



# Hoofbeats



## Capitol Riders

### TidBits from the Prez

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#### Newsletter

#### Editor

**Donna Thorson**  
**360-481-5963**

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Day rides, Retirement Pot Luck, Chili Dog ride, a Capitol Riders meeting Potluck, our annual Garage / Barn sale, 2 Trail Maintenance activities, Other BCHW Chapter rides and campouts, Monroe BCHW General Meeting with Auction, Equine Dental Clinic, Nile Valley Campout, LC Fun Ride are just a few activities for April / May 2007. So Spring is here, 'ya think? As usual, Winter is past and we're busy, busy, busy.

What is really enjoyable is that the whole club is pitching in and sharing the planning and work necessary to have all these (and more) successful activities. Best of all, we're having great meeting attendance most of the time, membership is again growing, committees are doing a fantastic job, we've got a healthy bank account, and so I, as your Prez, can simply sit back and enjoy. And someone said Retirement was difficult. Through it all, we are all better able to do more of what we love best, which is ride our horses and spend time with our dear friends.

The meeting this Month was one of the best, we had poor attendance but great food at the potluck. The meeting participation was fantastic. I ran the meeting 20 minutes overtime and didn't even get in trouble. Next month we're going to talk about trail and camp etiquette and rules, a subject long overdue. Hopefully, attendance won't continue to erode.

Now a subject that has always confused me. Foundering. We're always getting conflicting information and advice. Over the last 25 years I've heard lots about foundering but am confused about the specifics, probably because there are so many variable factors. I read one of the most informative articles in the May 11, 2007 Capitol Press by HORSE SENCE 101 Desirai Schild (208-237-6413) entitled "Horse owners must be on guard against foundering". I'll try and get it to reprint in the Hoofbeats. Out on our 9 acres in Onalaska, with rich, tall, lush, high, Spring green grass, Shelly and I are struggling with how long to leave the horses out on grass and how high to let the grass get. The article I mentioned above recounts one of Desirai's easy keeper horses, who had her daily inspection in the morning, was turned out on sparse pasture, and was lame by the evening. That quick. The article goes on to explain in depth how to avoid foundering and how to monitor your horses. I'm constantly amazed at how much I continue to learn about our horses and their care, even after owning them for 2 1/2 decades. Food for thought.

Ride hard and ride safe,

Your Prez

*Eric D. Anderson*

June 2007

Volume 4, Issue 3

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

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To: Capitol Riders

From: **Donna Thorson**, Editor, Hoofbeats

Re: Newsletter Editor Opening

**Gary** and I are phasing out of the horse life and after some soul searching, I finally made the decision to step aside as your newsletter editor. By December of 2007, I will have edited *a-n-d* mailed out **56** issues! Working as your editor has been personally rewarding. I met wonderful people, made lasting friendships, and learned so much. I hope the newsletter did not disappoint. It was my goal that with every issue you would view Hoofbeats as a good friend and one you looked forward to greeting each month. A HUGE thank you to the **Vetters** for answering my e-mail in April of 2003 and how this one small event evolved into a wonderful relationship for **all** of us, but most importantly our horses. Most importantly, I believe this newsletter would not have been as successful without **Capitol Business Machines** printing, collating and stapling, and **Nancy Garred** keeping me supplied with stamps and sending me e-mails that each issue was "the best one yet!" If anyone is interested in taking over as editor before the end 2007, please let me know and I will assist in getting you started. Thank you all for one heckuva ride. *Donna*



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## Capitol Riders Subject-to-Change-At-Any-Moment 2007 Ride / Activity Schedule (changes in red)

