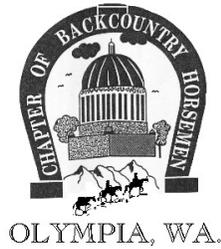


# CAPITOL RIDERS



Howdy folks,

We had a very productive meeting this month as you will see in the transcript of the meeting. There has been put forward some very interesting ideas for fund raising including garage sales, fun rides and play-days. With out the ability to get out there and offer chapter programs for the members and guests we must have a reasonable amount of cash in our war bag. The prior meeting was dedicated to how we were going to increase our membership, a committee was formed and the project is spearheaded by Tom Crowson and Steve Russell. The next step is to support their efforts by giving them a viable chapter to advertise and promote. We are doing that by addressing the need to increase the size of our working treasury. Please get behind your fellow members to make this a stronger chapter.

Ed

President: Capitol Riders Chapter, BCHW

On June 6, 2009 National Trails Day, Capitol Riders Members Ed Haefliger, Sue Haefliger, Ritz Duchesne, Steve Russell and Jeff LaBreck and Hiker Monique Lako cleared and cleaned 2.5 miles of Greenline 6 Trail, 1.4 miles of #10 Trail and 3.0 miles of Porter 8 Trail in Capitol Forest near Olympia, WA. We utilized 3 riding horses, 2 riding mules and one pack horse for this project.

## Hoofbeats - June 2009

We met at Mima Falls Trailhead at 9:00 am, proceeded to tack up and get packed and then headed up the Greenline 6 Trail in the rain. The original plan was to go up to Trail #20, down it to Porter 8 Trail and back to Mima. This would have been a total distance of 14 miles.

With the rain, we changed the plan and turned down Trail #10, and worked our way down to Porter 8 Trail. We then worked our way up Porter 8 to Mima Falls and stopped there for lunch. After lunch we cleared and cleaned up Porter 8 to the 3.5 mile marker where we turned around and headed back to Mima, cleaning along the way.

Ritz and Steve arrived back at Mima well ahead of Monique and Jeff since they were going at hiker speed. I was very surprised that Ed and Sue were not there since they were ahead of us. When they arrived, I asked them where they had been and Ed said they had come back the way they had gone out. This was 2 miles longer than the more direct route of Porter 8 back to Mima.

This was a fun work party and we were able to clear out several trees, lots of branches and a little trash. "The Forest was better when we left than it was when we arrived." This is the theme song.

Jeff LaBreck

Volunteer Hours Coordinator

## Equine Protozoal Myeloencephalitis

**Introduction and Etiology:** Equine protozoal myeloencephalitis ( EPM) is a progressive, degenerative neurological disease of the central nervous system that has been described in horses for over 30 years. The disease is one of the most commonly diagnosed neurological disorders of horses in the United States. A recent USDA study revealed an incidence of 14 new cases of EPM diagnosed per 10,000 horses per year in the United States. While great strides have been made throughout the last decade in an effort to understand EPM, many questions remain unanswered concerning its etiology, pathogenesis, occurrence, treatment, and diagnosis.

*Sarcocystis neurona* is by far the most commonly implicated agent in cases of EPM; however, recent investigation implies that the syndrome, in rare cases, can be caused by *Neospora caninum* and/or *Neospora hughesi* infections as well. Unfortunately, infection with these other protozoan species is clinically indistinguishable from infection with *Sarcocystis neurona*. For the purpose of this paper, only infection with *Sarcocystis neurona* as a causative agent of EPM will be described.

**Pathogenesis:** The definitive host of *Sarcocystis neurona* is the opossum. Infected opossums shed sporocysts in feces which are in turn infective to the intermediate host when ingested. Many intermediate hosts are currently recognized in the life cycle of this protozoan, and the full range of hosts has yet to be identified. Current species implicated include cats, armadillos, skunks, raccoons, and sea otters. Once the intermediate host is infected, it goes on to develop sarcocysts in its skeletal muscle. When this muscle is ingested by the opossum, the life cycle is completed.

