

# CAPITOL RIDERS



## Hoofbeats - August 2011

General meeting Sept 6th, 7pm  
Diana Coffee, Traci Treats


We hope everyone has been enjoying the summer. A couple of good things about it - It's been cooler than the rest of the country and with all the rain the wildfires have been lessened. Can't say that about the southeast or southwest. It's been a bad year for wildfires and summer isn't over yet.

By the time you read this the Keenes trip is here, August 26th to 29th. Word on trail conditions has been hard to come by. We do hope they are rideable and the bugs are few. Tootie Crowson is Trail Boss and you can call her at 360-349-5224.

September is a busy month to close out summer. A work party up the West Fork Humptulips on the 2nd to 5th hosted by the Grays Harbor Chapter.


The 10th has all kinds of opportunities to stay out of trouble: a work party on Capitol Forest trail 6A bypass and bridge construction, Tahoma Chapter's 21st annual Prize Ride in Maple Valley, Stockman's Coalition ride at the Evergreen Sportsman Club out of Littlerock, Mossyrock Horse and Rider's Fall Season trail ride and 9/11 Remembrance, and Island County Chapter's Annual Russell Mangan's Raffle Ride, Treasure Hunt and Chili Cook-Off on Whidbey Island. Whew!


The 11th is the chapter ride at Buck Creek, hosted by Meridian Riders out of Enumclaw. Directions in this edition and on the web site.


 The 16th-18th is the LNT Train the Trainer class at Indian Camp on the Middle Fork of the Teanaway.

The 16th-19th is another camping opportunity at White Pass Horse Camp. Again, directions in this edition and on the web site.

Finally, the 24th is National Public Lands Day. You can get outside and do some good for yourself and others. Jeff LaBreck will be in Ellensburg that day representing the chapter.

 The Nisqually-Mashel Chili Dog ride on July 30 had gorgeous blue skies although I heard it was raining elsewhere in the area. A very good turnout and the chili dogs and other great foods were enjoyed by all attending. Nina's horse came up lame though. A few folks stayed late to take another ride to the river.

 The Mt Adams camp weekend was enjoyable for the four that went. Bug free, beautiful mountain views and no campers. Daytime temps were about 75 with nights cooler, riding was fantastic and no snow on the trails. Hikers were encountered but no other riders.

 The listing of Washington State horse camps is pretty well complete with Google Map links, written directions, camp information and history tidbits. You no longer have any excuse to decide where to go camping with the horses. Go to the chapter web site, then the Maps page and above the listings of map sites and maps you will see a link to the page. For those not wanting to rough it a selection of Bed and Barns and other commercial operations throughout the state are included. There are several along the coast from Ozette to Long Beach.

For those wanting to take on a project here is an idea for you. The trails out of the Les Hilde trailhead (close to 100 miles) were recorded using GPS and placed on a map. This can be done for any trail you care to ride. The bicycle community has made a good start on the Capitol Forest. Les Hilde as I recall had some new trails that wouldn't show up on maps which was the big driving force behind the project.

Web site traffic has increased and I fully expect it will get even busier when the Horse Camp article comes out in the next edition of the BCHW Trailhead News. It will be somewhere in the September/October 2011 copy. I am hoping my words are intact but I have no control.

## Events - partial to the end of the year

### September

- 6 - General Meeting Littlerock fire hall 7 pm
- 10 - Tahoma Chapter's 21st Annual Prize Ride Maple Valley
- 10 - Stockman's Coalition ride - Evergreen Sportsman Gun Club
- 10 - Mossyrock Horse & Rider's Fall Season trail ride and 9/11 Remembrance
- 10 - Island County Chapter Annual Russell Maugan's Raffle Ride, Treasure Hunt and Chili Cook-Off, Whidbey Island, Kerry Graves: (360) 544-8406 kerry53@comcast.net Diana Putney: (360) 321-5631 glputney@whidbey.com
- 11 - Prize Ride - Buck Creek, Meridian Riding Club 9 am
- 16-18 - LNT Train The Trainer class, Indian Camp, Middle Fork Teanaway
- 16-19 - Capitol Riders White Pass horse camp, camp out
- 24 - National Public Lands Day
- 24 - 3rd Qtr BCHW Directors Meeting Ellensburg

### October

- 4 - General Meeting Littlerock fire hall 7 pm
- 8 - Capitol Riders Green Mountain ride
- 26 - National Mule Day
- 31 - Capitol Forest closes to Horses

### November

- 1 - General Meeting Littlerock fire hall 7 pm
- 6 - Nisqually Chapter ride JBLM Area 13, 11 am, pass required!

