

CAPITOL RIDERS



OLYMPIA, WA.

Hoofbeats - January 2012

General meeting Feb 7th, 7pm
Karen - Coffee, Gretchen - Treats

The GPS, Map and Compass reading class has been re-scheduled for February. It will be a hours long (more than four) class as there is much to cover. Ideally it should be at least two days.

The Ride database recently got it's first spam. I'll continue to monitor and move it into the members only area if necessary. Someone used it in an attempt to advertise. Before the newsletter went out it got another, this time from China. I am continuing to monitor.

I am still looking for articles for the newsletter. Feel free to submit your stories of your rides.

The demo of the chapter web site went off okay at the January 3rd general meeting. I felt a bit rushed but think I covered most everything. If you have questions feel free to email or call me. cenrico@comast.net or 459-4759.

Bring your ideas for work parties in 2012 to the meeting. Keep in mind the Great Gravel Haul is scheduled for March 31st. Peterman Ridge could use some work as could the West Fork Humptulips. Peterman Ridge needs to be coordinated with Tacoma Power. Of course Capitol Forest always needs help as well. Check the Events page on the web site for other chapters we may be able to work with.

We all survived the Great Ice Storm of 2012. This was a total surprise to all including the forecasters. Most all of us believe lost power at one point. For some it took longer to get your power back. A generator large enough to run your well pump is an excellent investment when you have livestock.

Another handy item is a UPS (uninterruptable power supply) for your computer equipment. These give you time to safely shut your computer off, or they can do it automatically. Imagine a large battery generating 120 volts. Local office supply stores carry various brands and models.

I've had a link on the web site having to do with water filters and thought I'd pass this one along. Go to www.westernsaddle.com/bacaexwafi.html These provide safe drinking water at a reasonable volume and cost. This web site has lots of other interesting stuff as well. I like the weathervanes.

Discover Pass status update as of January 28: HB 2153 had a public hearing in the House Committee on General Government Appropriations & Oversight at 2:00 PM, January 26. SB 5977 was passed to the Rules Committee on January 19 for a second reading. SB 5985 was reintroduced and retained in present status.

If you've not looked at the Events page of the web site lately, note that I've included as many other chapter events as I could find on their web sites. Lots to do this coming year if you have the time to get out and about. Many rides and work parties.

Hug your favorite equestrian, or any horse rider, on February 20. It's National Hug an Equestrian Day!

The Spirit of the West Cowboy Gathering in Ellensburg is February 16-19. The weekend of February 17-17, the Washington State Horse Expo is being held at the Clark County fairgrounds.

The BCHW Rendezvous is scheduled for March 16-18. Horse and packing clinics, Map and compass course, Tack sale and auction, Dutch oven cooking class, Dinner and dancing as well as vendors. More information at bchw.org.

The LNT Expo will be at the Lacey Cabela's the weekend of March 3-4. If you don't plan on volunteering at least go visit and check it out.

Bring your ideas for rides and work parties to the meeting!

Events - partial for 2012

February

- 4 - Olympic Chapter ride Stottlemeyer - Port Gamble 10 am
- 7 - General Meeting Littlerock fire hall 7 pm
- 7 - Pierce County Chapter Pack Clinic 6 pm, Dimond's in Puyallup 253-312-1072
- 11 - Pierce County Chapter Elbe work party, Discover Pass required, 253-381-2868
- 12 - Nisqually Chapter ride Ft Lewis Area 22 11 am, Pass required (could cancel)
- 14 - Pierce County Chapter Pack Clinic 6 pm, Dimond's in Puyallup 253-312-1072
- 16-19 - Spirit of the West Cowboy Gathering - Ellensburg, 1-888-925-2204
- 17-19 - Washington State Horse Expo Clark County Event Center
- 20 - National Hug an Equestrian Day
- 21 - Pierce County Chapter Pack Clinic 6 pm, Dimond's in Puyallup 253-312-1072
- 25-26 - Lewis County Chapter Beach ride, Long Beach, Sat seafood dinner 5:30 pm 360-736-6106
- 28 - Pierce County Chapter Pack Clinic 6 pm, Dimond's in Puyallup 253-312-1072

