

CAPITOL  
RIDERS



OLYMPIA, WA.

# HOOFBEATS

## JANUARY 2014



Next meeting January 7th 7 pm  
Karen (Coffee), Carrie (Treats)

The next general meeting is scheduled for January 7th, 7 pm at the Littlerock firehall on Littlerock Road.

It's hard to believe that year 2014 is almost here. We hope all had a good 2013. If not then may the new year bring nothing but good things to you.

The annual chapter Christmas Party on December 14th went off with a hitch in the get-along. The food was excellent as always. And the most popular gifts seemed to be about alcohol. We thank Rob and Stacy for being such good hosts to us.

If you've not yet renewed your membership, please give it some serious thought. At this time there are approximately 23 members from 2013 who have NOT renewed. We have to ask if there is something you feel that is missing and if it was present, you'd renew in a flash? The membership application is towards the back of this newsletter.

New Years Day ride - Getting the newsletter out a tad late with this notice, however here are the details. New Year's Ride by Oakland Bay Chapter BCHW. Wednesday, January 1, 2014 at 11:00 am. Vi Stickley's Ranch, 391 W Wivell Rd Shelton, WA 98584. Google Maps link <http://tinyurl.com/okrsedm>.

From US Route 101, approximate mile marker 347, Shelton-Matlock Road interchange, head west on the Shelton-Matlock Road. In 0.3 miles turn left on W Shelton Valley Rd (2nd left from the exit). In 3.8 miles turn right onto W Cloquallum Rd. And in another 1.1 miles take the 3rd left onto Wivell Rd. The address will be on your left in 0.8 miles. (large pen out front by the road) I'm sure there will also be a sign announcing the event.

Potluck after the ride at 1:00. Dress for the weather! The ride will be about 2 hours. Terrain is flat with some hills; some rock; nothing too steep. Riding from a field into the woods and back. If you have

questions send an email to Trail Boss Debbie Binion at [debbieb@hcc.net](mailto:debbieb@hcc.net)

No Director's report from the December meeting. Should have that in next month's newsletter.

There appears to be interest in renting USFS cabins so here is the scoop. There are five to choose from where you can keep stock close by. Rates and allowable length of stay varies.

Cottonwood Cabin sits in the Entiat River valley along the river. The cabin sleeps four and has water available via hand pump with hot and cold water. The cabin is available June through November. Rental is \$60 per night. The minimum length of stay is two nights for non-holiday weekdays, three nights for a weekend, and three nights for a holiday weekend. Visitors are allowed to erect one outside tent at the designated tent pad for additional guests. A maximum of four head of stock may be kept in the corral for \$20 a night (separate arrangements required through the Entiat Ranger District Office at 509-784-1511)

Snow Peak Cabin sits on a saddle below Snow Peak summit in the Kettle Range out of Republic. It requires travel by trail to access (approx. 3.2 miles from the summer trailhead - Snow Peak Trailhead off Hall Creek Road. The cabin is available for rent year round. It sleeps 6 and rental is \$30 per night, per group. Supply your own water. Two small corrals out front of the cabin. Reservations must be made at least two days in advance. The maximum-length stay is five consecutive nights. Pets are allowed.

Godman Guard Station sits on the crest above the Wenaha-Tucannon Wilderness. Access is from Dayton. Godman Guard Station is two stories and is available for rent year round. Rental is \$60 per night from May 1 through September 30, and \$75

## Currently Scheduled Events - partial for 2014

### January

1 - New Years Day ride, 11 am. potluck

7 - General Meeting Littlerock fire hall 7 pm

27 - BCHW Legislative Day 9 am Senate Rules Rm (Legislative Bldg, 2nd Floor, Lt. Gov's Office), contact Darrell Wallace, [exec@bchw.org](mailto:exec@bchw.org)

30 - DNR User meeting 6 pm, 801 88th Ave Tumwater

### February

4 - General Meeting Littlerock fire hall 7 pm

14-16 - LNT at Washington State Horse Expo, Clark County Fairgrounds, contact Louise, [saddledupw@aol.com](mailto:saddledupw@aol.com)

14-16 - Spirit of the West Cowboy Gathering - Ellensburg

20 - National Hug an Equestrian Day

per night from October 1 through April 30, with a maximum of ten occupants. The maximum length stay is fourteen consecutive nights. No potable water although a spring supplies stock water at the Godman Campground just across the road. Pets are allowed. Horses are allowed at the barn approximately 200 yards up the hill from the cabin. Access is from Dayton.

