forward run reports to me at: ie4whospitality@gmail.com via word document.

Membership: - **Bill Bem** - packets available, please see Bill if you have any questions.

Hospitality: **Karen Henry** – All if well.

Round Up: - Held monthly at Graziano's Pizza in Colton on the 2nd Tuesday of each month. Come out and have dinner with other club members. The Round-up chair position is open. Please consider volunteering.

Adopt A Trail: **Robin Reed** – 2N01 Piles of trash and plywood. USFS to provide vehicles for hauling trash off the trail. For all the adventures please refer to past run reports in the August newsletter or on the Forums.

Historian: **Bobby Holley** – Absent

Website: **Teri Patterson** – Public Facebook page was updated.

Scholarship: No report at this time

Safety: **Jerry Burgess** – Presented report and statistics on Hot Weather.

***APPLAUSE TO JERRY BURGESS FOR PROVIDING SAFETY REPORTS AND STATISTICS FOR THE PAST 10 YEARS.



Adopt A Trail: Robin Reed – For all the adventures please refer to past run reports in the July newsletter of on the

Report on Past Runs:

Future Runs: Kevin Rice

Future Events:

Veteran's Care Show October 15th, 2022. Elks Lodge #583. The IE4W will be providing parking assistance.

Old Business:

Teri Patterson advertised the clubs trailer for \$5500.00. The trailer was sold the same day for the asking price to the Inland Empire Blue Belles. The Inland Empire Blue Belles is a non-profit organization

New Business:

Guest speaker Alexandria Sabido came to the monthly membership meeting to introduce herself and to thank the IE4W for all the hard work and dedication. She mentioned our services to the USFS is valuable and appreciated.

Robin Reed—Interim President

Sherie Thompson—Interim Secretary

Sheriff's Report: Bill Henry – \$7.00

Raffle Prizes: No raffle

Submitted by: Karen Henry



Membership & Roundup Info

Come meet new friends! Bring your 4X4 !

All Four Wheelers welcome, Old Timers and New. Bring the family for dinner & enjoy it with new friends. Find out where to go Four Wheeling! Learn the newest tricks of Four Wheeling. Check out Radical videos & vehicles. Vehicle Safety advice available.

Come Play On Our RTI Ramp! The articulation ramp is a great tool for checking the effect of modifications you have made to your vehicle. For example, it can be used to check brake line length, if your shocks are the correct length for your lift, etc.

Round-up, Tuesday, August 9, 2022

Graziano's Pizza Restaurant
1080 E. Washington St.
Colton, CA 92324



IE4W WANTS YOU...

TO BECOME A MEMBER!!

The Inland Empire Four Wheelers welcome all guests to participate in club functions such as runs, business meetings, Roundups, and social gatherings. However, we would also like to welcome in our guests as full time members. As an IE4W member, you will enjoy certain benefits, just to name a few; you will be allowed to purchase plaques to display on your vehicle, you will be allowed full voting rights for bylaw changes and board of directors elections and look toward some new fun members benefits in the coming months as our membership committee builds new ideas.

The followings are the requirements set forth by the IE4W bylaws for membership requirement: Each prospective member must be 18 years or older, hold a valid driver's license, be the registered owner of a 4x4 vehicle, have the minimum CA insurance coverage, have their vehicle safety inspected, and attend 6 business meeting and drive his or her vehicle in at least 6 official runs (1 being an overnight run and 1 Adopt-A-Trail work trip) within a 12 month period. An official club run consists of 2 or more club members (with the exception of monthly club Runs). Each new member must sign the club's Assumption of Risk Waiver and will pay an annual \$69.00 fee which is used for land use and club events. Each year new land disputes surface and every off-highway recreationalist is beckoned to help support the fight. So, not only will your IE4W membership be a fun, fellowship filled experience, you will also be supporting your right to enjoy off-highway recreational areas for years to come.

IE4W Club Website:

[Http://www.ie4w.com](http://www.ie4w.com) Webmaster

I Love Jeeps. Jeeps are perfect. You can drive one straight off the lot and all you have to do is replace the tires, rims, entire suspension, lighting, sound system, maybe the grille, add a winch, reprogram the factory settings then take off the doors and roof and it's basically ready to go.