March

- 3 - Olympic Chapter Green Mt ride Gold Creek TH 10 am, Discover pass required
- 3-4 - LNT Expo, Cabela's Lacey saddledupw @ aol.com
- 6 - General Meeting Littlerock fire hall 7 pm
- 10 - Pierce County Chapter Equine First Aid (2) 9 am, Wildflower Veterinary Clinic 253-847-1626
- 16-18 - BCHW Rendezvous - Ellensburg
- 24 - Lewis County Chapter work party, Burnt Ridge 360-736-6106
- 24 - Pierce County Chapter Elbe work party, Discover Pass required, 253-381-2868
- 29 - DNR User meeting 6 pm, 88th Ave Tumwater
- 31 - Capitol Forest Great Gravel Haul Margaret McKenny 9 am, Ed Haefliger 360-427-4297
- 31 - Okanogan Valley Chapter Sinlahekin Trail Clearing, Blue Lake Campground 509-486-1547 or 509-486-2061

Ripley's Horse Aid Foundation is offering low-cost gelding clinics in various counties in 2012. The stallion must be at least four months old, halter-broke and able to load and unload. Cost is based on financial ability but no more than \$100.00 each horse. For more information, email CEO Wilma Tronstad at w.tronstad@frontier.com or call her at 360-424-8250.

Public Lands Meeting
December 2, 2011
Ellensburg, WA

1. Darrell Wallace called the meeting to order at 9:00 am.
2. Jeff Chapman introduced John Knechtel from the Pacific Northwest Trail. He discussed the work on the 1,230 mile trail from the Pacific Ocean to Glacier National Park in Montana. Much of the trail is Equestrian friendly but there is still a lot of work to do. There are Google Earth Maps and National Geographic Maps of the trail.
3. Mike Dawson and Bob Woods talked about the Pacific Crest Trail. Their main focus is the 350 mile section from White Pass to the Canadian Border. BCH Packers have supported the remote work parties with supplies. They are planning on having trail caretakers to spot problems on the trail. Mike talked about the Upper Stehekin Valley Road washout and the problem with relocating the road to higher ground and still having a scenic trail.
4. Jonathan Guzzo of Washington Trails Association talked about his role as Advocacy Director for WTA. He discussed Federal Budget and Land Use issues. The Recreational Trails Program is very important for WA State trail work funding with WTA and BCHW. RTP Funding is in question and could be cut. The WTA Lobbying Day is Feb. 1, 2012. Contact Kindra Ramos of WTA if you want to go. WTA is working to restore the missing Gas Tax Nickel to NOVA funding for trail work.
5. Mark Mauren of DNR talked about the Discover Pass. They are gradually working out the issues and are proposing revisions after getting many user comments. Discover Pass money is being used for more trail maintenance,

safety issues and upgrading facilities. They have gotten \$4 million of grant money for 2012 and will be developing new facilities. In April, May and June of 2012 there will be access patrols giving tickets for those without Discover Passes.

6. Doug Schindler from the Mountains to Sound Greenway Trust talked about the 1.5 million acre Greenway from Seattle to Ellensburg. This has been a 20 year collaboration of government, conservation, recreation and business people working through issues. They wanted it officially designated as a National Heritage Area. There is a big project trying to preserve the Teanaway Valley in Upper Kittitas County.
7. Mary Bean from the Forest Service talked about the USFS Regional situation. She discussed current changes and the effect of early retirements. The Regional Trail Budget will be about the same for 2012. The Facilities Budget is down 40%. They have \$3.18 million in Trail Funding for 2012.
8. Gary Paull from Mt. Baker – Snoqualmie National Forest talked about extra funding for Special Projects. Northwest Forest Pass sales were up this year.
9. Gary Randall from Umatilla National Forest said they have over 700 miles of Horse Friendly Trails, with 600 of the miles for pack or saddle stock. They got \$2.8 million of Stimulus Money for 30 contracts.
10. Cle Elum Ranger District of USFS talked about clearing blow downs and cleaning up a big Marijuana Grow. They have experienced Pack Mules and are looking for good homes for them.
11. Naches District of USFS talked about the repair of some very large mud holes by Back Country Horsemen. About three fourths of trail work is done by volunteers at this time.
12. Gary Paull talked about the value of partnerships with all the people and groups that work with the USFS. He showed slides of many maintenance problem areas. They had about \$5 million of Stimulus Money in 2010 and projects are still being done with the money. Some projects are delayed due to contractor problems. He said there would be a new 3 mile Connector to the Pratt River Trail.
13. The meeting was adjourned at 4:30 pm. A very fun and informative meeting with many Land Managers present.

