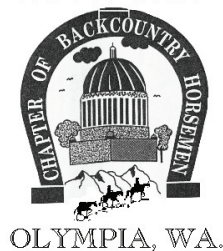


CAPITOL RIDERS



Hoofbeats - March 2011

General meeting Apr 5th, 7pm
Connie Bailey - treats



If you've not yet renewed your membership for 2011, dues are due. See the membership application towards the back of this newsletter.

BCHW Capitol Riders

Meeting Minutes

Littlerock Fire hall, 3/1/11

Call to order - President Dean Hartman called the meeting to order at 7:05 pm.

I. Introduction of Guests - Angelle Hickman

Angelle introduced Cheryl Brown. Cheryl is new to this area from Yakima.

II. Approval of minutes from February meeting

2011 Chapter Secretary Connie Bailey read the minutes from the February meeting. Correction on Ron Hamblen's dues report - Ron turned in his 2010 dues on time but the club was late submitting his application for 2010. The minutes were approved as read.

III. Treasurers Report: Traci Koch was absent

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

IV. Newsletter/Web site -

Chris Enrico reported that he has colored the chapter rides purple on the web site to reduce confusion.

1) Jeff LaBreck is researching Ad fee structure.

2) Chris also noted that he mails out our Newsletter to 5 members.

V. Activity Committee VP Laura Kingman

Ride Committee: Carrie Russell discussed the April 30th Mary M Knight scheduled ride. The property was closing down but there is a BCHW Grays Harbor Chapter Fun Ride Scheduled at this location, on June 18th. It was also noted to take Steve Russell off as committee member.

Trail Boss defined: The Trail Boss is the 'Main Focal' who also attends the ride. His/Her responsibility is: 1) Obtain list of People going on ride 2) Stays at trail head to provide instructions and identify all riders in attendance 3) provides map and/or directions to the ride location.

Work Parties: Jeff LaBreck

Jeff reported he and 2 other people were at Mima Mounds on February 26th. Next work parties are: March 26 and April 23. Meet at Natural Area parking lot at 10 am - 3 pm. Also noted that the March 5th Gravel Haul will probably be rescheduled due to 4" of snow on Waddell Creek bridge and other areas. \$50 may not be collected for food. The chapter had volunteered for the this activity.

VI. Ways & Means: Dean Hartman & Tom Crowson

Garage Sale April 30th, at Joyce Nelson's. Joyce & Don Laurance are hosting this event.

Save up and bring your STUFF

Price your stuff

Bring your personal STUFF for 15% Consignment- proceeds to the club

Call Joyce anytime to arrange delivery.

Friday April 29th after 5 PM: Come and help setup. Also call Joyce to possibly help the weekend before.

Club motion approved to pay for Hamburger.



Club motion approved to reimburse Judy Francis \$25 for the Auction Advertisement with the Littlerock community event.

Potluck - Bring a dish.

Raffle Tickets: Angelle Hickman in charge of Raffle activity. Angelle donated pet items for the drawing.

Social Events: Anita, Connie and Nina

May 6th Combination Dental Clinic and Shooting at the Evergreen Sportsman's Club rifle range. Hosted by Hank and Connie Bailey. Range fees donated by Hank.

July BBQ Date TBD.- Joyce volunteered to have a Barbeque at her home

Membership:

Cheryl Brown joined us tonight and is now our newest member.

Legislative: Judy Francis & Dean Hartman.

Judy provided handouts and directed us all to the web site to review additional legislative bill information.

VII. Director: Jeff LaBreck

Jeff still has several seats open at our table at the Ellensburg BCHW Rendezvous. Contact Jeff to reserve.

Work Parties - Jeff discussed funding and lack of funding. He will personally buy the gravel needed for some of the distressed trails. Specifically, 6A Trail. He can pay for 36 yards and they will give us 46 yards. Grant not approved, so at this point, it will be a personal contribution by Jeff.

