

CAPITOL RIDERS



OLYMPIA, WA.

Hoofbeats - May 2011

General meeting June 7th, 7pm
Cheryl Brown - treats

BCHW Capitol Riders

Meeting Minutes

Littlerock Fire hall, 5/3/11

Call to order : President Dean Hartman called the meeting to order at 7:00 pm.

Introduction of Guests : Angelle Hickman

None

Attendance at last meeting: 20

Approval of minutes : Minutes from the April meeting read by Connie Bailey. Minutes approved.

Treasurers Report : Traci Koch

- Club is solvent.
- Petty Cash - Angelle Hickman is in charge of petty cash accounting.

Newsletter-Web : Chris Enrico

Membership voted to approve reimbursement for Domain & Hosting of our web site. Chris to provide date and annual renewal cost.

Activity Committee : Laura Kingman

- Ride Committee: Trail Boss Wenas Camp out-May 27-30-Barry & Carrie Russell. Directions on Website. Meet at Maytown Rest Stop if caravanning. Carrie to send out email with details.
- Fort Lewis: Carrie reported that your pass will be revoked if you do not follow the rules: 1) Do not park on the grass 2) Ride only the trails 3) Have a valid pass on you and displayed in your vehicle. If you do not have a valid pass your vehicle's will be towed away. Additionally, your pass privileges will be revoked forever. Our riding areas are being actively policed.

Work Parties : Jeff LaBreck

- Aug. 27th Bike Race in Capitol Forest of estimated 300 bikers. Looking for club members to help. They will pay us to help. More information provided at next meeting. They have not sent info yet, for our help.
- National Trails Day June 4th: \$4000 Grant money received & must be spent by end of year. Includes culvert pieces & gravel.

Ways & Means : Dean Hartman & Tom Crowson

Advertising: no activity
Raffle Tickets: Angelle Hickman
iGive-: Connie Bailey: quarterly reports

Social Events : Anita, Connie and Nina

GPS/Map Class: at Crowson's date TBD. Tabled .
April Garage Sale misc. food expense of \$40 to reimburse Joyce from petty cash. Motion made and approved for



Club Gift Certificate to Joyce & Don for hosting this event. Dean will obtain a Outback Gift Certificate.

July. 16th .- BBQ at Joyce's.

LNT Presentation by Karen Johnson- Karen played a guessing game of various items decomposition time frame.

Winners received an LNT bag. Carrie suggested taking LNT bags on camping trips for visibility. Cheryl suggested we make a folding sign board to post Club & LNT information at camp outs.

Membership Correspondence : Chris E, Connie B

Cheryl Brown requested assistance to haul her horse & Mule from Yakima.

Legislative : Judy Francis & Dean Hartman.

Judy continues to monitor & provides information for Chris to post on web site.

Director : Jeff LaBreck - Public Lands

Quinault- Need Volunteers to work in forest.

Mima Falls Campground- Closed thru May 31st for logging operations.

Trail Marker Signs- Karen reported SCR donated \$100 and requested a motion for a donation from Capitol Riders.

Motion made and approved to donate \$75. The total cost Joan Flemming paid for these signs was \$225+tax.

Old Business :

Need members to sign up for ride Trail Boss for Kalama on June 23-26th.

New business :

Map & Compass class- To discuss a date at next meeting.

Aug. 27th Bike Event- money making program.

Web site- Pay Chris

Adjournment : Dean Hartman adjourned the meeting at 8:00 PM.

