

# Hoofbeats

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August 2008

Capitol Riders



## Interview with the Director

Jeff LaBreck was kind enough to meet with me recently and talk. So, thank you Jeff!

Jeff has given quite a lot of time and effort to the club, as well as to the BCHW. Not only is Jeff the Director for Capitol Riders, but he is also the Volunteer Hours Coordinator. This means he eats, sleeps, and breathes Capitol Riders. I am in awe with the amount of personal time he spends cleaning up and maintaining the trails in Capitol Forest.. Even his horse gets in on the action and doesn't let him miss a piece of trash on the trails. He kindly stops to let Jeff know that there is something that needs Jeff's attention. In fact, the way these two met is quite touching. These two were definitely meant to be partners. How does that saying go...."it happens when you least expect it"? Jeff had gone to a Mustang and Burro auction in Longview, where he ended up talking with a lady who directed him to a course in Corvallis two weeks from then. He was able to finagle to get the week off. He arrived at the course to find several pens full of mustangs and burros. In one of these pens, stood Coyote (aka

"Scruffy"). Jeff talked Frank Bell (one of the clinicians) to choose "Scruffy" to work with. Not only was "Scruffy" the only mustang ridden in those few days the mustangs were worked with, but Jeff was the one who rode him. WOW! To think, it all started with Louis Lamour's talk of mustangs, and the rest shall we say is history.

Outside the "horsy" world, Jeff works for WSDOT and looking forward to retiring next year so he can get back to his '29 Roadster hot rod. He spent eight years with the hot rod as his focus before taking a hiatus to focus on his career. I don't know about you, but it sure sounds like that hot rod is something we all would like to see.

So, now let's turn to Jeff's involvement as a Director and see if we entice anyone to volunteer to be the Capitol Riders' next Director. Jeff has been doing this for awhile and I'm sure he would welcome a break by now. As I thought about what I would like to know about what being the Director involves, here are the questions I came up with (please feel free to ask Jeff any other questions you think of):



### How long have you been with Capitol Riders?

Since February 2003

### Why did you become a director?

My cousin, Steve Russell, was a Director when I joined, I went to the meetings with him to be able to have a good visit with him and to see how the organization worked. When his term ended, nobody else wanted the job and I had a year experience in going, so I took the job. This is my fourth year as Director.

### What does a director do?

The Director goes to the Quarterly (continued next page)

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## Interview with the Director (continued)

Board Meetings and the Annual Meeting as a representative of the chapter. The Director takes chapter concerns or ideas to the Board and brings back the new developments and information. The Director is also expected to read e-mails on a daily basis and distribute or act on the pertinent ones.

### What is the time commitment?

The time commitment is substantial, when you consider the Quarterly Board Meetings in Cle Elum every quarter, the Annual Meeting, the monthly chapter Board and regular meeting, the Director's Report and dealing with the incessant flow of e-mail.

The time involved for each of the quarterly meetings is a full Saturday, including drive time and the time for the meeting. The December meeting also involves the Public Lands meeting on Friday night, so this is a two-day time commitment.

### What have been the most fun and rewarding experiences with being a director?

Having your finger on the pulse of the organization, getting to know

some of the other players. Before the novelty wore off, it was a real adventure going to the Board meetings in Cle Elum. Doing the Annual Meeting auction in 2006 and 2007 were quite gratifying experiences since we had such a good crew.

### What have been the most difficult experiences you've had as a director?

This year, 2008, has not been that much fun. The fallout from the bylaw debacle at the Annual Meeting and afterward has not been a very pleasant experience for me.

### What are the main duties as the director?

Representing the chapter at the Quarterly BCHW Board Meeting and at the BCHW Annual Meeting, keeping the chapter informed, addressing the chapter's concerns and taking them to the BCHW Board if needed, doing a Director's report, as well as keeping abreast of the constant flow of e-mail.

### What are some of the extra duties you do as the director?

I have attended Legislative Day the last three years. I ran the

BCHW Annual Auction in 2006 and 2007, in addition to the Live Auction in 2008. I have met with the Boarder Patrol and DNR on behalf of BCHW and Capitol Riders.

### How much travel is involved with being a director? Is the travel reimbursed?

The travel is mostly from Olympia to Cle Elum four times a year and from Olympia to the Annual Meeting (location changes) once a year. Capitol Riders has reimbursed the mileage for these meetings.

### How often are the meetings you need to attend?

The BCHW Board Meetings are held quarterly or four times a year. The BCHW Annual Meeting is held once a year. The chapter normally has a Board Meeting and a regular meeting each month. Legislative Day is once a year. There can also be occasional meetings with public land managers like DNR and USFS.

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### Capitol Riders Upcoming Events

August 8-10	Beach Ride (location to be determined)
September 5 & 6	Capitol Riders Garage Sale
September 27	Work Party—Capitol Forest
October 11	Breakfast at JJ North's
December 13	Christmas Party at Jim and Lee Munroe's

## Summer Heat Care tips for Horses and Ponies

Summer is the perfect time to own a horse. The show and competition circuit is in full swing. Farms and ranches teem with activity. Long, sunlit days lend themselves to lazy trail rides. But summer's hot weather and high humidity pose serious health risks for most horses and ponies. However, there are simple ways to help keep your horse cool and healthy.