Date of Event	Activity and Location	Trail Boss
May 19	Trail Maintenance	Jeff LaBreck
May 26-28	Memorial Day Ride / Nile (Directions on Pg 10)	Carrie Russell
Jun 16	Trail Maintenance	Jeff LaBreck
Jun 16—17th	Father's Day Ride / Kalama	Carrie Russell
Jul 13—15	Ride / Keenes	Carrie Russell
Jul 21	Trail Maintenance	Jeff LaBreck
Jul 27—29	Women's Ride / Mt. Adams	Carrie Russell
Aug 17—18	Campout / Ride / Mt. Adams	Carrie Russell
Aug 18	Trail Maintenance	Jeff LaBreck
Sep 1-3	Labor Day Ride / Les Hilde	Carrie Russell
Sep 15	Trail Maintenance	Jeff LaBreck
Sep 22	Green Mountain Ride	?
Oct 20	Trail Maintenance	Jeff LaBreck
TBD	Harvest Party / TBD	TBD
Dec	Holiday Party / TBD	TBD

# Horse Vocabulary

**Auction** - A popular, social gathering where you can change a horse from a financial liability into a liquid asset.

**Azorturia** (Monday Morning Disease) - a condition brought on by showing horses all weekend. Symptoms include the feeling of dread at having to get out of bed on Mondays and go to work or school.

**Barn Sour** - An affliction common to horse people in northern climates during the winter months. Trudging through deep snow, pushing wheelbarrows through snow and beating out frozen water buckets tend to bring on this condition rapidly.

**Big Name Trainer** - Cult Leader: Horse owners follow them blindly, will gladly sell their homes, spend their children's college funds and their IRA's to support them- as they have a direct link to "The Most High Ones" (Judges).

**Bog Spavin** - The feeling of panic when riding through marshy area. Also used to refer to horses who throw a fit at having to go through water puddles.

**Colic** - The gastrointestinal result of eating at the food stands at horse shows.

**Colt** - What your mare always gives you when you want a filly.

**Contracted foot** - The involuntary / instant reflex of curling one's toes up - right before a horse steps on your foot.

**Corn** - Small callus growths formed from the continual wearing of cowboy boots.

**Drench** - Term used to describe the condition an owner is in after he administers mineral oil to his horse.

**Endurance ride** - The end result when your horse spooks and runs away with you in the woods.

**Equitation** - The ability to keep a smile on your face and proper posture while your horse tries to

*(Continued on page 6)*

## Rubbermaid Stock Tank for Sale



**50 Gallon, Gray Stock Tank, 12"H x 31"W x 52"L, Durable Structural Foam Plastic, Single Piece Seamless Construction, Engineered. Contact Donna Thorson (360) 481-5962 or e-mail [thorsondj@comcast.net](mailto:thorsondj@comcast.net) . \$50.**



### 19) How far should one travel with a trailered horse before stopping for a rest and checking the horse?

Load up, drive down the driveway, and get out to check everything over before you pull out onto the road. Check over your trailer hitch, make sure the ramps are up, the doors are closed, and the horses are tied. Make this part of your routine every time you take you trailer out

After that, my co author of Hawkins Guide: Equine Emergencies, veterinarian Dr. Jim Hamilton suggests that as a general rule, 10 hours is considered a long trip for a horse. There are many variables to this rule, however.

The health, temperament, and experience of the horse make a difference, and weather conditions should always be considered. It is most important that the horse does not become dehydrated, since dehydration

can be the cause of several other conditions such as heat exhaustion, colic and shipping fever. If your horse drinks while in the trailer, stopping to check and water your horses when you need to stop for your own breaks should be sufficient. If, like most horses, yours doesn't like to drink when he is in the trailer, it would be a good idea to plan a rest stop after 5 hours or so depending on the weather conditions and take the horse off the trailer so he will drink.

Do not take any horse off the trailer at a rest stop or anywhere else where he may be in danger of getting away or eating grass that may be treated with toxic chemicals.

You can plan ahead by contacting a stable or vet clinic along the way before you leave. If you don't have a safe place to unload, leave the horse on the trailer.

Also, know how to monitor your horse's condition by doing the

"pinch test" for dehydration. Determine your horse's normal temperature, pulse, and respiration while he is at home, so you have something to compare when you take these vital signs on the road. Remember that horses need as much water in cold weather as in hot, but in hot weather your horse may be losing water through perspiration more rapidly, and you may not realize it if the breeze from traveling is drying him off before you see the sweat.

After 10 hours, it would be advisable to stop and stable the horses for a rest of several hours or more.

