



If you have not renewed your membership for 2007, this is your last newsletter!

Hoofbeats



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TidBITS from the Prez

Our social calendar is filling up, our ride and campout schedule has also matured thanks to **Carrie Russell** and I'm so looking forward to spending some significant quality time with my Capitol Riders friends this year. After some extreme weather and hectic job activities over the last couple of months, **Shelly** and I were able to get back on the horses for a fantastic ride at Scatter Creek. We have sure missed getting on the horses. Surprisingly, the trails were clear, yet there was evidence of a pretty bad winter with all the windfall. We had our first Meeting of Officers and we establish a great forum to help us run our Capitol Riders Meeting more efficiently and more interestingly. **Barry Russell** and **Jeff LaBreck** discussed Leadership and Legislative day and we adopted some very significant suggestions brought forward in the discussion. **Ritz Duschesne** provided support to develop the Agenda's we're going to use for both meetings and captured some very good minutes. **Nancy Garred** provided some great suggestion on how we can manage our budget very effectively this year. All in all, we established an open forum of discussion, brainstormed for some great ideas and agreed that the Officers Meeting was a necessary and productive meeting. We agreed to alternatively hold the Officers **Meeting between**

Carrie & Barry Russell's and **Nancy Garred's** home on the Tuesday in the week before the Capitol Riders Meeting at 6:30 PM. So, the next Officers Meeting will be at **Nancy Garred's** home on Tuesday, March 6th at 6:30 PM. The Officers all decided the meeting would be in an open forum. If anyone has issues, suggestions, concerns or any contribution to bring forward, please feel free to attend the Officers Meeting to help us have a better Capitol Riders club. A note of concern is that our February Club meeting attendance was very low and I

request that everyone attend our meetings and trail rides. We've just kicked off a Membership Committee, which will hopefully strengthen our club membership this year. And, I believe the March newsletter is the last Hoofbeats last year's members will receive if they haven't paid for their 2007 dues. Please sign up soon to continue your membership. Once again ride hard and be safe,

Your Prez,
Eric Anderson

HorsePower!

Therapeutic Riding Program



Needs Volunteers!!!

HorsePower! empowers people with special needs through therapeutic riding programs designed to enhance individual achievement and overall independence. Our programs focus on ability, not disability, offering welcome respite from wheelchairs, braces and other limitations.

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- Grooming and tacking the horses
- Leading the horse during a lesson
- Side-walking for a rider that needs support

If you have other talents, not listed, that you feel will help our program please let us know. We would love to find a place for you on our HorsePower! team.

Contact Information

If you are interested in volunteering with HorsePower! Please contact:
Volunteer Coordinator
Erin Kochaniewicz
www.gohorsepower.org



Horse Trailer Safety (17 of 23)

17. What is the proper way to have weight distribution bars installed on your trailer tongue and how do you determine how to adjust them for your load? For example, I may leave with one horse but return with two. Do I change the links when adding another horse? How do I determine which link to use for the weight I'm hauling? We just eyeball the levelness of the vehicle and trailer. Is this the only way to decide if they're being used correctly?

Once you determine the link you need for your trailer, you shouldn't need to readjust for different load weights. If the trailer is properly balanced, the percentage of tongue weight to load should not change. To make the initial determination, you must have a perfectly flat area to hitch your vehicle and trailer. Measure the vehicle height from ground at a

place in the front of the vehicle and a place in the rear of the vehicle and write it down. Do the same for the trailer. Adjust the height of the ball so that it is slightly higher than the coupler of the trailer. The height of the ball will vary according to how 'soft' the suspension is on the tow vehicle and how much it will pull the vehicle down. When the trailer is hitched, the combination should look level. If there is a difference of level, the trailer tongue should be slightly on the lower side, not the higher side.

Attach the spring bars to the hitch head. Approximate a link that looks like it will lift the hitch and pull up the brackets. Now go back to the tow vehicle and measure the front and back in the same place you measured before. Measure the trailer again. If the measurements are the same as before, the link is the correct one. If the front or back of either vehicle has changed, then adjust the hitch until you have a level combination. You can check the combination again when the trailer is loaded. If there is a difference, you can make adjustments and then you should not have to change it again.