The horse is considered an aberrant or dead-end host of *Sarcocystis neurona*. While the horse is presumably infected by ingestion of sporocysts in contaminated feed and water, there are many unanswered questions concerning the pathogenesis of this protozoan once it actually infects the horse. It is suggested that sporozoites released from the ingested sporocysts are able to penetrate the intestinal wall and enter arterial endothelial cells. Schizonts then develop in these cells until they rupture releasing merozoites into the bloodstream. This stage of the life cycle may be repeated several times producing large amounts of merozoites. At this point, the infection can be cleared leading to seropositivity but no clinical signs or the protozoan can progress to the central nervous system. It is unknown how *S. neurona* enters the CNS in horses. It has been suggested that merozoites enter the CNS via infected leukocytes or through the cytoplasm of endothelial cells. Once the merozoite has gained access, schizonts form in one or more areas of the central nervous system including the cerebrum, the cerebellum, the brainstem, cranial nerves, and/or the spinal cord. Schizonts and daughter merozoites in the neural tissue remain uninfected and, therefore, transmission from the infected horse to other animals is not possible.

Recent studies suggest that anywhere between 22-65% of horses in the United States are seropositive with *S. neurona* antibodies, depending on the geographic location. Although several theories have been developed concerning why only some horses develop clinical disease, the reason is unknown. Theoretical contributing factors to the development of this disease include stress and other unrelated health events that occur before the onset of clinical EPM. In addition, little is known concerning the incubation period between exposure to the protozoan and development of clinical disease.

**Clinical Pathology and Necropsy Findings:** No characteristic changes are seen in the hemogram or serum chemistries found in horses affected with equine protozoal myeloencephalitis. Cytological examination of cerebral spinal fluid typically does not reveal significant changes. Gross pathological changes are apparent in the affected portions of the brain and spinal cord, and include multifocal areas of hemorrhage and malacia or both grey and white matter. Gross changes of muscular atrophy may also

be seen in the skeletal muscle of affected horses. Histological examination of affected nervous tissue reveals neuronal necrosis and loss in addition to marked mononuclear perivascular cuffing. Infiltration of monocytes, lymphocytes, some eosinophils, and rare neutrophils can also be observed. Direct visualization of the organism is often not achieved because they are often present in very low numbers. This is especially true if the animal has been previously treated with antiprotozoal medications.

**Diagnosis:** A definitive diagnosis of EPM in a live horse is challenging. Simple seropositivity toward *S. neurona* antigen is inadequate for diagnosis since the protozoan must enter the central nervous system from the systemic blood circulation in order to cause the disease. In other words, a seropositive horse has been exposed to the organism, but may or may not have EPM. While there are several tests available to diagnose EPM, all of them are problematic.

The most recent major advance in diagnosis is the introduction of the immunoblot test for detection of IgG antibodies against *Sarcocystis neurona*.

Antibodies detected in the cerebral spinal fluid (CSF) provide support for a diagnosis of EPM. However, if the CSF is accidentally contaminated with blood during the procedure, a false positive can result. For this reason, it is recommended that only CSF samples with less than 50 RBCs/ $\mu$ L be submitted for immunoblot testing. It has also been suggested that limited antibody movement into the CSF can occur without the presence of CNS disease. This could also result in a false positive immunoblot test result.

Although the immunoblot test is reported to have a sensitivity and specificity of 89%, a recent study by Daft et al determined that the specificity of the Western blot test (a type of immunoblot test) is between 44-60%. These results, as well as the risk of a false positive test, suggest that the use of immunoblot analysis is most useful in ruling out EPM rather than diagnosing the disease.

Other diagnostic tests for EPM include polymerase chain reaction (PCR) testing, the albumin quotient test, and the IgG index test. While PCR testing can detect minute amounts of protozoan DNA, the rapid destruction of DNA in the CSF environment and the possibility that DNA may not be present in the CSF makes the sensitivity of this test questionable. The albumin quotient test was developed to detect contamination of the CSF sample with blood. Unfortunately, the test does not decipher whether the contamination is iatrogenic or a simple "leakage" of protein through the blood-brain barrier. The IgG index test was developed to detect the production of IgG in the CSF. However, subsequent studies have found little difference between index values of EPM-affected horses and normal control horses.

The detection of characteristic lesions on necropsy is considered the gold standard of diagnosis by some. Due to the small number of organisms needed to cause the disease, however, the diagnosis can be missed even with a full neurologic necropsy. In general for the live animal, a clinical diagnosis is best established in horses with neurological disease consistent with EPM and a positive immunoblot test or an uncontaminated CSF sample. Another clue for diagnosis is an improvement of clinical signs in response to treatment of EPM. Overall, it is imperative that the diagnosis be based not only on test results, but in conjunction with a thorough diagnostic examination that rules out other causes of neurological disease.