VIII. New business

Ritz is hosting a Dental Clinic on Saturday May 7th. Contact Ritz. Do not confuse this with Connie's Dental Clinic on Friday May 6th at the Evergreen Sportsman's Club. Member's have received notification of their appointment time, confirmed by Dr. Vetter.

IX. Treats March Meeting: Connie Bailey

X. Adjournment - Dean Hartman adjourned the meeting at 8:10 PM.

Minutes submitted by: Connie Bailey

Minutes approval by: Membership on _____

Events - partial

April

2nd : DNR Capitol Forest Gravel Haul, Margaret McKenny 8 am

5th : General Meeting Littlerock fire hall 7 pm

9th-10th : LNT Basic Skills class, Randle Cowlitz Valley Ranger Station, Doc & Deb Wesselius 360-736-6106 wesselius@localaccess.com

10th : Nisqually Chapter Harts Lake ride 10 am

16th : Capitol Riders Nisqually-Mashel (Chili Dog ride), Nina Merklin / Carrie Russell

16th : Large Animal Extrication Class, Rochester 9 am - flyer \$25 donation, Eldo DeLong, Jr. 360-596-5749

16th-17th : Olympic Chapter Burke Lake Ride & Camp

22nd : Earth Day

23rd : Work Party - Mima Mounds 10 am, meet at Natural Area parking lot, Jeff LaBreck 360-264-7901

26th-30th : BCHA National Board Meeting Butte, MT, (888) 893-5161

29th or 30th : DNR Bridge Construction Work Party, contact Jeff LaBreck for more info 360-264-7901

29th-May 1st : Methow Valley Chapter Annual Spring Ride \$15 preregistration, (509) 997-4802 or nanpal@centurylink.net

30th : Capitol Riders Chapter Garage sale, Joyce Nelson

30th : Lewis County Chapter Packing Clinic, Lance Holdt: (360) 508-0450 lanceholdt@yahoo.com

Roger Brent Musgrove, 67, of Olympia passed away Sunday February 20, 2011 of COPD. Roger was born in Rochester WA on November 2, 1943 to Wayne and Pearl Musgrove. He was a horse enthusiast and long time member of the Thurston County Mounted Posse. Roger was also owner of Musgrove Logging and Hauling and Flying M Stables. Roger is survived by 4 children: Brian Danforth, Ed (Cheryl) Morlan, Sandie (Shannon) Pearson, all of Olympia, and James (Stephanie) Musgrove, of Soldotna Alaska; 9 grandchildren, Michael, Richelle (Josh), Jessica, Tanner, Chris, Nick, Kyle and Kayla; 3 great grandchildren, Kayden, Lola, and Hunter; 6 siblings, Sharon (Tex Martin), Tracy, Richard, Reed, and Jerry Musgrove. He was preceded in death by his father Wayne Musgrove.



Gas buying tips -

Only buy or fill up your car or truck in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the gasoline, when it gets warmer gasoline expands, so buying in the afternoon or in the evening....your gallon is not exactly a gallon. In the petroleum business, the specific gravity and the temperature of the gasoline, diesel and jet fuel, ethanol and other petroleum products plays an important role.

A 1-degree rise in temperature is a big deal for this business. But the service stations do not have temperature compensation at the pumps.

When you're filling up do not squeeze the trigger of the nozzle to a fast mode. If you look you will see that the trigger has three (3) stages: low, middle, and high. You should be pumping on low mode, thereby minimizing the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked up and back into the underground storage tank so you're getting less worth for your money.

One of the most important tips is to fill up when your gas tank is HALF FULL. The reason for this is the more gas you have in your tank the less air occupying its empty space. Gasoline evaporates faster than you can imagine. Gasoline storage tanks have an internal floating roof. This roof serves as zero clearance between the gas and the atmosphere, so it minimizes the evaporation. Unlike service stations, here where I work, every truck that we load is temperature compensated so that every gallon is actually the exact amount.

