

CAPITOL RIDERS



OLYMPIA, WA.

Hoofbeats - April 2011

General meeting May 3rd, 7pm
Debbie Haller - treats



Garage Sale April 30th 9 am at Joyce Nelson's

Help set up the evening before and help out the day of. Held in conjunction with Little-rocks annual sale Call Joyce at 360-786-1224.

BCHW Capitol Riders

Meeting Minutes

Littlerock Fire hall, 4/5/11

Call to order : President Dean Hartman called the meeting to order at 7:00 pm.

Introduction of Guests : Angelle Hickman

Toni & Dennis Crisp, Ben Barnes and Cheryl Dickinson

Approval of minutes : Minutes from the March meeting read by Connie Bailey. Correction made that Chris mails out 6 newsletters monthly. Minutes approved.

Treasurers Report : Traci Koch

- Club is solvent. Received our first check from iGive.
- Petty Cash - Angelle Hickman is in charge of petty cash accounting.

Newsletter-Web : Chris Enrico

Chris reported that he has 'colored pink' all chapter events on the web site for easier visibility.

- Ad fee structure fee discussed; 12 Months 1/4 page \$48, 1/2 page \$72, Business card \$25. Motion made approve and accept.
- Traci will manage Ad dollars. Chris will manage ad on Newsletter's and web site.

Activity Committee : Laura Kingman

- Ride Committee: Trail Boss for April 16th Ride are Carrie & Nina. Neither were present. Connie collected names of members signing up for ride and will send to Carrie.
- Keenes Horse Camp Ride date changed to: July 21-24th.
- Work Parties: Jeff reported on Gravel Haul, discussed trail situation and trail 6A area flooded; will eventually be abandoned and re-routed. Jeff submitted a grant. Jeff also reported that on Aug. 27 a Bike Race in Capitol Forest of estimated 300 bikers. Looking for club members to help. They will pay us to help. More information provided at next meeting.
- Wenas Horse Camp- May 26-29 - Riders to sign up at next meeting.
- Kalama Horse Camp Ride: Discuss at next meeting. Note: Question if Mt St Helens Fun Ride is held at this time (June 23-26) would be in conflict.

Ways & Means : Dean Hartman & Tom Crowson

Garage Sale April 30th, at Joyce Nelson's. Joyce & Don Laurance are hosting this event. Time: 9 Am - 3 PM. Be there at 8 AM to help.

- ~ Save up and bring your STUFF
- ~ Price your stuff



~ Bring your personal STUFF for 15% Consignment- proceeds to the club
~ Call Joyce anytime to arrange delivery.
~ Friday April 29th after 5 PM: Come and help set up. Call Joyce.
~ Potluck - Bring a dish.
.Traci to provide starter cash of \$50. A few members to bring tables.

Raffle Tickets : Angelle Hickman

Angelle donated pet items for the drawing. Peggy Tucker donated 2011 Oregon Equestrian Trail Guidebook.

iGive-Mystery Gift : Awarded to Traci Koch for largest donating contributor to our club via iGive.

Social Events : Anita, Connie and Nina

- a). May 6th Combination Dental Clinic and Shooting at ESC Rifle Range. Hosted by Hank and Connie Bailey. Range fees donated by Hank.
- b). July. 16th .- Joyce volunteered to have a Barbecue at her home

Membership Correspondence : Chris E, Connie B

Toni & Dennis Crisp joined us as our newest members.

Legislative : Judy Francis & Dean Hartman.

Judy provided handouts and directed us all to the web site to review additional legislative bill information.

Director : Jeff LaBreck has calendars. Jeff announced April 23rd Mima clean up is on hold.

Old Business : Need members to sign up for ride Trail Boss for Kalama on June 23-26th.

New business : Ritz hosting Vetter Dental Clinic for Sat. May 7th. Contact Ritz. Do not confuse this with Connie's Vetter's Dental Clinic for Friday May 6th at ESC. Member's have received notification of their appointment time, confirmed by Dr. Vetter.

WA State Horse Council - Tom Crowson discussed that the past council is not operating. His mission is to revitalize this group by recruiting new members to help integrate all the various equine disciplines and groups. Contact: 360-349-5223.

