

LOW RANGE RAMBLIN'

AUGUST 2018

A Publication of:

Inland Empire 4 Wheelers

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WHO IS IE4W?

The Inland Empire 4 Wheelers 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!

Foil Camp Fire Cooking

Southwestern Chicken Packets

These Southwestern Chicken Packets are an easy and delicious no-fuss dinner recipe you can cook with a fire (while camping), on a grill, or in an oven.

🔪 **Prep Time** 10 minutes

🕒 **Cook Time** 30 minutes

🕒 **Total Time** 40 minutes

🍴 **Yield** 2 servings



Ingredients

- 1 cup frozen corn
- 1 (15oz) can black beans, drained and rinsed
- 1 tsp taco seasoning
- 2 chicken breasts or 4 chicken tenders
- salt and pepper to taste
- 1/2 cup salsa or pico de gallo
- 1 cup shredded pepper jack cheese
- cilantro, to garnish
- sour cream, optional
- avocado, mashed, optional

Instructions

1. Pull off 4 sheets of heavy-duty tin foil (8-10 inches) and layer to create 2 packets. Lightly mist with cooking spray.
2. Stir together the corn, black beans, and [taco seasoning](#). Divide between the 2 foil packets. Season the chicken with salt and pepper. Place 1 chicken breast or 2 chicken tenders in each packet. Top the chicken with salsa and shredded cheese.
3. Bring the two longer edges of the foil together above the food. Fold the edges down twice, creating the top seal. Press the side edges together and fold, creating a secure packet.
4. Cook on hot coals, a gas grill, or in a 375 degree oven for 30 to 45 minutes until chicken is cooked through. (*See notes for cooking with coals or a grill.)
5. Top with fresh cilantro, sour cream, and avocado before serving.

Recipe Notes

*If cooking on COALS make sure to carefully turn the packet 2 or 3 times to prevent burning.

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.

Odd numbered months are the IE4W social event. Please check the club calendar for details.



The IE4W Roundup is held the 2nd Tuesday of each month. 6:00—9:00pm

Surfer Joes' Pizza

251 E. Redlands Blvd.

San Bernardino CA 92408

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

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 All 4 Fun	2 All 4 Fun	3	4
5	6	7	8 Tammy Clay	9 Business MTG Kim Harmon	10	11
12	13	14 Round Up	15	16	17 Pismo Run	18 Pismo Run Boue Roller
19 Pismo Run	20 Jacquelin Sorcic	21 Ron Burris Dick Gervais	22	23	24 Sue Martel	25 Jim Miller
26	27	28	29	30 Karen Peterson	31	

Please go to IE4W forums to read trail leader messages, run descriptions, meeting places, and minimum requirements.

UPCOMING EVENTS:

All4 Fun - July 27th - Aug 2nd (Colorado)

August 17-19 Pismo Beach - Bob & Karen Peterson

September 14—Randy's Overnighter at Hanna Flats

October 13th - Clarks grade— Jim Miller

November 10-12 Anza Borrego— Loren Campbell

WEDDING ANNIVERSARIES

9th Mike Moore & Mike Maxson

24th Rick & Tammy Clay

25th Steven & Amber Soliz

26th Terry & Bonnie McNeil

29th Joe & Mary Muhs

CLUB ANNIVERSARIES

Mike Moore & Mike Maxson

Tom & Sherie Thompson

Russ & Karen Deer

George & Kay Stauber

Kevin Strong

Bill & Lori Rhett

Steve & Judi Santa



Safety Report

By Jerry Burgess

Review - What is Your Water / Electrolyte level?

The human body water composition varies according to gender and fitness level, because fatty tissue contains less water than lean tissue. The average adult male is about 60% water. The average adult woman is about 55% water because women naturally have more fatty tissue than men.

The percent of water depends on your hydration level. People feel thirsty when they have already lost around 2-3% of their body's water. Mental performance and physical coordination start to become impaired before thirst kicks in, typically around 1% dehydration.

