



# CAPITOL RIDERS

Volume 4, Issue 5

August 2007



## TidBits from the Prez

What an interesting month. This has been a month of misunderstanding and misjudgment.

First I made an error in assuming Carrie Russell, as the Trail Chair and Trail boss was swapping the Keenes and Women's Ride at Mt. Adams. So, I mistakenly stated the change in last Month's TidBits. Carrie was only asking to take a consensus, which she did. Turns out, most didn't want the change and they have remained the same. I apologize to Carrie for this error.

Next, Carrie Russell and I both talked to Jim Thode, Director, Lewis County Chapter BCH. Jim and others were up to Keenes and Cody Horse camps in mid to late June and there was still wall-to-wall snow. Thank you Jim. Another error in judgment, thinking we could go to high altitude this early in the season after such a hard winter. So, Carrie, our Trail Boss, (and much thanks to her quick thinking) changed Keenes to Kalama and some have not been pleased. We all need to remember that the mountains and the

backcountry remains unpredictable year round. Then, Ken Parish e-mailed and indicated he had gotten several negative inputs from members who didn't like content, or didn't like the Website set up, or thought there were serious omissions. First of all, if anyone has a gripe, bring it forward in confidence to myself or any of the officers or bring it to the monthly Officers meeting held the Tuesday before the Club meeting. I value Ken's free contributions of time and effort and his dedication to our club. Ken doesn't create, edit or screen content, he simply publishes on our Website what he is able to gather together. So, don't shoot the messenger, if you have a gripe, call me.

Then there is my foopaw (sp?). Ride 1 at Burnt Ridge (Onalaska) in my back yard.....horse fell hard, smashed my leg, hurt like heck, nothing broken but my

pride. Ride 2 at Burnt Ridge..... real muddy, very slippery, horse goes down again, I roll free, everything intact except my pride. Haven't been off a horse in decades (well maybe one time at Kalama, memory is kind of feeble). Ride 3 at Burnt Ridge.....4<sup>th</sup> of July, still muddy but better, tree (3") across the trail, being the he-man I am, tried to move it aside from the horse, got gouged pretty bad, 4 hours in Emergency, 11 stitches, oh I wasn't wearing gloves. Moral of the story, do something stupid, you usually end up paying for it big time. Or maybe I shouldn't ride Burnt Ridge again, ya think?

Ride hard and ride safe,

Your Prez

# HOOFBEATS

**Equine Dental Clinic scheduled for November 10, 2007. Contact Donna @ (360) 481-5963 or [thorsondj@comcast.net](mailto:thorsondj@comcast.net) to reserve your space.**

### Inside this issue:

2007 Ride / Activity Schedule	2
For Sale—Horse Butt Scratcher	3
A rose-y picture :-)	4
Those Pesky Parasites	4
Horse Trailer Safety	5
It's Not Just About the Treats	6
Classified Ad Rates	7
For Sale—Swing	7
Birthdays, Meetings, Treats	8

# August 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 <i>Nancy Garred's birthday</i>	14 CAPITOL RIDERS' MEETING	15 <i>Jeff LaBreck's birthday</i>	16 <i>Nina Merkelin's birthday</i>	17 <i>Campout / Ride / Mt. Adams Jayne Bade's birthday</i>	18 <i>Campout / Ride / Mt. Adams</i>
19 <i>Campout / Ride / Mt. Adams</i>	20	21	22	23	24	25
26	27	28 <i>Karen Johnson's birthday</i>	29	30 <i>Merle Wilcox's birthday</i>	31	



## Capitol Riders Subject-to-Change-At-Any-Moment 2007 Ride / Activity Schedule (changes in red)

Date of Event	Activity and Location	Trail Boss
Sep 1-3	Labor Day <b>Campout / Ride / Les Hilde</b>	Carrie Russell
Sep 15	Trail Maintenance	Jeff LaBreck
Sep 22	Green Mountain Ride	?
Oct 20	Trail Maintenance	Jeff LaBreck
<b>Nov 11</b>	<b>Equine Dental Clinic</b>	<b>Donna Thorson</b>
TBD	Harvest Party / TBD	TBD
Dec	Holiday Party / TBD	TBD