Please provide your publicity chair, public relations committee, chapter members, and/or resident article writers with our THN Editor's email address, etc... so that your chapter can send in articles, photos (including for the cover), etc... for consideration in the THN. The THN needs articles and photos from all over the state. The next one has gone to print - but it is not too early to get stuff in for the next edition.



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366-978-4089

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360-438-1873

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Ritz Duschesne
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Production Assistance
**Capital Business
Machines**



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

Date	Activity and/or Location	Trail Boss, if applicable
Feb 24	9:00 a.m. Breakfast / JJ Norths	Carrie Russell
Mar 24	Potluck	Eric / Shelly Anderson
Apr 14	Chili Dog Ride—Nisqually Marshall	?
Apr 21	Trail Maintenance	Jeff LaBreck
May 4—5	Garage Sale / Duchesnes	Ritz Duchesne
May 12	Equine Dental Clinic / Trails End (filled)	Donna Thorson
May 13	Equine Dental Clinic / Trails End	Donna Thorson
May 19	Trail Maintenance	Jeff LaBreck
May 26-28	Memorial Day Ride / Nile	Carrie Russell
Jun 16	Trail Maintenance	Jeff LaBreck
Jun 16	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



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Submitted by

Dr. & Kathy Vetter

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Featured Member: Dean Hartman (unauthorized, of course!)

By **Susan Hartman**.

If you know **Dean**, you know he's honest, straightforward, unassuming and quick to help out a friend in need. No, he's not running for office, those are just the first words that come to mind as I sit to write this. He's funny and smart and inventive and can do anything he sets his mind to. He is the kindest person I know and his philosophy is simply "everything always turns out for the best".

Dean Hartman was born and raised in Tumwater and can't seem to go anywhere without running into someone he knows. He can't imagine living anywhere else because it's so close to so many different kinds of country, he loves it all and he particularly enjoys seeing it from horseback.

He and his two brothers own and operate Capital

Business Machines, which they purchased from their father in 1994 and was started by their grandfather in 1952. He earned his business degree there and has turned it into a lifelong passion: love what you do and treat everyone with honor, fairness and integrity.



Dean loves everything about the outdoors and that's where his love of horses

fits; he also loves to tell the story about how he got into horses and it goes like this: We were out to dinner with friends one night when I casually mentioned that I'd always loved horses. I said something like "When I was a kid I used to say 'when I grow up, I'm going to have a horse of every color and one of every kind of dog'." **Dean** jumped at the chance to make a childhood dream come true and naively purchased for me for Christmas a cowboy hat and ten riding lessons. (He

thought three dogs was enough.) That was all it took. I traded in the hat for a helmet and before I finished up the lessons had bought a horse. We had to sell our boat to buy a horse trailer (he loves to tell this part) and then we needed to sell the house to buy a farm. Of course, he had to get a horse "in self defense" and we've ridden together ever since.

Dean does enjoy the outdoors. He hunts and fishes and hikes and rides and skis. He does everything with the enthusiasm of a kid and the skill of a dedicated craftsman. He doesn't do anything that he doesn't do his best. He is a man of God, a man of his word and a man of many talents. He hunts elk with a bow and practices year round. He water-skis just as much and keeps a chart of "personal bests". He studies the Bible with the same intensity that he gives his work and he loves it all.

I don't remember how long . *Continued on page 10*

What Motivates a Horse to Go?

By **Scot Hansen**, HorseThink (www.horsethink.com)

Getting a horse to move forward has always been the most important issue with regard to training. If the horse won't move forward, then we can't effectively train him. Feet that are stuck don't make for a fun ride either in the arena or out on the trail.

The question has always been, "What's the best way?" And "what should we use?" There are all sorts of devices to utilize in making an impression on the horse to move forward. What amazes me is that there seems to be some issue between disciplines as to what's correct, safe, or fair. On more than one occasion, I've heard a trainer or clinician make fun of other riding styles and their choice of "motivational" devices.

I've heard people say, "Sticks are for kids." And I've heard, "I would never hit my horse with a whip." And of course someone will always ask, "Why do they slap them with their mecate?"

Since all of these tools and many more are designed in some way

to make the horse move forward, and because at one time or another I've used various methods while riding different disciplines, I have a good understanding of most of these methods.