The hallmarks of dehydration include thirst and neurological changes such as headaches, general discomfort, loss of appetite, decreased urine volume, confusion, unexplained tiredness, and even seizures. The symptoms of dehydration become increasingly severe with greater total body water loss. In people over age 50, the body's thirst sensation diminishes and continues diminishing with age. Many senior citizens suffer symptoms of dehydration. Dehydration contributes to morbidity in the elderly especially during conditions that promote insensible free water losses such as hot weather.

Patients who lose enough extracellular fluid (ECF) volume develop skin tenting (loss of skin elasticity), flat neck veins, and orthostatic or frank tachycardia and dizziness or fainting when standing up due to orthostatic hypotension, indicate ECF depletion, or hypovolemia for short. (loss of blood volume due to things such as bleeding or dehydration).

Drinking too much water can lead to a condition known as water intoxication and to a related problem resulting from the dilution of sodium in the body, hyponatremia. Water intoxication is most commonly seen in infants under six months of age and sometimes in athletes. A baby can get water intoxication as a result of drinking several bottles of water a day or from drinking infant formula that has been diluted too much. Athletes can also suffer from water intoxication. Athletes sweat heavily, losing both water and electrolytes. Water intoxication and hyponatremia result when a dehydrated person drinks too much water without the accompanying electrolytes.

Sodium is the main electrolyte found in extracellular fluid and potassium is the main intracellular electrolyte; both are involved in fluid balance and blood pressure control. Muscle contraction is dependent upon the presence of calcium (Ca^{2+}), sodium (Na^+), and potassium (K^+). Without sufficient levels of these key electrolytes, muscle weakness or severe muscle contractions may occur.

Be careful to limit your exposure times to extreme heat and re-hydrate with the proper fluids. Avoid drinks that cause your body to evacuate fluids (caffeine is a diuretic).

11.22 – Safety Practices. (FOREST SERVICE HANDBOOK) Back Country Travel

If disoriented due to dehydration or other causes:

- Keep calm. DON'T panic.
- Contact the unit dispatcher for assistance. **Dispatch (909) 383-5654.**
- Be aware that fatigue causes hallucinations.
- Do not walk aimlessly. Try to orient yourself. Trust your GPS receiver, map, and compass.



RUN WITH NO SUN

Leader: Darryl Jordon 86 Toyota

Mid gunner: Robin Reed, Jonathan and Kyle 15 Jeep

Tail gunner: Jim and Teri Patterson Jeep

Members:

Mallory Jordon and Carl Lhamon 94 Jeep

Craig and Toni Willcutt 98 Jeep

Ken Ehlers 05 Jeep

Russ Deer 12 Jeep

Todd Vargason 09 Jeep

Steven Soliz and Amber Luna 87 Jeep

Jamie Duncanson, Debbie, Lincoln, Mallory, Nora 90 Jeep

Guests:

Jeremy and Briana Beaver 89 Jeep

Arrived at Tuscanos for dinner a little before 5. We had some dinner as people started to show up and mingle. Socialized until 6. Left the parking lot and headed up the mountain. With a small group it was a nice drive up the 38. The temp dropped a few degrees as we made it up the mountain but it was perfect weather. Two more were waiting at the fire station bringing the count to 11. We aired down and hit the trail head at 8pm. It had rained over the last week so the trail was damp but not muddy. We spotted everyone over the first obstacle. For the first few it was easy but the rocks got slick for the second half of the group. Just a little more slipping around but everyone made it through. We continued on and had no real issues. Made it to the middle rock garden. Kind of the same story of the first few went right through but after, the rocks got wet and slick. For the few in the back it just took a little

more finesse but everyone did great. Continued on to the last rock garden. Everyone picked their line and had some fun. We were at the road airing up by midnight. Great run and thanks to all those who came out and joined me. Way to make the first run of the club year a great one.





Epic, Old School, Scariest Day Event 07/28
Members Present

Neil Stratton
Russ Deer w/ Karl
Kevin Rice

Guest
Mike Anderson w/ Sonya



The Epic, Old School, Scariest Day Event was a run to Little John Bull and John Bull that was open to all rigs on 33" tires with 1 locker.

