



PONDEROSA

Back Country Horsemen of
Washington
"Educate, Advocate, and Move Dirt!"
Website: PBCHW.COM

March 2022



Above: Awards Cake decorated by Patti Carmichael.
Below: "Leaving on a jet plane!"



CALENDAR

All event dates subject to change or cancellation: Watch facebook and emails.

February 25, Volunteer Hours due

March 1- General Meeting: Hay and Knots presentations

March 11- Consignments for 4H Tack Sale

March 12- 4H Tack Sale

March 18-20 – BCHW Rendezvous in Ellensburg

March 22- PBCH Board Meeting

Note from the Editor

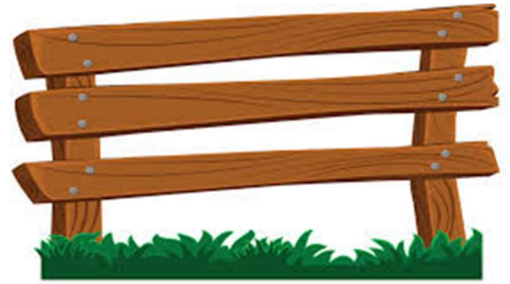
By Michelle Eames

Welcome to our March Issue with a theme of “Spring Preparation”. Thanks to all who contributed to this issue!

I have also requested that several of our Board Members and Officers provide a summary of what they do for PBCH. We begin with the officers described below. Newsletter editor duties are listed at the end of the newsletter. And I will prod the other board members to describe their duties in the next newsletter.

Members that are interested in any of these positions can learn more about them through these articles, through the BCHW leadership trainings held each January, or through chatting with the folks who hold these positions. Do you have other talents that you think can help our chapter? Let any of the board members know!

.....



President's Report

By Tom Birge

First off I would like to let you know what some of my duties are. I chair chapter meetings and board meetings, appoint committee chairs, mentor chapter leaders and I am the chief executive officer and legal head of the chapter plus supervise over the chapter. I also help out in any way I can in any area.

Next I would like to welcome 10 new members over the last few months: James Cooper, Stephanie Hanlon, Vern Hopkins, Mary and Alex Johnston, Ashley Karsh, Andrea and Rod Staton, Jeff and Linda Upton, Regina Walter and Judith Personett.

Our goal is to continue to mentor and support leadership within our chapter. We have over 50 volunteer positions within our chapter and I feel that the more involved you are the more you will understand and enjoy what our mission is. I want to thank every member that has volunteered in different areas (many in more than 1) to help this chapter succeed.

Volunteering can be a work party, fund raiser, or acting as an officer. We have many volunteer opportunities; some might be for a day, and some might be for a year. So if you would like to help out in any way let me know. We are looking for volunteers to help with publicity, or web site design and upkeep. If you could help out with this let Ken or I know.

We have a lot of good things happening this year so make sure to check your emails and the newsletter to see what's going on.

Don't forget that we have a members only Facebook page (contact Carol Klar to be added) and we have a group email to communicate to all members: pbchw@groups.outlook.com

Be sure to come to our meetings so you can meet all of our members in person.

Tom

(I broke my arm so I had to type this one-handed!)

Carol Klar, VP- Ponderosa BCH

Since we have lots of new members, I'm going to include a brief intro. I'm a lifelong rider and horse owner, starting with lessons and 4H in the 60s then moving on to Hunter/Jumper, 3-day eventing and competitive trail. Turning many calendar pages, I now mainly trail ride and camp, and am delighted to be involved in an organization with such a wonderful mission. As an avid trail rider, I am excited to support efforts to keep our equestrian trails open and in good condition.



The position of VP mainly serves to assist the President and to be a backup in his absence, just like at the White House. Participation in the PON BCH Board as well as PON committees is also part of the VP package. In addition to those things that are "defined responsibilities", I do a good bit of work to bring relevant Education and Entertainment to our members. A few examples would be the recent Authors' Night, annual Ladies Campout, and Mountain Trail Clinic. Oh, and I just LOVE work parties, especially pulling fence and building obstacles! It is an awesome feeling to improve the public lands.

PON is like other organizations today, in that people pitch in and help where needed, often blurring fixed lines or duties. I'm grateful for all the folks who help with meeting ideas, speakers, group rides, parties etc.

My BCH work covers approximately 10 hours each month, plus a little extra for travel time. In addition to VP, I serve as Volunteer Hours Coordinator and Education Chairperson for our chapter.

BCHW Director Position

By Ken Carmichael

Michelle suggested that the chapter board members provide a description of what our volunteer jobs amount to. I am the BCHW Director for the chapter. Because of the learning curve on the job, this is a two-year term. I was a Director for IEBCH prior to forming PBCH.