Whether you use a crop, bat, whip, rein, switch, stick, mecate

Walk into a pasture of untrained horses, get within 20 feet, make a kissing sound and see how many pick up a trot.

rein, rope, spur, lariat, flag, or a simple "giddy-up", click, cluck, or kiss – you're correct. Quite honestly your horse isn't concerned with what tool you choose to motivate him. All of these tools tap, bump, push, slap, or in some way encourage the horse to move forward. It's just that the "giddy-up, click, kiss, or cluck" don't make physical contact.

But I can assure you that, before the horse learned to respond to those sounds, some type of contact or threat of contact was made with a piece of equipment. I don't know of any horse that learned to move into the trot by someone standing twenty feet away making kissing sounds and

doing nothing else. Try it. Walk into a pasture of untrained horses, get within about 20 feet, make a kissing sound and see how many pick up a trot. If they do, it's more likely they simply didn't want you any closer than twenty feet.

So what's my point? Simply this...it isn't the means with which we motivate the horse. Rather it's how we use the means that makes the difference. How many of you have heard of or know of a horse that's afraid of the sound of a whip slicing through the air? Chances are that this response has developed because someone was a little too aggressive with the whip and failed to let the horse understand that it doesn't always mean danger or pain.

Improper use of any of the tools discussed here will make the horse extremely agitated, and probably ready to move out rapidly. But they can also be used to such an extent that the horse becomes dull to them. I know of horses that have been hit so many times with a whip/stick that they just quit moving away from it. Those horses are often proclaimed as dull. I have seen the same result with spurs. What a shame.

(Continued on page 7)

(Continued from page 6)

Regardless of what you choose, remember to use it cautiously, infrequently, and judiciously. How would you like to have your boss stand over you with an object and threaten you with it every time you slowed down your production?

The proper way to use any of them is with the slightest touch at first and then waiting to see what reaction you get. If more is needed, then a little harder touch is in order. You may have to be

quite determined with some horses, especially if they're trying their best to go over or through you. Regardless, always start with a very soft touch or gesture, and increase it slowly until you get the results you're looking for.

Too often we remember that it took a certain amount of "whack" to get the horse going and then we instantly resort to that same level of "whack" every time. Always try with the lightest effort first and then increase only as needed. Ideally

your body position should do most of the work along with a slight brush with your legs (notice I didn't say kick). Rather than be concerned about the tool used, I think we should all pay more attention to HOW it's used.

Equipment is just that, equipment. There isn't anything perfect or magical about a cowboy's mecate or a dressage rider's whip. They're both often used as motivational tools. And neither one deserves scorn or praise more than the other one.



Gary Thorson's sister, **Joan Griffith**, visiting from Germany, stopped by. And yes, she noticed the prominently displayed book in our living room that she co-authored on *The Irish Draught Horse*. She said the book is in paperback now.



Horses for Sale

Pure bred Registered Norwegian Fjord horses. Full brother and sister. This photo was taken in August 2006. Spunki (seen on the right) – mare, 13.2 HH, 1100 lbs, foaled April 6, 1996. (10 years old) Sire: Misha, owned by Ann Appleby of Olympia. Dam: Leah, owned by Gracie Sudano of Yelm.

Ander (seen on the left) – gelding, 14 HH, 1300 lbs, foaled June 2, 1997 (9 years old) Sire: Misha, owned by Ann Appleby of Olympia. Dam: Leah, owned by Gracie Sudano of Yelm.

Both horses are easy to handle, quiet and docile. They are smart and curious. We are the original



owners, Spunky was bought when she was 2 months old; Ander was bought when he was 1 day old – they were brought home at 6 months. Both were started out the first year with trailering, leading, and ground driving. They have been used mostly for recreational trail riding. They would be good for riding, driving, 4-H, or just about anything. The Sire (Misha) is used in Dressage.

Both horses are current on shots, dentistry, and have been micro

chipped. These horses have been together their whole lives. The horses have never been stalled, but have free access to barn shelter and the field. They are