### December

- Date TBD - Chapter Christmas Party - Rob Keyser's barn
- 2 - BCHW, USFS & State Land Managers meeting Ellensburg
- 3 - 4th Qtr BCHW Board of Directors meeting Ellensburg
- 6 - General Meeting Littlerock fire hall 7 pm - subject to cancellation
- 13 - National Day of the Horse

### White Pass horse camp September 16th to 19th

Directions : Heading east on SR 12 at milepost 151.67, on the down slope on the east side just below the summit, and past a short bridge over the South Fork Clear Creek, is Forest Road 499 on your left (which is also the Pacific Crest Trail). Turn right onto horse camp circle off Rd 499.

Six dispersed campsites, 2 toilets, a horse ramp, 8 hitch rails, and parking for 10 vehicles. No potable water. Certified weed seed free feed is required.

Dean Hartman mentioned that hunters may "take over" this camp for parking during the "High Buck Hunt".

### Buck Creek ride September 11th

Directions : From Olympia - Interstate 5 north to State Route 512 E (exit 127). Continue on SR 512 east to SR 167 N by keeping to the right , exiting almost immediately to SR 410 (Sumner/Yakima/ Mt Rainier). Continue on SR 410 through Buckley and Enumclaw, heading towards Chinook Pass. From the east end of Enumclaw and the US Forest Service Ranger Station there on your right, it is approximately 29.2 miles to Forest Service road 7160 where you need to turn right (milepost 54.32). Total mileage from Olympia is about 81 miles or 2 hour 30 minutes.

No potable water. Certified weed seed free feed is required. NW Forest Pass is required.

## **BCHW Capitol Riders**

Meeting minutes

Littlerock fire hall 8/2/11 7 pm

**Call to order** : President Dean Hartman called to order the regular meeting of the Capitol Riders Chapter, BCHW at 7:05 PM on 08/02/2011 in Littlerock Fire Hall.

Dean will not be present at the September 6th meeting. The meeting will be chaired by Laura Kingman, vice president.

**Introduction of Guests** : Angelle Hickman - Barry Yoseph, introduced by Tom Crowson. Barry joined Capitol Riders by meeting end.

**Attendance at Last Meeting** : 22

**Approval of minutes** : Minutes from the June meeting were read by Connie Bailey. The minutes were approved as read.

**Treasurers Report** : Traci Koch

- a) Club is solvent.
- b) Petty Cash - Angelle Hickman is in charge of petty cash.

**Newsletter-Web** : Chris Enrico - Chris submitted an article to BCHW Trailhead News for the Sept/Oct. 2011 issue. He has added a 'Notices' page to the chapter web site as well as horse camp information.

**Activity Committee** : Laura Kingman

Ride Committee :

Mt Adams Horse Camp – August 4-7, Barry and Carrie Russell. Directions on the chapter web site. Meet at Maytown Rest Stop if caravanning. Maps were distributed.

Keenes Campout August 26-29, Tootie Crowson, Trail boss. This date was exchanged for the White Pass Ride. Send Carrie/Tootie an email if you are going.

Fort Lewis Reminder: if you do not follow the rules: 1) Do not park on the grass 2) Ride only the trails 3) Have a valid pass on you and displayed in your vehicle. If you do not have a valid pass your vehicles will be towed away. Your pass privileges will be revoked forever. Our riding areas are being actively policed.

Weed Free Hay: Traci mentioned that they were checking campers bales at Kalama.

BCHW 2009 Alert: upto \$10,000 and six months in jail for bringing uncertified hay into a national forest.

**Work Parties** : Jeff LaBreck

August 27th Bike Race in Capitol Forest with an estimated 300 bikers using Trail 6 and 8. Jeff has not received any feedback from this group requiring our support.