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*If you are  
unable to eat  
the roses, at  
least take the  
time to  
smell'm!*

Photo courtesy of  
**Joan Griffith**



## THOSE PESKY PARASITES

reprinted with permission from Scot Hansen's HorseThink Newsletter ([www.HorseThink.com](http://www.HorseThink.com))

If you have horses (or dogs or cats...), then you know that you have a responsibility to have an effective parasite control program. And any good parasite management plan must have proper balance. Our tenet is to keep things as natural as possible. And depending on your horse's lifestyle, you may not be able to completely avoid the use of toxins and chemicals that have been developed to make this process easier for the layman to manage.

But the days of casually using harsh chemicals to control parasites are over. There are too many down sides to those chemicals for us to use them casually. Let's take a look at how you can design a program that meets the needs of your animals and maintains optimal health at

the same time.

There are two primary elements to any good parasite program: prevention and eradication. It's important to both prevent exposing your horse to parasites as they hatch (primarily in the fall and spring – and in conjunction with the full moon) and to eliminate parasites from the horse's system if they become a problem. The life cycle of the parasites involves eggs passing through the system and being eliminated in the manure. Eggs then hatch and the area around the manure is re-infested with new parasites. By preventing re-infestation as well as eliminating parasites in the digestive system, we can stop the parasite reproduction cycle from spinning out of control.

How to prevent/control parasites:

- **Proper Manure Management and disposal** - It's important to prevent exposing your horse to parasites as they hatch (primarily in the fall and spring – and in conjunction with the full moon). The life cycle of the parasites involves the parasites passing through the horse's system and exiting in the manure. The eggs of mature parasites can be found in manure, where they can hatch and infect pastures and other food sources, thereby continuing the vicious cycle, and escalating it to a dangerous level.

- ☐ Stalls – clean your

(Continued on page 5)



(Continued from page 4)

stalls daily to eliminate exposure to hatching parasites in manure.

- Paddocks – clean your paddocks daily, as well.
- Pastures – consider scooping your pastures periodically. At a minimum, harrow to break up manure piles and then keep horses off that pasture for a week or more.

- **Keep your horse’s immune system strong** – Parasites thrive in an unhealthy environment. The healthier the horse, the better chance they have of defending against parasite infestation.
- **Keep your horse’s digestive system healthy and functioning properly** – Proper nutrition for your horse is critical to keep the entire system healthy. A solid program includes free choice minerals, good quality hay, water, and

probiotics as appropriate to support the gut.

- **Use select herbs and other products as a natural parasite control mechanism** – Many herbal products are on the market that will assist in eliminating parasites and helping to make the horse’s digestive system unfriendly to parasite breeding. Consider using the following products:

- [Herbal Tonic](#) – used for 28 days both fall and spring
- [Miracle Clay](#) – diatomaceous earth, a natural parasite control mechanism.

- **Monitor parasite loads in your horse.**

- Observe fecal matter. - Look for evidence of worms. Look for loose stool.
- Fecal tests – Conduct periodic tests either with your own test kits or through your veterinarian to determine parasite

loads. Low levels of parasites are normal and do not necessarily need to be treated. Knowing exactly which parasites are present is necessary to ensure that the appropriate chemical wormer is used, if appropriate.

- Parasite reflex point and muscle testing – monitoring of the reflex point and/or muscle testing is easy to do and costs nothing.
- Observe your horse’s appearance – watch for coat condition, tail rubbing, hoof condition, etc.

Eradicating parasites:

- Herbal treatments – horses in the wild seek out appropriate herbs as they free choice to eliminate unwanted parasites from their system.
- Diatomaceous earth – tests have shown anti-parasite

(Continued on page 6)



**I don't understand what a coupler or undercarriage or chassis is as well as some other parts stated. Definitions for beginners would be helpful, or definitions with pictures.**

A coupler is the part of the

trailer that "couples" the trailer to the hitch ball whether the trailer is a tag-along or gooseneck trailer.

An undercarriage is the part of the trailer that supports the trailer from underneath. It supports the

entire trailer and the axles are attached to the undercarriage.