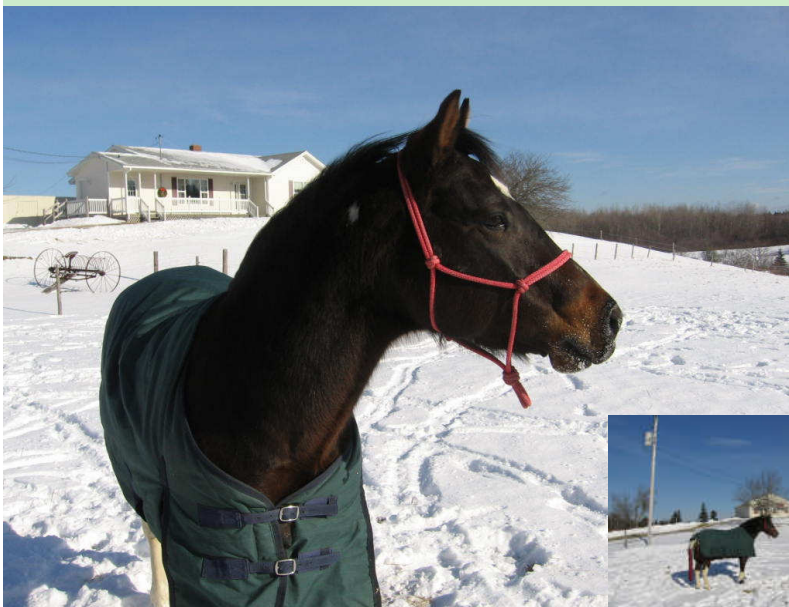
“easy keepers” and are fed grass hay only.

We will sell them as a pair only, to a good home only.

Call Gary or Donna Thorson.

- Gary at 360-481-5962 or email gjthorson@comcast.net
- Donna at 360-481-5963 or email thorsondj@comcast.net

Our friends from Maine e-mailed us the below pictures and wrote, “I had Diamond out for a very short time today due to the temperature....12 degrees! Too cold for me! I love my new Camera.... Keep warm you'all! Richard”



News from our friends over at Whatcom County Chapter

The Whatcom Chapter is having their annual auction on Friday, February 23, 2007 at the Everson Auction Barn, located at 7291 Everson Goshen Road, Everson, WA. Viewing starts at 5:30 p.m. There will be a Silent Auction from 5:30 until 7:30 p.m. The Live Auction will start at 7:00 p.m. Cafe will be open for dinner at 5:30p.m.

New items, good used items, hand made items. Proceeds benefit multi-use trail development and maintenance in efforts to keep public lands open. Cash or checks only.

For more information contact

Nancy Giordano at 360-966-4640 or Fran Van Diest at 360-734-2567

Minutes from the February 13, 2007, Meeting

The meeting was called to order by **Eric Anderson**, president, at 7:00 pm. There were 19 members present at the Little Rock Firehouse on Little Rock Road.

Two guests arrived but were members by the end of the meeting. Welcome to **Donna** and **Dawn**. They learned about Capitol Riders when they visited the BCHW tent at the Mane Event in Vancouver over the weekend.

A presentation by **Christine Redmond** from DNR was very informative. **Christine** expressed gratitude to the members of Capitol Riders for their volunteer hours to help keep the trails in good condition. Some items that are in the DNR plans for 2007 include better and consistent signage on the trails and the bridge over Fall Creek.

Christine reminded us that the third Saturday of every month from April to October will be trail maintenance days in conjunction with DNR. Details and locations for that month's trail maintenance will be available through the newsletter, our email chain and at the monthly meetings.

Christine also provided maps for Capitol Forest and other brochures regarding DNR.

The minutes of the January 9, 2007, meeting were approved as published.

Prior to the standard Committee Reports, **Eric** informed the members of the Officers meetings. These meetings will be held on the first Tuesday of the month. These will be used for planning and as a forum for members to raise issues prior to the monthly meetings. If you have items you would like to discuss with the officers prior to the membership meeting, you are encouraged to bring these to an officers meeting. For additional information, please contact Barry Russell at 360-438-1873.

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

Prior to the meeting, there were 28 paid memberships for 2007. Five members paid at the meeting. Membership Dues tends to trickle in slowly.

Committee Reports:
Trail Maintenance/Volunteer Hours: **Jeff LaBreck** presented information to the membership about our goals for trail maintenance.

Joyce Nelson suggested that we have a trail maintenance workday before Capitol Forest opens on April 1. All the members present agreed that our first trail maintenance day will be March 17th. If inclement weather causes a delay, the backup day will be March 31st. **Jeff** also encourages members to keep track of their volunteer hours. This helps the chapters and the

state BCHW to show the level of commitment to keeping trails open to horse use. Trail maintenance isn't the only thing that counts towards volunteer hours. Committee time, support for fund raising, legislative planning or educational endeavors are examples.