Map & Compass class. To discuss a date at next meeting.

Treats for May Meeting : Debbie Haller

Adjournment : Dean Hartman adjourned the meeting at 7:58 PM.

Minutes submitted by: Connie Bailey

Minutes approval by: Membership on _____

Events - partial

April

26 : Horse Owner Workshop 6 pm The Farm Store Chehalis

26-30 : BCHA National Board Meeting Butte, MT 1 (888) 893-5161

29-30 : Spring Market Sale, Thurston County Fairgrounds

29-May 1 : Methow Valley Chapter Annual Spring Ride \$15 preregistration (509) 997-4802 or nanpal@centurylink.net

30 : Capitol Riders Chapter Garage sale at Joyce Nelson

30 : Lewis County Chapter Packing Clinic Lance Holdt: (360) 508-0450 or lanceholdt@yahoo.com

30 : DNR Bridge Construction Work Party Straddleline ORV Pk 9 am

May

1 : Capitol Forest opens to Horses

2-6 : Washington Outfitters and Guides Assn. 2011 Ride to Rendezvous, Methow Valley (877) ASK-WOGA
outfitters@woga.org

3 : General Meeting Littlerock fire hall 7 pm

6 : Dental Clinic, Evergreen Sportsman's Club Shooting Connie Bailey

6-8 : Washington Outfitters and Guides Assn. '49er Day Packer's Rendezvous, Winthrop City Park (877) ASK-WOGA
outfitters@woga.org

7 : Capitol Riders Sahara-Elbe ride

7 : Dental Clinic, Ritz Duchesne - Spurgeon Creek Road Ritz 608-449-0319

14 : Lewis County Chapter Burnt Ridge fun ride

14 : Nisqually Chapter ride Fall Creek 10 am

14 : Inland Empire Chapter 17th Annual Poker Ride Ken Carmichael: (509) 466-2225 inlandempire.bch@gmail.com

14-15 : LNT Basic Skills class – Les Hilde, hosted by Skagit Chapter Alisia Boswell 360-201-8672

14-15 : Olympic Chapter Wenas Ride & Camp

21 : Alpine Lakes Trail Riders Ride in Joe Watt Canyon, 9 am (509) 964-9260 or (509) 304-8701

21: Oakland Bay Chapter Kennedy Creek Fun Ride

21-22 : Olympic Chapter Rhodie Ride & Camp, Tahuya River Camp

26-29 : Capitol Riders Wenas Horse Camp, camp out Barry and Carrie Russell

27-29 : Horse Clinic with Jane Zubia, Toledo

29 : Roslyn Riders Poker Run

Directors Meeting

March 18, 2011

Ellensburg, WA

1. Darrell Wallace called the meeting to order at 7:02 pm and had an introduction of all the Directors. Agenda approved as revised. December meeting minutes approved.
2. Jeff Chapman talked about the Discovery Pass Bill 5622 and said we would support it with changes. He also talked about the Naches District trail closure issue. We will address this issue when the USFS decides how they will close trails.
3. Trygve Culp made a motion for Teunis Wyers and Jeff Chapman to write a letter to the Naches District Ranger that we are considering an appeal of her decision. Motion carried.
4. Lori Lennox moved we award Jim Murphy a Lifetime membership in BCHW, motion carried.
5. Vicki Clark said that Calendars will be reduced to \$4.00 each.
6. Dave Swanberg reported on the Rendezvous and on the 2012 Calendar Raffle, Calendars will be available for the June Meeting.
7. Doc Wesselius passed out a rough draft of a proposed BCHW Safety Checklist. Motion made and carried to adopt a BCHW Safety Checklist.
8. Bob Gish moved that Darrell Wallace be authorized to approve RTP Applications, motion carried.
9. Darrell Wallace wants the Directors to send him their weekly average Volunteer Hours.
10. Janelle Wilson told us that the 2011 Directory is posted on the Director's Download Page.
11. Mike McGlenn talked about the BCHA Annual Meeting and that he plans to run for Chairman.
12. Bob Gish moved that Darrell Wallace be sent to the BCHA Annual Meeting to replace Lori Lennox this year because she is unable to go, motion carried.
13. Teri Starke reported that we are in the black and Darrell Wallace talked about his BCHW Expenditures Pie Charts.
14. Trygve Culp talked about Chain Saw Certification and BCHW will divide the state into 9 regions and each region will have 1 Chain Saw Certifier and 1 Cross Cut Saw Certifier.
15. Jeanne Paddock discussed the Neglected and Endangered Trails Maintenance Grant.
16. Teunis Wyers said that 17 chapters have turned in new bylaws and he has reviewed 11 so far.
17. Bob Brooke reported that Bill 5622 needs our attention and that the NOVA Restoration Bill will not happen this year due to a shortage of funds.
18. Traci Koch reported on Volunteer Hours and said we need to list our trail miles under the proper category so they can

