

HAPPY NEW
YEAR,
PARTNERS!

Hoofbeats

Capitol Riders



Volume 3, Issue 10



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Presidential Proclamation!

How did you like that title? Did I get your attention? It's time to start off a fresh year of Capitol Riders BCHW activities, and we would really like your involvement.

But first, I want to extend our thanks to **Tom and Tootie Crowson** for opening their home once again for our annual Christmas party. We had a great turnout and a wonderful evening with good food, chapter awards, and our gift exchange. I also want to thank **Jeff LaBreck** for all the work he put into the Volunteer Coordinator job and for the awards

presentations.

As we kick off the new year, our first meeting will be on Tuesday, January 9th, at the Littlerock Fire Station. We had a Christmas party there a couple of years ago, and it is a great facility. We are hoping that the new facility will encourage more participation at the meetings.

At the meeting, we will conclude our election of officers with the election of a new President for 2007, and also have a confirmation by

(Continued on page 9)

REMINDER! Beginning with the January meeting, Capitol Riders will be meeting at the new Littlerock Fire Station. The Littlerock Fire Station is located at 10828 Littlerock Road SW, south of Tumwater, approximately 3/4 of the way to Littlerock. Heading south on Littlerock Rd. it is located on the left (east) side of the road just before 110th Ave. SW.

Meetings will be held on the second Tuesday of each month at 7:00 PM beginning on Tuesday, January 9th.

Featured Member:

Ken Parrish, Emergency Operations

Ken Parrish serves as the Pierce County DEM, Emergency Management Division Manager, and Manager of the Pierce County Emergency Operations Center. Ken has

been in the Emergency Management profession for 15 years. Prior to coming to Pierce County DEM, Ken held positions as the Homeland Security Program Manager for the Washington State Department of Agriculture, and

prior to that, Ken worked for the Washington Military Department, Emergency Management Division as the State Emergency Operations Manager and Manager of the Washington State Emergency Operations Center. Ken's previous professional Emergency Management experience includes assignments as the State

Weapons of Mass Destruction and Terrorism Exercise & Training Coordinator, HazMat Exercise & Training Coordinator, and State Civil Defense Radiological



Defense Officer. Prior to joining the Washington Military Department in 1991, Ken served 25 years, active federal service in the U.S. Army, retiring at the rank of Sergeant Major.

Ken has been a member of Capitol Riders since 1990. He has served as Chapter Director, Alternate Director, and President in previous years. Ken has served as BCHW Legislative Chair, and Webmaster. As Webmaster Ken established the BCHW on the web in 1994.

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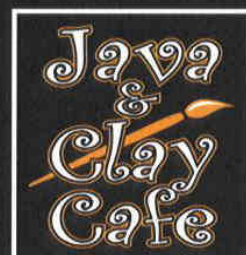
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Classified Advertising Rates for Hoofbeats Newsletter	
Business Cards	\$40 / year
1/4 Page	\$20 month / \$75 year
1/2 Page	\$45 month / \$135 year
Full Page	\$55 month / \$200 year
Classified ads, non-members	\$5 month

Note: Ads must be paid to **Nancy Garred, Treasurer, 4036 - 107TH Ave SW, Olympia WA 98512** prior to being printed in newsletter.



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Horse Trailer Safety (15 of 23)

15) What should I look for in a used trailer?

A used horse trailer should have all the same criteria that we have listed for a new trailer, but in this case, the condition is an added consideration.

If repairs need to be made, ask yourself if you will be putting more money into it than the trailer is worth.

Make sure the floor and undercarriage are in good condition. This goes for both wood and aluminum floors, and structural beams under the floor.

Check the suspension and tires.

Know if the brakes work, and find out how much it will cost to

fix them if they don't.

Uneven tire wear can signify some problem in the axle alignment or balance of the trailer.

Horse trailer tires seldom wear out, but dry rot is a common problem.

Sometimes the coupler can be worn inside, causing the coupler to be too large for the ball.

Check for rust or cracks in places where there is stress. Stress fractures are a special consideration for all aluminum trailers.

Make sure the frame and

welds are structurally sound.

Sometimes surface rust on steel may be unsightly, but if it is not in a place where it is supporting the integrity of the trailer it could be all right.

If repairs need to be made, ask yourself if you will be putting more money into it than the trailer is worth.

Spending too much money for restoration may make the trailer suitable for your own use, but do not expect to add that much value to the trailer when you sell it.



Olympia Farrier Supply Seminar

The Olympia Farrier Supply seminar [11/11/06] on modifying keg shoes with a forge, with instructor Otis Curry was a great success. There were over 22 people in attendance from 9 a.m. to after 1:30 p.m. Otis put on a great class on how to draw clips, square toes on shoes, and even drew clips on aluminum shoes, no easy feat as most of us



know. He also demonstrated how to apply borium to shoes, and made shoes from bar stock using his special tools, using both propane and coal forges. Otis is a patient instructor, and answered all questions with drawings on the board, or steel in the fire. The

feedback was all positive, and everyone had plenty to eat, including a 2nd year anniversary cake for OFS.