We met at the Discovery Center and aired down on Van Dusen Canyon Rd. We proceeded east on 3N16 to 3N02. Little John Bull was not a problem as every griver was skilled enough to tackle those obstacles.

At the gatekeeper of John Bull there was a group of about 10 rigs waiting to get through the gate. We were there about an hour watching these guys struggle through the gatekeeper.

Once it was our turn, we proceeded like we knew what we were doing. Mike Anderson in his CJ with manual transmission and sitting on 33" tires attempted the high line but it seemed like too much off camber to proceed. He then took my recommended route which at first seemed more difficult. But because his rig was much narrower than expected he squeezed through the gate. Next time we will move some more rocks into the way for him.

Russ and Kevin had no issues getting through the gate.

We made it to the center section and had fun navigating through the soft dirt that the previous group disrupted in front of us. We decided to have lunch at the center section and let the group ahead of us get some distance between us.

The next group of rigs was led by a friend of mine driving a Nissan who broke a CV joint sometime between the gatekeeper and the center section. We made a deal to help him up the center section if he would pull his group into the clearing ahead so we could pass them and they would have a good place to stop for lunch.

After we helped this group, we passed them by and proceeded to take on the second half of the trail. In no time we caught up to the group in front of us trying to navigate the obstacle with the tree. The group ahead of us was having problems again. It appeared that their right feet didn't work as well as ours.

The rest of the run was a piece of cake. I was impressed with the driving skills of Russ and Mike as they didn't seem to need as much spotting as predicted. And when I thought they did need spotting, they were great listeners and trusted my skills as a trail leader and spotter.

We finished the run and aired up on 2N09. After 5 years of using my power tank, the seal had been crushed and was leaking air when the valve was turned on. Russ came up with a nice fix so I could air up. See their fix in the Tech section of the forum.

We decided to enjoy an early dinner at Maggio's where Kevin showed us how to attract the local Sheriff. That is another story for another day!

This was an Epic day and not the Scariest event of the year. About the only thing that was scary was the emblem on the front of Russ' bumper. Thanks to all who joined me.

Keep the rubber side down and the shiny side up.

Neil Stratton



TRAIL REPORT: CLEGHORN

Today, Friday, June 29, 2018, the following members and guest arrived at the Cleghorn trail head at 9:30am located at the northbound I-15 heading up the Cajon Pass, at the Cleghorn exit:

Matt Martel and Sue Martel, Trail leader

Kevin Rice and Barb Bongiorno

Craig and Char Hart

Jim Sloan

Neil Stratton

John Dunlap with guest, Ken Lynch

After airing down, we proceeded up the trail on the winding, dusty forest service road. The road runs the entire length of the Cleghorn trail to the exit point at CA-138 located across from Lake Silverwood. The obstacles and off-roading experiences are found along the service road so one can pick and choose whichever off-shoot looks good to take. The run took approximately 3.5 hours in total travelling a distance of about 13 miles in length. The weather was perfect, not too hot for a June day with a nice cool breeze the entire time. And for those who have travelled this trail in the past you will see that some of the more difficult obstacles are even more challenging caused over time by erosion. There were plenty of off-camber descents, rocky climbs and a few challenging yet exciting moments. No one encountered anything too difficult but something near the end of the trail knocked Jim Sloan's oil pan up enough to make contact with the crank shaft, so after exiting the trail, Jim had to call AAA for a ride home.

After we aired back up and made sure AAA was on the way, we headed up to Hesperia for a great burger at The Habit.

Respectfully submitted,

MATTHEW MARTEL



Board of Directors

President	Teri Patterson president@ie4w.com
Past President	Bill Henry ppresident@ie4w.com
Vice President	Loren Campbell vpresident@ie4w.com
Secretary	Cindy Coffin secretary@ie4w.com
Treasurer	Mike Moore treasurer@ie4w.com
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Adopt A Trail	Steven Soliz adopt-a-trail@ie4w.com
Environmental Affairs	Loren Campbell environmental_affairs@ie4w.com
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Web Site	Teri Patterson webmaster@ie4w.com
Public Relations	Barbara Bongiorno
Club Merchandise	Peggy Ogaz house_chair@ie4w.com
Sheriff	Jim Miller sheriff@ie4w.com
Trail Boss	Randy Stockberger trailboss@ie4w.com



The Inland Empire Four Wheelers regular business meeting is held the first Thursday of each month.