- be properly tabulated.
19. Dick Yarboro said we will be printing a new run of brochures using our \$2800 budget.
 20. Traci Koch asked about storing BCHW Historical Records and Darrell Wallace will check on records retention and report back to the board.
 21. Darrell Wallace said that a lot of our insurance expense is for Additional Insureds and that our rates have been reduced this year.
 22. Jim Thode moved to remove the saddle from the live auction, Pick of the Live, motion defeated.
 23. Darrell Wallace said that the report on Chapter Accomplishments will be published in the THN.
 24. Bob Gish moved to not accept cut up crosscut saws as artwork, motion defeated.
 25. Lori Lennox commented on Dick Yarboro's success with publicity about Rendezvous.
 26. Darrell Wallace adjourned the meeting at 9:15 pm. Much discussed, a good productive meeting.

Jeff LaBreck, Director

General Meeting

March 19, 2011

Ellensburg, WA

1. Darrell Wallace called the meeting to order at 1:00 pm.
2. Mike Drougas talked about Wenas and possible opening of Barbecue Flats, new gates and closures.
3. Lori Lennox awarded a Junior BCH Award and the Camp Cook Award.
4. Dave Welch talked about Burke Lake and the shrinking Horse Camping facilities. Quite a lot of the old Horse Camping areas have been blocked off with boulders.
5. Darrell Wallace talked about the state of BCHW. We have 56 more individual members than last year. We have managed two Grants, the \$10,000 Education Grant and the \$75,000 Neglected and Endangered Trails Maintenance Grant. We had 61,000 Volunteer Hours in 2010 with 30,000 on trails.
6. Teunis Wyers talked about BCHW maturity due to dedicated presidents the last few years and the need to hire support staff to support their efforts.
7. Trygve Culp talked about Whistler Canyon and the progress there.
8. Joyce Willms said that BCHW needed to grow and get an office and staff to answer the phone and work with people that call.
9. Jim Murphy was presented an award for his long term dedication and service to BCHW through the years. He also got a Lifetime Membership in BCHW.
10. Lori Lennox passed out the awards which will be documented in detail in the Trailhead News.
11. JoAnn Yost presented Lori Lennox with an award from Grays Harbor Chapter and Darrell Wallace gave Lori a President's Diamond Award.
12. Kim Habel said that there are ballots available for voting on the table decorations with the prize being Scattercreek Wine.
13. Darrell Wallace talked about his article on Chapter Accomplishments that will be in the Trailhead News in the next issue or two.
14. Joyce Willms said we are going to try to recognize new members with a little write up about them.
15. Darrell Wallace adjourned the meeting at 2:30 pm. A pleasant and informative meeting.

Jeff LaBreck, Director

Seven Stages of Ageing on Horseback

From the barn grapevine:

Stage 1: Fall off pony. Bounce. Laugh. Climb back on. Repeat.

Stage 2: Fall off horse. Run after horse, cussing. Climb back on by shimmying up horse's neck. Ride until sundown.

Stage 3: Fall off horse. Use sleeve of shirt to stanch bleeding. Have friend help you get back on horse. Take two Advil and apply ice packs when you get home. Ride next day.

Stage 4: Fall off horse. Refuse advice to call ambulance; drive self to urgent care clinic. Entertain nursing staff with tales of previous daredevil stunts on horseback. Back to riding before cast comes off.