Minutes submitted by: Connie Bailey

Minutes approval by: Membership on _____

Events - partial

June

1 - Mima Falls Campground and Trails open

4 - National Trails Day

7 - General Meeting Littlerock fire hall 7 pm

8-10 - Large Animal Rescue course, Benton City

10-12 - Mustang Mt Ranch Clinic 253-508-0963

11 - Capitol Riders Kennedy Creek ride

11 - 2nd Qtr BCHW Directors Meeting Ellensburg

11-12 - Barb Apple clinic, Buckley

18 - Grays Harbor Chapter Fund ride, Mary M Knight School, Matlock 9am \$10 Mary Owens 360-482-8375 Owens. maryj@gmail.com (this is also a Capitol Riders chapter ride)

18-19 - Olympic Chapter Green Mountain Ride & Camp

23-26 - Capitol Riders Kalama horse camp, camp out

25-26 - Nisqually Chapter ride and camp Margaret McKenny

July

2 - Roslyn Riders Play day

2 - Capitol Riders Westport ride

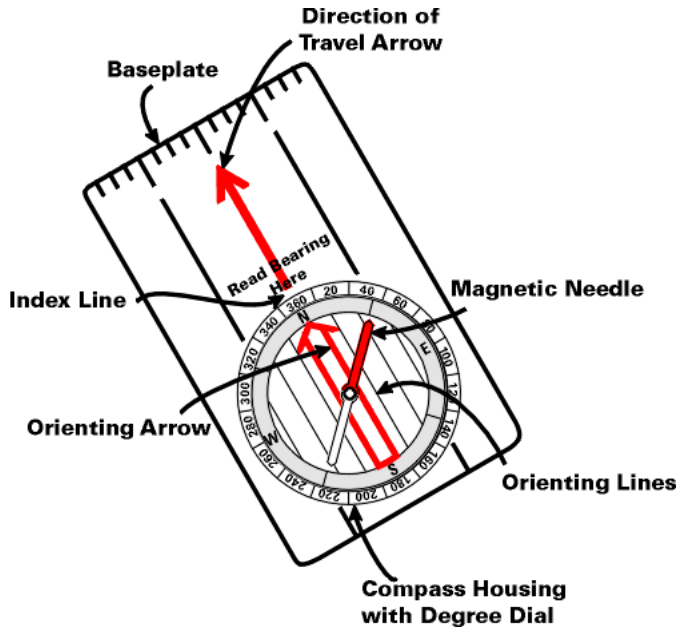
5 - General Meeting Littlerock fire hall 7 pm

15-17 - Olympic Chapter Western Dream Ride, Lower Teanaway, Cle Elum Lynne Smith: 360-895-0127; iluvbmds@wavecable.com

- 16 - Capitol Riders Chapter BBQ at Joyce Nelson's 4pm 360-786-1224
- 21-24 - Capitol Riders Keenes horse camp, camp out
- 30 - Capitol Riders Area 21 ride (Joint Base Lewis-McChord) Permit required!

Using a Map and Compass:

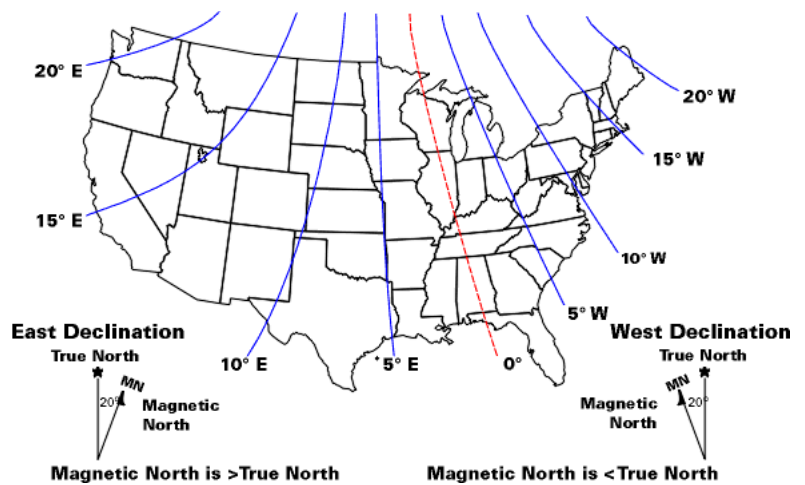
Familiarize yourself with a simple compass.



