

THE
DESERT
RAT

☞ SMOKE TREE RANCH

VOLUME 75

2010/2011 ISSUE





Meanwhile, Back at the Ranch...

Smoke Tree Ranch continues its improvements and upgrades to the delight of all, with a focus on reconnecting the Ranch with its rich western heritage while providing modern amenities to our guests. Twelve more cottages were completely remodeled this summer with central air-conditioning and heating, cement driveways, jumbo shake roofs, board and batten exteriors, new furnishings, flat panel televisions, luxurious bathrooms with private commodes, and separate tub and shower. All cottages received further upgrades including down bedding and pillows, iPod docking stations, and new lighting.

Aglow from the light of the new outdoor fireplaces, patrons at the new *"Silver Clothspin"* Bar can look out over the expanded patio at the Ranch House and relax with a cocktail while enjoying conversation and good cheer with friends and family. At lunch, the view of Mt. San Jacinto is unparalleled, and the desert garden offers its subtle hues and interesting varieties to the careful or casual observer. The roadrunners and quail continue to enjoy the garden as much as the guests do.

There is much excitement at Smoke Tree Ranch as our 2010-11 Season is now in full swing. Colonists and Ranch Guests whooped it up at the Western-themed Opening Party where they were treated to charro Tomas Garclazo and his majestic horses gallivanting and thrilling with rope tricks and fancy footwork. The Thanksgiving and Christmas holidays were bustling with activity, topped off by a fabulous celebration to ring in the New Year.

A variety of programs and activities are planned for the balance of the season including Wellness Week, STR Discussion Group speaker series, Discover the Desert outings, "Relax and Ride" horseback riding packages, Living Desert University programs, Breakfast Cookouts in the Indian Canyons. Guests will also delight in specialty dinners and parties such as Fiesta Night, Valentine's Day Dinner, Mardi Gras Party, Picnic in the Canyons, White Garden Party, Star Gazing Dinner, and much more. The annual County Fair & Ho-Down and Easter Week celebrations will round up our season.



If you are interested in receiving updates and information electronically, please send a quick email to lisab@smoketree ranch.com, and we will be happy to add you to our list.

Don't miss out. Come see what is happening *back at the Ranch!*





Wellness Week

Our Fourth Annual Wellness Week is scheduled for February 7–11, 2011.



Wellness Week will once again feature favorite activities such as yoga and stretching classes, hikes, water aerobics, meditation, and weight training sessions. By popular request, we have added more yoga sessions, additional water aerobics classes, hikes with varying degrees of difficulty, and a variety of speakers. This year, we will also offer Pilates classes, a poolside lunch with reflexology and chair massage, patio lunch with presentation by Rachel Bragg and Rebekah Nelson from The Herb Cellar Wellness Center, a model for integrated health-care delivery emphasizing preventative health care.

Instructor Hugh O’Neil will provide interactive sessions on “Stress Reduction for Mental Health” and “Mindfulness Techniques to Improve and Preserve Cognitive Functions and Enhance Memory.”

Speakers for our “Fireside Lectures” will include Dr. Richard Loftus and Dr. John Ninos from Eisenhower Hospital, who will speak about “Health Habits to Prevent and Treat High Blood Pressure,” and “Diabetes – What You Need to Know.” Craig Doussett, Director of Education for Clark’s Nutrition, will come to Smoke Tree this year to speak about “Nutrients to Turn Back the Clock.” We are especially pleased to have our very own Colonist, Dr. Owen Peck, speak on the topic “When Stress Leads to Colon Cancer.”

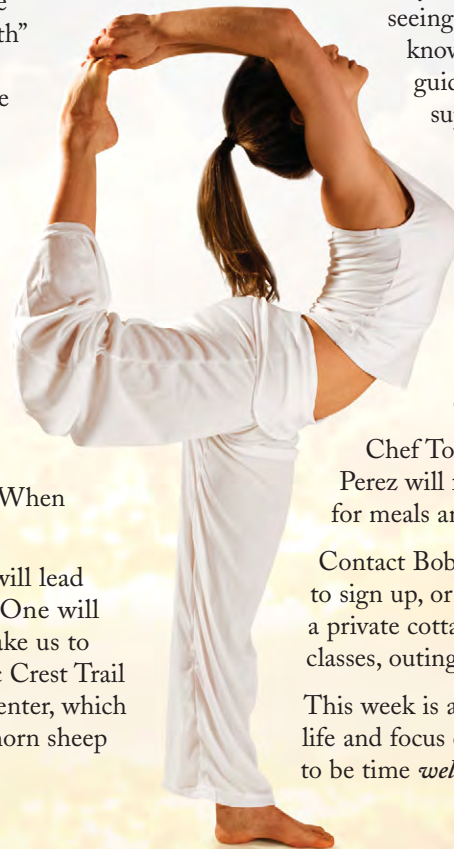
Resident hiking expert, Colonist Bill Bailey, will lead participants on two exciting hikes this year. One will be to Snow Creek Canyon. The second will take us to White Water Preserve for a hike on the Pacific Crest Trail followed by a picnic lunch near the Visitor’s Center, which is overlooked by steep vertical cliffs where bighorn sheep are often spotted.