Our thanks to Otis Curry for his unselfish sharing of his knowledge, and we hope to see his training trailer ready for another class in April.

Gary Mitchell



November 11th Equine Dental Clinic

*The 8th bi-annual equine dental clinic given by Dr. **Richard Vetter** and his wife, **Kathy**, was a success. There was even time to let **Marie Potter** (right) feel in the back of her horse's mouth. Next dental clinic scheduled May 2007!*



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From: "Pat Wagner"
<patlark@ywave.com>

Hello Everyone!

I'm very excited to invite you to check out my website.
www.heelfirstlandings.com.

It's finally gone live. There is still much to do, horse pictures to add and many new horse / hoof success stories will be

added in due time. If you happen to note any typos or revisions that I've overlooked, please don't hesitate to let me know.

Your horse(s) may already be on the site, but if not and you'd to send a photo, make sure their hooves are showing in the picture and email it to me. Very soon, I want to add a page full of pictures of my customers

horses!

Thank you for your support and for going natural!

Pat Wagner
Heel First Landings, Inc



<h2 style="text-align: center;">Capitol Riders Subject-to-Change-At-Any-Moment 2007 Ride / Activity Schedule (changes in red)</h2>		
Date	Activity and/or Location	Trail Boss, if applicable
May 12, '07	Equine Dental Clinic / Trails End	Donna Thorson

New e-mail address
for **Eric and Shelly
Anderson:**
esafarm@tds.net

Campfire Food—Crunchy Biscuits

By Taste of Home

This is a fun twist on instant biscuits.

- 1 tube (7-1/2 ounces) refrigerated home-style biscuits, separated into 10 biscuits**
- 1 tablespoon butter or margarine, melted**
- 1/3 cup crushed corn chips**

Arrange biscuits in a greased 8-in. round baking pan. Brush with butter. Sprinkle with corn chips and gently press into the dough. Bake at 400 degrees for 14-16 minutes or until golden brown. Yield: 10 biscuits.

For immediate release: November 21, 2006 (06-191)

Contacts:

Janet Anderberg, Food Safety Program 425-745-1726

Jeff Smith, Communications Office 360-236-4072

Be "food safe" this holiday season



OLYMPIA — Each year, many Washington residents and visitors unnecessarily suffer from foodborne illness due to improperly handled food.

"Simply taking a couple minutes to wash your hands before making that favorite family dish can make a world of difference," says food safety specialist Janet Anderberg.

Already this year, foods commonly served during the holidays have been linked to various outbreaks caused by *E. coli* and noroviruses. The contaminated foods included eggs, poultry, beef, cider, fruits and vegetables. During the holiday season when large quantities of foods are being prepared for family and friends, extra food safety precautions are important.

To keep yourself and your loved ones healthy this holiday season, the Washington State Department of Health offers some simple food handling reminders.

Always wash your hands before preparing food and after handling raw meats. Use warm water, soap and paper towels. Inadequate hand washing is a leading cause of foodborne disease.

Clean and sanitize cutting boards, knives and countertops that come in contact with raw meat. Use an antibacterial cleaner or make your own sanitizer by mixing one teaspoon of bleach per one gallon of water.

Scrub vegetables, especially if they are being served raw for a vegetable tray. All produce should be washed by rinsing under cold running water. Do not soak in standing water.

Tough-skinned produce, such as cantaloupe, should be scrubbed with a brush or cloth during washing.

Cook food to safe temperatures. Use a food thermometer to make sure meat is thoroughly cooked. Food should reach the following temperatures:

- Poultry products (including stuffing) – 180 degrees Fahrenheit.
- Pork – 160 degrees Fahrenheit.
- Ground meat dishes – 160 degrees Fahrenheit.
- All other meat products – 145 degrees Fahrenheit.

Do not allow perishable food to sit at room temperature for more than two hours. Keep track – after two hours, refrigerate, reheat or throw it away.

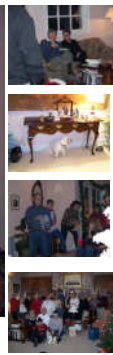
More information on holiday food safety is available on the "Featured Topics" section of the Department of Health Web site (www.doh.wa.gov). Information is also available at the Food and Drug Administration's Web site (<http://www.fda.gov/bbs/topics/ANSWERS/2003/ANS01263.html>) or the Partnership for Food Safety Education's Web site (http://www.fightbac.org/holiday_fact.cfm.)