Clearwater Big House is not immediately adjacent to the wilderness (the boundary is approximately 3 miles to the south). The cabin provides nearby access to hiking and horseback riding trails that lead to Teal Springs and the lush Tucannon River Drainage. It is a two story structure and is available for rent year round. Rental is \$60 per night from May 1 through September 30 and \$75 per night from October 1 through April 30, with a maximum of ten. The maximum length stay is fourteen consecutive nights. Water is not available so supply your own. Pets are allowed. Horses are to be kept at the barn. Access is from Pomeroy.

Wenatchee Guard Station sits in a grassy clearing on a high plateau offering majestic views of the northern tip of the Blue Mountains. Horseback riding and hiking trails can be accessed from the cabin (Wenatchee Trail #3137 starts 1/4 mile to the west along the crest) with the wilderness boundary beyond Wenatchee Creek. This cabin is a single story that sleeps four. Water is not available on-site. Wenatchee Guard Station is available for rent year round. Rental is \$50 per night per group. The maximum length stay is fourteen consecutive nights. Pets are allowed. Though horses are allowed, there is no corral nor barn. They can be tethered down the hill behind the cabin. Access is from Pomeroy.

With all these sites, you are encouraged to bring your own cookware, utensils and cleaning supplies as well as bedding, towels and washcloths. Smoking is not allowed in any cabin. With the exception of Snow Peak Cabin all have propane stoves and refrigerators. (Snow Peak has only a propane countertop stove.) Reservations can be made by calling 1-877-444-6777 or visit [www.recreation.gov](http://www.recreation.gov).

So you decide a cabin is not for you but you still want a backcountry experience without the camping part of it. May I suggest the Stehekin Valley Ranch? Picture this: you drive to milepost 157.6 on state route 20 (North Cascades Highway) at the Rainy Pass Trailhead. You follow the Bridge Creek Trail into the park and in approximately 18 miles you reach the ranch along the Shehekin River (a one day ride and if a small child can do it you can too). Cabins, lodge, and corrals. Rates for stock are \$15/night per animal which include corral space, grain, hay and water. Reservations can be made by calling 1-800-536-0745 or visiting [stehekinvalleyranch.com](http://stehekinvalleyranch.com). You have ample water and get this, electricity! (but don't bring your power hungry hair dryers)

The BCHW Rendezvous is coming, the BCHW Rendezvous is coming. It happens on March 14 through 16 this year. The usual things will take place including: dinner, dance, auction, vendors, clinics and so much more. Now is the

time to begin thinking of table decorations as well. (you don't need to attend, just come up with a GREAT idea.) If you have children or grandchildren, consider borrowing some of their "horse" toys. The idea is to decorate the 8 foot diameter table with a diorama. So ranches and camps are good, the fancier the better with as much "realistic" stuff as is doable. It should not cover the whole of the table however as guests still need to sit down and eat. As an extra enticement for attending, know that Cascade Mountain Grilling has been supplying the food and will continue to do so. This outfit is well known in the Kitittas Valley for offering superb meals. How do they do it? Why the old fashioned way of course including dutch ovens and briquettes.

