

CAPITOL
RIDERS



OLYMPIA, WA.

HOOFBEATS

JULY 2013

Next meeting August 6th 7 pm
Karen (Coffee), Peggy (Treats)



The next general meeting is scheduled for August 6th, 7 pm at the Littlerock firehall on Littlerock Road.

Karen Johnson will be delivering your BCHW Store items. If you ordered anything and gave her money at the June meeting, come pick them up or make other arrangements. Karen's phone is 360-273-8075 or email at KJRJATPRAIRIERIM@aol.com.

July 4th will see the official start of work on and around the Ken Wilcox Horse Camp at Haney Meadow. Sounds as though Lion Rock could be "loved to death" with all the folks showing up. As the horse camp is still closed Lion Rock is the gathering spot. But BCHW practices Leave No Trace so the area is in good hands. (I remember cleaning up garbage left by "campers". And don't get me started on some people's bathroom habits in the woods.)

Summer is here in all it's hot or warm glory. We had an early start to the wildfire season and this latest hot spell bodes no good for fires in the wildlands. Pay attention to fire regulations while off camping. They can vary by land manager and location. Typically DNR says no fires this time of year while the USFS is more tolerant. But if a tossed cigarette in the North Fork Teanaway can cause a 2 acre fire in June then it's dry out there. So please be very careful with fire and reconsider any plans for one.

With summer comes many opportunities for rides. Trail Challenge events, benefit rides, fun rides, camping. The opportunities are endless.

Vehicle license tabs and state parks donations – Out of curiosity I sent an email to Department of Licensing asking what the percentage was of folks donating \$5 or more when renewing their tabs. In 2012 that percentage was 23.6 percent. When I renewed my tabs recently I both donated to state parks, and purchased a Discover Pass. (wish more could or would do this.)

Suppose that a person is on a work party clearing a USFS road, that she is a trail boss, trained and certified to operate a chain saw, has her Personal Protection Equipment (PPE) on including a hard hat and has finished her saw work. She then is going to use her gloved hands to remove debris and so takes off her hard hat. Suppose that she pulls on the end of a willow under tension out of the earth which strikes her in the head, knocking her unconscious. She is disoriented when regaining consciousness and the decision is to take her to the emergency room at a hospital. After a CT scan, the bill reaches nearly \$10,000. This is roughly what happened to a BCH person from Lewis County recently. The Chapter had a memorandum of understanding with the FS Road Engineering Office and the plan is to have the FS take care of the expense, treating the volunteer as a FS employee. The fact that she wasn't wearing her hard hat is a big deal and the chapter is on notice to show how this kind of accident will be prevented in the future. BCH does not provide insurance to cover work related injuries like this. Accidents like this and worse could jeopardize everything we are working towards.

Safety has got to be our first consideration.

Gary Sterner
Methow Valley Chapter Director

Robert "Trailmeister" Eversole has a timely article on the Trailmeister web site concerning heat stress and hydration in horse and mules. You can read it at www.trailmeister.com/tips/stresstreatment.html. Just as with us humans, quantities of ice cold water in your warm stomach is not a good thing. You could end up with a case of Colic. And you should know how much water the animal is drinking and there is a trick to that if you don't remember. (continued on page 2)



Events - partial for 2013

July

- 2 - No meeting
- 6 - Roslyn Riders Family Fun Playday flyer
- 11-14 - Green River Horse Camp campout (Randle)
- 13 - Trail Challenge, Menlo (Pacific County Fairgrounds), 360-942-7422 or twinharbortack@yahoo.com
- 19-21 - Olympic chapter Western Dream Ride
- 19-21 - Skagit chapter Wilcox Skagit River Ride at Les Hilde, 360-661-4063 or 360-918-3016
- 25 - DNR User meeting 6 pm, 801 88th Ave Tumwater
- 27 - Pack Forest day ride 11 am ride out (Eatonville)

August

- 1-4 - Indian Camp campout (Teanaway)
- 3 - Capitol Forest, Endurance Ride Conference, 360-798-6673
- 6 - General Meeting Littlerock fire hall 7 pm
- 10 - Grayland/Westport day ride 11 am ride out
- 17 - Danville Georgetown day ride 11 am ride out (Maple Valley)
- 22-25 - Les Hilde campout (Sedro-Woolley)
- 24 - Peggy Bolling Memorial Scholarship ride, Shelton, first rider out 9 am, \$7.00
- 31 - Green Mountain day ride 11 am ride out (Bremerton)

September

- 3 - General Meeting Littlerock fire hall 7 pm, date tentative
- 5-8 - Keenes Horse Camp campout (Randle)
- 21 - BCHW Director's meeting, Ellensburg
- 21 - Capitol Forest - Equestrian Courtesy Day - Fall Creek Camp
- 26 - DNR User meeting 6 pm, 801 88th Ave Tumwater
- 28 - National Public Lands Day work party Capitol Forest

(An average horse drinks 150 cc (ml) per swallow (5 to 15 gallons per day). Stand on the left side of the horse's neck so you can see the swallows as they ripple down the neck. You can estimate your horse's water intake by counting the number of swallows while the horse is cooling out. 25 swallows equals one gallon.)

