

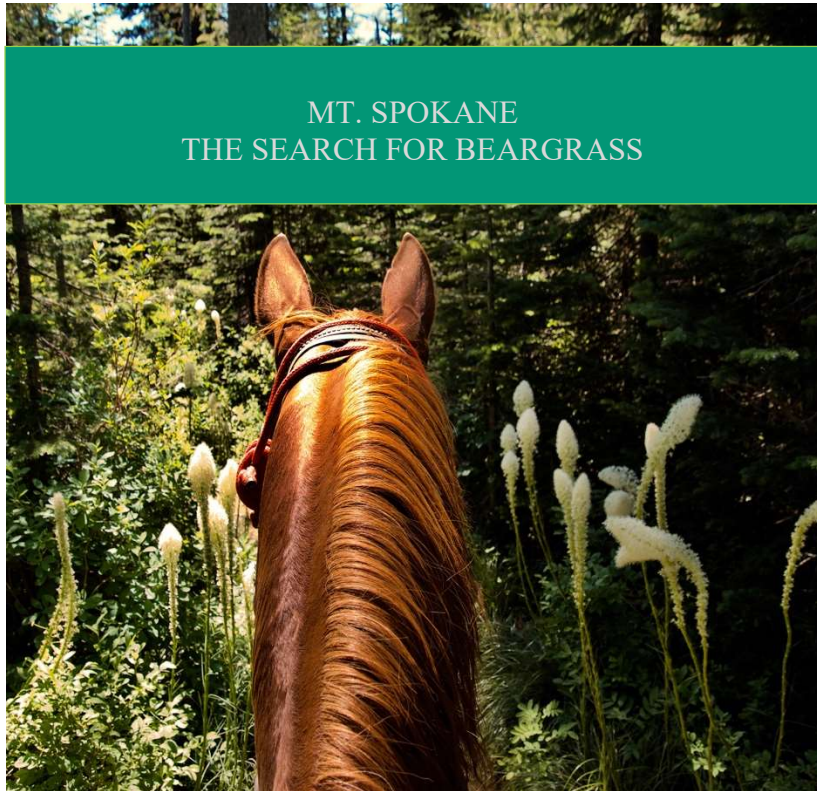


PONDEROSA

Back Country Horsemen of Washington
"Educate, Advocate, and Move Dirt!"

Website: PBCHW.COM

August 2022



MT. SPOKANE
THE SEARCH FOR BEARGRASS

See article included in this newsletter.

PBCH CALENDAR

***All events subject to change;
Watch facebook and emails.***

***August 9- PBCH Meeting,
Icecream Social and Play Day***

August 12- Obstacle Clinic

***August 14- Antoine Peak Member
Ride***

August 30- PBCH Board Meeting

***September 6- PBCH General
Meeting***

Sept. 24- Work Party at Fish Trap

***[Mt. Spokane Member Ride will
be rescheduled]***

***September 27- PBCH Board
Meeting***

October 4 - General Meeting

President's Report August 2022

By Tom Birge

If you didn't come to the Lake Party that Ken and Patti Carmichael hosted you missed a great time. Great food, swimming, Kayaking, boating, water skiing, and yard games. I know that everyone there had a great time.

Our next meeting will be August 9 at Dee Dee Denisons, 7616 N Garfield Road; we will be having an Ice Cream Social (furnished) and a round table discussion of horse first aid and related subjects. We are looking for everyone's input on this. Dee Dee also has a great outdoor arena if you wish to bring your horse and play.

We will also be selecting a nominating committee for the upcoming officer elections in October. If you are interested in any of the elected positions please let me know.

Our next planned members' ride is August 14 at Antoine Peak, led by Andrea and Rod Staton. Hopefully we can get a good turnout! Watch for more details on this.

We have a library available with many different resource books. Michelle Eames has spent time organizing this and it will be available at our general meetings.

We have many volunteer positions available for everyone, if you want to get more involved let us know!

Thanks,

Tom

PBCH President

Directors Report

By Ken Carmichael

Things have been quiet through July, which is the way I like it. More time for boating and riding.

The BCHW Executive Committee held its first meeting and reported to the BCHW Board. They are becoming organized and I think some good things will come from the change.