Crosswalk Church

10421 Corporate Dr. #B

Redlands, CA

7:00pm

Exit Mountain view Ave. off the 10 fwy and go south to the first street and turn left on Business Center Dr. Go 2 blocks and turn right on Corporate Dr.

Second building on the left. Entrance is at the back with plenty of parking.

All are welcome

July 2018 minutes

Pledge of Allegiance led by Robin Reed

Introduction of Guests: Keith Lefevre, Julian and Cathy Gonzalez, Mike Anderson, John Padilla, Chris Pintado

Secretary's Report - Cindy Coffin - Rosters will be passed around after the break. BBFF preruns count as only 1 run. June minutes approved as published - Randy moved, Rick Clay seconded, motion passed. **Treasurers Report** - Mike Moore - started month with \$73,618.00. BBFF bills paid in full. Motion to pay bills approved - Russ Deer made a motion and Rick Clay seconded.

Committee Chair Reports **Merchandise** - Kevin Strong - thanks for taking over and merchandise is here at the meeting **Newsletter** - Dani Goldberg - all good **Membership** - Bill Bem - taking over for Joe while he is on vacation - has packets **Hospitality** - Kay Stauber - all good

Forest Fest - Mike Moore & Peggy Ogaz - Peggy thanked everyone for their hard work. Mike Moore reported that the credit card machine accounted for \$6000.00. Last year BBFF brought in \$33,700 and this year \$31,300. Raffle was better than last year with \$18,670, with \$16,000 net profit. We need to spend 90% of that this year. **Round-up** - Darryl and Mallory Jordon - will be held at Surfer Joes. Rick Clay of 4west will be providing pizza and drinks. Also donating prizes. **Adopt a Trail** - Steven Soliz - not present **Historian** - Jackie Sorcic - not present **Scholarship** - Tim Kemp - will be gearing up for next year - 2 scholarships available **Safety** - Jerry Burgess - not present - report in newsletter.

Kamp Kangaroo presentation - Denise from Camp Kangaroo reported that 67 kids participated in camp. Also presented Ie4W with a photo of all the kids that were in camp and also a t-shirt with our logo on the back as a sponsor and we are also mentioned in their brochure.

Kellie Kennedy from Air-Med also gave a presentation about benefits of joining Air-Med.

Break - refreshments provided by Rachel Bem. August will be provided by Doug Russell. And September is Craig Willcutt.

Report on Past Runs:

BBFF - several reports on the different trail runs

Cleghorn - reported on by Kevin Rice

Future Runs:

July 14 - night run to Holcomb. Darryl Jordon

Aug 17-18 - Pismo Beach - Bob Peterson - not present

Sept 14-16 - Randy's overnighter at Hanna Flats - will run Gold Mountain on Saturday

Oct 15 - Jim Miller - not present - will run Clarks Grade

Nov 10-12 - Anza Borrego - Loren Campbell - not present

Dec 8-9 - overnighter Cougar Buttes - Kevin Rice

Future Events:

Sept 8 - Installation - Pattersons abode - 2:00 pm. Bring a dessert and your own beverage

Old Business:

August meeting moved to August 9.

Mark Ogaz discussed Taboose Creek run and concerns that not everyone participated in the social event (aka campfire) after dinner by some members that went elsewhere for dinner and also target shooting and didn't invite everyone.

New Business:

Roxann to check on name tags for members

Teri Patterson - president - asked for interest in Squatchbox mugs for \$20 with club logo engraved on the mug. Color of mug to be green.

Sheriffs Report - Jim Miller - not present

Raffle Prizes provided by Robin Reed. August will be Morgan Hertel. No volunteers as of yet for September.

Meeting Adjourned

Respectfully submitted by Cindy Coffin, Ie4w Secretary.

BIG BEAR FOREST FEST PLATINUM SPONSORS

Thank you for your support!!!