Christmas Party—December 9, 2006

Our gracious hosts, Tootie and Tom Crowson



Jeff giving out certificates



New e-mail address for

Doug and Laurie

Tiffany:

doug_laurie_tiffany@comcast.net

And new cell number:

Doug 360-915-2202

Laurie 360-915-2200



REDNECK HARLEY



25.1 Kitchen Aid side by side white refrigerator. We are selling it for \$700.00 obo. It's like new (with ice maker). They are approx \$2,000.00 brand new.

Doug 360-915-2202
Laurie 360-915-2200

(Continued from page 1)

the membership of those people who volunteered to serve in the other chapter officer positions.

Following the election, I would like to have a general discussion of the various committees we have, and encourage people to assist on committees.

Please take a few moments to think about how you can contribute to the organization. With your help, we can spread the load around and have a lot of fun.

Also, bring your ideas about

activities you would like to do, and where you would like to go for campouts and rides this season. The sooner we can put the calendar of events together, the better it will be for planning our vacations.

Let's look forward to a great 2007!



Gary Thorson,
Outgoing Vice President

Women on Target to Men – Your Attention Please! By Shirley Rheault

We held our Women on Target event the weekend of September 23 & 24, 2006 at Capitol City Rifle & Pistol Club again. Women on Target is a women's introduction to gun shooting and firearm safety event. And what a success it was! We had 102 students, with 57 participants being first-time shooters. That's 58% of our students who hadn't shot a gun before!

What was particularly fascinating was the range of ages of the first-time shooters. They ranged from between 9 years old to 70 years old. That's right; she was 70 years old and had never shot a gun before. We also had about a half dozen women who were in their mid-sixties who had never shot a gun before either.

You may marvel at the thought of someone trucking along through life and not having experienced the adventure of shooting a gun before the age of 65 to 70 years old. Well, if you haven't read any of my past articles, I'd like to introduce you an interesting concept about women. We do not tend to be mechanically minded. Since guns are very mechanical, women tend to avoid them, even into our

more golden years. It's a pretty simple concept that women really understand, but too many guys out there just don't get it!

You attended the Women on Target this September and asked me to forward you an article on the WOT event for you horse riders newsletter. I apologize for taking so long. I am just today closing the event paperwork. I don't know why I procrastinate this part of the event, but I really do!

I wrote this article and it appeared in Capitol City Rifle & Pistol Club's newsletter and the Washington Arms Collectors newsletter. I thought maybe an older article would be more appropriate for your newsletter, then decided to go with the most current one.

I hope this works for what you were wanting. Let me know.

Have a wonderful Christmas!
Shirley Rheault 360-866-4900
[E-mail dated 12/01/06]

What does it matter if guys don't understand that women avoid firearms because they see them as a complicated piece of machinery? Everything if you want them to join you in the shooting world. I'll try to explain it so men can

understand where most women are coming from.

How many of you remember the era before Microsoft Windows was introduced? Oh, the agony of trying to do *anything* on a computer if you weren't a MS-DOS speaking geek! The computer geeks had a language all of their own that they spoke to each other. Every little complicated kilobyte was exciting to them, and they could talk about each software program in meaningful detail. As for the majority of us if we had to depend on knowing DOS to get around on the computer, I'm sorry to say, we'd all let those stinkin' computers sit on the shelf instead

To illustrate the struggle most women have on the topic of guns let me replay the previous paragraph exchanging a few words:

“Oh, the agony of trying to do *anything* with a semi-automatic if you're not a gun -DOS speaking geek! The gun geeks have a language all their own that they speak to each other. Every little complicated caliber is exciting to them, and they can talk about each firearm in meaningful detail. As for the majority of us women, if we had to depend on knowing gun-DOS to use a pistol, I'm sorry to say, we'd all let those stinkin' guns sit on the shelf instead!”

Are you getting the picture? We know you're enthusiastic about every aspect of guns (oh, how we know). The problem is so many guys think everyone, including their wife, girlfriend, or daughter, is just as excited about guns as they are and can speak gun-DOS. Where, in fact, we are MS Windows kind of gals, and are absolutely gun-DOS illiterate.

I have had women tell me time and again that either their husband or the gun store clerk (male) got them into a semi-auto handgun and they find it excruciatingly complicated! They just don't like it, and so they leave the stinkin' gun on the shelf! It's not that we can't learn gun-DOS, it's just that there's this huge monolithic learning curve on a

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topic that is totally foreign to our way of thinking.

Don't lose hope. There are guns that speak MS Windows that women can use and really have a lot of enjoyment with. Those are revolvers! Basically, they have the point-and-click ease of a computer mouse. Simple! There's no slide, no "tap, rack, and shoot," no release, there's not even a safety! Just point and shoot! The revolver can stay loaded for a long time and is ready to be used as soon as it's picked up. Doesn't that sound like a Windows kind of gun?