Events: **Carrie Russell** reviewed the Trail Rides / Events calendar for the year. It was decided that the Chili Dog ride will be separate from the trail maintenance day for April. That way, crews won't have to deal with their horses and can focus on the trails.

The upcoming events are:

February 24th: Breakfast at JJ North's
March 24th: Pot Luck and retirement parts for the **Johnson's** at the **Anderson** home in Onalaska
April 14th: Chili Dog Ride at Nisqually Mashel
May 4th & 5th: Garage Sale at **Duchesne's** in Olympia
May 12th: Dental Clinic at Trail's End
[May 13th: Dental Clinic at Trail's End]
May 26th-28th: Memorial Day Campout & Ride at the Nile
June 2nd: BCHW General Meeting in Monroe
June 16th-17th: Father's Day Campout & Ride at Kalama
July 13th-15th: Keenes Ride
July 27th-29th: Women's Ride at Mount Adams
August 17th-19th: Campout & Ride at Mount Adams
September 1st-3rd: Labor Day Campout & Ride at Les Hilde
September 22nd: Green Mountain Ride

Please remember that while non members are welcome to join us for rides, they will be required to sign a liability release form. For questions about the rides, please contact **Carrie Russell** at 360-438-1873

Social Events: **Shelly Anderson** reminded the members of the upcoming breakfast at JJ North's on Saturday, February 24th. This is a people only event but an opportunity to meet and greet other members.

Membership: **Barry Russell** will prepare an update on membership at the March meeting.

Education: **Dean Hartman** reminded the members that the topic for the next meeting on March 13th will be trail safety and back country survival. All members are encouraged to attend.

Hoofbeats Newsletter: **Donna Jo Thorson** was not in attendance so no update was provided. It is important to remember that the March newsletter will be the final one for members who haven't paid their 2007 dues.

Ways & Means: **Joyce Nelson** told the membership that the date for the Garage Sale is May 4th & 5th at **Ritz's** house at 7901 Spurgeon Creek Rd SE in Olympia. Volunteers are needed to

help set up on Thursday night and to provide assistance on Friday and Saturday. Donations of items for the club will be gratefully accepted. Please remember that household items as well as horse related items will be needed. The membership agreed that we will charge a 15% consignment fee for non donated items.

This is the club's primary fund raising effort for the year. If you have items to donate or can provide assistance for the sale itself, please contact **Ritz** at 360-438-1805.

Hoofprints Program: **Jeff LaBreck** encourages members to join the Hoofprints Program. It costs \$5 to join but you will receive a \$15 Tack Room Too gift certificate at the end of the year when you return your completed tracking sheet. By tracking your miles and hours, you are helping to provide valuable information about trail usage.

Historian: **Gary Thorson** wasn't available for an update. **Nancy Garred** brought the photo album to the meeting and encouraged members to look through it.

General Membership Auction: **Jeff** will lead this new committee. The Capitol Riders chapter of BCHW will be responsible for coordinating the auction for the 2007 General Membership Meeting that will be held in Monroe on June 2nd. **Jeff** will contact the former committee members to determine their ability to provide support for this year's auction. He will provide an update at the March meeting.

Old Business:

- o Legislative Day at the Capitol was held on February 8th. **Barry Russell** and **Tom Crowson** provided updates.
- o Leadership Day in Cle Elum was an informative session and provided an opportunity for the attendees to learn more about their respective positions as officers as well as broader state and national issues. Members who attended were **Barry Russell**, **Jeff LaBreck**, and **Tracy Koch**.

New Business:

- o **Jeff** provided an update on the BCHW Legal Defense Fund. Following a discussion, a motion was made and seconded for Capitol Riders to send \$100 to the Fund. This motion was approved unanimously.
- o Co-Use Outreach is a topic that **Eric** discussed. The objective is for Capitol Riders to reach out to other trail user groups to educate and inform them about our common goals for trail use. Further discussion will be at the March meeting.

Treats for the next meeting: **Nancy Garred** and **Ritz Duchesne** will bring treats for the March meeting. It is important to remember that the club will bring its own coffee pot.

There being no further business, the meeting was adjourned at 8:30 pm.

Ritz Duchesne, Secretary.