Directors Meeting
December 3, 2011
Ellensburg, WA

1. Darrell Wallace called the meeting to order at 9:00 am. Had roll call to establish a quorum. Agenda adopted. September Board Minutes approved as written. Introduced new Directors and Officers and others present. A large turnout.
2. Teri Starke gave the Treasurers Report and stressed the importance of the Treasurers paying close attention to the Chart of Accounts changes for 2012. Balanced Chapter Spreadsheets are due by Feb. 10, 2012. Net Income should equal Ending Bank Balance. The formula for attaining a Balanced Chapter Spreadsheet is: Starting Bank Balance + Income – Expenses = Net Income.
3. Heather Moorman will be doing an updated Year End Membership Report. 2011 membership is down 5.8% from 2010.
4. Darrell talked about the new Insurance Policy. Motion made and carried to accept and sign up with the new company.
5. Ami McBride gave a presentation about Facebook and said that her goal was to increase membership in BCHW while decreasing the median age. She talked about Facebook and the potential of attracting younger people to BCHW. We need pictures, stories, etc. for our Facebook page. Contact Ami McBride at 541-905-0818 or amimcbride@hotmail.com or 1080 E. Broad Ave. Spokane, WA 99207. Motion made and carried to continue the Facebook project with Darrell and Ami sorting it out.
6. Jeff Chapman talked about Public Lands and the fact that as BCHW becomes more visible and important our area of responsibility and involvement will increase. 2012 will probably be a big Legislative year for BCHW active participation.
7. Mike McGlenn talked about what BCHA is doing. They are working with the American Horse Council and moving forward with our new electronic communications. Dave Jackson presented to Mike and Darrell two checks from the Wine Ride net profits of 10% to BCHA and 10% to BCHW. Bob Gish presented to Mike and Darrell two checks from the Northeast Chapter Cowboy Breakfast of 50% to BCHA and 50% to BCHW.
8. Teunis Wyers talked about the Executive Director and answered questions about the Executive Committee Report.

A motion was made and carried to adopt the report as posted. Motion made and carried to modify the first motion with amendments. Dave Jackson talked about the importance of having an Executive Director. Motion made and carried to adopt the report as amended.

9. Dave Swanberg talked about the Calendar Raffle. Moved and carried to sell Raffle Calendars for 2013. Dave talked about Rendezvous and the possibility of having a wine tasting this year. He also talked about changes that have been made to Rendezvous.
10. Dave Jackson moved that we adopt the Gjurrasic and Kohl Contract as written, motion carried.
11. Deb Wesselius talked about the BCHW Awards and told us that they need Chapters to respond with names and information about a deserving person for an award. Also would any Chapter like to sponsor an award for a special category. Lori Lennox talked about the Cinch Award which is for Board Members or State People that are deserving.
12. Doc Wesselius passed out DVD's and talked about the need in 2012 for an Education Chair. He also talked about sending two members to the WTA Crew Leader College. Education is broken up into three groups: 1. Chainsaw and Crosscut Saw, 2. LNT – Displays, Classes and DVD's, 3. Safety. LNT Basic Class in Randle will be in April. Job Safety Analysis is just getting going and is a big deal with most Land Managers.
13. Darrell talked about the Business Community Sponsorship Program and that he will be working with it after January.
14. Darrell talked about the Trail Maintenance Grant and there is some money left and we are trying to get it extended until June.
15. Teunis said that he still needed New Bylaws from 10 of the Chapters.
16. Traci Koch said that she is starting to compile the 2011 Volunteer Hours. Dave Swanberg talked about Volunteers to submit their Hours on a monthly basis. Traci also emphasized the importance of timely turning in the Volunteer Hours.
17. Dick Yarboro said they were going to have 25 extra issues of the Trailhead News. He also said that we got a \$1,000 Grant from the City of Ellensburg for Publicity. The Comfort Inn gave one member \$20 off his room rate because he was a BCHW member.
18. Jim Thode talked about the Web Site. We are going to try to link all Work Parties for the Chapters on the Web Site.
19. Elections were held with Bob Gish being elected President, Trygve Culp as Vice President, Janelle Wilson as Secretary and Teri Starke as Treasurer.
20. Ami McBride talked about ways to increase BCHW Membership. Traci Koch talked about Capitol Riders success in reviving their Membership. Darrell talked about different ways to publicize and create interest in BCHW. Bob Gish talked about the importance of the mission and perpetuating it. Much discussion evolved about many different opinions on how to do this.
21. Teunis mentioned remembering BCHW in Estate Planning as a Beneficiary.
22. Darrell talked about the election of Secretary and Treasurer in March because they have to be nominated by the new President.
23. Jeff Chapman mentioned the Governor's Conference and getting kids more involved in the outdoors.
24. Darrell discussed the Western Governor's Council and some of the publicity given out about some of the appointees. We are going to put out a Press Release on Jeff Chapman.
25. Steve Miller talked about a Trail honoring former Supreme Court Justice William O. Douglas.
26. Darrell Wallace adjourned the meeting at 2:30 pm. A very good and productive meeting.