Dr. Hamilton suggests you feed your horse electrolytes for a few days before the trip, and consider plenty of water - about 20 gallons - part of your first aid kit.

You may need water not only for drinking, but also for cooling a horse off. I like to soak the hay before putting it in the trailer so the horse can get more moisture though his feed.

(Continued from page 4)

crowhop, shy and buck his way around a show ring.

**Feed** - Expensive substance utilized in the manufacture of large quantities of manure.

**Fences** - Decorative perimeter structures built to give a horse something to chew on, scratch against and jump over (see inbreeding).

**Flea-bitten** - A condition of the lower extremities in horse owners who also own dogs and cats.

**Flies** - The excuse of choice a horse uses so he can kick you, buck you off or knock you over - he cannot be punished.

**Founder** - The discovery, of your loose mare-some miles from your farm, usually in a flower bed or cornfield. Used like-"Hey, honey, I found'er." Founder: A condition that happens to most people after Thanksgiving dinner

**Frog** - Small amphibious animal that emits a high-pitched squeal when stepped on.

**Gallop**- The customary gait a horse chooses when returning to the barn

**Gates** - Wooden or metal structures built to amuse horses.

**Girth Sores**- Painful swelling and abrasion made at the point of mid-section by fashionable large western belt buckles.

**Green Broke** - The color of the face of the person who has just gotten the training bill from the Big Name Trainer...

**Grooming** - The fine art of brushing the dirt from one's horse and applying it to your own body.

**Grooms** - Heavy, stationary objects used at horse shows to hold down lawn chairs and show bills.

**Hay** - A green itchy material that collects between layers of clothing, especially in unmentionable places.

**Head Shy** - A reluctance to use the public restrooms at a horse show. Always applies to pit toilets.

**Head Tosser** - A blonde-haired woman who wears fashion boots while working in the barn.

**Heaves** - The act of unloading a

truckful of hay.

**Hobbles** - Describes the walking gait of a horse owner after his/her foot has been stepped on by his/her horse.

**Hock** - The financial condition that a horse owner goes into.

**Hoof Pick** - Useful, curved metal tool utilized to remove hardened dog doo from the treads of your tennis shoes.

**Horse shoes** - Expensive semi-circular projectiles that horses like to throw.

**Inbreeding** - The breeding results of broken/inadequate pasture fencing.

**Jumping** - The characteristic movement that an equine makes when given a vaccine or has his hooves trimmed.

**Lameness** - The condition of most riders after the first few rides each year; can be a chronic condition in weekend riders.

**Lead Rope** - A long apparatus instrumental in the administration

(Continued on page 7)

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**Ron & Karen Johnson**

(Continued from page 6)

of rope burns. Also used by excited horses to take a handler for a drag.

**Longeing** - A training method a horse uses on its owner with the purpose of making the owner spin in circles-rendering the owner dizzy and light-headed so that they get sick and pass out, so the horse can go back to grazing.

**Manure spreader** - Horse traders

**Mosquitoes** - Radar equipped blood sucking insects that typically reach the size of small birds.

**Mustang** - The type of horse your husband would gladly trade your favorite one for...preferably in a red convertible and V-8.

**Overreaching** - A descriptive term used to explain the condition your credit cards are in by the end of show season.

**Parasites** - Small children (no flames please) that get in your way when you work in the barn. Many gather in swarms at horse shows.

**Pinto** - A colorful (usually green) coat pattern found on a freshly washed and sparkling clean gray horse that was left unattended in his stall for ten minutes.

**Pony** - The true size of the stallion that you bred your mare to via transported semen that was advertised as 15 hands tall.

**Proud Flesh** - The external reproductive organs flaunted by a stallion when a horse of any gender is present. Often displayed in halter classes.

**Quarter Cracks** - The comments that most Arabian owners make about the people who own Quarter Horses.

**Quitter** - A term trainers have commonly used to refer to their clients who come to their senses and pull horses out of their barns.

**Race** - What your heart does when you see the vet bill.

**Rasp** - An abrasive, long, flat

metal tool used to remove excess skin from the knuckles.