In my spare time I have been researching Washington State Gambling regulations. Primarily this involves reading pages of RCW and WAC regulations and have had conversations with the Gambling Commission. This is important to BCH as some of our funding comes from raffles.

We have developed the poker ride so that we do not come under gambling regulations, but our raffle does. It is very important that we follow these regulations. I am preparing a document for BCHW.

We have received permission to build the new trail in the Riverside State Park Equestrian Area. However, we need to reverify, and clearly mark the location. This will now wait until cooler weather.

A reminder that BCHW has a great website and Facebook page. I encourage everyone to look at these to stay well informed about the organization we belong to.

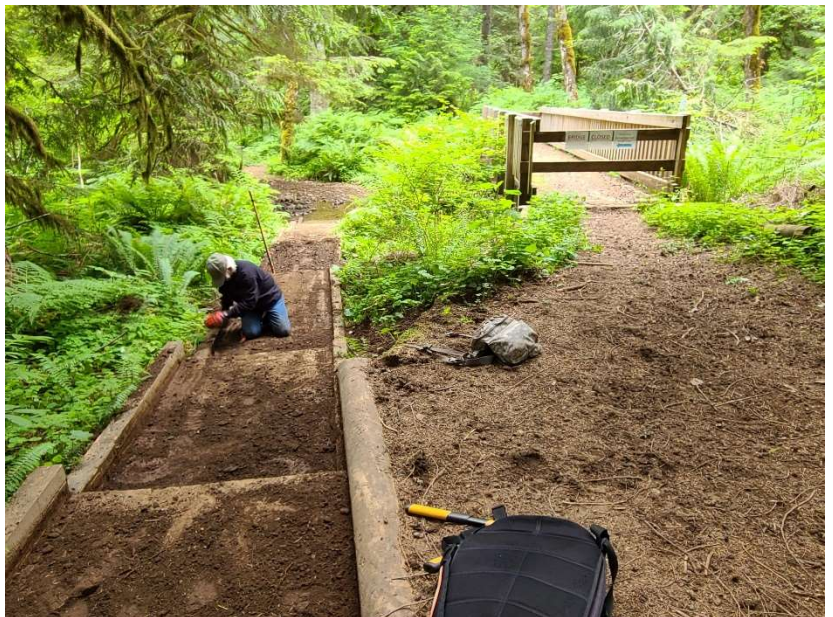
The next big State event is the BCHW Winery Ride October 29 in Zillah, Washington. Go to the BCHW website home page for more information. It is lots of fun. We plan to be there.

Stay cool and safe.

<https://www.bchw.org/>



<https://www.facebook.com/public.bchw>



PONDEROSA BCH 2022 Planning Calendar (as of 7/28/22)

All dates subject to change due to COVID or other reasons.

[Consider printing this page to keep dates handy]

July July 26- PBCH Meeting, Potluck, and Boating July 29-31- Ferry County chapter steak ride.	November November 1- PBCH General Meeting; soup social, guest speaker November 29- PBCH Board Meeting
August August 9- PBCH Meeting, Icecream social and Play Day at Dee Dee's; nominating committee for officers will be selected; Discuss Preparedness. August 12- Obstacle Clinic; contact Carol Klar August 14- Antoine Peak Member Ride, led by Andrea and Rod Staton August 30- PBCH Board Meeting	December December 6 – PBCH General Meeting; Christmas Party
September September 6- PBCH General Meeting Sept. 24- Fish Trap Work Party TBD-Mt. Spokane Member Ride, led by Ken and Patti Carmichael September 27- PBCH Board Meeting	2023 Events Rendezvous March 17th - 19 th
October October 4 - General Meeting; potluck; Elections, guest speaker October 15-16- ETS event at Spokane Sporthorse Farm October 25-PBCH Board Meeting October 29 - Zillah Wine Ride October Member Ride, time and location TBD	Other events can be found here: https://www.bchw.org/upcoming_events.php

August – Be Prepared!

Greetings BCH Friends!