This should be my last Director's Report. Karen Johnson is the new Capitol Riders Director and will be writing them henceforth. It has been my pleasure to be the Capitol Riders Director for the last seven years. We encountered a few chuckholes along the way, but came through it all with a healthy and happy Chapter. I will be supporting Karen as her Alternate Director and will continue as Volunteer Hours Coordinator. I would like to thank every Capitol Riders Member for their support and help.

Jeff LaBreck
Outgoing Director

BCHW Capitol Riders

Meeting minutes

Littlerock fire hall 1/3/12 7 pm

Call to Order: President Laura Kingman called the regular meeting of the Capitol Riders Chapter, BCHW to order at 7:00 PM on 1/3/2012 in Littlerock Fire Hall.

Introduction of Guests: Angelle Hickman

Ben Barnes new member but not in attendance. Gretchen Shea and Mickie Hatstrup introduced, as new members.

Attendance Last Meeting: 20

Approval of minutes: Connie Bailey

Minutes from November deferred to February meeting.

Treasurers Report: Traci Koch

a) Club is solvent.

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

Newsletter-Web: Chris Enrico

Nothing to report.

Activity Committee: Laura Kingman for absent Vice President Dean Hartman.

Contact Carrie Russell with suggestions for 2012 Rides.

Ride Committee: Carrie Russell, Martha Kesting and Susan Hartman

.At February meeting will pick rides for March. Request for Membership spread sheet with names and phone numbers.

Work Parties: Jeff LaBreck - Nothing.

Ways & Means: Dean Hartman & Tom Crowson - Nothing

Advertising: Note: Advertising revenue will be submitted to petty cash fund.

Raffle Tickets: Angelle Hickman

iGive: Connie Bailey: quarterly reports - nothing.

Social Events: Anita Rustvold, Connie Bailey, Loretta Watkins

Nothing.

Membership Correspondence: Chris Enrico, Connie Bailey

Nothing.

Legislative: Judy Francis & Dean Hartman.

Nothing. Current Information posted on the web site and emailed to the membership.

Director: Karen Johnson - Director report to be published in the next newsletter.

ALT Director: Jeff LaBreck: Jeff would like to see some members take a few calendars to help sell. 124 Calendars sold by Jeff

Old Business:

Map, Compass and GPS class. TBD Select a date in February. Need 4 plus hours.

New business:

2012 Ride List-day rides and campouts. Hold discussion for Feb. meeting.

Presentation: Chris Enrico gave a presentation on the chapter web site.

Treats & Coffee for January Meeting:

Karen (Coffee) & Gretchen (Treats).

Adjournment : Laura Kingman adjourned the meeting at 8:20 PM

Minutes submitted by: Connie Bailey

Minutes approval by: Membership on _____

Cold Weather Colic

by: Scott Leibsle, DVM

January 01 2012, Article # 19407

www.thehorse.com

Well here we are again ... winter! The average horse owner is likely well-acquainted with his or her horse's colic risk regardless of the season, but with cold weather come complicating factors that all owners should prepare for.

The No. 1 cause of colic during winter is a lack of fresh, unfrozen water. Horses must drink 10-12 gallons of fresh water every day and can dehydrate quickly if water is unavailable. Horses that aren't getting enough water are at a greater risk for conditions such as simple indigestion or impaction. A frozen water trough is the usual dehydration culprit, but occasionally horses choose to not drink water simply because it is so cold. Heaters for your troughs and buckets are therefore an absolute "must" to ensure continual access to water in the winter. Keep in mind that electrolyte supplements are not a suitable water substitute and do not mitigate the risk of dehydration. There is nothing wrong with adding (appropriate amounts of) electrolytes to your horse's diet, but offer them in a separate container, leaving the main water supply clean and fresh. Horses might attempt to eat snow to compensate for some fluid loss, but snow is largely composed of air and will not provide the volume of water necessary to hydrate a 1,000-pound animal.