**Treatment and Prognosis:** Treatment of equine protozoal myeloencephalitis is expensive, and even

mildly affected horses can require prolonged therapy. The standard treatment for many years has been combinations of antifolate drugs including sulfadiazine and pyrimethamine with or without trimethoprim. The use of folic acid supplements in conjunction with this therapy has been recommended by some in an effort to reduce the risk of folic acid deficiency. A recent case report showed that supplementation failed to prevent the development of folic acid deficiency, however. The use of nonsteroidal anti-inflammatory medications in conjunction with traditional therapy has been routinely used for many years. Supplementation with various vitamins has been recommended by some as well as the use of acupuncture in an effort to treat EPM; however, the efficacies of these practices have not been proven in clinical trials.

The most recent breakthrough in the treatment of EPM is the development of triazine-derivative drugs. These medications were initially developed as herbicides and have historically been used as coccidiostats in poultry and swine. Ponazuril (Marquis™) is a member of this family, and is the first approved medication for the treatment of EPM. Other drugs in this class include diclazuril and toltrazuril. Ponazuril is a primary metabolite of toltrazuril, and has shown anticoccidial activity against several parasites, including *Sarcocystis neurona*. Treatment regimen requires once a day dosing for 28-56 days. While studies show ponazuril can effectively rid horses of *S. neurona*, it does not improve the CNS damage that occurs before treatment begins.

Studies estimate that clinical improvement can be seen in 70% of treated horses, but fewer than 25% return to original function. Relapse of disease occurs in approximately 5-28% of horses when treatment is discontinued. The mechanism of this relapse is unknown, but reemergence of a latent stage parasite, persistence of a small focus of infection despite treatment, and reexposure to *S. neurona* have all been proposed.

**Prevention and Control:** Due to the lifestyle and eating habits of the definitive host of *Sarcocystis neurona* (the opossum), prevention and control of EPM are potentially problematic. Current recommendations include preventing access of opossums to hay, grain, pasture, and water sources. This may be difficult, especially if food and water are in short supply for the opossum. The most reasonable and simple precaution for horse owners to take is to deny access of stored hay and grain bins to the opossum.

The opossum is considered a scavenger and will consume whatever is available to it, including road-kill. Recommendations to prevent EPM commonly include picking up road-kill in the immediate area. This suggestion may be somewhat ineffective, however, since there are likely many other unknown intermediate hosts that are perpetuating the lifecycle.

A killed vaccine against *Sarcocystis neurona* has been developed using merozoites. No clinical evidence supports the efficacy of the vaccine and little research has been completed to date, however. Overall, there are few suggestions to aid in the prevention



of *Sarcocystis neurona* exposure.

-by Katherine Gilmor, Class of 2004, Purdue University

-edited by Dr. Theresa Boulineau, ADDL Graduate student

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# Tack Room Too



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Fine Quality Saddlery, Tack & Riding Apparel  
Just off I-5, Tumwater Exit #102

## Dutch Oven Pot Roast

- |                                  |  |
|----------------------------------|--|
| 2 Tbs. bacon grease or olive oil | 1 Tbs. balsamic vinegar                            |
| 2 tsp. dry rosemary; rubbed      | 3 Tbs. brown sugar                                 |
| 2 med. yellow onions; sliced     | 1 Tbs. soy sauce                                   |
| 4-5 cloves garlic; sliced        | 1 bay leaf   |
| 3-4 lb. beef chuck roast         | 1 tsp. black pepper                                |
| salt and pepper to taste         | 1-2 lbs. baby carrots                              |
| 1 cup hot beef stock or broth    | 6-8 medium red potatoes; skins on, cut into chunks |
| 1/4 cup honey barbecue sauce     | 1 tsp. thyme                                       |
| 2 Tbs. red wine vinegar          | 1 Tbs. parsley flakes                              |

Heat a 12" deep Dutch oven using 20-22 briquettes bottom until oven is hot. Add bacon grease or olive oil, rosemary, and onions; cook 2-3 minutes until you start to see a little color on the onions then add the garlic. Cook for 1 minute longer. In a large measuring cup combine the beef stock, barbecue sauce, red wine vinegar, balsamic vinegar, brown sugar, soy sauce, bay leaf, and black pepper; stir to mix then pour juice slowly into the oven. Season the roast with salt and pepper then add roast to oven and cover with as many of the onions as you can. Replace the lid then reduce the number of coals on bottom to 10 and place 14-16 coals on the lid. Cook for 30 minutes rotating oven every 15 minutes. After 30 minutes add carrots and potatoes. Season with salt, pepper, thyme, and parsley flakes. Replace the lid and continue baking for 60-90 minutes until vegetables are fork tender.

