



HOOFBEATS



Tidbits from the Prez

This Tidbits is the end of the line for the old Prez. But wait, the old Prez is also your new one as are most of the Officers voted in during the November meeting. Congratulations to the entire Executive Board. As everyone probably knows, Cabela's opened Friday 11/16 and I was there Sunday 11/18 to purchase the Radios for the Club. I got a 10% discount which was great. For those who ordered a radio, you'll need to pay \$41.74 a pair or \$20.87 per radio, which is half the cost as agreed. The Radios will be available

at both the 12/15 Holiday Party at the Anderson's and also at the January Club meeting. So, please try and attend one of these events to claim your Radio. Just to be certain I've got it correct, below is the list of members who have ordered Radios and the quantity: Let me know if there are any errors, deletions or additions.

1. Eric & Shelly Anderson = 2
2. Rosalie Blue = 1
3. Jane Brookshire = 2
4. Tom & Tootie Crowson = 2
5. Karen Daniels-Armstrong = 1
6. Ritz & Robert Duchesne = 2
7. Vivian Easton = 2
8. Diana Gunderson = 1
9. Cindy & Mark Holden = 2
10. Karen Johnson = 1
11. Martha Kesting = 1

12. Jeff LaBreck = 2
13. Donna & James Lake = 2
14. Nina & Gordy Merklin = 2
15. Lee & Jim Munroe = 2
16. Joyce Nelson = 1
17. Betty Reichel = 1
18. Barry & Carrie Russell = 2
19. Steve & Emma Russell = 2

Be safe and ride hard,

Your Prez
Eric D. Anderson

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Minutes from the meeting of 11-13-2007

The meeting was called to order by Eric Anderson, president, at 7:05 pm. There were 25 members present at the Little Rock Firehouse on Little Rock Road. Dean Hartman had the two guests introduce themselves, Sandy and Jane, both are interested in joining.

Minutes of the Last Meeting: A motion was made and seconded to approve the minutes of the last meeting as written and published in the newsletter. Resolved: The minutes of the October 9, 2007, meeting were approved as published in the newsletter.

Treasurer's Report: Nancy Garred presented the Treasurer's

Report.

Slate of Officers for 2008: The proposed slate of officers for Capitol Riders for 2008 are: President - Eric Anderson
Vice President - Barry Russell
Treasurer - Betty Reichel
Secretary - Ritz Duchesne
Director - Jeff LaBreck
Assistant Directors - Tracy Koch and Karen Johnson

Eric asked for any discussion or changes. A motion was made and seconded to approve the slate of officers as presented. This was approved unanimously. Resolved: The above noted are the officers for Capitol Riders

(continued on page 4)

f o r 2 0 0 8 . Special thanks go to outgoing treasurer, Nancy Garred, for her hard work and service to Capitol Riders. Thanks so much, Nancy.

Director's Report: Jeff LaBreck stated that the Director's Report will be summarized in the next Hoof Beats newsletter. Jeff also indicated that the next Director's meeting is coming up in Cle Elum. He indicated that he wanted to go up on Thursday night, November 29th, and stay also on Friday night, November 30th. A motion was made and seconded to approve the reimbursement of gas and two nights' hotel costs for Jeff



December Birthdays

- ? Joyce Nelson - December 10
- ? Gordy Merklin - December 12

**Treats for
January -
Lee Munroe**

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 Toot" 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.

(continued next page)

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.

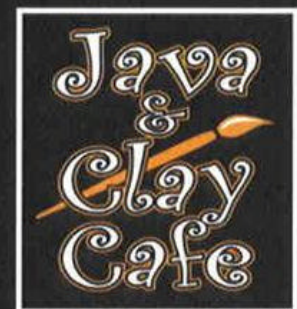
The spouse of an afflicted victim:

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



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My name is Jennifer Thorson. I have been house sitting of many people for over 8 years and have been involved in horses since I was 9 years old. I charge about \$50 a day but price does change case to case. Please call if interested (360) 789-1536. I am available for many last minute trips.