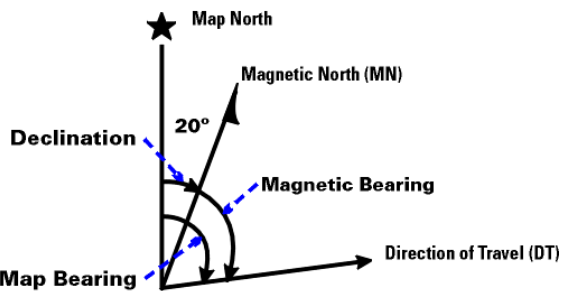
You will need to set the declination on the compass for the area you will be using it in. The compass should be provided with a small screwdriver and on the back along the degree dial you should see a small set screw. Turning this screw will adjust the difference in angle between the orienting arrow and the baseplate.

Magnetic north is not true north. Declination is the difference between Magnetic and true north and it changes constantly (about 0 degrees 10 minutes each year here in the Pacific Northwest).

Currently (May 2011) the declination angle for Washington State is 16 degrees 39 minutes. Note that we use the East Declination on this side of the country,



East Declination



Map Bearing = Magnetic Bearing + Declination

Orienting the map -

Using Land Features: Lay the map on the ground or hold it horizontally. Rotate the map until recognized features on the ground roughly align with those on the map.

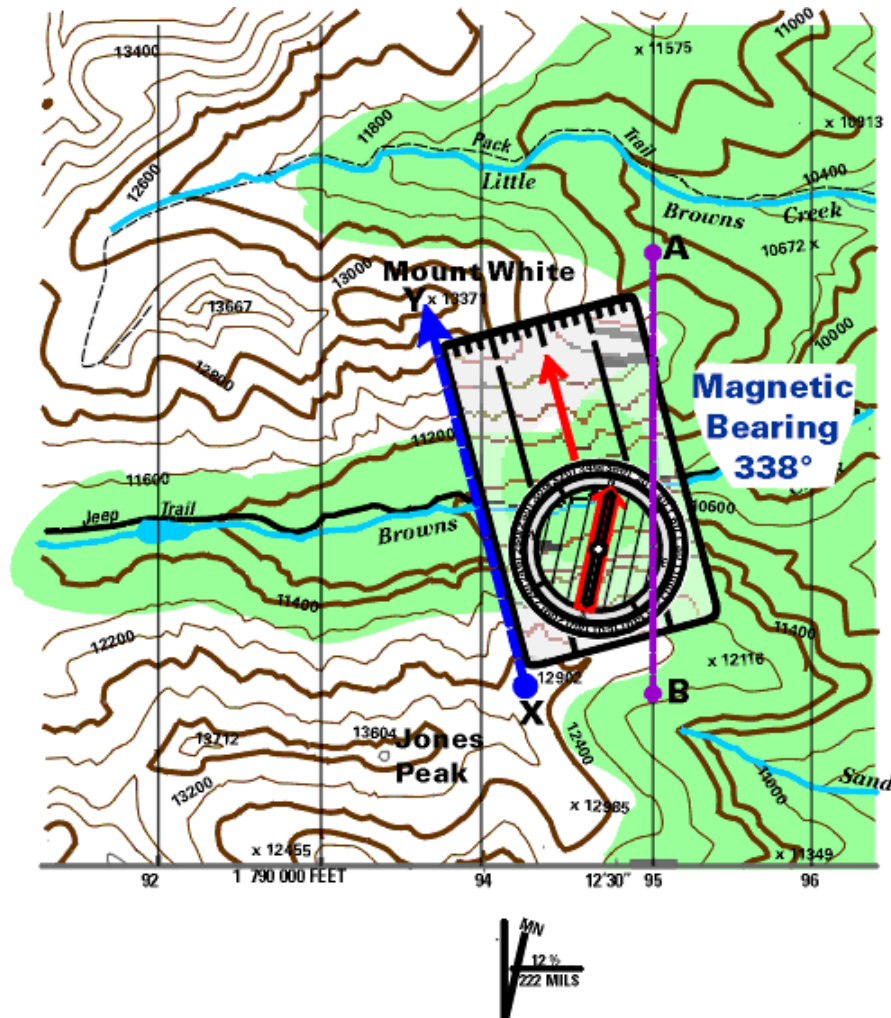
Using a Compass:

1. Identify your declination from your map. If your declination is West of true north, subtract the declination from 360 degrees. If your declination is East of true north
2. Set the compass at the correct declination bearing so that you compensate for declination.
3. Place your compass on the map so that the edge of the baseplate lies is parallel to the east or west edge of the map with the direction of travel arrow toward the north edge of the map.
4. Holding the compass on the map, rotate the map with the compass until the north end of the magnetic needle points to the N on the compass housing (i.e. the red north end of the magnetic needle and the orienting arrow align). This is often referred to as “boxing the needle” since the magnetic needle is inside the “box” formed by the orienting arrow. The map is now oriented with respect to magnetic north. This means that the compass needle direction north is the same as true north on the map. You can also place the compass on the map so that the edge of the baseplate lies along the magnetic north indicator line on the map legend at the bottom and rotate the map as described above. This may give you a more accurate orientation for your map.

Identify Terrain Features:

With the map oriented, look around for prominent features landscape features such as mountains, valleys, lakes, rivers, etc.

Make a mental note of the geographical features you will be traveling along and seeing during the day. If you keep the terrain in your mind, you will usually have a general idea of where you are just by looking around.



Will Rogers, who died in a 1935 plane crash, was one of the greatest political sages this country has ever known.

Some of what he said:

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are two theories to arguing with a woman.
Neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back into your pocket.
8. There are three kinds of men:
The ones that learn by reading.
The few who learn by observation.
The rest of them have to pee on the electric fence and find out for themselves.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring.
He kept it up until a hunter came along and shot him.
The moral: When you're full of bull, keep your mouth shut.

Learn To "Read" Your Horse's Hooves

By Vance Glenn

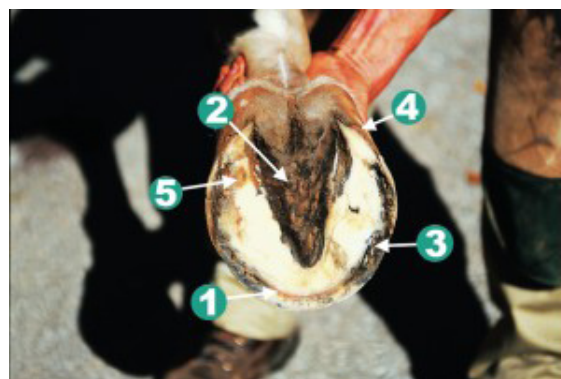
Do you know what all those lines, divots and discolorations in the soles of your horse's feet mean? Learn how to "read" his hooves.

Those lines, divots and discolorations in the soles of your horse's bare feet, as well as the chips, cracks and rings in his hoof wall, contain a wealth of information. By learning to "read" them, you'll be able to see how old injuries are healing, what new problems may be brewing and how, in general, his feet are coping with the ground he travels over.

As your horse's feet get trimmed and shod, you can perform your own hoof-health assessment, ask questions, and get an understanding of how your farrier is handling any problems. To start training your eye, we'll look at two feet (in this case, the front feet of a Thoroughbred event horse). I'll point out what I see, giving you a few things to start looking for in your own horse's feet.

White Foot

1. A white foot is a good place to start because bruises and discolorations show up more clearly than they do on a dark foot (one reason that people mistakenly believe white feet are weaker). Against this lightly pigmented background, the arcing red line at the toe is obvious. It's bruising caused by hemorrhaging in the laminae. The ground had been hard for several months when this picture was taken; because the horse wasn't able to get his toe into the ground, he had to break over the tip of his foot with each stride. The repeated pressure of breaking over was slowly pulling the toe away from the foot, tearing the laminae. (Imagine how your own fingernail could bend backward and pull away from the skin if you ran your hand into a wall.)