Another reminder, if there is a gasoline truck pumping into the storage tanks when you stop to buy gas, DO NOT fill up; most likely the gasoline is being stirred up as the gas is being delivered, and you might pick up some of the dirt that normally settles on the bottom.

Gravel Haul -

The Capitol Forest gravel haul is this coming weekend, April 2nd. The fun begins at 8:00am and continues until 3:00 pm. Meet at the Margaret McKenny campground off Waddell Creek Road. West out 128th from Littlerock and right onto Waddell Creek Road. The campground is out a few miles and is signed. It will be on your left. Dress for the weather (wet). Lunch is provided but you have to go to it as it doesn't come to you.

Map and Compass class -

There is interest in a map reading class put on by the chapter. Nothing has been defined as of yet but there is enough interest by the membership to justify holding a class or classes. The class would teach you how to use a compass and how to use it with a map. It would also teach some elementary map reading so you can recognize land features and relate them to a map. We have members that own GPS units so we can learn more about those as well.

Stay tuned for more to come.

Box Fan Recall Could Affect Horse Owners -

by: Erica Larson, News Editor

March 24 2011, Article # 17985

www.thehorse.com

Lasko Products Inc., manufacturer of home appliances such as fans and heaters, is recalling approximately 4.8 million box fans (similar to those frequently used in barns by horse owners) after an electrical problem in the fan's motor has caused some of these fans to catch fire, reportedly causing several house fires and a barn fire.

According to a statement on the company's website, affected fans were manufactured between July 31, 2002, and July 31, 2004, and "sold at major retail stores, home improvement centers, hardware stores, and other retailers nationwide between late 2002 and as late as 2005."

The models affected by this recall are Lasko model numbers 3720, 3723, and 3733 and Galaxy box fans model number 4733. These fans will have "2002-03" or "2003-04" printed on the bottom of the frame.

Lasko requests that anyone currently using one of the recalled fans discontinue use immediately and register their recalled product online or call 800/233-0268. Those affected will be provided with a fan protection cord adapter, which is designed to "protect against a potential hazard resulting from an electrical failure in the fan motor."

Battling Boredom: Study Proves Food-Related Items Most Successful

by: Marie Rosenthal, MS

March 27 2011, Article # 18001

www.thehorse.com

The old saying goes, "Idle hands are the devil's tools," but horse owners know an idle horse's lips can cause just as much mischief. For many owners it can be a daily challenge to keep curious horses occupied when not being ridden or handled. In her recent study, Grete Helen Meisfjord Jørgensen, PhD, of the Norwegian Institute for Agricultural and Environmental Research, observed horses' reactions to several types of "enrichment items" and determined that food-related items helped battle boredom best.

Jørgensen and her team observed the reactions of eight horses rotated through eight individual paddocks that each contained a different enrichment item (a cone, a ball, a pole, peat, straw, branches, a ball filled with concentrate, and an empty paddock used as a control). Among the most popular items were the straw, the concentrate-filled ball, the branches, and the scratching pole.

The researchers then observed six groups of horses (three to six horses in a group) that were offered the four items that appeared to be most popular to the individual horses. The researchers observed that whether alone or in groups, the enrichment items horses liked best involved food.

"Our data show that edible items were most popular," Jørgensen explained. "Other toys were seldom investigated, and no horses spent a lot of time playing with the objects that did not have any relationship to food."

The notable exception was the scratching post, which was investigated more by the horses when they were alone in a paddock rather than in a group. She said that this was likely because the post allowed them to reach certain itchy spots on their bodies they couldn't reach without the help of a herdmate.

When providing enrichments for groups, make sure there is enough for everyone, Jørgensen cautioned: "The study showed that providing several piles of roughage (like straw) might reduce the amount of aggressive interactions--an effect that most horse owners would cherish. The fear of injuries is often the main reason that owners choose to keep their horses individually rather than give them social contact with other horses."

Get the latest information and resources on common behavior problems and approaches to behavior modification in the breakthrough work *Understanding Horse Behavior*.