Speaking of food -

### All-purpose Mix (better Than Bisquick)

- 4 1/2 Cup Sifted flour
- 2 tablespoons Sugar
- 1 tablespoon + 1 1/2 tsp Baking Powder
- 1 cup Shortening
- 1/2 teaspoon Salt
- 3 tablespoons Powdered Buttermilk
- 3/4 cups powdered milk

Servings/Yield

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#### Method

Stir together flour, baking powder, salt, and sugar. Sift together 2-3 times in a large bowl.

Cut in shortening with two knives or pastry cutter until the mixture is the consistency of cornmeal.

Add Powdered Buttermilk and Powdered milk and mix uniformly to create your dry All purpose mix. Store in a Zip Lock Bag and keep in the fridge for 2 weeks.

Form biscuits. Cover and let stand at room temperature for 15 minutes to rise a little before baking.

Bake biscuits in a pre-heated "hot" oven at 450° for about 15 minutes or until golden brown

#### Notes

Use in recipes that call for Bisquick or all-purpose mix. Add small amounts of cold water, or cold milk, or other liquid required in your Dutch Oven Recipe.

For Regular Biscuits: To get your desired biscuit consistency, use cold milk or cold water. (Milk makes richer biscuits) Don't over mix.

### Apple Turnovers Minnie Size (great for Dutch Oven)

These are easy to prepare and bake. These can be baked in your kitchen oven on a cookie sheet, in a Dutch Oven, or Deep Fried.

- 4 9 inch Uncooked Pie shell dough sheets (Either pre-made store bought, or make homemade)
- 1 21oz Can of Apple Pie Filling
- 1 teaspoon Cinnamon
- 1/8 teaspoon Salt
- 3-4 tablespoons Butter



Servings/Yield

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#### Method

In a bowl first slice up the apples into small bits about 1/4 inch. Next mix in the Cinnamon, and salt. Set this apple filling mixture aside.

Roll Pie Crust dough to pie crust thickness on a piece of plastic wrap laid out on your counter. Cut circles of dough (about 3 inch diameter) with a biscuit cutter or the top of a drinking glass or opened can. Pull up all the trimmed dough pieces. Ball up the trimmings and roll that out and cut more circles. Repeat until you have made use of all the dough.

Take a small piece of butter, about the size of half a pea. Put a small piece of butter into the center of each dough circle. Next spoon about a 1/2 teaspoon of your pie filling mixture on to the center of each dough circle. Fold the dough to make a half circle with a pocket of the filling inside. Seal the edge using fork to press them together.

#### 3 Baking Options

Bake in a preheated 350° oven, on a grease cookie sheet, 8 to 12 minutes . Or until just starting to brown.

Bake in a preheated 350° Dutch Oven, greased, 8 to 12 minutes. Or until just starting to brown.

Deep Fry at 375° until golden brown. It won't take but a minute or two. Watch them closely.

They can be glazed with cream cheese icing, brushed with a powdered sugar type glaze, or sprinkled with powdered sugar.

#### Notes

You may want to have extra dough just in case...so you can use all the filling

That trash can turkey? It requires a 15 gallon galvanized (you should heat the can up once to burn off the coating) trash can. Usually folks pound a wooden stake in the ground hence the stand to the left. I've not had a turkey cooked this way but it's supposed to be excellent.

For those who like to cook AND weld -  
Trash can turkey roasting stand. 3 horseshoes and 3 twelve inch by 1/2 rebar. Holds your soda or beer can to add moisture.



## **Colds and flu in Horses**

By Horsetalk.co.nz on Oct 15, 2012

The most common cause of depression and lack of appetite without signs of colic is equine flu. These horses will have fever (most colics don't) and may also have runny noses or cough.

These viruses are wherever horses congregate and young horses are especially susceptible. Though rarely fatal, these diseases count for tremendous loss of time and money in the horse business, writes Dr Robert N. Oglesby DVM.

### **Symptoms**

Usually URT (upper respiratory tract) viral infections begin with depression, poor appetite, and a clear nasal discharge. It may look like a mild colic, but there will be no signs of abdominal pain and fever will be present. If you take the horse's temperature at this early stage it may be as high as 105.5 degrees. Both heart rate and respiratory rate may be elevated in response to the fever.