To cool off the animal fast, don't give it water to drink, but hose it down with that cold water. But first, get it into some shade. Let the horse have a little water and try and get some air flow going over the body.

Capitol Riders meeting minutes
Littlerock Firehall
6/4/13

Call to Order – President Laura Kingman called the meeting to order at 7:06 pm.

Guests – Jim Telloian and Kristy Dees.

Attendance – 20

Minutes – May minutes approved.

Treasurers Report – Traci Koch

The chapter needs a new treasurer to replace Traci! The chapter is solvent.

Web/Newsletter – Chris Enrico

Chris said the members area of the web site is working again. Chris asked for a show of hands from those able to open PDF documents. Another show of hands for those able to open MS Word .doc files.

Activities –

Carrie Russell mentioned the Western Dream Ride in the Teanaway. Carrie reminded people to register.

Traci Koch mentioned the Kennedy Creek day ride and that she had been unaware of it. Logging will impact the trails.

With the 11 am ride out people will need to show up all at the same time as the gate will be locked behind them. Chris will send out directions for the Les Hilde ride given the current detour situation.

National Trails Day work party recap – Mickie Hattrup

The Green's (Norman and Deborah) did a lot of work. Sue Koch and Mickie rode drag and all the work got done.

Karen Johnson said there was just one problem, we missed a trail. Norm or Deborah said they will be going out Sunday morning at 7:30 from Mima Falls Campground or Thursday afternoon from Margaret McKenny.

Safety patrols – Karen said DNR will be out on certain days and times. Training is required. Contact Phil Wolff, DNR (360-902-1435 or phil.wolff@dnr.wa.gov)

Chapter donation – Karen Johnson

Karen mentioned the recent Nile road roadwork and asked for a motion. A motion was made, seconded and approved to donate \$50 to the Yakima chapter. Private donations are being accepted as well.

Karen mentioned Haney Meadows and the need for funds to pay for lumber. A motion was made, seconded and approved to donate \$100 to Alpine Lakes chapter.

Legislative – Dean Hartman

Dean said that with no budget we don't know if we have any money yet.

Ways and Means – Dean Hartman

The chapter needs to find a new garage sale location close to Littlerock.

Director's Report – Karen Johnson

Karen said that if folks want to place BCHW store orders she will bring the items back with her. This includes the new cookbooks.

Good of the order –

Sandra White (ex-member) was injured in a vehicle accident and is now at her sister's place. Cards may be sent to Tom and Tootie.

Judy Francis is also injured. Email Chris for her address.

Karen said the chapter needs to order next years calendars at the board meeting on June 22nd. Does the chapter want to pay now or later? The cost is \$2000. A motion was made to pay later. A second motion was made to order 100. The two motions were combined. Motion seconded and approved.

Guests Jim and Kristy were asked to tell the group about themselves. Kristy said they operate Healing Hearts Ranch (www.healingheartsranch.info) and offer therapy rides for autistic children.

Peggy Tucker offered to provide treats for the August meeting.

Traci will not be here for the August meeting.

Meeting adjourned at 7:55 pm.

Respectfully submitted,

Chris Enrico
2013 chapter Secretary

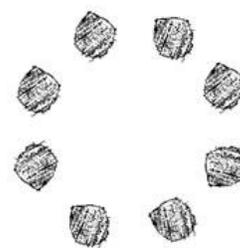
A priest wanted to raise money for his church, and being told that there was a future in horse racing, he decided to purchase a horse and enter him in the races. However, at the local auction, the going price for a horse was so steep that he ended up buying a donkey instead. He figured that since he had it, he might just as well enter it in the race. To his surprise, the Donkey came in third. The next day, the racing sheet carried this headline: "PRIEST'S ASS SHOWS". The priest was pleased with the donkey and entered it in the races again. This time it won. The paper read: "PRIEST'S ASS OUT FRONT". The Bishop was so upset with this kind of publicity that he ordered the priest not to enter the donkey in any more races. The newspapers read: "BISHOP SCRATCHES PRIEST'S ASS". This was just too much for the bishop and he ordered the priest to get rid of the donkey. The priest gave the donkey to a nun at a nearby convent and the headlines read: "NUN HAS BEST ASS IN TOWN". The Bishop fainted. He informed the nun that she would have to dispose of the donkey. She sold it to a farmer for \$10.00. The paper stated: "NUN PEDDLES ASS FOR TEN BUCKS". They buried the Bishop the next day.....

