

# CAPITOL RIDERS



OLYMPIA, WA.

## Hoofbeats - October 2011

General meeting Nov 1st, 7pm  
Dean - Coffee, Loretta - Treats

**If not you then who?** *Hillel 'the Elder'* Election of officers for 2012 is upon us! As such please consider nominees for the position of President, Vice President, Secretary and Treasurer. We are a month behind on this task.

Traci cancelled the Marmot Pass ride and to my knowledge the Green Mountain ride did not happen either.

No date was set for the Kennedy Creek work party.

No date was set for the GPS, Map and Compass reading class either. The suggestion was made to poll the members via email asking what date in November worked for them. Members had the choice of the 5th, 6th, 12th, 13th, 20th, 26th or 27th

The results of that poll are as follows - Not the 20th, the 5th, the 12th or 13th, the 5th or 6th, the 5th, 6th or 20th. So it's looking like the 5th but it will be discussed at the meeting. The 19th does NOT work for Tom and Tootie who will be hosting it.

Traci tells me that some years ago a class was given to the membership. She still has the class materials and I need to obtain that soon.

Jeff says there was a good representation of equestrian users at the October 11th WSTC planning meeting.

A reminder that Ritz Duchesne has planned a dental clinic on November 19th at her property on Spurgeon Creek Road. Appointments start at 9 am. Call Ritz at Cell: 608-449-0319 or home: 360-438-1805.

The new Ride database has been on-line but getting no use so far. Find the link at the top of the Events page of the web site. It is intended to allow riders to broadcast a planned ride and is available to anyone, member or not.

The list of horse camps on the chapter web site contin-

ues to expand and evolve. The latest additions have been accessible trails. I have also been looking for any gpx files I can find so I can overlay trail routes on topographic maps. (A gpx file contains tracking and route information collected using GPS. You can then overlay this information on maps to show trail location.)

Along with the additions to the horse camp information, additional topographic maps have been uploaded to the web site. Both high quality PDF and much smaller JPEG files are available. Most are 8.5x11 size. (If you have a need for topographic maps in Washington, Oregon, Idaho, Montana, Alaska, Minnesota, Iowa, Maine, New Hampshire, Vermont, Massachusetts, and Connecticut I can probably accommodate you. You can go on-line and order custom maps as well.)

Feel free to write and submit articles to me for use in the newsletter. Or suggest articles. I'd prefer you do the writing however. I do have historical documents for the chapter but have not yet had the time to go through them.

**If not you then Who?** This a request from the current officers for members to step forward and take over the reins. For if you don't, who will? No one? For the chapter to continue to prosper and multiply it needs new blood, new ideas, new leadership.

The chapter extends its sympathies to member Carrie Russell on the sudden loss of her horse Toby. It's never easy to watch someone or something to which you are deeply attached die a painful death.

The chapter Christmas party is approaching. If members have ideas for a gift exchange or didn't like how we did it last year please speak up. It will be another potluck as well so start some menu planning now. It's time to get the gift shopping out of the way as well.

## Events - partial to the end of the year

### November

1 - General Meeting Littlerock fire hall 7 pm

6 - Nisqually Chapter ride JBLM Area 13, 11 am, pass required!

19 - Dental Clinic, Appointments start 9 am at Ritz Duchesne, Spurgeon Crk Rd, Cell: 608-449-0319 or home: 360-438-1805

30 - Capitol Forest closes to Horses

### December

Date TBD - Chapter Christmas Party - Rob Keyser's barn

2 - BCHW, USFS & State Land Managers meeting Ellensburg

3 - 4th Qtr BCHW Board of Directors meeting Ellensburg

6 - General Meeting Littlerock fire hall 7 pm - subject to cancellation

13 - National Day of the Horse

Chapter rides, parties and other fun events for 2012 -

Bring your ideas for day rides, camp outs, BBQ's, potlucks, garage sales, dances, work parties or any other fun things you like to do, to the meeting and we can discuss it.

## BCHW Capitol Riders

Meeting minutes

Littlerock fire hall 10/4/11 7 pm

**Call to Order: President** Dean Hartman called the regular meeting of the Capitol Riders Chapter, BCHW to order at 7:00 PM on 10/04/2011 in Littlerock Fire Hall.

**Introduction of Guests:** Angelle Hickman

Angelle Introduced Tammi Sperry who has recently moved into our area with two of her horses and is very much interested in becoming involved with our Chapter.

**Attendance Last Meeting:** 10

**Approval of minutes:** Connie Bailey

Connie read the September minutes. They were approved as read.

**Treasurers Report:** Traci Koch

a) Club is solvent. Noted that we received donation check from iGive.

b) Petty Cash - Angelle Hickman is in charge of petty cash.

**Newsletter-Web:** Chris Enrico

Chris has created a 'Ride' database on the chapter web site. It was created faster than he first thought. Anyone, BCHW chapter member or not, can enter their current ride activity so that it is visible to everyone.

**Activity Committee:** Laura Kingman

Horse Care Seminars - Michael C. Vanzwol, DVM: Oct. 5, 19, Nov.2, & 9th. Tumwater City Hall

Oct 5: Dentistry Abnormalities, Oct. 19: Hoof and Foot Care. Nov 2. Colic Nov 9th Equine Sports Medicine.