During the August meeting at Deedee's, we'll have a round-table discussion on Horse First Aid and preparedness. Below is a list of things I carry in my First-Aid box, just to use as a starting point. I'm sure you all have good things beyond this. Feel free to bring along your First Aid Box and/or ideas on the topic. Should be a fun time to exchange ideas! Thanks; we look forward to a lively discussion and sharing of first-aid experiences! ~ Carol Klar ~



First Aid box for your trailer. Good for horse or human (easily transportable to another vehicle). Assemble this once and check periodically to restock items that are used or missing. Some items in this first-aid box can be taken in your saddlebags, when you ride. The type and duration of your ride will determine what you might need. The majority of these items can be used on horses and humans.

- Eye Wash (very handy, can be used for eyes or wound cleaning)
- Peroxide spray (wound cleaning)
- Antibiotic ointment (ointment is oil based)
- Cotton balls (wound cleaning, applying medicines). [Interesting article...](#)
- Gauze 4x4s or prepackaged wound dressing
- Vet Wrap x2
- Clean towel (multipurpose item to control bleeding or work as cast padding)
- Multi-tool
- Scissors
- Tweezers
- Two 8" long sections of garden hose to go in your horse's nose in the event of snakebite to the head
- Visible Vest (hunter orange or similar)
- Hand Wipes (clean hands, wipe out cuts)
- Water Bottle, filled
- Sunscreen
- Human First Aid Kit (ibuprofen, antihistamine, sling, etc)

- Bottle of Benedryl - NOTE: it is Extra-label for horses, which means there isn't research to show how to use it or what the risks are. Use at your own risk. I've used this to treat major hives in a few of my horses over the years. [See notes here for details.](#)
- Medical info - Arm Band ID
- Duct tape, just cuz duct tape fixes most everything!
- Hand sanitizer
- Rubber gloves
- Pocket knife
- Personal locator beacon – can be used to summon help if phone isn't working
- Bute or Banamine (for the equine only)
- Headlamp
- Blanket or Space Blanket (if person is cold or shocky)
- Boot lace or rawhide lace

We have a fun opportunity to do a trail obstacle clinic at Gena Frey's facility in TumTum. This was advertised widely in July, and due to recent cancellations, we have one spot in the August 12, 10AM session and one spot in the 4PM session. If anyone is interested, please submit the attached registration form.

There are lots of interesting and colorful things for our horses to explore!

Any questions? Just drop me a note. Carol Klar – cklar32@gmail.com



Ponderosa BCH Trail Obstacle Clinic Registration Form

Date: August 12th

Gena Frye – Equine Partnership Training

Circle your preferred clinic time: 10AM or 4PM

Your name: _____

Address: _____

Phone: _____

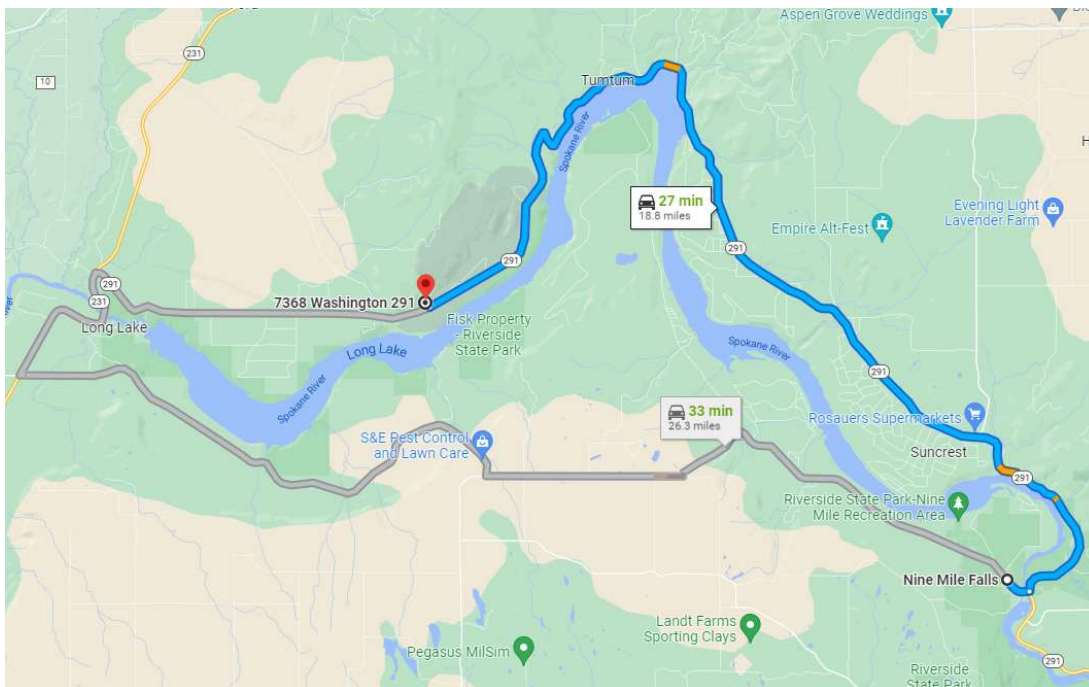
Make your \$75 check payable to Gena Frey.