She added that for horses that can be managed on pasture, simple green grass is the best enrichment item they can be offered.

“One of the most important findings from our study is the great motivation that horses have for eating green grass,” she said. “Even if our test paddocks had only a few green plants growing on the surface and horses were using the paddocks every day, they spent large amounts of time nibbling on this grass.”

The study, “Effects of enrichment items on activity and social interactions in domestic horses (*Equus caballus*),” was published in January in *Applied Animal Behaviour Science*. The abstract is available online.

How to Manage a Quarter Crack in Equine Hooves (AAEP 2010)

by: Nancy S. Loving, DVM

March 17 2011, Article # 17941

www.thehorse.com

Lameness caused by quarter cracks is a nemesis of horses and owners, and treatment is often a complex and time-consuming process. At the 2010 American Association of Equine Practitioners Convention, held Dec. 4-8 in Baltimore, Md., Steve O’Grady, BVSc, MRCVS, of Northern Virginia Equine, in Marshall, discussed the importance of these injuries and how, with exception of traumatic injury cases, it’s rare to see a quarter crack without a concurrent sheared heel.

O’Grady described sheared heels as a common hoof capsule deformation caused by disproportionate loading on one side of the foot. This results in one heel bulb displacing upward relative to the adjacent heel bulb. Tissue on the displaced side between the hoof wall and surface of the short pastern bone changes shape, resulting in constant foot pain in the back of the hoof. Over time, uneven loading leads to hoof capsule distortion, subsolar bruising, corns, hoof wall separation, and quarter cracks.

According to O’Grady, veterinarians and farriers should target and correct sheared heel conformation by stabilizing the heels and repairing the crack. He explained that the hoof capsule’s viscoelastic nature normally allows it to deform when stress is applied; yet, hoof capsule distortion occurs when compressive and shear forces exceed its capacity to deform.

This overload of the heel creates structural changes that make the hoof more upright, he explained. This decreases the foot’s ground surface contact, the hoof wall straightens, heels contract, and the foot narrows. The overloaded heel rolls under with a hoof wall flare developing on the opposite side of the foot. The unguis (collateral) cartilage (on either side of the coffin bone, thought to function in hoof expansion/shock absorption) becomes trapped on the displaced side, restricting hoof expansion.

Radiographs of affected feet show the solar surface of the coffin bone positioned in an appropriate horizontal relationship with the ground, indicating that the heel disparity originates behind the body of the coffin bone. Trimming heels unevenly has been blamed as a cause of sheared heels, however O’Grady emphasized that the viscoelastic nature of the hoof capsule negates this effect--normally, the hoof accommodates trimming imbalances. Instead, limb conformation seems to be a key cause, especially if there is rotational limb deformity of the forelimbs, in particular toed-out conformation due to carpus valgus (outward rotation of the cannon bone at the knees). Limb conformation dictates hoof flight path and landing; hoof capsule deformation thus is an adaptation to limb conformation--excess impact leads to disease.

O’Grady’s objective is to trim and shoe the foot to improve hoof landing--to unload the displaced side of the foot, engage the frog, and lower the side of the displaced hoof capsule to increase ground surface contact. The trimmed foot should end up as wide as it is long. Then, additional horn is trimmed from the affected quarter back to the heel and a bar shoe applied. Impression material beneath a leather pad further improves frog loading, he noted. Within a month’s time, improvement is usually measured as 1/4 - 1/2-inch growth at the coronary band that causes the heels to even out.

The displaced coronary band must be allowed to relax for 24 hours before repairing the crack with an implant. O’Grady suggests that veterinarians and farriers consider full thickness quarter cracks a type of fracture necessitating stabiliza-

tion with implant wires and placement of a composite patch over the top of the wire repair.

O'Grady said he cannot overemphasize enough the importance of determining the underlying cause and implementing the appropriate farriery when managing a quarter crack. Veterinarians and farriers should assess limb conformation, improve foot conformation, and apply the appropriate shoe to repair the defect.