**Reins** - Break-away leather device used to tie horses with.

**Ring worms** - Spectators who block your view and gather around the rail sides at horse shows.

**Sacking out** - A condition caused by Sleeping Sickness (see below).

The state of deep sleep a mare owner will be in at the time a mare actually goes into labor and foals.

**Saddle** - An expensive leather contraption manufactured to give the rider a false sense of security. Comes in many styles, all feature built-in ejector seats.

**Saddle Sore** - The way the rider's bottom feels the morning after the weekend at the horse show.

**Sleeping Sickness** - A disease peculiar to mare owners while waiting for their mares to foal. Caused by nights of lost sleep, symptoms include irritability, red baggy eyes and a zombie like waking state. Can last several weeks.

**Splint** - An apparatus that can be applied to various body parts of a rider due to the parting of the ways of a horse and his passenger.

**Stall** - What your truck does on the way to a horse show, fifty miles from the closest town.

**Tack Room** - A room where every item necessary to work with or train your horse has been put, in a place which it cannot be found in less than 30 minutes.

**Twisted Gut** - The feeling deep



inside that most riders get before their classes at a show.

**Versatility** - an owners ability to shovel manure, fix fences and chase down a loose horse in one afternoon.

**Vet Catalog** - An illustrated brochure provided to stable owners that features a wide array of products that are currently out of stock or have been dropped from a company's inventory.

**Weaving** - The movement a horse trailer makes while going down the road with a rambunctious horse in it.

**Whip Marks** - The tell-tale raised welts on the face of a rider caused by the trail rider directly in front of you letting a low hanging branch go. (Also caused by a wet or dry horse tail across the face while cleaning hooves)

**Windpuffs** - Stallion owners. Also applied to used car salesmen.

**Withers** - The reason you'll seldom see a man riding bareback.

**Yearling** - the age at which all horses completely forget the things you taught them previously.

**Youngstock** - A general term used for all equities old enough to bite, kick or run you over, but not yet old enough to dump you on the ground.

**Zoo** - The typical atmosphere around most horse farms.

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**TV / DVD player (never used!): \$75.00**

**Horse Pen (5) Panels are 12' in length. \$25.00 / each**

**Short Person's Horse Step: \$25.00**

**Butt scratcher (horse): \$25.00.**

**Blankets (2) - like new: \$50.00 ea**

**Hackamores with bridle and reins (2): \$25.00 ea**

**Contact: Area Code (360)**

**Gary Thorson 481-5962 or  
Donna Thorson 481-5963**



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The **Vetter's** display at the Lewis County Spring Youth Fair

# Minutes from the May 8, 2007, Meeting

The meeting was called to order by **Eric Anderson**, president, at 7:00 pm. There were 15 members present at the Little Rock Firehouse on Little Rock Road. The pot luck dinner was delicious. It provided everyone an opportunity to chat.

The only guest in attendance was the guest speaker, **Vivian Eason**, Emergency Management Coordinator, who spoke on the topic of Individual Preparedness. She brought materials to inform the membership of how to be prepared for floods, earthquakes and other natural disasters. She also provided information on how to stock your emergency kits both for you and your pets. If you are interested in information about the preparedness kits, please let one of the officers know.

Some key points: Have a family plan, keep a kit in your car and in your home. Secure hot water heaters, cabinets and televisions to your walls. You should also keep photos of your family member in your kits.

There are also special rules for house pets. Make sure you have carriers and your pets should be microchipped.

There is also a large animal rescue in Rochester. If you find a situation with a horse, call 911 and ask for the large animal rescue in Rochester.

**Minutes of the Last Meeting:** The minutes of the April 11, 2007, meeting were approved as published in the newsletter.

**Treasurer's Report:** **Nancy Garred** presented the Treasurer's Report. Membership Dues continues to trickle in slowly.

**Director's Report:** **Jeff LaBreck** reminded all that the BCHW Annual Meeting will be on June 2 at the Monroe Fairgrounds. Set up for the auction and the events will be on Friday night, June 1<sup>st</sup>. There will be a dinner on Saturday night and payment will be in advance for that dinner. There is a coupon in the Trailhead if you want to stay for the dinner. This must be submitted by May 15<sup>th</sup> to Barbara Vache.