Mail registration form with check to: Carol Klar, 5421 N Hayford Rd, Spokane, WA 99224, or bring them to the 7/26 Ponderosa Party at the lake.

Checks will be turned over to Gena on 7/30, and become nonrefundable at that time, unless someone is found to fill your spot. For those who already requested a spot, your place will be held until 7/28, and guaranteed once payment is received.

Any questions, email Carol Klar : cklar32@gmail.com

Clinic Location: 7368 Highway 291, Tumtum, WA 99034 (18 miles west of Nine Mile Falls on Hwy 291)



Fish Trap Work Party

By Ken Carmichael

Steve Smith of the BLM called and asked if PBCH would participate in a work party at Fish Trap Lake on Saturday, September 24th. He was completing a NEEF grant and wants many groups to participate. I have talked to Trail Boss Doug Bailey and he agreed that this was a good idea.

Washington Trails Association (WTA) will be the lead organization so all we need to do is show up and help with the work. For those of you familiar with Fish Trap, there is a large gravel parking area south of the ranch house. There is a trail there headed east toward the lake. In that trail there is a low area where water crosses the trail. Volunteers will build a 100-foot-long water-crossing feature, a rock turnpike with foundation where water seasonally crosses the trail. Volunteers will sort-by-size, and lay foundation rock and/or shovel into place.

We will be asked to register on-line for the work party. As I receive information on that process I will let you know.

For those that are not familiar with Fish Trap, it is BLM ground. It is at exit 54 on the freeway, about 50 minutes from my home. It is great day riding with lots of trails and views of the lakes. Our chapter has participated in other work parties here.

Note on your calendar that on September 24 we had scheduled a Mt. Spokane State Park member ride. We will need to reschedule that ride.

Please mark your calendars and plan to attend.



Poker Ride Game Ideas

By Ken Carmichael

We need some new ideas for poker ride games and we need your help.

A couple of things have happened that have spurred this request:

- People at the event have asked for more variety in the games
- We need games that require more “skill” than “chance”

Some of the criteria we are looking for include:

- Ability to play the game from the ground or horseback – for those games out on the trail
- Ease of transport – for those games out on the trail
- The player’s physical or mental abilities play an important and integral role in determining the outcome of the game
- The success rate of the average player would improve with repeated play or practice
- Ability for us to make the game

Please brainstorm your ideas. Any specific idea may not work exactly but ideas by one person can be modified by someone else and make it work.

Please send your ideas to me at kcarmichael2225@gmail.com. Or give me a call and we can talk about them, 509-466-2225.

Editor’s note: Maybe not mounted Axe Throwing...???

(Clipart-library.com)



July 26 “meeting” at the Lake..
A fun time was had by all!
(Plus the food was YUM!)



Heat and Horses

Note from Editor: The following information is copied directly from the University of Minnesota Extension website:

<https://extension.umn.edu/horse-care-and-management/caring-horses-during-hot-weather#additional-tips-1301064>

Spokane does not often have high humidity like some other areas in the US. For example, the day of writing this, the air temp at 11 AM was 88, and the humidity 28 at my house. That would make a heat index of 116. Per the chart below, that is still within the levels where the horse's natural cooling still works. I could definitely feel the heat, though, during my brief morning ride. I recommend riding early, or at dusk, and riding in shady areas.