Rosalie C. Blue
Owner

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Gig Harbor
Washington
9 8 3 3 5

253.851.3277

POTTERY PAINTING STUDIO
AND COFFEE LOUNGE

(continued from previous page)

Living with O.C.E.A.N. Syndrome - by Scooter Grubb

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.

Now you can better see how O.C.E.A.N.S. affects countless households in this country and abroad.

It knows no racial, ethnic or religious boundaries. It is a syndrome that will be difficult to treat because those most affected are in denial and therefore, not interested in a cure. So, I am taking it upon myself to be constantly diligent in my research in order to pass along information to make it easier for caretakers to cope on a day to day basis.

Conservation District– What it can do for you (continued next page)

Just over two years ago, Cindy and I fulfilled our dream of having our own five acre "ranch". It seemed pretty simple at the time. I mean the previous owners just fenced the perimeter and turned their horses out, so how hard could it be, right? Oh boy, were it only that simple! The horses quickly ate the grass down to nubs over the summer. By the time the fall had passed and winter was setting in, manure was everywhere, and parts of the fields turned into sloppy, stinky mud. What to do? Call the Thurston Conservation District! For those of you not familiar with the conservation districts, they are non-regulatory agencies set up to help local land owners. The Thurston Conservation District was formed back in 1948 by the residents of the county. Conservation Districts (CDs) are legal subdivisions of state government that administer programs to conserve natural resources. Each District is self-governed

by volunteers who establish priorities and set policy. CDs exist in practically every county, throughout the United States.

The first thing the district did for us was a site visit. Brian Thompson met me one afternoon and we spent about an hour walking the property. He took his time to answer every question I had. He had lots of ideas to maximize the use of our land. He explained how to set up a gravel paddock to keep the horses from turning the fields into mud during the our manure management system and made some suggestions to help us use it to fertilize without damaging the ground water and Mima Creek, which runs through our property. After the visit, Brian mailed us a 16 page report on our property and ideas to keep it healthy. Another issue we discovered is erosion on one bank of Mima Creek. Again, the Conservation District came to the rescue! They have been here twice

for the creek-once to evaluate it, and the second time for a detailed survey so the district's engineers can figure out the best way to reshape the bank to stop the erosion. And the best part... all this help has been free. Once we start the work digging, reshaping, and planting on Mima Creek, the Conservation District will split the cost with us. We pay for 25% of the cost, they will provide the other 75%.

Another service the district provides is the free use of their manure spreader. Brian dropped it off at our house and then picked it up after we finished. They also have a spin spreader, back pack sprayer, and a weed puller for scotch broom.

If you are interested in seeing what the district can do for you, call them at 754-3588, or check them out on the web at www.thurstoncd.com.



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Twitch Technique by Michelle Anderson

Understand how a nose twitch works before putting this restraint tool into use.

A nose twitch is a tool used by horsemen and -women to restrain horses, usually during veterinary treatment. Whether or not you choose to use one on your horse, you should at least understand what a twitch is and how it works.

Research at the Behavior Lab at the University of Pennsylvania's New Bolton Center found that a twitch works in three ways: 1. It provides distraction; 2. It provides initial discomfort; 3. It's often used instead of sedative drugs to restrain a horse. **Three to five minutes after application, the pressure created by the twitch on the horse's upper lip causes the brain to release endorphins, natural painkillers** created by the body. When the horse has relaxed and dropped his head, the endorphins have kicked in and the analgesic response has taken place. In particular,

the twitch inhibits movement and kicking and adds some security for mildly painful procedures.

A standard twitch consists of a loop of rope or chain connected to the end of a wooden handle. The handler puts his or her hand through the loop, grasps the horse's upper lip with the same hand and then slips the twitch onto the lip. The handle is then rotated upwards to twist (clockwise if the handler is on the horse's left side; counterclockwise if the handler is on the horse's right) and tightens the loop around the nose. **A "humane" twitch is a clamp-like device that scissers around the horse's upper lip and is held firmly in place.**

Here are some twitch tips to keep you and your horse safe: **The National Ag Safety Database recommends never using a nose twitch for more than 15 minutes because extended use of the device can cause nerve damage in the lip.**

Never use a twitch as a form of punishment against the horse or in association with rough handling or shouting.