Serves: 8-10

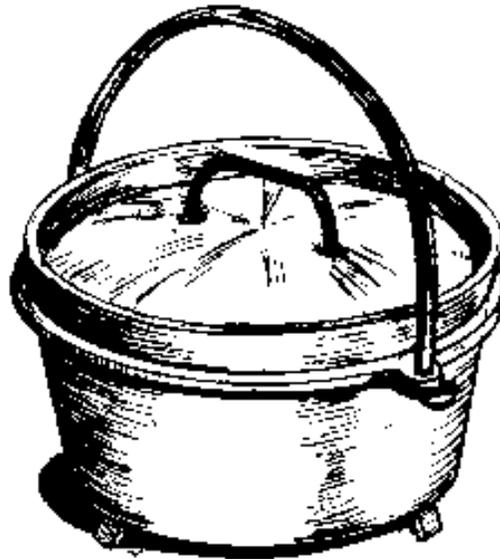
### Trailside beans

- 1/2 pound bacon, sliced in small pieces
- 1/2 pound ground beef
- 1/2 diced onion
- 1 diced red bell pepper
- 1 diced green bell pepper
- Two 33-oz. cans of pork and beans
- 1/2 cup brown sugar
- 1/4 cup of Worcestershire sauce
- 2 Tablespoons of white vinegar

Cook bacon and ground beef well in a 12-inch Dutch oven. Use 24 coals (briquettes) all on the bottom to start, then separate and place the coals distributed evenly on the top. Before removing excess oil, sauté diced onion, diced red bell pepper, and diced green bell pepper with the meats until the onions and peppers are soft. Drain off excess oil. Add pork and beans, brown sugar, Worcestershire sauce, and white vinegar. Stir well, place lid on oven, and cook with repositioned coals for 90 to 120 minutes.

Check for moisture content every 15 to 20 minutes. (Some ovens allow too much moisture to escape.) If there is not a soupy layer of liquid covering the beans, add water, a little at a time, and stir to maintain the moisture content.

Eat this with hot biscuits and jam, and you'll understand why cowboys always looked so happy on those long, hard, dusty cattle drives.



**Minutes**  
**Capitol Riders Meeting**  
**June 9, 2009**

President Ed Haefliger called the meeting to order at 7:05 PM.

**Minutes**

The minutes of the May 12th meeting were approved as printed in the Hoofbeats newsletter. Copies of the newsletter were provided at the meeting for reference.

**Treasurer's Report**

Lee Munroe gave the treasurer's report. Our funds are getting quite low so there is a real need to plan fundraising activities.

**Director's Report**

All thank you cards for the volunteers and donators for the Annual BCHW meeting were sent out. The next BCHW quarterly meeting will be held on June 13th in Cle Elum. Jeff will attend.

**Committee Reports**

**Trail Rides/Social events**

Jim Munroe reported on the May 23rd Chapter trail ride at Scattercreek. Twelve people attended. The pot luck was good and it was a fun ride.

The next Chapter event will be held on June 20th. This will be a breakfast held at JJ North's in West Olympia. Plan on being there at 9:00 AM. Bring your appetite but not your horse.

**Hoofprints**

Chris has taken over as newsletter editor for Hoofbeats. Ritz will send a reminder to Chris to ask him to publish the year's events in each issue.

**Website**

No update

**Trail Maintenance**

**Capitol Forest**

The trail maintenance event for National Trails Day on June 6th was successful. Five members from the chapter and a hiker helped to clear 9 miles of trails. While members got a little damp with the mist, the trails worked on are now in great shape. The Haefligers brought Moby to help carry equipment such as a chain saw. Lunch was at Mima Falls.

No new trail maintenance days are planned at this time. Jeff will go in periodically to check to see what needs to be done. There may be another trail event planned in September.

**Fundraising Options**

A discussion among the members regarding fundraising options took place. Items discussed included the yard sale, a poker ride, a cowboy jam, a play day with obstacles and a dance. Jeff will check on the availability of Swede Hall and to see if Dick Yarboro's daughter will allow access to her property.

## OLD BUSINESS

### Garage sale

July 11th is the date that has been set for the Chapter's Yard Sale. Maggie Baird has gotten permission for the Chapter to use the parking lot at Griffin School. She will determine if they have access to a port o potty for the workers to use. We will set up at 7:00 AM and open at 9:00 AM. See the attached article for more information..