**Ride Committee:** Carrie Russell

.Oct. 8th, Green Mountain day ride -- Trail Boss - Barry Yoseph

**Work Parties:** Jeff LaBreck - Not in attendance

**Ways & Means:** Dean Hartman & Tom Crowson

Advertising: Jeff LaBreck working on 7 more sponsors.

Raffle Tickets: Angelle Hickman

iGive: Connie Bailey: quarterly reports - Traci received quarterly donation.

**Social Events:** Anita Rustvold, Connie Bailey

Christmas Party Location: Dean will contact Rob Keyser to confirm the date for Dec. 9th or 10th.

Decorations: Committee TBD

**Membership Correspondence:** Chris Enrico, Connie Bailey

Nothing to report.

**Legislative:** Judy Francis & Dean Hartman.

Current Information posted on Web site.

**Director:** Jeff LaBreck - Public Lands

Jeff not present.

**Old Business:**

GPS class - Chris will talk with the Crowson's to confirm a date that works for them and send an email to poll the membership.

**New business:**

2012 Officer's to be nominated and voted on at the November meeting. Tammi Sperry informed us she would join the Chapter at the November meeting and that she is interested in the Secretary board position.

**Treats & Coffee for November Meeting:**

Dean (Coffee) & Loretta (Treats).

**Adjournment :** Dean Hartman adjourned the meeting at 7:25 PM

**Minutes submitted by:** Connie Bailey

**Minutes approval by:** Membership on \_\_\_\_\_

**Colic Prevention Tips** *Sally J. Baker, APR, sbaker@aaep.org*

The number one killer of horses is colic. Colic is not a disease, but rather a combination of signs that alert us to abdominal pain in the horse. Colic can range from mild to severe, but it should never be ignored. Many of the conditions that cause colic can become life threatening in a relatively short period of time. Only by quickly and accurately recognizing colic – and seeking qualified veterinary help – can the chance for recovery be maximized.

While horses seem predisposed to colic due to the anatomy and function of their digestive tracts, management can play a key role in prevention. Although not every case is avoidable, the following guidelines from the American Association of Equine Practitioners (AAEP) can maximize the horse's health and reduce the risk of colic:

1. Establish a daily routine – include feeding and exercise schedules – and stick to it.
2. Feed a high quality diet comprised primarily of roughage.

3. Avoid feeding excessive grain and energy-dense supplements. (At least half the horse's energy should be supplied through hay or forage. A better guide is that twice as much energy should be supplied from a roughage source than from concentrates.)
4. Divide daily concentrate rations into two or more smaller feedings rather than one large one to avoid overloading the horse's digestive tract. Hay is best fed free-choice.
5. Set up a regular parasite control program with the help of your equine practitioner.
6. Provide exercise and/or turnout on a daily basis. Change the intensity and duration of an exercise regimen gradually.
7. Provide fresh, clean water at all times. (The only exception is when the horse is excessively hot, and then it should be given small sips of luke-warm water until it has recovered.)
8. Avoid putting feed on the ground, especially in sandy soils.
9. Check hay, bedding, pasture, and environment for potentially toxic substances, such as blister beetles, noxious weeds, and other ingestible foreign matter.
10. Reduce stress. Horses experiencing changes in environment or workloads are at high risk of intestinal dysfunction. Pay special attention to horses when transporting them or changing their surroundings, such as at shows.

Virtually any horse is susceptible to colic. Age, sex and breed differences in susceptibility seem to be relatively minor. The type of colic seen appears to relate to geographic or regional differences, probably due to environmental factors such as sandy soil or climatic stress. Importantly, what this tells us is that, with conscientious care and management, we have the potential to reduce and control colic, the number one killer of horses.

For more information about colic prevention and treatment, ask your equine veterinarian for the "Colic" brochure, provided by the AAEP in partnership with Educational Partner Bayer HealthCare Animal Health. Visit the AAEP's horse health Web site, [www.aaep.org/horseowner](http://www.aaep.org/horseowner), for additional information about colic.

*American Association of Equine Practitioners*

### **Top 10 Exercises to Become A Better Equestrian**

10. Drop a heavy steel object on your foot. Don't pick it up right away. Shout, "Get off, Stupid, GET OFF!"
9. Leap out of a moving vehicle and practice "relaxing into the fall." Roll lithely into a ball and spring to your feet.
8. Learn to grab your checkbook out of your purse and write out a \$200 check without even looking down.
7. Jog long distances carrying a halter and a carrot. Go ahead and tell the neighbors what you are doing - they might as well know now.
6. Affix a pair of reins to a moving freight train and practice pulling to a halt. Smile as if you are having fun.
5. Hone your fibbing skills: "See hon, moving hay bales is FUN!" and "No, really, I'm glad your lucky performance and multimillion dollar horse won the blue ribbon. I am just thankful that my hard work and actual ability won me second place."
4. Practice dialing your chiropractor's number with both arms paralyzed to the shoulder and one foot anchoring the lead

rope of a frisky horse.