Quick facts

- Provide shade, airflow (use fans) and free access to clean water during hot weather.
- Avoid riding your horse when the combined air temperature (F) and relative humidity is over 150, especially if the horse is not acclimated to the heat.
- To cool an overheated horse, sponge it with cool water. Repeat this until the horse is cool.
 - If near a water source, use a hose to spray the horse continuously with cool water.
- Contact your veterinarian right away if you suspect your horse is having a heat stroke.



Horses naturally cool themselves by sweating.

You must provide extra care to your horse during hot weather to reduce their stress and maintain their health and well-being.

Sweating is natural cooling

Horses normally cool themselves by sweating. The sweat evaporates from the skin surface and causes a cooling effect. Less sweat evaporates during times of high humidity. A horse that is working hard in a hot environment can lose 2 to 4 gallons of sweat per hour.

Horses can acclimate to hot and humid weather conditions. Air temperature and relative humidity affect the horse’s ability to cool itself.

The below guidelines can help reduce or avoid heat stress in horses.

How air temperature and relative humidity affect horse cooling

Air temperature (F) + Relative humidity (%)	Horse cooling efficiency
Less than 130	Most effective
130-150	Decreased
Greater than 150	Greatly reduced
Greater than 180	Condition can be fatal if the horse is stressed

Keeping your horse cool

Summer is a common time for heat-related issues but unexpected warm weather can add to overheating, especially if horses are out of shape and have long, thick coats.

Overheating can result from:

- Hot weather
- High humidity
- Poor barn ventilation
- Prolonged exposure to direct sunlight
- Excessive work
- Transportation
- Obesity

Here are some tips to keep your horse cool and comfortable during hot weather.

- Provide free access to clean water
- Reduce ride time and intensity
- Provide relief from the sun
- Consider electrolytes
- Additional tips
 - Provide turnout during cooler times of the day (early morning, late at night or overnight).
 - Use fans to improve airflow. Keep the cords and plugs out of the horse's reach to prevent electrocution.
 - Airflow will speed the cooling process.
 - Misting fans are even more effective at cooling.
 - Provide free access to salt to promote drinking. Loose salt is preferred over a salt block.
 - Clip horses with long hair coats (horses with Cushing's disease) to enhance cooling.
 - Transport horses during the coolest part of the day. Make sure that trailers are well ventilated and offer water often. Don't park in direct sunlight with horses inside.
 - Watch horses with anhidrosis who have little or no ability to produce sweat. These horses are prime candidates for heat stress.

[See more information about cooling an overheated horse and other related topics at the original website.]



Clipart-library.com

The Search for Beargrass

By Cindy Miller

On July 19th, I rode my horse on Mt. Spokane trails to photograph the mega-bloom of beargrass. The peak season this year for blossoming was July 7th, and I missed it! We were, however, able to find an abundance at the top of the mountain but not the fields I had expected. It still was absolutely gorgeous and worth the ride to the top. I did a little research on this plant and found the spectacle of mass blossoming occurs every five to 10 years, and with all of the spring rainfall and moisture present in the soil, this was the year to be coated in white for Mt. Spokane.

It is a fascinating, beautiful plant that has been used for medicinal purposes by Lewis and Clark, and of course Native Americans. They used the leaves for basket making, leaf fibers for clothing, and rhizomes were roasted for food. Elk and deer forage on the flower stalks. Beargrass also plays an important role in soil erosion and site revegetation, as it can survive light to moderate forest fires.

To all trail riders, I hope you make it to Mt. Spokane soon (member ride coming up). It was well worth the trip!

P.S. Know your trails; there are some doozies we found out the hard way. We did encounter bikers and hikers who were safety-conscious, civil, and following the rules of the trail. Some bikers saw us coming when we didn't see them. They were patiently stopped along the side of the trail waiting for us to pass (eating their snacks ☺).