## NEW BUSINESS

Special meeting of the Chapter: Normally, Capitol Riders does not meet again until August. However, with the plans for the yard sale, it was decided that there will be a special chapter meeting open to ALL members on Tuesday, June 30th at 7:00 PM at the Littlerock Fire House. Ritz will bring her trailer for anyone who wishes to donate items for the yard sale but won't be available on July 11th.

### For the Good of the Order

Rides were discussed.

## JUNE 30th MEETING

The next meeting is scheduled for Tuesday, June 30th at 7:00 PM.

The meeting was adjourned at 8:45 PM.

Respectfully submitted,

Ritz Duchesne

On behalf of Karen Johnson

# **CAPITOL RIDERS CHAPTER OF BCHW YARD SALE**

**Date: July 11th, 2009  
Time: 9:00 AM to 3:00 PM**

**Location: Griffin School  
6530 33rd Ave NW - Olympia, WA 98502**

**Items will include Tack, Household Goods,  
Tools, Clothes and Who Knows???**

**Come Find a Treasure You Need**

**Proceeds will support Capitol Riders in their mission to keep trails open  
to stock.**

**If questions, please call 360-438-1805**

## Capitol Riders Yard Sale

When: Saturday, July 11th

Where: Griffin School 6530 33rd Ave NW - Olympia, WA 98502

Time: Set up at 7:00 AM -

Open to the public at 9:00 AM to 3:00 PM

It's time to clean out your house, barn, garage, horse trailers and sheds and donate items to Capitol Riders for their fundraising efforts.

Items must be in gently used condition and should be clean. Anything from clothes to tack, household goods, barn items like buckets, garden tools can be given.

You have a choice to donate an item to Capitol Riders or, for large ticket items; you can consign the items to the sale. If sold, the Chapter will get 10% of the sale price and you will keep the rest. If you consign an item, please give us your target price and the lowest price you will accept. Arrangements must be made to pick up any unsold consigned items at the end of the day.

Any donated items that are not sold at the end of the day must either be picked up that day or will be donated to Goodwill or to a therapeutic riding club or Hooved Animal Rescue.

When you donate an item, it must be clean and in usable or working order. Please tag it with a target price. That will help the workers set up the sale quickly on that Saturday.

If you need any assistance in getting an item to the sale or if you have any questions about the sale, please call Ritz at 360-438-1805 or Jeff at 360-264-7901. We will work with you to get your items to the sale and answer any questions you may have.

If you can work all or part of the day on July 11th, please contact Ritz or Jeff at the above numbers. All help will be appreciated. Remember that workers should bring their lunch.

This is the only Chapter fundraiser planned for this year. Please help to make it a success. Thanks to all of you for your support.

This was not the typical Directors Meeting in Cle Elum. I linked up with BCHW Secretary, Janelle Wilson at the Chehalis Park and Ride and we met fellow Director Jim Thode at his home in Onalaska and proceeded with him over white Pass and on to Ellensburg for the meeting. Surprisingly, it was drizzling on the East side and nice on the West side on the trip home.

Other than the venue, the biggest difference was that no one coordinated our usual coffee and donuts and we did not have either for this meeting. The meeting synopsis follows.