So if you can keep from thinking we're gun geeks and refrain from talking gun-DOS to us you'll have brownie points galore. And if you get your wife (daughter or girlfriend) a MS Windows gun (i.e. revolver) you'll both have tremendous enjoyment when you go to the range.

Here are some closing suggestions to the guys: plan an evening to take your wife out to dinner followed by going to a gun range that lets you rent different pistols. Bull's Eye in Tacoma and Marksman in Puyallup are just two of such kinds of ranges. Then rent her a variety of different caliber revolvers and have some fun together shooting!

Now here's the part that will be particularly hard for you gun-DOS guys. While trying out different revolvers, give her



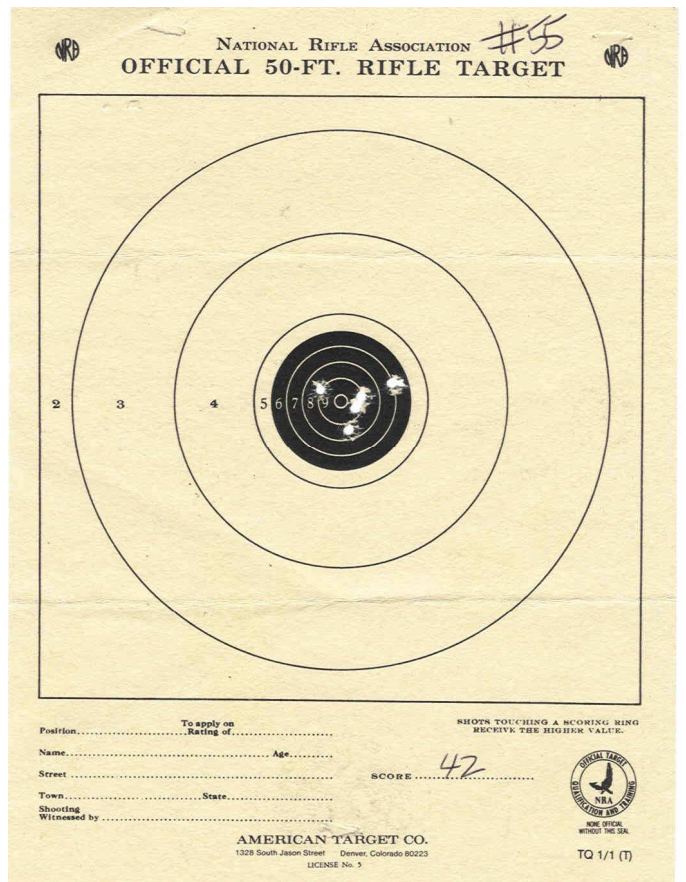
First-time shooter Deb Boyce having a blast!

information so she can make an informed choice on the gun she likes. It's important to know how different calibers react, and how a small frame gun will cause the recoil to be absorbed into her hand, but let her decide what she likes!

Then be excited for her, even if she picked out a .22 revolver when you wanted her to have a .357. The fastest way to put an end to the whole process is to not give her ample encouragement. As her confidence and enjoyment goes up, so will the time on the shooting range increase. The more she becomes familiar with shooting the more

she will understand the gun-DOS language. So try to remember, it's not about what you want her to have, it's about what she's willing to start out with. Who knows, maybe in a year or two she'll decide what she really wants is a .357!

Remember to buy plenty of ammo for the gun *you* buy her. You might also offer to clean her gun for her (indefinitely). Then, with lots of non gun-DOS encouragement, start to enjoy a sport you both can share together.



Yoo hoo, all y'all! Here is a picture of your editor's very first ever target score. To quote her instructor — **"EXCELLENT SHOT!"**

Treats for January

Betty Reichl

January Birthdays



02—Jeff Ott

12—Gary Thorson

17—Susan Hartman

22—Arlene Davidson

25—Jim Munroe

26—Myrna Conine

2007 Capitol Riders Meeting Schedule

All meetings are the **second Tuesday**
of the month, 7:00 p.m.,
Little Rock Fire Department
10828 Little Rock Road SW
Olympia WA 98512

January 9, 2007

July 10, 2007

February 13, 2007

August 14, 2007

March 13, 2007

September 9, 2007

April 10, 2007

October 13, 2007

May 8, 2007

November 13, 2007

June 12, 2007

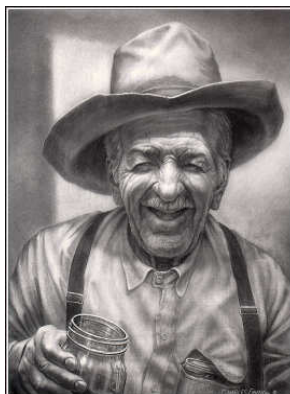
December 11, 2007



Capitol Riders

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