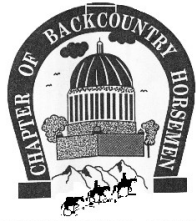


CAPITOL RIDERS



OLYMPIA, WA.

Hoofbeats - July-August 2009

Dear Capitol Riders,

On Saturday, October 3, 2009 the DNR and Tacoma Trail Cruisers are sponsoring an Ecology Day clean up in Capitol Forest. This will be a cleanup of the roads in the Forest.

There will be a large dumpster on the Tacoma Trail Cruisers property on the Sherman Valley Road to deposit the trash in. DNR will be providing trash bags and rubber gloves.

There will be a BBQ potluck lunch at the Tacoma Trail Cruisers property. Attendees should bring a side dish for the potluck.

This is an important way for us to help with cleaning up the Forest and showing our appreciation for the opportunity we have to use this beautiful place for trail riding. This is one event that we should participate in and help to make the Forest nicer when we leave than it was when we arrived.

Please see the DNR flyer for more information on this event. I can be reached at 360-264-7901 to answer any questions. I will be taking my pickup truck to help haul trash.

Thank you for your participation.

Jeff LaBreck
Volunteer Hours Coordinator

Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and proclaiming, "Wow, what a ride!!!" - Mark Frost 'The Match, published November 6, 2007, Hyperion'



Capitol Forest Ecology and Cleanup Day

Saturday October 3, 2009

9:00am Tacoma Trail Cruisers Property



COME OUT AND HELP CLEAN UP CAPITOL FOREST

Join the Department of Natural Resources and the Tacoma Trail Cruisers (TTC) for their annual Ecology Day clean-up event of Capitol Forest. This event is open to all friends, neighbors, and users of Capitol Forest to come out and help cleanup garbage and debris. Garbage bags, rubber gloves and a 40 yd dumpster will be provided by the DNR.

Lunch will be a BBQ potluck

Please bring: gloves, water and a side dish to help out with the event

If you have a pickup or a trailer to haul garbage down to the dumpsite that would be a tremendous help

Meet at the Tacoma Trail Cruisers Property on Sherman Valley Rd. at 9:00am for maps and directions for cleanup areas.

To get to the TTC property From I-5 Take Exit 95. Follow 128th Ave. towards Little Rock. Drive through Little Rock until road comes to a T with Waddle Creek Rd. Take a right on Waddle Creek Rd. Follow Waddle Creek until it meets up with Sherman Valley Rd. Take a left on Sherman Valley. TTC Property is .75 miles on the left

Questions? please contact Nick Cronquist, DNR Volunteer Coordinator at 360-480-2700 or email him at nick.cronquist@dnr.wa.gov

Department of Natural Resources
“Providing Safe, Enjoyable, and Sustainable Recreational Experiences”

Minutes
Capitol Riders Meeting
June 30, 2009

President pro tem Karen Johnson called the meeting to order at 7:13 PM.

Minutes
The minutes of the May 12th meeting were approved as printed in the Hoofbeats newsletter.

Treasurer's Report
Our treasurer was not present, so no report was given. Webmaster Chris Enrico said that he had submitted a bill of \$116 for the website renewal.

Director's Report
Jeff attended the June 13 Directors' meeting. The report is in the current newsletter.

Committee Reports
Trail Rides
The trail ride for July 4th weekend has been cancelled but the date of Saturday, July 18th was suggested for a ride at Elbe. Karen will send out more information soon.
Breakfast Social: The June 20th breakfast at JJ North's was fun with good food and good prices!

Trail Maintenance
No maintenance is scheduled at this time. Jeff would like to schedule some trail work for National Trail Day in September

Legislative Action Committee. No report

Membership Committee No report

Fundraising Options
Chris again suggested contacting John Dodge of the Olympian to do an article on the Capitol Riders' chapter of BCHW.

Another idea was suggested for fundraising which involves holding a Dutch Oven and/or Pie cooking contest. There would be judging of the items and then samples may be sold. The event would be held at a public place such as the Thurston Co. fairgrounds sometime in the fall or winter. Chris will do some investigation about space rental at the fairgrounds and food safety requirements.

OLD BUSINESS

Garage sale
The garage sale will take place at Griffin School parking lot on July 11 from 11:00 AM to 3:00 PM. Discussion was held on getting all the necessary items in place for the sale.

NEW BUSINESS

There were no items of new business

NEXT MEETING

There will be no meeting in July.

The next meeting is scheduled for Tuesday, August 11th at 7:00 PM.

The meeting was adjourned at 8:04 PM.

Respectfully submitted,
Karen Johnson, Secretary

Minutes
Capitol Riders Meeting
August 11, 2009

Director Jeff LaBreck called the meeting to order at 7:05 PM. There were 7 members in attendance. No other officers were present.

Minutes
The minutes of the June 30th meeting were approved as printed in the Hoofbeats newsletter.

Treasurer's Report
Lee Munroe was not in attendance so no Treasurer's report was read. Comments were made that the success of the Yard Sale on July 11 added much needed funds to the bank balance.

Director's Report
Jeff did not offer a Director's report at this time.

Committee Reports
Trail Rides/Social events
No trail rides are planned for the chapter at this time.

Website
No update

Trail Maintenance
Capitol Forest
There will be a Capitol Forest Clean Up Day on October 3rd. sponsored by Tacoma Trail Cruisers. A flyer has gone out to all members. There will be a pot luck lunch at the end. Please bring a dish to pass around.