Remember that the horse's lips are one of the most sensitive areas of his body.

Don't use a twitch to replace solid training and good horsemanship. The twitch is your last resort and a tool to keep you and your

h o r s e s a f e .
Never move a horse using a nose twitch. **Don't twitch a tied or cross-tied horse.**

Before trying to use a twitch for the first time, ask a professional trainer or your veterinarian to show you the proper technique. No matter what, always use common sense and good horsemanship when applying a nose twitch.



A nose twitch can safely restrain a horse without the use of sedatives

(continued from page 1) Minutes from the meeting of 11-13-2007 (continued on page 6)

to attend the Director's meeting. This was unanimously approved. Resolved: Capitol Riders will reimburse Jeff LaBreck for two nights lodging and gas for him to attend the Director's meeting in Cle Elum. Jeff still has a supply of the BCHW calendars. Please contact him if you are interested in purchasing one.

Committee Reports:

Trail Rides/Events: Carrie Russell was not present due to recent surgery. Not further trail rides or horse events are planned for the remainder of the year. Barry Russell asked that any suggestions for day rides or overnight rides be sent to Carrie.

Ritz indicated that she is working with the secretaries of the Nisqually, Scattercreek and Pierce County chapters of BCHW to share information about club rides in the area. Information will be published in the newsletter as soon as it is available.

Trail Maintenance/Volunteer Hours: Jeff LaBreck reminded those in attendance that the volunteer hours are due to him by November 1. He needs this information as soon as possible to update his records.

Trail maintenance is planned with DNR for

Saturday, November 17th, at the Mima Campground of Capitol Forest. Please plan to arrive by 11:00 A.M.

Social Events:

Shelly Anderson reminded all that the club breakfast is planned for Saturday, November 17th at JJ North's in West Olympia. Plan to arrive by 9:00 A.M.

The Holiday Party takes the place of the December meeting. This year's party will be hosted by Eric and Shelly Anderson at their home in Onalaska. The date for the party is December 15th. Mark your calendars. Additional details will be provided via the email distribution. This will be a potluck and will have a gift exchange. Please mark this on your calendars.

Membership: No updates.

Education: Dean had nothing new to add at this time.

Hoofbeats Newsletter: Thanks go to Cindy Holden on her first newsletter. She did a great job. She is always interested in getting stories and news for the newsletter.

Ways & Means: No report.

Hoofprints Program: Jeff still hasn't received all the results of the Hoofprints pro-

gram. Be sure to get your records to Jeff so he can give out the gift certificates at the December Holiday party. The new year for the Hoofprints Program officially began on November 1, 2007 and will run to October 31, 2008.

Historian: No updates.

Co-Use Program: Tom Crowson indicated there was no update on Co-Use. Nancy Garred is interested in working with Tom with the Friends of Capitol Forest group.

Website: Ken Parrish is doing a great job on the website. Be sure to send pictures and information to Ken.

Old Business:

? Eric reported that he has received requests for a total of 22 radios. He has researched the equipment and has determined the best one to purchase. The club will pay half the cost and individual members will pay the other half. The range is approximately 25 miles; the unit is waterproof and can run on AC/DC or batteries.

? Lee Munroe presented the proposed mission statement for the club. This information is printed below. Please review it and provide any comments to

2008 Equine Dental Clinic Schedules

May 20, 2008

8:00 Ritz Duchesne – Disco – 608-449-0319
 9:00 Ritz Duchesne – Impulse – 608-449-0319
 10:00 Carrie Russell– McGee
 11:00 Jeff LaBreck– Coyote
 12:00 **Catch-up and Lunch**
 1:00 Shelly Anderson
 2:00 Eric Anderson
 3:00 *****OPEN*****
 4:00 *****OPEN*****
 5:00 *****OPEN*****

November 18, 2008

8:00 Ritz Duchesne – TJ – 608-449-0319
 9:00 Terry Jackson – 360-264-5689
 10:00 Gordon Merklin – Red
 11:00 Nina Merklin - Honey
 12:00 **Catch-up and Lunch**
 1:00 *****OPEN*****
 2:00 *****OPEN*****
 3:00 *****OPEN*****
 4:00 *****OPEN*****
 5:00 *****OPEN*****

Capitol Riders Dental Clinic for 2008

Please provide your cell number:

For rechecks (horses that the Vettters' have seen before) plan on one hour. New horses take about one and a half hours.