A chassis is the frame of the trailer that the body of the trailer is built upon. The undercarriage is part of the chassis.



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benefits of feeding this product.

- Chemical wormers – toxins designed to kill parasites inside the horse's system.

I prefer to avoid using daily wormers and frequent chemical wormers as a matter of practice. If you elect to use them or are required to do so at your boarding facility, consider taking a break during the winter months while parasite levels are naturally lower. Chemical wormers are sometimes required – but using rotational chemical wormers has too many negative impacts on our horse's health to be used lightly. I test for parasites so that I know exactly which type of chemical wormer is required and how frequently to use them instead of randomly assaulting the horse's system with unnecessary chemicals.

So what are the negative impacts of using frequent chemical wormers?

- Decreased immune effectiveness – this leads to increased susceptibility to parasites.
- Increased liver toxicity – chemicals accumulate and are processed in the liver. An overtaxed liver leads to fluid retention central nervous system

disorders, tying up, colic or digestive stress, weight loss/loss of topline, hoof abscesses/white live disease, etc.

- Decreased gut functions/digestive process – resulting in increased likelihood of colic as well as other ailments.
- Development of resistant parasites.
- Rotational programs can result in administering the wrong chemical for the actual parasites your horse has. It's like shooting with no target!

How can you support your horse's system if you DO use chemicals? Support your horse's digestive function. Every time you assault the system with chemical wormers, you're killing the beneficial bacteria that your horse needs to have optimal digestive function. I recommend using probiotics both before the chemical is administered as well as after. (See "Wormer Support Kit")

## It's Not Just About The Treats -- It's a Lifestyle!

*Pat Wagner, Certified Natural Hoofcare Practitioner, [heelfirstlandings.com](http://heelfirstlandings.com), e-mailed, "Check this out guys! A healthy treat for any horse, but now for those of you with fat, foundered, EPSM, etc. horses, they can feel special too!"*

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FACT: Horses in nature spend up to 20 hours a day searching for high fiber, nutrient-rich herbs, seeds, nuts, fruits, flowers and grasses. So that's what we spend our time doing at Skode's Horse Treats. Because we want your horse -- whether he's "One of those Easy Keepers," "Insulin Resistant," or simply "Your Best Friend" -- to live the life he is meant to live. That means a life filled with health and joy. A life that includes the happiness of a truly natural environment, natural, low sugar foods, and yes -- low sugar horse treats. SKODE'S HORSE TREATS -- The place to be for all things low sugar horse related!

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Full Page	\$55 month / \$200 year
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## Treats for August

*Karen*

## August Birthdays



It's your Birthday!

- 13—Nancy Garred
- 15—Jeff Labreck
- 16—Nina Merklin
- 17—Jayne Bade
- 28—Karen Johnson
- 30—Merle Wilcox

## 2007 Capitol Riders Meeting Schedule

All meetings are the **second Tuesday** of the month, **7:00 p.m.**,  
**Littlerock Fire Department**  
**10828 Littlerock Road SW**  
**Olympia WA 98512**

**January 9, 2007**

**July 10, 2007**  
No Meeting

**February 13, 2007**  
Speaker: Christine Redmond, DNR

**August 14, 2007**

**March 13, 2007**  
Speaker: Ken Parrish

**September 9, 2007**

**April 10, 2007**

**October 13, 2007**

**May 8, 2007**

**November 13, 2007**

**June 12, 2007**  
Speaker: Carrie Russell

**December 11, 2007**

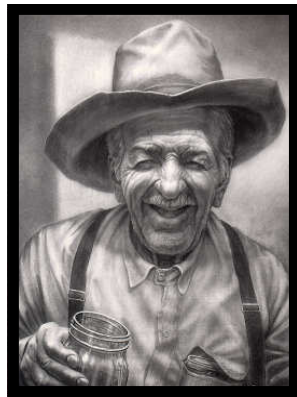


Backcountry Horsemen of Washington



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[www.bchhw.org](http://www.bchhw.org)

Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning." "I don't believe you," says Dolly. "It's true; no bull!" exclaims Daisy.