Garbage bags, rubber gloves and a 40 yard dumpster will be provided by DNR.

We would love to see a good representation from BCHW members. Contact Ritz or Jeff if you have any questions.



Jeff also indicated that the culvert on Green Line 6 has been repaired.

Fundraising Options

Various fund raising options were discussed. Chris checked with Thurston County Fairgrounds about using the lower parking area for an event. It would cost \$300 for use. That price makes it a little steep for the chapter at this time.

Jeff wondered if the chapter was able to support a September Yard Sale, perhaps on the other side of Olympia. Ritz will send an email out to members to see if there are sufficient items available to support another sale at this time.

OLD BUSINESS

Garage sale

July 11th was the date for the Chapter's Yard Sale. The sun was out and so were the buyers. Several members were present to provide items and assist with selling. Gross sales were over \$900 and the net to the chapter exceeded \$500. Many thanks to all who provided items and helped with the sale. Special thanks to Maggie Miller for finding a great location and for gaining recognition for buying the most items!

NEW BUSINESS

No new business was discussed.

For the Good of the Order

Dean Hartman indicated he still has map and trail books for members. If anyone needs one, please contact Jeff LaBreck. .

Next Meeting.

The next meeting is scheduled for Tuesday, September 8, 2009 at 7:00 PM



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The meeting was adjourned at 7:45 PM.

Respectfully submitted,
Ritz Duchesne
On behalf of Karen Johnson

Baked Chicken And Rice

- 2 cups long grain rice
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 cup sour cream
- 1 small onion; diced
- 1 stalk celery; diced
- 3 cloves garlic; minced
- 1 Tbs. worcestershire sauce
- 2 cans water
- 8-10 pieces of chicken
- 2 tsp. poultry seasoning
- salt and pepper to taste



To a 12” Dutch oven add rice, soups, sour cream, onion, celery, garlic, worcestershire, and water. Stir to mix. Season chicken with poultry seasoning and salt and pepper then place over top of rice mixture.

Cover Dutch oven and bake using 10-12 briquettes bottom and 14-16 briquettes top for 90 minutes.

Serves: 8-10

September 1975, The Center
Prairie Zone News
Charlotte C Teeter

The following comment is borrowed from D.B. and the B.W. It is timely and very true. “Participation - just what is it? Do you pay your dues into a club, or organization and then not join in and participate? Has your group held work parties, shows, dances, trail rides, meetings and you have stayed home and thought, “aw, let George do it”? An organization or program is only as strong as the participants make it and if people don’t take part, the whole thing dies and everybody is left sitting in his own backyard, complaining there is nothing to do. There are so many activities that need every-

body's participation, including working, in order to insure their being offered again. We've got to quit thinking "let George do it" – George is getting darned tired.

We've got a small group in our Zone called, informally, the Blister Bunch. It consists of a group of dedicated people to help build, rebuild, and maintain trails in the Capitol Forest, Under the leadership of their "boss", Jim Moe of the DNR, these people have been working on the Capitol Peak trail, east from the Al Davis Road to the combination trail down at Waddell Creek, since February. These people have rebuilt approximately 2 miles of the trail, clearing out Salaal, Oregon Grape, grass, roots, limbs, stumps, etc., to ensure that the trail will be there for a while.

The Blister Bunch is headed up by Jim Moe of the DNR, Lloyd and Myrna Conine, Del, Charlotte, and Betty Teeter, Mike McLain, Delores, Bessie, Nadine and Dawn Smith, Sue Lorenzo, Mike Joyce, Sherry and Jaimie Morgan, Sam, Marge, Robbie, and Jaimie Reed. Dawn Smith and Jaimie Reed have been carried on their mamma's backs as both were under 18 months old, Betty Teeter, Sherry and Jaimie Morgan, and Robbie Reed are under the age of eleven years, and these little guys are right in there doing their share of the work.

On July 20, we took a "day off" and rode the Super Trail as we call it, and what a feeling of pride we had. The only complaint any of us made was that Myrna pulled a "Charlotte" – she was a little confused as to the direction we headed in, the miles we were to have ridden, and six candy bars do not replace lunch.

There are many good trails in Capitol Forest for horses, just keep an eye out on the signs posted for horse and hiker trails; you will have to use combination trails on occasion and that is no problem as the bike riders have been absolutely tops in courtesy and consideration for us horsebackers.

October 5 will see the Zone sponsored Ride for Research trail ride; we'll take off at the new Mima Prairie horse camp, follow the fantastic trail, return to camp for a potluck dinner. Myrna Conine and Charlotte Teeter are in charge of the ride.

Calendar of Events -

8/21 - 8/23/09 Campout/Ride - Keenes Horse Camp
9/8/2009 General Meeting 7:00 PM Littlerock Fire Department
9/11 - 9/13/09 Campout/Ride - Kalama
10/3 - 10/4/09 Campout/Ride - Ocean (TBD)
10/13/2009 General Meeting 7:00 PM Littlerock Fire Department
11/10/2009 General Meeting 7:00 PM Littlerock Fire Department
11/14/2009 Dental Clinic - Trails End, Tumwater
12/9/2009 Christmas Party - TBD

Chris Enrico
4809 24th Ave SE
Lacey WA 98503