Stage 5: Fall off horse. Temporarily forget name of horse and name of husband. Flirt shamelessly with paramedics when they arrive. Spend week in hospital while titanium pins are screwed in place. Start riding again before doctor gives official okay.

Stage 6: Fall off horse. Fail to see any humor when hunky paramedic says “You again?” Gain firsthand knowledge of advances in medical technology thanks to stint in ICU. Convince self that permanent limp isn’t that noticeable. Promise husband you’ll give up riding. One week later purchase older, slower, shorter horse.

Stage 7: Slip off horse. Relieved when artificial joints and implanted medical devices seem unaffected. Tell husband that scrapes and bruises are due to gardening accident. Pretend you don’t see husband roll his eyes and mutter as he walks away. Give apple to horse.

Trust me. Despite a lack of bounce-ability, aging on horseback isn’t so bad, as long as you know what lies ahead. And as long as you keep your sense of humor.

Equine Pythiosis: Unsightly, Deadly, and Spreading

by: Stacey Oke, DVM, MSc
April 22 2011, Article # 18146
thehorse.com

If your horse doesn’t live in a tropical or subtropical region, you’ve most likely never had to worry about equine pythiosis, a relatively rare and sometimes fatal skin infection that causes tumorlike masses and ulcerated lesions in horses. But researchers have noted recently that the disease is now also affecting horses in cooler, drier climates--indicating that it’s becoming more widespread and is an affliction more horse owners need to be aware of.

According to Leonel Mendoza, MSc, PhD, an associate professor in the Department of Microbiology at Michigan State University, who recently completed a review on the disease, equine pythiosis is a rare infection caused by a funguslike microorganism called *Pythium insidiosum*. The infection, typically found in tropical and subtropical climates, has recently been diagnosed farther north than usual, appearing in drier states such as Arizona, California, and Washington state. The reason for the geographic spread of the disease remains unknown.

The causative agent resides in standing water or moist soil and finds its way into small wounds on a horse’s legs, lower abdomen, chest, or face, causing large, tumorlike masses that ulcerate. These itchy lesions contain necrotic (dead) tissue with a characteristic strong odor and draining tracts, and they contain stony masses called “kunkers” at their core.

Once considered a rare infection in the United States, pythiosis is a noncontagious disease with hundreds of cases reported annually in dogs and horses, and few cases in humans (one to two per year). Mendoza notes that there have been no reports of animal-to-animal or animal-to-human (or vice versa) transmission of the disease.

An increased interest in or recognition of the disease has accompanied its spread and some researchers have described the disease as “emerging.” However, other authorities on the subject, including Mendoza, disagree, noting that the disease was described as early as 1884 in India.

Early Action Key to Successful Treatment

No breed, age, or sex predilection appears to exist, so all horses have a similar risk for contracting the disease. If pythiosis is suspected in a horse that begins to develop lesions in the described areas, veterinarians advise testing for the disease (via blood test or biopsy) as quickly as possible. Long-standing (chronic) cases are less likely to respond to treatment than cases that are caught promptly (generally within two weeks).

A treatment technique called immunotherapy (referred to by the researchers as vaccination) is reportedly associated with a very high success rate. Researchers on one study reported that 72% of 18 horses recovered completely from pythiosis following vaccination (Mendoza notes, however, that most of these horses had undergone other treatment modalities in addition to the

vaccination, including surgery to excise the lesion, or administration of various drugs such as antifungal agents). Thus, the chance of curing a horse with the vaccine alone remains unclear.

“Despite this, immunotherapy remains the first choice for the management of equine pythiosis in the USA,” said Mendoza.

He noted that although *P. insidiosum* is not a fungus, veterinarians sometimes turn to antifungal agents as treatment; however, these drugs are not associated with a high success rate.

Researchers have noted that radical surgery, including limb amputation, is still the only treatment option in many cases, but many patients (about 55%) die despite surgical intervention.

Although a surefire preventive technique remains elusive, veterinarians suggest that practicing good wound care techniques and attempting to keep horses away from standing water or moist soil might aid in preventing infection.

The review, “*Pythium insidiosum*: an overview,” was published in *Veterinary Microbiology* in November 2010. The abstract is available online at www.ncbi.nlm.nih.gov/pubmed/20800978.