Though the fever may be high and the horse mildly depressed, he will be easily aroused and will probably still eat treats. The fever is usually short lived though may return in several days for a short period. Several days later the nasal discharge may turn cloudy and a cough begins. Not all horses will have all these symptoms and the severity will vary from individual to individual. The younger the horse and the less vaccinated for URT infections he is, the more severe the signs.

### **Influenza and The Herpes Viruses**

Most of the URT infections are caused by one of two groups of viruses: the influenza group and the herpes group. The influenza virus tends to cause more cough while the herpes virus causes more of a snotty nose, but there is a lot of overlap in symptoms and the two can be hard to differentiate clinically.

Advanced techniques for rapid identification of influenza infection have become available. These kits were designed for humans but Morley et al tested them on horses with excellent results. Directigen Flu A, Becton-Dickinson Micro Systems, Cockeysville MD. and Directigen Kit, Centaur Inc., Overland Park KS, were designed to detect influenza antigens in nasal secretions of humans. It happens that the antigens are present in equine influenza strains also. These tests are easy, completed in 15 minutes and accurately rule in or out influenza as the cause of the symptoms. The test is very accurate on nasal secretions when used during the first 2 days of remarkable clinical signs. The test is somewhat less accurate on horses that have been ill longer than a few days of exhibiting mild signs. Nasopharyngeal swabs are better for this harder to detect group.

### **Strangles vs Viral URT infections**

It is important to differentiate viral URT diseases from strangles which is a bacterial infection of the URT. Viruses are not treatable and self limiting with good nursing care. Strangles can be treated with penicillin to shorten its course and lessen the severity.

In general, horses with strangles will have:

- Come from an area with a recent history of the disease. Strangles outbreaks do not go unnoticed and your horse will not be the first.
- The fever is a little lower with strangles, in the 102 to 104 range, but more persistent. Bute has less of an effect on bringing down this fever.
- The lymph nodes under the jaw begin to enlarge about 4 days after the horse becomes ill and eventually burst open. Lymph nodes also enlarge with the viral URT but they do not continue to get bigger and bigger for several days in a row.

### **Treatment**

Once the virus gets hold of the horse there are no specific cures for the virus. Two important treatments are fever reducers and rest. For the fever butazolidine (bute) is very effective. It will also relieve the aches that go along with the flu making the horse feel better so he will eat and drink.

Even more important than bute is adequate rest. These viruses attack the respiratory lining reducing a horse's resistance to infection by bacteria. The influenza virus also attacks the muscles and the heart. Rest allows the horse to heal with minimal complications. Usually 21 days of stall and paddock rest is adequate but if symptoms persist, particularly the cough, longer may be required.

Recently immune potentiating drugs have come on the market with some experimental work that they shorten the course of the disease. Recent concerns about their safety have been brought up.

## Prevention

There are a number of vaccines available for immunization against viral URT disease. They give moderate protection and are short lived. To get the full benefits requires an initial series of two shots about 30 days apart followed by boosters every 3 to 4 months.

In barns with a lot of young horses that travel, boosters every 2 months has been used effectively. For the horse that does not show or come into contact with a lot of other horses an initial series of 2 shots and yearly boosters will probably not prevent disease but will lessen the severity if he happens to come in contact with a virus. Young horses going to the trainers are particularly susceptible and boosting the vaccine 21 days before transport is well worth the cost.

Recent work suggests that the immune stimulants, containing a bacterial extract (*Propionibacterium acnes*) may shorten the course of viral respiratory diseases and when administered 2 and 5 days prior to shipping may lessen the incidence of respiratory disease in transported horses. Also from a prevention standpoint, transporting a horse facing backwards creates less stress, the most likely reason for the high incidence of respiratory disease following shipping.

### Specific Recommendations when vaccinating:

Foals: Vaccinate at 6, 7, 12, 18 months of age.