Capitol Forest - National Trails day worked on 6A reroute. Purchased timbers with grant money to build a bridge over the creek as part of the 6A reroute. Also purchased gravel for trail tread hardening.

September - Several work parties will be scheduled and will notify membership via email.

**Ways & Means** : Dean Hartman & Tom Crowson

Garage Sale: \$xxx

Advertising: no activity

Raffle Tickets: Angelle Hickman

iGive: Connie Bailey: quarterly reports

Social Events: Anita, Connie and Nina

GPS/Map Class: at Crowson's date to be determined.

**Membership Correspondence** : Chris E, Connie B

Cheryl Brown is leaving us. She is moving back to Yakima on August 12th. Cindy McAllister & Barry Yoseph are our newest members.

**Legislative :** Judy Francis & Dean Hartman.

Judy continues to monitor & provides information for Chris to post on web site. Additionally, Judy provided hand-outs of legislative activity that would directly interest us but reminds us to check the links on the web site to the actual work plans.

It was noted that BCHW-Bob Brooks & Jeff Chapman subscribed to a web service to monitor Legislative Bills.

**Director :** Jeff LaBreck - Public Lands

Directors Meeting information in the newsletter.

2012 Calendar Raffle Draw: Each calendar has a raffle ticket attached. There will be 11 monthly drawings with a \$300 prize and a GRAND PRIZE DRAWING at the December 2012 BCHW Board Meeting with the winner receiving \$3,000.

Discover Pass: Required at all State Park and Recreation lands. \$30 (\$35 w/dealer fee) per vehicle annually (\$10 day pass-\$11.50 w/dealer fee). You can avoid the dealer fee if you purchase directly at a State Park. The fine for not displaying the pass is \$99.

**Old Business:**

Nile Ride Report: Awesome Ride!

**New business:**

Fort Lewis is discussing a use charge.

Washington State Horse Council: Tom Crowson discussed this newly filed 501(c)3, non-profit organization, to replace the previous entity that is no longer active. This organization's mission is to integrate all horse disciplines e.g. Veterinarians, Stockman Coalition (rescue org), Dressage, Quarter Horse, Mounted Shooters and all other horse groups.

Emergency 911 call from Scattercreek Trail Head: Email from Laurie of Scattercreek Chapter alerting riders to keep track of mile post signs/streets or any markers that would assist emergency responders. A 911 call had been made and the responders were unable to find the Scattercreek trailhead. Laura Kingman also suggested when calling 911 that you request to be transferred to a WSP call center.

**Treats & Coffee for Sept Meeting :** Diana Gunderson (Coffee) & Traci (Treats).

**Adjournment :** Dean Hartman adjourned the meeting at 8:00 PM.

Minutes submitted by: Connie Bailey

Minutes approval by: Membership on \_\_\_\_\_

**Door Slammer Chicken**

Serves 8

8 - Chicken breasts – skinned

2 – 8 oz. Bottles Russian salad dressing

1 – 12 oz. Pineapple-Apricot jam

1 – pkg. Onion soup mix

**COOKING INSTRUCTIONS**

1. Brown chicken in Dutch oven.

2. Mix all ingredients in bowl, stir.

3. Pour over chicken

4. Cover and bake for 90 minutes.

**CHARCOAL HINTS:** Low heat is best – let simmer for the 90 minutes. You will need to get some briquettes going at the 45 minutes mark to have enough to finish cooking.

**SERVING HINTS:** Serve over hot rice.

Source: Kelly Bentz NW Dutch Oven Society

# FIRST AID FOR EQUESTRIANS

## BREATHING EMERGENCIES

If signs of breathing are absent, open the airway:

- push backward on the forehead;
- lift forward on the bony part of the chin with the fingers of the other hand.



If breathing does not start immediately, call for help and:

- pinch the nose closed;
- seal the casualty's mouth with yours and breathe slowly into the lungs;
- remove your mouth, release the nose and look for the fall of the chest, and listen for air being exhaled; and
- give one more breath;
- and check the carotid (jugular) pulse.