Loose Rein

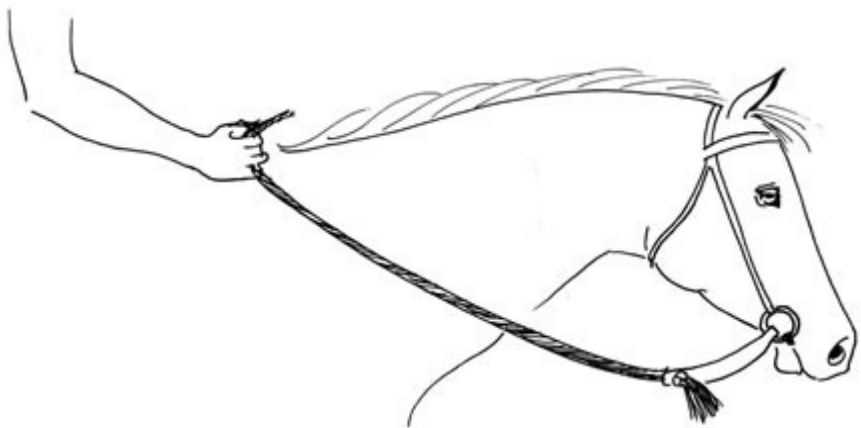
By Linda White

You have probably heard the term “riding on a loose rein”. I certainly have and in fact some clinics state you should be able to walk, trot and lope on a loose rein in order to attend. But what does that really mean? A loose rein is a manner of riding in which the reins are held slackly, allowing the horse to relax and shows the horse that you are okay with him moving freely at any chosen gait. It builds confidence in him that you are a good leader and will take care of him. Another way to refer to loose-rein riding is self-carriage, the state in which a horse is able to maintain a consistent frame and steady gaits on their own. Using a loose rein improves our balance and ability to ride from our seat (instead of hanging on to the reins).

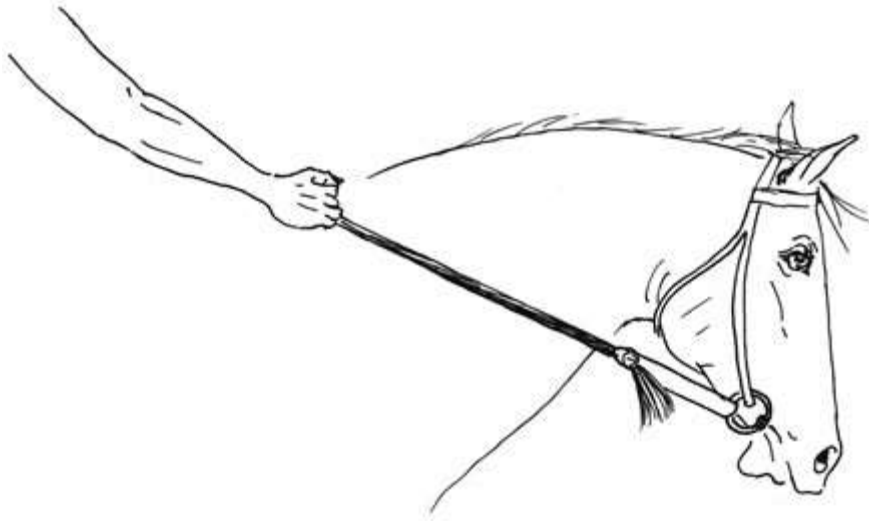
English riders ride with more contact to the horse via the reins. Contact is simply a means to communicate or touch. That’s it. So contact happens when you are in communication with your horse’s mouth. Plain and simple. When you have a loose rein, there is no contact. When you pick up the reins so that you are touching the horse’s mouth, there is now contact between your hands and the horse’s mouth. When your horse feels this contact he should be asking himself what is the rider going to ask me to do. Contact can be consistent or inconsistent. Soft or hard. Good or bad. You want to make sure that when you’re holding your reins is neutral, there’s no contact until you intend to ask your horse to do something. That means the slobber straps aren’t lifted, and there’s no contact on the bit whatsoever.

If you ride western, you’ve learned to aim for a long, loose rein. The goal is to train your horse to carry himself in a collected frame at all gaits without any direct rein contact. This makes sense because a working ranch horse has its own job to do while the rider takes care of his own set of tasks.

This illustration shows Light contact with mecate and slobber straps. The weight of the rein serves to create the contact with the horse’s mouth rather than a direct contact as with an English rein.



Because of the weight, the rider can send signals to the horse through the bit by simply taking up the weight of the mecate. This arm/rein position would be the same for split or looped reins.