3. Borrow the US Army's slogan: Be All That You Can Be -- bitten, thrown, kicked, slimed, trampled, frozen...

2. Lie face down in a puddle of mud in your most expensive riding clothes and repeat to yourself, "This is a learning experience, this is a learning experience, this is ..."

1. THE NUMBER ONE EXERCISE TO BECOME A BETTER EQUESTRIAN: Marry money.

### **Glossary of Horse Terms**

\* Hock: Financial condition of all horse owners.

\* Stall: What your rig does at rush hour in an unfamiliar city on the way to a big horse show .

\* A Bit: What you have left in your pocket after you've been to your favorite tack shop.

\* Fence: Decorative structure built to provide your horse with something to chew on.

\* Horse Auction: What you think of having after your horse bucks you off.

\* Pinto: Green coat pattern found on freshly washed light colored horses left unattended for 2 minutes.

\* Well Mannered: Hasn't stepped on, bitten, or kicked anyone for a week.

\* Rasp: Abrasive metal tool used to remove excess skin from ones knuckles.

\* Lunging: Popular training method in which a horse exercises their owner by spinning them in circles until dizzy.

\* Gallop: Customary gait a horse chooses when returning back to the barn.

\* Nicely Started: Lunges, but not enough health insurance to even think about riding him.

\* Colic: Gastrointestinal result of eating at horse fair food stands.

\* Colt: What your mare gives you when you want a filly.

\* Easy to Load: Only takes 3 hours, 4 men, a 50lb bag of oats, and a tractor with loader.

\* Easy to Catch: In a 10x10 stall.

\* Easy Rider: Rides good in a trailer; not to be confused with "ride-able".

\* Endurance Ride: End result when your horse spooks and runs away with you.

\* Hives: What you get when receive the vet bill for your 6 horses, 3 dogs, 4 cats, and 1 donkey.

\* Hobbles: Walking gait of a horse owner after their foot has been stepped on by their horse.

\* Feed: Expensive substance used to manufacture manure.

\* Dog House: What you are in when you spend too much money on grooming supplies and pretty halters.

\* Light Cribber: We can't afford to build anymore fencing or box stalls for this buzz saw on four legs.

\* Three Gaited Horse: A horse that. 1) trips, 2) stumbles, 3) falls.

### **Five Cheese Chicken**

Serves 4

- 2 whole chicken breasts, skinned - deboned - split
- 4 slices mozzarella cheese
- 4 slices Swiss cheese
- 1/2 cup ricotta cheese
- 1 tablespoon Parmesan cheese
- 1 egg yolk
- 1 egg, well beaten
- 1/3 cup bread crumbs
- 1 tablespoon oil
- 1 tablespoon butter
- 2 tablespoons butter, cheese sauce
- 2 tablespoons all-purpose flour, cheese sauce
- 1 1/4 cups milk, cheese sauce
- 1/2 teaspoon Worcestershire sauce, cheese sauce dash Tabasco sauce, cheese sauce
- 2 tablespoons dry sherry, cheese sauce
- 1 cup cheddar cheese, cheese sauce
- salt and pepper, cheese sauce

#### **COOKING INSTRUCTIONS:**

1. Place chicken halves between pieces of plastic wrap. Flatten with mallet to form thin cutlets.
2. Place a slice mozzarella and Swiss cheese on each cutlet.
3. Mix ricotta and Parmesan cheeses with egg yolk. Divide among cutlets, placing a spoonful at the wide end of each cutlet.
4. Roll-up from the wide end. Roll each in flour, dip in egg and coat with bread crumbs. Secure with toothpicks.
5. Brown chicken on both sides in hot oil and butter. Arrange in a pre heated Dutch oven.
6. Bake at 350 degrees for 20 minutes.

**CHARCOAL HINTS:** Use 8 briquettes underneath and 10 on the lid.

#### **CHEESE SAUCE PREPARATION:**

1. Melt butter in sauce pan.
2. Stir in flour. Add milk, cook, stirring until thick.
3. Add Worcestershire sauce, Tabasco, sherry and cheddar cheese.
4. Salt and pepper to taste.
5. Serve over the top of chicken.

Source: Paul O. Mantz-Powers, Northwest Dutch Oven Society




**Tack Room Too**



201 Lee St. SW  
Olympia, WA 98501

360-357-4268 • [tackroomtoo.com](http://tackroomtoo.com)

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



**Glen Morgan**  
Project Manager

[glen@stopthurstoncounty.com](mailto:glen@stopthurstoncounty.com)

**Stop Thurston County**  
A Project of the Freedom Foundation

PO Box 552, Olympia WA 98507  
P: 360.956.3482 | F: 360.352.1874



**SCOTT RICHARDSON**

Manager

2421 93<sup>rd</sup> Avenue SW  
Tumwater, WA 98512

Phone (360) 956-9147  
Fax (360) 956-9247

[scottrichardson@lincolncreeklumber.com](mailto:scottrichardson@lincolncreeklumber.com)



This space for rent

Chris Enrico  
4809 24th Ave SE  
Lacey WA 98503

**Capitol Riders**  
<http://capitolriders.org>