**Jeff** asked for the names of those interested in helping at the auction or can donate items for the raffle. If you are interested, please call **Jeff** at 360-264-7901. A meeting will be on Friday, May 18<sup>th</sup> at the Little Rock Firehouse for members who are interested in helping out at the auction.

**Karen Johnson** and **Betty Reichl** have been working on the photo board that will represent Capitol Riders at the General Membership meeting.

A motion was made, seconded and approved for Capitol Riders to donate a total \$100 to purchase one horse item and one non-horse item for the auction. **Barry** and **Carrie Russell** will do the shopping on behalf of the Club.

## Committee Reports:

**Trail Maintenance/Volunteer Hours:** **Jeff LaBreck** reminded everyone about the upcoming trail maintenance day planned at Mima Falls on Saturday, May 19<sup>th</sup>. Keep an eye on your emails for more information. **Jeff** has not received any update from DNR on the bridge or culvert situation at Mima.

**Events:** **Carrie Russell** reminded those in attendance about the upcoming Memorial Day Ride and Campout at the Nile. Some members are going on Thursday while others are going on Friday morning. There will be a pot luck dinner on Saturday night. **Dean Hartman** has maps to the Nile and the trails there. **Carrie** is the Trail Boss for that ride. If you are interested in attending, please contact **Carrie**.

## The upcoming events are:

May 26<sup>th</sup>-28<sup>th</sup>: Memorial Day Campout & Ride at the Nile

June 2<sup>nd</sup>: BCHW General Meeting in Monroe  
June 16<sup>th</sup>-17<sup>th</sup>: Father's Day Campout & Ride at Kalama

July 13<sup>th</sup>-15<sup>th</sup>: Keenes Ride

July 27<sup>th</sup>-29<sup>th</sup>: Women's Ride at Mount Adams  
August 17<sup>th</sup>-19<sup>th</sup>: Campout & Ride at Mount Adams

September 1<sup>st</sup>-3<sup>rd</sup>: Labor Day Campout & Ride at Les Hilde

September 22<sup>nd</sup>: Green Mountain Ride

**Carrie** also asked for feedback on the Club's first ride at Nisqually Mashel. All who attended agreed that it was a fabulous location and the trail was well marked. Approximately 20 people came to ride.

**Carrie** also reminded all that the Sheriff's Ride scheduled for Saturday, June 23<sup>rd</sup> has been cancelled due to the condition of the trail.

**Social Events:** **Shelly Anderson** stated that there were no upcoming events currently on the calendar but it was time to plan the summer barbeque. **Joyce Nelson** graciously volunteered to hold the cookout at her home. Save the date for Saturday, June 23<sup>rd</sup>. More details will follow.

**Membership:** **Barry Russell** submitted the meeting dates, time and location to the Olympian. This will be submitted regularly but is always subject to the space available in the newspaper. After careful consideration, **Barry** feels that word of mouth and using our flyers is the best way to gain new members.

**Education:** **Dean Hartman** reports that the June speaker will be **Carrie Russell** who will speak on Trail Etiquette.

**Hoofbeats Newsletter:** No update was provided at the meeting.

**Ways & Means:** **Joyce Nelson** asked **Ritz Duchesne** to provide an update on the Garage

Sale held on May 4<sup>th</sup> & 5<sup>th</sup> at Ritz's house. The overall income for the sale was \$1,040.60. This will go into the treasury to support the club. Many thanks to the volunteers who helped set up and run the sale. The club accumulated over 100 volunteer hours for the event.

A motion was made, seconded and approved to reimburse **Ritz** the \$126.50 for the Port o Potty rental used for the event.

**Hoofprints Program:** **Jeff** reminded members to keep track of their riding time.

**Historian:** **Betty Reichl** said she and **Karen** have been sorting through the materials on the history of the Capitol Riders. Some of these materials will be used at the annual meeting.

**CoUse Program:** **Tom Crowson** gave an update on the Co Use program. Tom has been nominated to the WASU Board and is now an active participant in the Washington State Horse Council.