This picture shows too-short reins and rider with tense arms. Notice that the rider's elbows have straightened, meaning the rider has her arms extended out in front of her. When the arms are extended like this, the rider is riding from her shoulders instead of from her seat. The slack has been taken out of the reins and the slobber straps no longer serve as a weight to the reins. The reins are now acting just like an English rein or a rider who is pulling. If the rider pulls or uses a lot of contact all the time, the horse will become dull to the rein.

THE HOUSEGUEST

By Vern Hopkins

My "home away from home" is quite often a canvas tent in the wilderness somewhere. This episode caught up to me while I was making my home and doing the cooking in the kitchen tent of our Edith Lake elk-hunting camp in the Big Belt Mountains of central Montana.

It was an early camp, that is, a bow-hunting camp in September. It's a joy to be in the mountains during at that time because the weather is usually pretty nice.

We had been there two or three days, and I had been waging war on the mouse population that always seems to find you whenever you stay in one place for long. I had mousetraps placed in strategic spots under the table, on the food shelves, behind the stove and anywhere I thought a mouse might wander.

I was doing pretty good with "my trapline" and the SNAP,! SNAP! of the traps was getting fewer and farther between. I was starting to get things out to fix supper when I heard the familiar SNAP! Then a scurrying and scratching of little feet and a crashing and banging of food cans being knocked over and hitting the floor. It seems a pine squirrel had somehow invaded the kitchen and discovered a new "super market", or so he thought, until he stepped in a mousetrap. He shook off the trap and came flying out from under the table and up onto the pole frame that was around the inside of the tent.

Did you ever try to chase a squirrel out of anywhere? It can't be done. I grabbed my broom and tried to herd him out the door, but he was having none of it. When I took a swing at him, he just hopped down and right back up on the pole again going the other way. After several fruitless minutes of trying to chase him out, I realized he was "unchaseable". (Is that a word?) I thought, maybe I can coax him out, but I couldn't figure that out either. He was probably "uncoaxable" anyway.

I tied the door flaps open to give him plenty of daylight and decided to wait him out. I tried to keep an eye on him while I was getting supper. He was flitting around, here and there, in and out of everything with no intention of leaving.

When the hunters came back into camp, we set up a "Squirrel Drive" and starting at the back of the tent we slowly worked our way toward the opening, brandishing sticks, the broom and other assorted varmint weaponry. Mister squirrel finally heeded the eviction notice and, with a saucy flick of his tail, he moseyed out the door just like he didn't have a care in the world.

Maybe there's a moral to this story. "If you want to get rid of a houseguest that has worn out his welcome, make him think that leaving is his own idea."



Douglas's Squirrel (aka Pine Squirrel)

Photo and information copied from the following National Park Service link. See link for more information about this charming and busy species: <https://www.nps.gov/articles/000/douglas-s-squirrel.htm>



General Description, Habitat, and Distribution:

Native to the Pacific Northwest, the Douglas's squirrel (*Tamiasciurus douglasii*) is a small tree squirrel in the family Sciuridae. It's also called a chickaree or pine squirrel. Distinctly smaller than the western gray squirrel (*Sciurus griseus*) that overlaps its range, the Douglas's squirrel has a brownish-gray back, tawny-orange belly, and a white to tawny eye-ring. In summer, a dark line is clearly visible between its abdomen and back, and its winter coat sports small, dark ear tufts. The Douglas's squirrel can grow to 37 cm long (14 inches), including its tail.

Douglas's squirrels live year-round in conifer forests of the Pacific Northwest, from British Columbia south through western Washington and Oregon, and down into northwestern California and the Sierra Nevada. From sea level to the subalpine, Douglas's squirrels occupy stands of pine, fir, spruce, and hemlock, where their favorite foods abound: conifer seeds and fungi.

From the Editor:

I invite you all to continue to send me your stories, tips, jokes, articles, photos, words of wisdom, or whatever. I especially would like to encourage our officers and committee chairs to share their thoughts, visions and projects. The goal here is to make the newsletter fun, entertaining and informative.

Please send me photos of you and your equine buddy so I can highlight you in our newsletter. Introduce yourself to other members with background on you or your horse.

Photo by Carol Klar @ Bear Lake



Michelle Eames, Newsletter Editor

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The Executive Board for PBCH includes the officers, plus Doug Bailey, Trail Boss; Michelle Eames, Newsletter; and Melissa Halpin, Spokane County Lands Coordinator.