A man sat quietly reading his morning paper one Sunday morning. Suddenly, he is knocked almost senseless by his wife, who stands behind him holding a frying pan in hand. Man: "What was that for?" Wife: "Why do you have a piece of paper in your pocket with "Daisy" written on it?" Man: "Oh honey, don't you remember two weeks ago when I went to the horse races? Daisy was the name of the horse I bet on." The wife was satisfied, and apologized for bonking him. Three days later he is again sitting reading the paper when once again he is bonked on the head. Man: "What's that for this time?" Wife: "Your horse called."

Breakfast Casserole Dutch Oven Recipe

Ingredients:

1/4 cube butter
8 slices of bread
2 lb pre-cooked pork sausage
1 lb cheddar cheese
12 eggs
1 qt milk
1-1/2 tsp dry mustard
1 tsp salt



Spaced Ring

Spread butter all over the inside of the dutch oven. Tear bread into pieces. Break sausage into pieces. Grate cheese. In a bowl, beat eggs, milk, dry mustard, and salt. Layer the bread, sausage, and eggs into the D.O. Cover and cook at 350 degrees for 20-25 minutes. Pour cheese over top of casserole. Cook another 10-15 minutes until cheese forms a light-brown crust on top of cooked eggs.

Makes about 8 servings.

To achieve 350 degrees for any size oven, a spaced ring is constructed under the oven. (see image above) To determine the number of coals placed on the top of the oven, count the number of coals in the spaced ring under the oven and double that number. This result is the number of coals that are placed on top. Spread the top coals uniformly. The result is 2/3 of the total number of coals will be on the top and 1/3 will be on the bottom.

Using this method, you don't have to memorize the number of coals. The correct number of coals is easy to determine. Larger ovens with larger diameters require more coals to complete the spaced ring. The smaller diameter ovens require less. If your recipe calls for a higher temperature, to increase the oven temperature, add one coal on the top for every 25 degrees desired. To decrease the oven temperature, remove 1 coal from the top for every 25 degrees required. A typical charcoal lasts about 30 minutes, and you may want to replace it every 20 minutes.

Some compensation for weather conditions may be required. On cold days, add a couple of more coals on the top and on a hot day remove a coal or two. Direct sun can also increase the temperature 50 degrees. If it is a windy day, the windy side of the pot will be cooler than the side away from the wind. To compensate for this, just rotate the pot 180 degrees about every 15 or 20 minutes. Also a wind break can be used.

A hot spot in the bottom center occurs when coals are spread evenly under the oven. This is because those coals on the edge radiate toward the middle adding the heat of those coals located in the center. This results in your cobbler being either done in the middle and raw on the edges, or burnt in the middle and done on the edges. Neither is a desired result. But, by placing coals in a ring then this center hot spot is eliminated and the bottom cooks uniformly.

When baking something such as a pie, cobbler or biscuits another method that produces more even heating can be employed. This trick is to rotate the oven and lid every few minutes. Rotate the entire pot one direction 1/3 turn and the lid the other direction 1/3 turn relative to the pot every 15 minutes. This will make for very even cooking.

When a sustained moderate boil or faster simmer is required, the solid ring can be used on the bottom.

For a roaring boil, crowd hot coals under the oven as closely as possible.

Deep frying requires a very hot bed of coals underneath. To achieve this, crowd hot coals under the oven as closely as possible. In this situation, counter to the explanation of the center hot spot, the coals in the center will cool quicker because they receive less air than those on the edge. To counter this, every 10 minutes or so, lay out another spread of hot coals and move the pot onto that spread and alternate between the two beds of coals.

Omelet Bake

Prep time: 30 Minutes, Cook time: 30 Minutes

Ingredients:

12 Large eggs

1/2 cup water

1 Medium sized onion

1 Medium Sized green pepper

16 oz Mushrooms

1/2 lb Diced ham

1 lb Grated cheddar cheese

2 tbs Olive oil

Dice onion. Remove seeds from and dice the green pepper. In a heated 12" Dutch Oven, add the olive oil and sweat the diced green pepper and onion. Add in the mushrooms and continue cooking until the onion is translucent.

Note: The above step can be done in a skillet over a camp stove.

While vegetables are cooking, combine the eggs and water in a bowl and beat until eggs are thoroughly beaten. Pour eggs, ham and 1/2 of the cheddar cheese into your Dutch Oven and mix well. Evenly sprinkle the rest of the cheese over the top of the mixture.

Cover the Dutch Oven and bake at 350° for about 30 minutes or until eggs have set.

Serves 6 to 8

For those with email, you have already heard -

The legislature with the capital budget has approved a \$100 million expenditure for 55,000 acres of land in the upper Teanaway valley, purchasing it from American Forest Resources and thus saving it from development. DNR and WDFW will work out the land management details. This of course includes the land around Indian Camp on the Middle Fork.

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