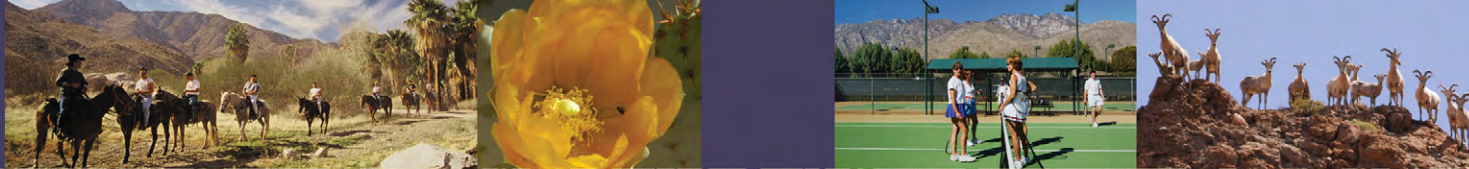
We are happy to announce the addition of a guided bicycle tour. The “Earthquake Canyon Express Tour” is a 20-mile ride that descends through the heart of the San Andreas Fault Zone on a paved road. Riders will see the stark beauty of the desert as they descend a total of 1,200 feet over the route. The course takes riders from the transition zone between the Colorado and Mojave Desert, through the narrow canyon walls of Box Canyon and finishes with spectacular views of the Salton Sea, Mt. San Jacinto, the All-American Canal, and the grape country in the eastern Coachella Valley. There are no cross roads, no turns, and very little traffic, which makes this a relaxing, sight-seeing adventure. The tour includes bicycles, helmets, knowledgeable, professional, and enthusiastic tour guides, support vehicle equipped with first-aid supplies, walkie-talkies and cell phone, snacks and refreshments, water bottles, and ends with a traditional date shake at the Oasis Date Gardens. Participants who may not be able to complete the entire 20 mile ride are welcome to enjoy the scenery and refreshments in the comfort of the “chase vehicle.” This outing is the perfect marriage of travel and exercise to showcase the beauty of our fabulous desert.

Chef Tony Marks and our new Sous Chef Richard Perez will focus on fresh, organic, health conscious foods for meals and snacks during the week.

Contact Bobbie Rothermich, Administrative Assistant, to sign up, or for *Special Inclusive Package Pricing*, including a private cottage, all meals and snacks, seminars, hikes, classes, outings, and transportation.

This week is a great opportunity to take time out your busy life and focus on your mind, body, and spirit. It promises to be time *well* spent!





SMOKE TREE RANCH

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Meetings & Retreats

Smoke Tree Ranch provides the ideal setting for executives to relax and restore their wisdom and endurance.

All of our meeting rooms open up to fresh desert air, and views of the beautiful desert landscape or the breathtaking San Jacinto Mountains.

Group package rates are all-inclusive, providing strong support to meeting organizers. Smoke Tree Ranch package rates include:

- ★ Private cottage
- ★ Meeting rooms
- ★ Three full meals per day in our beautiful Ranch House Dining Room
- ★ Use of our on-site recreational facilities
- ★ Taxes and service charges

We are happy to assist event planners in organizing cocktail receptions, special theme dinners, golf tee-times, off-site outings, transportation, and the management of other local activities.

Please keep us in mind when planning your next corporate or association retreat.



Smoke Tree Stables

Experienced wranglers stand ready to help you “get away from it all” with guided rides to the historic Agua Caliente Indian Canyons, boasting beautiful palm oases and flowing streams. They are also available for private rides, private lessons, and custom-designed group packages that can include picnic lunches or a western cookout.

Feel free to contact the Stables directly at (760) 327-1372, or visit their website at www.smoketreestables.com. Smoke Tree Ranch staff is also happy to assist you with horseback riding reservations, and as always, your Stable charges can be placed directly on your Smoke Tree Ranch account. Happy Trails!