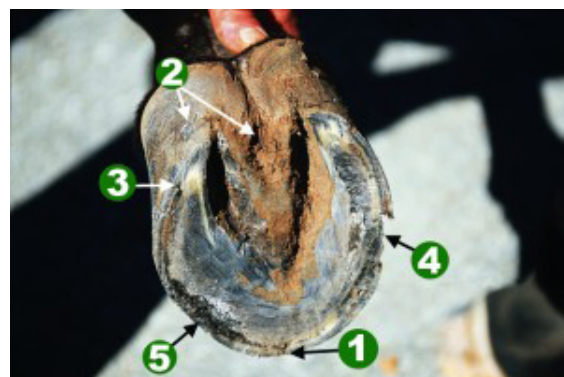


2. In comparison to the overall size of this foot, the frog is big and healthy. It looks ragged because it's beginning to shed, as most horses' frogs do a couple of times a year. Some farriers would carve the frog to neaten its appearance, but I prefer to just trim off little hanging flaps that aren't doing anything and leave in place as much of that shock-absorbing surface as possible. It may not look as nice, but it's better for the horse.
3. The dark cracks curving along the quarters (sides) of the foot are signs of separation, but they aren't as alarming as they appear. If this horse lived barefoot, those quarters would break out and wear away naturally, so the fact that his foot is showing signs of those natural tendencies is normal. To test the depth of such separations, I carve into the cracks or use a probe. These particular cracks aren't much deeper than what we see on the surface, so they're no problem. If they were deeper, I might cut away some of the horn to prevent further cracking or tearing of the laminae.
4. This horse has a typical Thoroughbred heel, prone to becoming underrun. To prevent that from happening, I've kept it cut back, which keeps the weight-bearing surface at the widest part of the frog and the bulbs of the heel, even as the foot grows forward and down.
5. Not all discolorations indicate bruising. These spots and smudges are simply dirt that's worked its way into rough spots in the sole: tough to differentiate from bruises in a photograph, but easy to tell if you could actually run your hand over this foot.

Dark Foot

1. This toe has been damaged by the hard ground, shown by signs of tearing and the crack. I'm not concerned about this small crack; if it were larger, I'd take stress off the toe by shortening it, setting the shoe back inside the white line, and rounding the toe so the horse could break over more easily.

2. This heel appears taller than the one on the white foot because this foot is more upright; probably the horse favors the other foot and carries more weight on it. The deep cleft running up the center of the frog into the squished-together bulbs of the heels shows that he has slightly contracted heels. The contraction isn't bad; it likely won't get any better, but I don't want it to get worse. I'll fill his foot with Equipak® to distribute his weight evenly over the foot's surface, taking some of the pressure off the heels.



3. Part of the reason the clefts on either side of the frog appear deeper in this foot is that the foot is more upright. The particularly deep spot on the lateral (outer) side of the frog, however, is a place I carved to clean out some deep thrush.
4. The chip in the medial (inside) wall happened when this horse pulled a shoe and lost the chunk of wall that a quarter clip was attached to. It looks ugly, but the chip itself is irrelevant; it's low enough that I have plenty of wall to nail into above

it, so it'll grow out without causing further problems. The larger problem is genetics: Typical of his breed, this horse has very thin, weak hoof walls. Luckily, he has very thick soles, which will help support his weight.

5. Separation in this location is most likely spurred by nails being driven into feet already weakened from a wet environment—in this case, heavy morning dew. As in the first foot, this separation isn't very deep, so it isn't a problem right now, but I'll keep an eye on it.

Farrier Vance Glenn is one of four partners in Chester County Farriers Associates, based in Unionville, Pennsylvania. One of the largest farrier associations in the country, CCFA provides state-of-the-art services and products to sporthorse owners from Pennsylvania to Florida. Vance is an American Farrier Association-certified journeyman farrier specializing in shoeing three-day-event horses, show-jumpers, hunters, and dressage horses.