### shelter from the sun

Searing heat and sweltering humidity can be dangerous for horses. Every year, numerous cases of colic, dehydration, and respiratory distress are attributed to warmer summer weather. Worse, potentially fatal heatstroke or exhaustion causes a few deaths each summer. Thankfully, however, responsible horse care and vigilance when the temperatures rise is all most horses need to cruise through summer in comfort. To help your horse beat the heat, keep the following tips in mind:

- **Water** - use a suitable water bucket to frequently offer fresh, cool, clean water. Average size work horses can consume over 25 gallons of water per day when the temperature is above 70°F. Also, keep water troughs and stock tanks clean and free from insects to promote consumption.
- **Shade** - offer an escape from the sun while in the pasture with a run-in shed. In addition, turnout your horse as early as possible in the morning to help avoid the heat. To combat early morning mosquitoes and flies, use suitable repellents, fly masks, and sheets.
- **Electrolytes** - replenish salt loss during excessive sweating with a suitable electrolyte

supplement, especially with work horses or when the combined temperature and humidity exceeds 140°F. Serious electrolyte loss causes fatigue, muscle cramps, colic, and more.

- **Ventilation** - cool your horse while he rests in the barn with appropriate stable fans. If possible, leave barn doors and windows open and install misting fans near each stall. Choose a run-in shed with an open-end design to promote airflow.
- **Baths** - sponge cold water over your horse, especially down the large blood vessels under the belly and neck and inside the legs. In extreme heat, spray a 50/50 mixture of rubbing alcohol and cold water over his body to aid sweating.
- **Fodder** - feed quality hay, especially as warm weather slows grass growth and pasture quality declines. Hay offers energy, which your horse needs to help regulate his body temperature and power his natural cooling processes.
- **Coat Care** - clip your horse's coat and keep his mane and tail trimmed. Apply a zinc oxide sunscreen to pink noses to help prevent sunburn. Use shampoos with added sunscreen to help protect against UV rays and sunburns.

### signs of heatstroke

A common misconception is that hot summer weather only affects work or show horses. This is untrue. While active horses are more susceptible to a rise in temperature, extreme heat can quickly take its toll on any horse. In fact, heatstroke can

occur whether your horse is plowing a field, standing in a stuffy stall, or traveling in a trailer.

Heatstroke occurs when your horse is unable to rid his body of excess heat. Your horse's body has a natural cooling process. However, extreme heat and humidity can overpower your horse's ability to cool himself. To compensate, the body redistributes blood flow closer to the skin, which aids cooling. However, this mechanism causes internal organs and the brain to receive less oxygen. Add excessive sweating into the mix, which causes a loss of fluids and electrolytes, and the results can be disastrous. Signs of heatstroke - also known as heat stress or heat exhaustion - include:

- **Elevated Respiratory Rate** - between 40 to 50 breaths per minute, shallow breathing, and breathing that remains elevated after two minutes of rest
- **Elevated Heart Rate** - a pulse of more than 80 beats per minute that doesn't slow down after two minutes of rest
- **Increased or Absence of Sweating** - full-body sweating or, worse, if your horse stops sweating entirely
- **Elevated Temperature** - a rectal temperature of 103°F or higher
- **Lethargy** - signs of depression, disinterest in food, stumbling or collapsing

Heatstroke is a serious condition. Severe cases of heatstroke lead to collapse, seizures, or loss of your horse. If you suspect your horse is suffering from heatstroke, immediately take measures

to help cool him. Contact your veterinarian if symptoms persist or his condition worsens. To help cool your horse:

- **Stop Activity** - cease workouts, rides, or farm work immediately
- **Bathe Immediately** - douse him with cold water or a water/alcohol mix
- **Offer Water** - allow your horse to drink as much water as he desires
- **Find Shade** - get your horse out of direct sunlight and into the shade
- **Fan Your Horse** - stand your horse beneath a stable fan or in a breezy area

### maintain overall health

Your horse's ability to beat the summer heat depends, in part, on his overall health. Sick or injured equines may not have the energy necessary to naturally cool themselves. Similarly, internal parasites can rob your horse of his health and make him even more susceptible to heat exhaustion or stress. Furthermore, your horse can expend large amounts of energy fleeing the swarm of biting insects that usually accompanies summer weather and further expose himself to the elements. As such, it is important to keep your horse current on his deworming schedule. Suitable insect sprays, fly sheets and masks, and barn and stable traps can also help protect your horse from flies, mosquitoes, and gnats. Together with diligent horse care, you and your



## Public Announcement of *High Interest* Directed to all Equine Organizations:

As quoted from the Feature article in the N.W. Horse Source magazine March 2008; *"In 2007 it became rule of law in Washington State that state-certified weed free forage must be used at all wilderness trails and trailheads in designated wilderness Region 6. This includes Washington, Oregon and a section of Idaho. (Go to [www.nwhorsesource.com](http://www.nwhorsesource.com) for the complete 2 page article. There is MUCH more to read and other state/gov web site information resources).*

This may (or does) mean that if you don't have, and/or are not using certified weed-seed free hay at wilderness trailheads after January 1, 2009, you are at risk of being ticketed and fined. You would also NOT be illustrating Good Stewardship actions toward our public lands access privileges and conditions by non-compliance to a new state law.