If pulse is present:

- continue giving one breath every five seconds and re-check the pulse every few minutes.

If a neck injury is suspected, open the airway using the jaw thrust without head tilt.

## JAW THRUST WITHOUT HEAD TILT

Use the hands to immobilize the head. Grasp the angle of the jaw with the fingers of each hand and lift forward without tilting the head. Use the thumbs to open the mouth. Seal the casualty's nose with your cheek as you breathe air into the mouth.



## HEAD INJURIES

A nosebleed or fluid from the ears and nose may indicate a fracture at the base of the skull. Suspect a neck injury in all cases. Remove the rider's helmet only if absolutely necessary, and only if this can be done without excessive movement of the head and neck.

Use your hands to immobilize the head and neck in the position found and monitor breathing closely. Open the airway with the jaw thrust without head tilt. If necessary, do not leave this person until the head and neck are immobilized and medical help is on the scene.

## SPINAL INJURIES

Suspect spinal injuries when a hard fall results in back pain, irregularity along the spine or loss of power and sensation in the extremities (arms and legs). **DO NOT MOVE THIS RIDER** unless there are life-threatening conditions present. Support the head and neck and have someone steady and support the legs and feet.

This person is in grave danger of shock and may stop breathing. Monitor breathing closely and keep him warm and reassured until medical aid arrives.

## JOINT INJURIES - SPRAINS AND DISLOCATIONS

Loosen or remove constrictive clothing quickly - boots, etc. - so that the joint is not compressed as severe swelling occurs. Check for pulse at the extremity. If a pulse cannot be felt or if the limb is cold, suspect impaired circulation and get medical aid urgently. Steady and support the joint, but make no attempt to return bones to their normal position. Use whatever padding is available and immobilize the limb in the position of greatest comfort. Cold packs may be applied to the joint to ease pain and reduce swelling.

## FRACTURES

Injuries to bones and joints can be recognized by pain, swelling, inability to use a limb and the irregular shape of the limb or joint. The best first aid for such injuries is to hold the limb steady and prevent movement until medical aid arrives.

## PELVIC INJURIES

Do not attempt to move this person unless there is immediate and grave danger. Position to ease pain - usually on the back, with the legs straight. Support the pelvis with broad bandages that overlap the injury site and are pinned or tied without excessive pressure. Release the pressure if pain is increased. Keep the person warm and reassured to slow the progress of shock.

## UNCONSCIOUSNESS

Loss of consciousness may threaten life if the person is on his back and the tongue has dropped to the back of the throat, blocking the airway. Make certain that the person is breathing before looking for the cause of unconsciousness.



If the injuries permit, place the casualty in the recovery position with the neck extended. Never give anything by mouth to an unconscious casualty.



## WOUNDS AND BLEEDING

- **DIRECT PRESSURE** - to stop blood flow
- **ELEVATION** - to reduce blood flow
- **REST** - to slow the circulation

Apply direct pressure with the hand over a dressing if available. If the dressing becomes blood-soaked, do not remove it; add another and continue pressure.

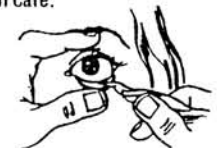


When bleeding is controlled, maintain pressure and secure dressings with bandages. Maintain elevation and immobilize the injured limb.

## EYE INJURIES

Do not attempt to remove particles on the pupil or stuck to the eyeball. Other loose particles should be removed with care.

- Remove with a moistened corner of a tissue.



If this fails, cover the eye lightly with a dressing and transport to medical aid.

NOVEMBER 10-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31

# 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.



This space for rent

This space for rent



**Glen Morgan**  
Project Manager

[glen@stopthurstoncounty.com](mailto:glen@stopthurstoncounty.com)

**Stop Thurston County**  
A Project of the Freedom Foundation

PO Box 552, Olympia WA 98507  
P:360.956.3482 | F: 360.352.1874

The logo features the word "STOP" in large white letters on a red background, with "THURSTON COUNTY" and "STOP TAKING OUR PROPERTY" written below it.

Chris Enrico  
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Lacey WA 98503

**Capitol Riders**  
<http://capitolriders.org>