(Continued from page 5)
ago we joined Capitol Riders, but we were invited to a meeting by our next door neighbor **Loren McGovern** when he saw that we had moved horses into our pasture. We went to our first meeting out on College Street in a community room at an apartment complex there with the **McGovern's, Joyce Edin, Nancy Garred, Margie and Sam Reed, Ken and Danise Parrish and Norm and Anita Rustvold** (forgive my poor memory if I left someone out). We needed to know more about keeping horses and we wanted to know horse people. We've

had horses for nine years now and we jumped into it not knowing a thing. Someone once told **Dean** that people that get into horses usually get out of them within the first five years. Naturally, he set his mind not to do that and has enjoyed it all, "from hay to manure".

He got Image-The-Best-Horse-In-The-World from Kory Thorp, who needed to sell her 12 year-old gelding so that she could go to college. When asked what kind of horse he rides, he says "a brown and white

one". He also owns a little pack mule named Honey that goes hunting with him and a big quarter-mule named Tinker that we ride. Image (TBHITW) is 21 now and has taught **Dean** everything he knows about horses and fills in for him what he doesn't. He has also schooled two of our closest friends who wanted to learn how to ride. **Dean** says he's the luckiest man in the world to have a horse like that. His wife agrees

Easy Sloppy Joes

By Karl Moser

This quick and easy recipe tastes great!

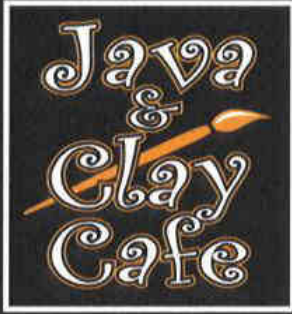
1 lb ground beef
1/4 cup green pepper finely diced
1/4 onion finely diced
1/2 cup ketchup

In a frying pan brown ground beef and green peppers and onions, drain, add ketchup



Check out https://sponsor.lewis.army.mil/requests/TrainingArea/training_area_access.htm for more information on Fort Lewis access.

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Rosalie C. Blue
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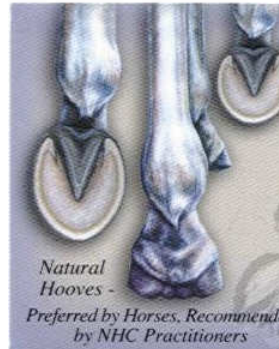


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Business Cards	\$40 / year
1/4 Page	\$20 month / \$75 year
1/2 Page	\$45 month / \$135 year
Full Page	\$55 month / \$200 year
Classified ads, non-members	\$5 month

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



Treats for March

**Nancy Garred
Ritz Duchesne**

March Birthdays



6—Rosalie Blue
16—Gary Skinner
31—Heidi Rudesill



2007 Capitol Riders Meeting Schedule

All meetings are the **second Tuesday**
of the month, **7:00 p.m.**,
Littlerock Fire Department
10828 Littlerock 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

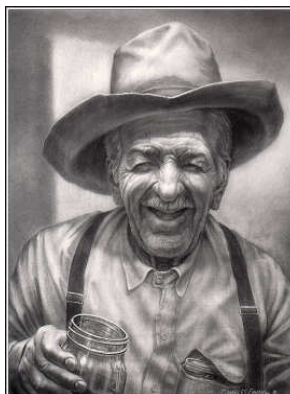
June 12, 2007

December 11, 2007

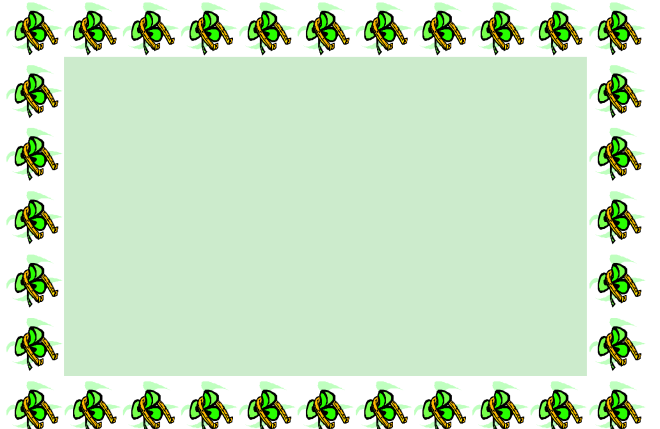


Capitol Riders

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Deja Moo: The
feeling that
you've heard
this bull before



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Backcountry Horsemen
of Washington