This article originally appeared in the June 2002 issue of Practical Horseman. To read more from Vance Glenn, see "Here's How" in the May 2011 issue.

Peanut Chicken - A Simple Stir Fry

Serves 6

This is a quick and easy meal to prepare. You can use a 12" or 14" lid to cook on. The larger the lid the more you can cook at one time. There are cast iron woks on the market that you can use also.

- 2 chicken breasts, skinned, deboned and thinly sliced
- 1 onion, thinly sliced
- 4 ounces snow peas, fresh - ends and strings removed
- 1/4 pound fresh mushrooms, thinly sliced
- 2 tablespoons wok oil
- 1/2 cup teriyaki stir-fry sauce
- 1/2 cup roasted peanuts, unsalted

COOKING INSTRUCTIONS:

1. Add wok oil to the entire surface of a HOT, inverted Dutch oven lid or wok.
2. Add chicken and stir-fry for 2 1/2 minutes or until chicken is firm.
3. Add onions, snow peas, mushrooms and stir-fry sauce. Cook for 3 minutes or until snow peas are crisp and tender.
4. Stir in peanuts and serve immediately.

CHARCOAL HINTS: Start with 12 to 14 briquettes under your lid or wok and adjust to keep surface HOT!

SERVING HINTS: Serve with rice.

Source: Northwest Dutch Oven Society / House of Tsang

Dutch Oven Dinner Rolls

Serves 12

- 1 tablespoon active dry yeast
- 1/4 cup warm water
- 1/8 teaspoon sugar
- 1 tablespoon sugar
- 1 teaspoon salt
- 3 cups flour
- 1 cup milk, warm
- 1 tablespoon butter

COOKING INSTRUCTIONS:

1. Mix yeast in warm water. Sprinkle the 1/8 teaspoon of sugar over the yeast mixture to activate.
2. Combine the milk, butter, salt and remaining sugar in a bowl and mix well.
3. Add 1 1/2 cups of flour and mix thoroughly. Add yeast mixture, mix well, then add and mix in 1 more cup of flour.
4. At this time the dough will be stiff. Sprinkle some of the remaining flour on a flat surface. Knead the dough until dough is smooth. Place in a greased bowl, cover and let rise until it doubles its bulk. (about 1 hour)
5. Shape dough into smooth rolls and place in a greased Dutch oven. Cover and let rise until they double their bulk again.
6. Bake and serve hot.

CHARCOAL HINTS: Use 10 briquettes underneath and 12 on the lid.

Source: Northwest Dutch Oven Society / Brenda Miller

Rosemary Red Potatoes

Serves 6 -8

- 2 1/4 pounds of small red potatoes
- 2 Tablespoons fresh rosemary (finely chopped)
- 1/4 cup shallots (finely chopped)
- 2 Tablespoons virgin olive oil

COOKING INSTRUCTIONS:

1. Pour olive oil into a pre-heated Dutch oven.
2. Add potatoes and roll around until coated with oil.
3. Add finely chopped rosemary and continue to roll until coated.
4. Bake for 50 minutes or until you can pierce with fork easily.

Roll potatoes every 15 minutes.

CHARCOAL HINTS: Use 10 underneath and 16 on the lid.

Source: Northwest Dutch Oven Society / Steve Robinson

NOVEMBER 10-12 2010

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 Chapter Treasurer:

Traci Koch
61 SE Craddick Road, Shelton, WA 98584



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 \$36.00
 Family \$49.00

Optional Membership (includes family or single from above)

- Contributing \$65.00
 Sustaining \$100.00
 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 Backcountry Horsemen of Washington, Inc., 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: _____

Backcountry 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.

Calendar (partial) of Events for 2011 -

See page 2



This space for rent

This space for rent

This space for rent

Chris Enrico
4809 24th Ave SE
Lacey WA 98503

Capitol Riders
<http://capitolriders.org>