I am the liaison between BCHW and Ponderosa Chapter. I represent the chapter at the BCHW level and represent BCHW at the chapter level. This entails knowing what the chapter needs are and how the actions at the state level will affect the chapter. Actions by the chapter can also affect BCHW. Responsibilities include responding to questions from the BCHW President and BCHW Committee Chairs.

BCHW and the chapters are governed by federal and state regulations, BCHW bylaws, standing rules and motions plus we have chapter bylaws and standing rules. A Director needs to be familiar with these to ensure that we conform to the law and maintain our 501C3 nonprofit status.

Directors are guided by “Standards of Conduct” developed by the State of Washington. The short of it is they include Duty, Faith and Loyalty and must act in a manner the Director reasonably believes to be in the best interests of the nonprofit corporation.

I am required to be at the BCHW quarterly board meeting in Ellensburg or have the Alternate Director there. The meetings take prior preparation as there are typically about 24 topics, most of which have prior written reports to review in order to make informed decisions. I provide a report to the chapter following each meeting.

There are approximately seventeen committees at the BCHW level to keep the organization running smoothly. They are listed on the inside cover of the Trailhead News. I am the chairman of the Governance and Bylaws Committee and the Membership Development Committee. I also recently chaired the Nomination Committee. I am a member of the President’s Executive Advisory Committee.

Being involved at the state level has been rewarding and fun. There are many dedicated and talented people performing a variety of jobs. All members in the chapter are welcome at the board meetings and to participate on the state committees. I encourage everyone to consider being involved at the BCHW level. It is a great way to contribute to the BCHW mission of keeping trails open

Alternate Director –

By Larry Grinstead

This position provides an excellent opportunity for an individual to obtain knowledge, contacts and experience concerning the direction and administration of the Back Country Horsemen Organization at chapter, state and national level without an extreme commitment of time or resources.

Primary responsibilities for the alternate director and estimated time commitment:

1. Chapter board meeting. 2-4 hours per month for preparation, attendance and transportation.
2. State board meeting. 20-30 hours per quarter for agenda review, position preparation, attendance and transportation to Ellensburg.
3. Legislative support. 0-2 hours per month to review documents and communicate issues of concern to chapter members.

While my preference is to focus on the maintenance and expansion of the trails and camping facilities, this position does provide a good way to contribute and gain a better understanding of the organization.

Treasurer Duties

By Diana Birge

This is my 4th year as treasurer for Ponderosa. I had very little experience; I said, "I can balance a checkbook" and I was voted in! The first couple of years was a steep learning curve for me. I finally got it pretty much figured out (with a lot of tears and a lot of help from the State Treasurer and Ken) and got a system going...then they changed it!

We have just moved this year from individual bank accounts for each chapter to centralized state banking. No more checkbook! So, back to the learning curve, but this new way seems to be much easier and less time consuming. I'll try to describe what the position now involves, but understand I am still learning what to do with this new method.

Instead of the treasurer making deposits to the local bank and writing checks for things we need for the chapter, everything goes to the BCHW State Treasurer (Teri Starke). Things are purchased either by credit card or by requesting a check from the state (which can be made out to the purchaser or to a third party). We have 2 credit cards for PBCH; Ken C has one and Tom B has one. My role now seems to be getting a copy of the signed receipts to the right place (there is an email for the credit card receipts and another one for check reimbursements) in a timely manner. I also keep track of our money (even though it goes to the state, each Chapter has its own money). I track income and outgo, and keep track of receipts. The State keeps track of it also, but we double check their work.

We also have "Square" devices to use for credit card purchases, such as at our Poker Ride. I'll figure that one out when we get there. Deposits are made via shared banking; I use WSECU on Northwest. Membership dues now go directly to Dana at the State.

We in PBCH figure out a yearly budget as a group, but I write it up and send it to the State and keep track of how we are doing on that. At least, that's what I'm supposed to do. So, you can see it's now pretty simple. Best of all, the treasurer doesn't have to do end-of-year financials right in the middle of the holiday season!

In our chapter, the treasurer also is the membership person. To tell the truth, Ken probably does more than I do on this, especially now that all of the applications and monies go directly to the state. I do keep copies of the applications, and send the information to Ken. He puts it all into a nice spreadsheet and he and Tom contact the new members.

Timewise...well, it's hard to say yet, since we've only been doing it this way for a month and a half. I'd say one to three hours per month, so far. We have been having monthly Zoom meetings for all of the treasurers in the state to get everyone up to speed in the new methods, so that's another hour, but those will be ending pretty soon. And then monthly board meetings, so that's another couple of hours for prep and the meeting.