1. Bob Gish called the meeting to order at 9:00 am and took the roll call to establish a quorum.
2. The Agenda was approved and the March Meeting Minutes were approved as read.
3. Teri Starke gave the Treasurer's Report and told us that if the chapter is sending several amounts, put it all on one check and specify what the amounts are for each item.
4. Teunis Wyers gave the Governance Report and said that we will soon have available 501c3 Guidelines, BCHW Representative Guidelines, BCHW Forms and Instructions and Policies and Procedures for Appointees and their duties.
5. When we are involved with any agency on a function, try to have the agency be the lead.
6. Bob Brooke gave the Legislative Report and talked about the removal of Nova Funds and the late night and closed door decisions made about the removal.
7. BCHW will be meeting with State Parks about how to use the Nova Funds to benefit trails.
8. Jeff Chapman gave the Public Lands Report and said that Chain Saw Certification is being reviewed by USFS and that trail groups are concerned that Federal RTP Grant Money will be diverted like the Nova Funds were.
9. BCHW is meeting with the USFS Regional Forester for Region 6 on June 24 to talk about Trail classification, the Legacy Roads and Trails Fund, chain saw usage in the Wilderness, Certified Hay usage and the parking along roads in the National Forest issue.
10. WTA is having a Trailfest at Rattlesnake Lake near North Bend and BCHW should be there with our LNT Tent and Displays.
11. Bob Gish talked about the new Volunteer Hours method and how it is progressing. BCHW is trying to model our new system after the BCHA system, why is a mystery to me.
12. Bob Gish talked about Publicity and that we should be publicizing all of our positive accomplishments. Lori Lennox said that BCHA wants to get articles on what we are doing.
13. Heather Moorman gave the Membership Report and said that multiple chapter members are only counted as members of their primary chapter in her reports. She can revise the reports to show different formats.
14. Trygve Culp gave the Education Report and said that the Purpose, Scope and Structure of the new Education Committee is done. We are upgrading our skill in Chain Saw Certification, Trail Classification and Trail Maintenance so we can be self certifying.
15. Dave Swanberg asked for volunteers from chapters for the Ways and Means Committee. He told us that \$33,750 has been collected for the Whistler Canyon Project. He also said that Okanogan County has gotten Grant Funds to develop the Trailhead. More donations are needed.
16. The seventh principle of LNT CD by Doc Wesselius entitled "Be Considerate Of Others," was distributed to Directors.
17. Vickie Clark requested more pictures for the 2011 Calendars. She wants an ongoing supply.
18. Trygve Culp passed out the BCHA Report and said that BCHW did an outstanding job of putting on the BCHA Annual Meeting at Fort Worden. Julie Dalzell, Judith Hoyle and Betsy Wyatt and

the local organizing committee did a very impressive job with the event. We will reimburse Bob Gish \$598.00 for his expenses.

19. Jeanne Koester reported that our Grant Funds have been committed to projects and if your project is under budget, tell her so she can apply the extra funds to other projects.

20. Darrell Wallace reported on his 501c3 meeting with Ken Keddington and said that we cannot enlist the general public to influence legislation and talked about disqualified persons and restricted contributions and the IRS rules about them.

21. Teri Starke needs the 2009 tax information from the chapters by February 10, 2010.

22. Motion was made and carried to confirm the Executive Committee made up of Darrell Wallace, Mike McGlenn, Teunis Wyers, Dave Jackson, Trygve Culp and Lori Lennox. This is an advisory committee to help in decision making.

23. Trygve Culp presented the Resolution to Revise the BCHW Membership and Dues. Much discussion followed with comments by Dave Jackson, Lori Lennox, Jeff Chapman, Ken Carmichael and Teunis Wyers. A committee was formed to review and develop this resolution comprised of Darrell Wallace, Teri Starke, Heather Moorman, Dave Swanberg, Dave Jackson and Trygve Culp.

24. Jeff LaBreck introduced the Right to Ride Resolution from Ed Haefliger of Capitol Riders. Much discussion ensued with the net result being that the resolution failed but the intent of getting legislation moving may have been accomplished by the discussion. Bob Brooke, the Legislative Chair was present and agreed with the need for some legislation to keep trails open to Equine as well as other users.

25. The September Directors Meeting will be at the Central Washington University Student Union Building on September 12, 2009.

26. The meeting was adjourned by Bob Gish at 3:00 pm. A good, lively meeting with much discussion and divergence of opinions.

## Calendar of Events -

6/30/2009 General Meeting 7:00 PM Littlerock Fire Department  
7/4 or 7/5/09 Local Ride - Kennedy Creek, BBQ  
7/11/2009 Yard Sale, Griffin School 9 am to 3 pm  
7/14/2009 General Meeting 7:00 PM Littlerock Fire Department  
7/18/2009 Local Ride (TBD)  
7/23 - 7/28/09 Campout/Ride - Haney Meadow  
8/11/2009 General Meeting 7:00 PM Littlerock Fire Department  
8/21 - 8/23/09 Campout/Ride - Keenes Horse Camp  
9/8/2009 General Meeting 7:00 PM Littlerock Fire Department  
9/11 - 9/13/09 Campout/Ride - Kalama  
10/3 - 10/4/09 Campout/Ride - Ocean (TBD)  
10/13/2009 General Meeting 7:00 PM Littlerock Fire Department  
11/10/2009 General Meeting 7:00 PM Littlerock Fire Department  
12/9/2009 Christmas Party - TBD

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Chris Enrico  
4809 24th Ave SE  
Lacey WA 98503