Pleasure Horses: Annually and prior to exposure to groups of unknown horses.

Show and Performance Horses: Every 2 to 3 months.

Broodmares: Annually one month prior to foaling date and one month prior to shipping for breeding.

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## Living with O.C.E.A.N. Syndrome

By Scooter Grubb

Just recently, after years of research, I have finally been able to give a name to what my wife and I have been living with for years.

It's an affliction, for sure, which when undiagnosed and misunderstood can devastate and literally tear a family apart. Very little is known about O.C.E.A.N. Syndrome. But it is my hope this article will generate interest from researchers involved in the equine and psychological sciences. You will, no doubt, begin to identify similar symptoms in your own family and hopefully now be able to cope.

OBSESSIVE COMPULSIVE EQUINE ATTACHMENT NEUROSIS SYNDROME (O.C.E.A.N.S) is usually found in the female and can manifest itself anytime from birth to the golden years. Symptoms may appear any time and may even go dormant in the late teens, but the syndrome frequently re-emerges in later years.

Symptoms vary widely in both number and degree of severity. Allow me to share some examples which are most prominent in our home.

The afflicted individual:

1. Can smell moldy hay at ten paces, but can't tell whether milk has gone bad until it turns chunky.
2. Finds the occasional "Buck and Fart" session hugely entertaining, but severely chastises her husband for similar antics.
3. Will spend hours cleaning and conditioning her tack, but wants to eat on paper plates so there are no dishes.
4. Considers equine gaseous excretions a fragrance.
5. Enjoys mucking out four stalls twice a day, but insists on having a housekeeper mop the kitchen floor once a week.
6. Will spend an hour combing and trimming an equine mane, but wears a baseball cap so she doesn't waste time brushing her own hair.
7. Will dig through manure piles daily looking for worms, but does not fish.
8. Will not hesitate to administer a rectal exam up to her shoulder, but finds cleaning out the Thanksgiving turkey cavity for dressing quite repulsive.
9. By memory can mix eight different supplements in the correct proportions, but can't make macaroni and cheese that isn't soupy.
10. Twice a week will spend an hour scrubbing algae from the water tanks, but has a problem cleaning lasagna out of the casserole dish.
11. Will pick a horse's nose, and call it cleaning, but becomes verbally violent when her husband picks his.
12. Can sit through a four-hour session of a ground work clinic, but unable to make it through a half-hour episode of Cops.

- continued on page 7

## 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 :

Chris Enrico  
 4809 24<sup>th</sup> Ave SE, Lacey WA 98503-3252



### 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 \$41.00  
 Family \$54.00

##### Optional Membership (includes family or single from above)

- Contributing \$75.00  
 Sustaining \$125.00  
 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 Back Country Horsemen of Washington, 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: \_\_\_\_\_

Back Country 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.

The spouse of an afflicted victim:

1. Must come to terms with the fact there is no cure, and only slightly effective treatments. The syndrome may be genetic or caused by the inhaling of manure particles which, I propose, have an adverse effect on female hormones.
2. Must adjust the family budget to include equine items - hay, veterinarian services, farrier services, riding boots and clothes, supplements, tack, equine masseuse and acupuncturist - as well as the (mandatory) equine spiritual guide, etc. Once you have identified a monthly figure, never look at it again. Doing so will cause tightness in your chest, nausea and occasional diarrhea.
3. Must realize that your spouse has no control over this affliction. More often than not, she will deny a problem even exists as denial is common.
4. Must form a support group. You need to know you're not alone - and there's no shame in admitting your wife has a problem. My support group, for instance, involves men who truly enjoy Harley Davidsons, four-day weekends and lots of scotch. Most times, she is unaware that I am even gone, until the precise moment she needs help getting a 50-pound bag of grain out of the truck.

## Sponsors



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Chris Enrico  
4809 24th Ave SE  
Lacey WA 98503

Capitol Riders  
<http://capitolriders.org>