The treatment for a case of dehydration is fairly obvious: fluid replacement. On the farm, your veterinarian will most likely pass a stomach tube through the horse's nose and administer oral fluids as well as an intestinal lubricant such as mineral oil. In cases of moderate or severe dehydration, intravenous fluids can be administered via catheter for a much quicker delivery route, but most veterinarians will choose to administer these types of treatments in a more controlled clinic setting. Use of oral or injectable anti-inflammatories such as flunixin meglumine (Banamine) and phenylbutazone (Bute) is also commonplace.

The second colic risk factor associated with winter is exposure to cold temperatures. A horse with a full hair coat should have no trouble staying warm on the coldest of winter days, even without a blanket, as long as he remains dry and has access to shelter. Blankets are useful for horses that have been body-clipped because they have lost the added layer of insulation the hair provides, but blankets must be applied responsibly. Always replace or remove a soaked blanket immediately because the moisture will freeze, trapping the cold and causing the horse to lose precious body heat. If your horse wears a blanket, there should be at least two or three on hand so a soaked article can be traded out for a dry one.

Increasing the forage in a horse's diet will help prevent impactions and will also reduce the risk of hypothermia (low body temperature). Horses require more calories in the winter just to stay warm, and the body's fermentation process for digesting hay and roughage also generates heat that helps maintain body temperature. The best colic prevention in this situation is to allow a horse 24-hour forage access so the fermentation process never slows or stops. Adding grain and sweet feed supplements (if warranted) is fine, but they do not provide the same warming and digestive benefits as a continual forage supply.

Shelter is equally important, even to those horses that are accustomed to being outside all the time. A permanent structure

built to withstand the force of strong winds and the weight of excessive snow accumulation is ideal, but temporary structures such as canvas or vinyl canopies with steel frames will also work if secured properly.

If you observe your horse experiencing mild hypothermia (a body temperature lower than 99.5°F, signs of lethargy, and a reluctance to move), remove him from the elements so he can thaw out and recover; the sooner he gets out of the cold, the better. For owners that don't have a barn, a garage can be a temporary substitute. You can also use warm water baths and blankets to speed up the warming process.

Nothing seems to function quite as well when it's really cold, and horses are no exception. Hypothermia or dehydration-induced colic episodes are common occurrences for horses living in winter climates. The good news is that with a few management and husbandry changes, these episodes should occur to a lesser degree and with far less frequency.

Five Cheese Chicken

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

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

The old cowhand came riding into town on a hot, dry, dusty day. The local sheriff watched from his chair in front of the saloon as the cowboy wearily dismounted and tied his horse to the rail a few feet in front of the sheriff.

“Howdy, stranger...”

“Howdy, Sheriff...”

The cowboy then moved slowly to the back of his horse, lifted its tail, and placed a big kiss where the sun don't shine. He dropped the horse's tail, and stepped up on the walk and aimed towards the swinging doors of the saloon.

“Hold on there, Mister...”

“Sheriff?”

“Did I just see what I think I just saw?”

“Reckon you did, Sheriff...I got me some powerful chapped lips...”

“And that cures them?” the Sheriff asked.”

Nope, but it keeps me from lickin' em.

A ventriloquist cowboy walks into town and sees an Old Friend sitting on his porch. He figures he'll have a little fun... Cowboy: “Hey, cool dog. Mind if I speak to him?” Old Friend: “Dog no talk.”

Cowboy: “Hey dog, how's it going?” Dog: “Doin' alright.” Old Friend: extreme look of shock

Cowboy: “Is this man your owner?” pointing at Old Friend. Dog: “Yep”

Cowboy: “How does he treat you?” Dog: “Real good. He walks me twice a day, feeds me great food, and takes me to the lake once a week to play.” Old Friend: look of disbelief.

Cowboy: “Mind if I talk to your horse?” Old Friend: “Horse no talk.”

Cowboy: “Hey horse, how's it going?” Horse: “Cool.” Old Friend: extreme look of shock

Cowboy: “Is this your owner?” pointing at Old Friend. Horse: “Yep”

Cowboy: “How's he treat you?” Horse: “Pretty good, thanks for asking. He rides me regularly, brushes me down often, and keeps me in the barn to protect me from the elements.”

Old Friend: total look of amazement

Cowboy: “Mind if I talk to your sheep?”

Old Friend: “Sheep Lie.”


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