**Website:** **Ken Parrish** has a test website put together now. He is working on adjustable fonts for graphics and text to make the site available to persons with disabilities. He needs content to put to the test. He is looking for some Capitol Rider's unique content and intends to have future editions of the newsletter available on the site. By the end of May, **Ken** hopes to have a draft site available for members to peek at. There is a cost of \$300 per year to register the site and a bi annual renewal fee of \$50. There is also a monthly maintenance fee of about \$25.

A motion was made, seconded and approved to authorize **Ken** to pursue these fees.

**Ken** also said that at some point the Club will need to consider the issues with paid advertising.

**Old Business:**  
No old business at this time.

**New Business:**  
o BCHW Garage Sale  
There was a recent email regarding the desire for BCHW to co sponsor a garage sale with the local chapters during Olympia's LakeFair Days. A motion was made, seconded and approved to authorize **Ritz Duchesne** to donate the remaining yard sale items to this sale on behalf of Capitol Riders.

**Treats for the next meeting:** **Barry Russell** will provide the treats for the next meeting, June 12<sup>th</sup> at the Little Rock firehouse.

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

**Ritz Duchesne**, Secretary.

# Remember Lilly?

Gary Thorson's sister, **Joan Griffith**, recently e-mailed pictures of Lilly. Look at her now! To refresh your memory, I've included her baby picture....



## *DIRECTIONS TO THE NILE*

- ⇒ Take highway 12 over White Pass to Highway 410
- ⇒ Turn left on Highway 410
- ⇒ Go 8.37 miles to the Woodshed Gas Station
- ⇒ Turn left on Nile Road
- ⇒ Go 3.35 miles to the Nile Creek Ranch
- ⇒ Turn left on Clover Springs Road (Nile 1600 Road)
- ⇒ Go 3.08 miles up the hill on the 1600 Road
- ⇒ You will see the meadow in front of you.
- ⇒ Campsites in the trees all around the meadow and river access for water.



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# May 12th Equine Dental Clinic



## Treats for June

*Barry Russell*

## June Birthdays



**1—Kathy Vetter**  
**17—Tootie Crowson**  
**30—Betty Reichel**  
**30—Donna Thorson**

## 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**  
Speaker: Christine  
Redmond, DNR

**August 14, 2007**

**March 13, 2007**  
Speaker: Ken Parrish

**September 9, 2007**

**April 10, 2007**

**October 13, 2007**

**May 8, 2007**

**November 13, 2007**

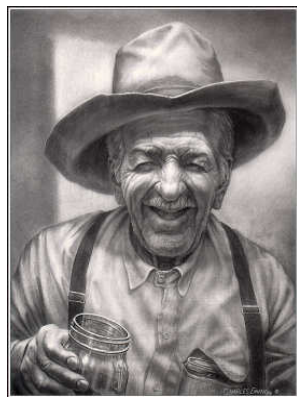
**June 12, 2007**

**December 11, 2007**

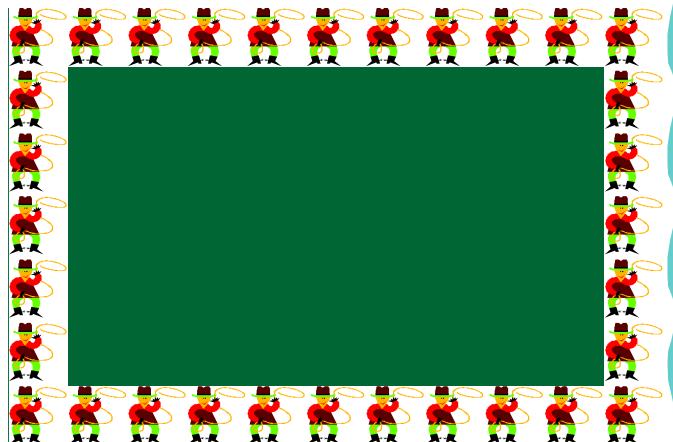


## Capitol Riders

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Don't interfere  
with somethin'  
that ain't  
botherin' you  
none



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