Apple-Stuffed Pork Tenderloin

Serves 4

1 small apple, chopped (Granny Smith)

1/2-cup bread crumbs, soft

1/4 cup celery, chopped

1/4 cup green onions, chopped

2 Tablespoons raisins

2 Tablespoons walnuts, chopped

2 - 3 pound pork tenderloin, trimmed of fat

1/2 cup apple cider

1 1/2 teaspoon cornstarch

1/8 teaspoon cinnamon

Dash of nutmeg

COOKING INSTRUCTIONS:

Stuffing:

1. Stir together the chopped apple, bread crumbs, celery, raisins, walnuts, green onion, and nutmeg.

2. Add 1 Tablespoon of the cider. Mix well.

Meat Preparation:

1. Butterfly the tenderloin. Cover with clear wrap and pound to 1/2 inch thickness.

2. Spread stuffing mixture over meat. Roll up from one side.

3. Tie with cotton string to secure. Brush with some of the remaining apple cider.

4. Place meat on a rack in a 12" Dutch oven.

5. Bake for approx. 45 minutes to 1 hour.

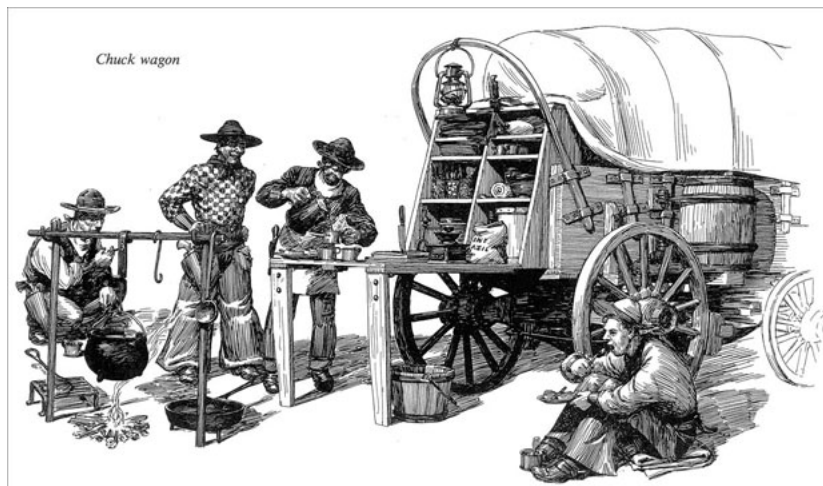
Sauce: While tenderloin is baking, combine in a sauce pan the rest of the apple cider, cornstarch, and cinnamon.

Cook and stir till thickened and bubbly. Serve with tenderloin.

CHARCOAL HINTS: Use 10 to 12 briquettes underneath and 12 to 14 on the lid.

Hint: I used this stuffing in a 5 - pound Buffalo roast that I cut to 1/2 inch and then pounded, boy was it moist and tender. It served about 15 campers.

Source: Steve Robinson, Northwest Dutch Oven Society



N O R T H
 S H W E D N
 M O N T A N A
 C A P I T O L
 R I D E R S

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 3

A rectangular sign with a light-colored wood-grain background. At the top, the words "Tack Room Too" are written in a large, bold, red serif font. Below the title, there are two black silhouettes of a horse and rider, one on the left and one on the right. In the center, the address "201 Lee St. SW" and "Olympia, WA 98501" is printed in a black serif font. Below the address, the phone number "360-357-4268" and the website "tackroomtoo.com" are listed, separated by a small red asterisk. At the bottom of the sign, the text "Fine Quality Saddlery, Tack & Riding Apparel" and "Just off I-5, Tumwater Exit #102" is printed in a smaller black serif font.

Tack Room Too

201 Lee St. SW
Olympia, WA 98501

360-357-4268 • tackroomtoo.com

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

Chris Enrico
4809 24th Ave SE
Lacey WA 98503

Capitol Riders
<http://capitolriders.org>