Please try to be early but the schedule tends to get a little behind toward the end of the day. Please bring a book or something for you to do while you wait.

You can provide your phone number so the Vettters' can call you with an update.

To sign up, please contact Ritz Duchesne at horselover.ritz@yahoo.com or 360-438-1805



(continued from page 4)

Minutes from the meeting of 11-13-2007

Ritz by December 31st. The Board will finalize the statement and will present it to the chapter at the January, 2008, meeting.

New Business:

? Tom Crowson and Ritz Duchesne reported that the 2008 VIP ride is scheduled for July 19th. They will be providing updates at future meetings.

? Ritz suggested that the club consider sponsoring a Horsethink clinic in early 2008. She will contact the Nisqually and Scattercreek chapters to see if there is sufficient interest and will report back in January.

? Ritz reported that the dental clinics with Dr. and Mrs. Vetter are scheduled for 2008. The dates are May 10th and November 15th and will be held at Trails End. Time slots are already filling up. If you are interested in having your horse's teeth checked, please contact Ritz to schedule a time.

? Jeff reported that the 2008 BCHW Jubilee has been set for March 21 to 23 in the Ellensburg Rodeo Facility. Capitol Riders will once again run the live auction and the Okanagan chapter will run the bucket and silent auctions. There is no BLM auction this year. There is a meeting of the Auction Committee scheduled for Sunday, November 18th at 7:00 PM at the Little Rock Firehouse.

? The BCHW Leadership day is scheduled for Saturday, January 19th. Jeff encourages all officers to participate. As a newly elected treasurer, Betty Reichel will attend.

Dean Hartman will reserve the rooms at the Little Rock Firehouse for the second Tuesday of the month through 2008 for our club meetings.

Good of the Order:

? Ed Haefliger indicated that he would be willing to provide instructional work-

shops on safety, packing and saddle fitting during the winter months. If you are interested in something like this, please email Ritz Duchesne.

There being no further business, the meeting was adjourned at 8:45 pm.

Secretary, Ritz Duchesne –
horselover.ritz@yahoo.com or 360-438-1805

Lee's original:

Capitol Riders primary purpose is to support the mission and purpose of the BCHW. We do this through political advocacy, trail maintenance of public lands, support and participate in LNT, and volunteer for events of BCHW. We sponsor trail rides for our members, to help assure the continued use of trails in the Backcountry of Washington for horsemen. In addition, we host social events to celebrate ourselves.

Ritz's modified version:

The primary purpose of Capitol Riders is to support the mission and purpose statement of the BCHW. We do this through political advocacy, trail maintenance of public lands, education of others, support and demonstrate Leave No Trace and participate in events of the BCHW. We sponsor trail rides for our members, to help to assure the continued use of trails in the Backcountry of Washington for horsemen. In addition, we host social events to celebrate relationships with others who support this goal.

Expectations:

Read it over.

Chew on it.

Provide feedback to Ritz by 12/31/07

Board will discuss at January Board meeting and present final version to members on January 8th meeting.



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**The next
Capitol Riders
meeting is
January 8, 2008**

2007 Capitol Riders Schedule

All meetings are the second Tuesday of the month at 7:00 p.m.

Littlerock Fire Department
10828 Littlerock Road SW
Olympia, WA 98512

January 9, 2007	July 10, 2007
February 13, 2007	August 14, 2007
March 13, 2007	September 11, 2007
April 10, 2007	October 13, 2007
May 8, 2007	November 13, 2007
June 12, 2007	No December Meeting

Classified Advertising Rates for Hoofbeats Newsletter

Business Cards	\$40 / year
1/4 Page	\$20 / month- \$75 / year
1/2 Page	\$45 / month- \$135 / year
Full Page	\$55 / month- \$200 / year
Classified ads, non-members	\$5 / month

Ads must be prepaid to Nancy Garred, Treasurer,
4036- 107th Ave SW, Olympia, WA 98512



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