As quoted by BCH President Bob Gish in the September/October issue of Trailhead News: *"The requirement for weed-free forage on public land is another issue that will impact out access on public lands. This is entered into law and we need....." He adds: "This is a BCHW issue because it has the potential to restrict our access to ride on public lands."*

This also means noxious weed control/eradication at public lands access trailheads becomes a genuine cost that challenges already stretched 'governmental lands' budgets. Many of the lands we access for riding may be closed or restricted to avoid the spread of various noxious weed seeds via many user groups, including equine, simply due to the 'costs to control or remove'.

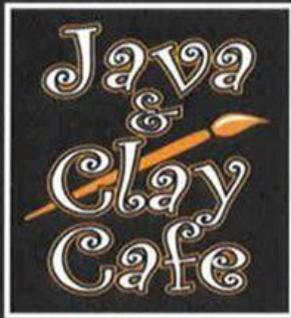
Due to the critical importance of these issues and the need for getting the *clear details* on what we must do to comply, and how we may respond to support mitigation efforts, is the purpose of this important special announcement.

On August 9<sup>th</sup>, 2007 Cowboy Campsite, a private membership-only equine campground organization, is sponsoring an educational gathering primarily designated for Washington State Back Country Horsemen. The event is now open to pre-registrants of other equine clubs and organizations of all breeds and disciplines so we can all become educated to know what we must do. The Cowboy Campsite location for this event is Sedro Woolley Washington, adjacent to the well known Les Hilde trail system in the Harry Osborne forest.

BCH Washington V.P. Darrell Wallace will be presenting important information regarding these issues. There are many issues and concerns that revolve around current legislation, where to buy certified products, Washington State hay grower's intentions, public wilderness lands access restrictions/closures, and the list goes on. Darrell will do his best to bring us all up to speed on these concerns over the August 9<sup>th</sup> weekend. *"If we are not informed, we are at risk"*.

There is no fee or charge to attend this event. Everyone is encouraged to plan for this important and opportune weekend at Cowboy Campsite. Bring your horse & rig and plan on trail riding and camping over this educational event weekend. You must contact 'Duke' at (360) 319-6236 or email: [duke@cowboycampsite.com](mailto:duke@cowboycampsite.com) to secure a reservation. Visit [www.cowboycampsite.com](http://www.cowboycampsite.com) for driving instructions. Cowboy Campsite will provide a parking/camping area for you and your horse(s), water for horses, manure disposal, and honey-buckets. Space is NOT a problem. **CALL/EMAIL DUKE** For additional information prior to your trip, and reserve your campsite spot!

BCHW President Bob Gish reminds us to keep focused on the BCHW mission and said: *"By definition, a mission is described as "uniting for a common cause for the fulfillment of a desire."*



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**August Birthdays**

13—Nancy Garred

15—Jeff LaBreck

16—Nina Merklin

17—Jayne Bade

28—Karen Johnson

30—Merle Wilcox

*Happy Birthday!!!!*

**Last minute Fort Lewis  
ride call list**

1. Dean Hartman:  
705-0664
2. Jane Brooksher:  
273-8219
3. Connie Bailly:  
273-5552
4. Karen Johnson:  
273-8075
5. Lee and Jim Munroe:  
866-1790
6. Tom & Tootie Crowson:  
866-2298
7. Martha Kesting:  
753-3897
8. Diana Gunderson:  
943 3121 (prefer week days)
9. Stephen Russell:  
951-8927
10. Ritz Duchesne:  
438-1805
11. Barry & Carrie Russell:  
438-1873
12. Eric Anderson  
360-978-4089
13. Donna Lake  
264-6656

**2008 Equine Dental Clinic**

**Schedule**

November 15

- 8:00 Ritz Duchesne
- 9:00 Terry Jackson
- 10:00 Gordon Merklin
- 11:00 Nina Merklin
- 12:00 **Catch-up and lunch**
- 1:00 \*\*\*\*\*OPEN\*\*\*\*\*
- 2:00 \*\*\*\*\*OPEN\*\*\*\*\*
- 3:00 \*\*\*\*\*OPEN\*\*\*\*\*
- 4:00 \*\*\*\*\*OPEN\*\*\*\*\*
- 5:00 \*\*\*\*\*OPEN\*\*\*\*\*



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## Keeping the trails open...



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### 2008 Capitol Riders' Meeting Schedule

All meetings are the second Tuesday of the month at 7:00 p.m., Littlerock Fire Department ,

10828 Littlerock Road SW, Olympia, WA 98512

January 8	No meeting in July
February 12	<b>August 12</b>
March 11	September 9
April 8	October 14
May 13	November 11
June 10	No meeting in December

**Treats for  
August Meeting:  
Dianna Gundersen &  
Ritz Duchesne**