Five Cheese Chicken (in a Dutch Oven)

Serves 4

- 2 whole chicken breasts, skinned - deboned - split
- 4 slices mozzarella cheese
- 4 slices Swiss cheese
- 1/2 cup ricotta cheese
- 1 tablespoon Parmesan cheese
- 1 egg yolk
- 1 egg, well beaten
- 1/3 cup bread crumbs
- 1 tablespoon oil
- 1 tablespoon butter

CHEESE SAUCE:

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 1/4 cups milk
- 1/2 teaspoon Worcestershire sauce
- dash Tabasco sauce
- 2 tablespoons dry sherry
- 1 cup cheddar cheese
- salt and pepper

COOKING INSTRUCTIONS:

1. Place chicken halves between pieces of plastic wrap. Flatten with mallet to form thin cutlets.
2. Place a slice mozzarella and Swiss cheese on each cutlet.
3. Mix ricotta and Parmesan cheeses with egg yolk. Divide among cutlets, placing a spoonful at the wide end of each cutlet.
4. Roll-up from the wide end. Roll each in flour, dip in egg and coat with bread crumbs. Secure with toothpicks.
5. Brown chicken on both sides in hot oil and butter. Arrange in a pre heated Dutch oven.
6. Bake at 350 degrees for 20 minutes.

CHARCOAL HINTS: Use 8 briquettes underneath and 10 on the lid.

CHEESE SAUCE PREPARATION:

1. Melt butter in sauce pan.
2. Stir in flour. Add milk, cook, stirring until thick.
3. Add Worcestershire sauce, Tabasco, sherry and cheddar cheese.
4. Salt and pepper to taste.
5. Serve over the top of chicken.

Source: Paul O. Mantz/Powers, Northwest Dutch Oven Society

N O R T H
 S H W E D N
 M O N T A N A
 C A P I T O L
 R I D E R S

Come Join Us!

To join or renew your membership with BCHW, complete this application:

- Please PRINT LEGIBLY.
- Sign the LIABILITY RELEASE (all members over 18).
- Make checks out to CAPITOL RIDERS.
- Give or mail the application to Chapter Treasurer:

Traci Koch
 61 SE Craddick Road, Shelton, WA 98584



Member Info

New Member Renewal – Membership number(s): _____

Adult's name(s): _____

Children's name(s): _____

Address: _____

City: _____ ST: _____ Zip: _____

Phone number: _____ E-mail: _____

Legislative district (if known): _____ County: _____

STATE MEMBERSHIP

Basic Membership

- Single \$36.00
 Family \$49.00

Optional Membership *(includes family or single from above)*

- Contributing \$65.00
 Sustaining \$100.00
 Patron \$250.00
 Benefactor \$500.00
 Lifetime (Single) \$1200.00

State dues paid online (attach receipt copy)

Additional State Donation \$ _____
 Subtotal A \$ _____

CHAPTER MEMBERSHIP

Chapter Name (or Independent): _____

Capitol Riders

Chapter Dues - Single \$10.00
 - Family \$15.00 \$ _____

Additional Chapter Donation \$ _____

Subtotal B \$ _____

Grand Total (A+B) \$ _____

LIABILITY RELEASE & NOTICES

All ADULT members MUST sign! Adult's signature covers minor children.

Recognizing the fact that there is a potential for an accident wherever horse use is involved, which can cause injuries to horses, riders, and spectators, and also recognizing the fact that Backcountry Horsemen of Washington, Inc., including Chapters, officers, directors, or members, cannot always know the condition of trails or the experience levels of riders or horses taking part in trail rides or other BCHW events, I do hereby release and hold harmless the above named from any claim or right for damages which might occur to me, my minor children, or horses.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Backcountry Horsemen of Washington (BCHW) is a public charity as defined in Internal Revenue Code Section 501(c)(3). Accordingly, membership dues paid to BCHW may be treated as deductions characterized as "charitable contributions" when computing federal and state income tax obligations.

Calendar (partial) of Events for 2011 -

See page 2



This space for rent

This space for rent

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Chris Enrico
4809 24th Ave SE
Lacey WA 98503

Capitol Riders
<http://capitolriders.org>