PONDEROSA BCH 2022 Planning Calendar

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

****** designates recent date changes

February

February 25- Volunteer hours due to Carol Klar

March

March 1- PBCH General Meeting; Guest Speaker Bud Morrison & Assistant on Hay, and Barb Maleng on knots

March 11- Consignments for 4H Tack Sale

March 12- 4H Tack Sale

March 18-20 – BCHW Rendezvous in Ellensburg;

more info here: https://www.bchw.org/2022_rendezvous.php

March 20- Spring Equinox!!! Hang in there everyone, Spring is coming!

March 22- PBCH Board Meeting

April

April 5- PBCH General Meeting TBD Hoof Protection/boots: Lydia Friel

****** April 14-16- Ladies' campout at Lakeview (weather permitting)

April 26- PBCH Board Meeting

April 29 PM – Set up equipment for Front Country Trailhead Camping seminar

April 30 - May 1 – Front Country Trailhead Camping – Hands-on seminar in Riverside State Park @ 7-mile air field

May

May 4- Ground Work Fun Day for members [See information later in the newsletter]

****** May 10 – PBCH General Meeting; dress rehearsal for poker ride at Riverside State Park Equestrian Area

May 10 - Poker Ride Dress Rehearsal, Tuesday Night, 6 pm,

May 14 – Set up equipment for poker ride

May 15 – Poker Ride (Sunday)

May 18- Ground Work Fun Day for Members

May 24-PBCH Board Meeting

May 27-30 – PBCH Escure Ranch campout and ride (Memorial Day weekend)

June

June 4-5 – SCOPE despooring clinic

June 7- PBCH General Meeting;

June TBD PBCH Trautman Ride - Carol K.

July

PBCH Meeting TBD, outdoor, maybe the 5th, maybe the 12th

July 26- PBCH Board Meeting

July 29-31- Ferry county chapter steak ride.

August

August 2- PBCH Meeting?

August 30- PBCH Board Meeting

September

September 6- PBCH General Meeting (may move date)

September 27- PBCH Board Meeting

October

October 1-2 - Camping at Escure (tentative)

October 4 - General Meeting; potluck

October 25-PBCH Board Meeting

October 28-29 - Zillah Wine Ride

November

November 1- PBCH General Meeting; soup social

November 29- PBCH Board Meeting

December

December 6 – PBCH General Meeting; Christmas Party

Other events can be found here: https://www.bchw.org/upcoming_events.php

Trailhead Camping Seminar

By Ken Carmichael

The Trailhead Camping Seminar is set for the weekend of April 20 to May 1, 2022, at Riverside State Park. This is an opportunity for new campers to learn about camping with their horses.

This is a hands-on seminar where you bring your horse and spend the night.

Some of the topics we will cover include:

- Horse confinement while camping
- Alternative methods of camping
- Useful camping gear
- Land management requirements
- Crossing state lines
- Trailheads in the Spokane area
- And much more!

We will have a Dutch Oven dinner and bonfire with s'mores, so lots of good conversation and exchange of ideas.

Preregistration is required by April 18. If you have questions please contact me at 509-466-2225 or kcarmichael2225@gmail.com.

LAST BUT NOT LEAST – Tell your friends, family and riding partners about this opportunity. Post information about the event on social media. Help us get more people expanding their horizons by camping with their horses. Information is on our website www.pbchw.com and Facebook.

Request for Information on Favorite Campsites

By Ken Carmichael

As part of the **Front Country Trailhead Camping Seminar** April 30-May 1, we are providing information about places to camp with your horses.

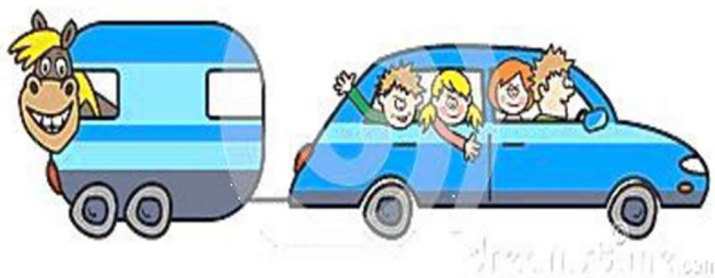
We need your help in identifying trailheads and information about them. Please take a few moments and send me information. This will greatly enhance the information we are providing participants.

Your help is greatly appreciated!

Front Country

TRAILHEAD CAMPING Seminar

Brought to you by the Ponderosa
Chapter of Back Country Horsemen



April 30 – May 1, 2022

Riverside State Park

WHAT

Learn and experience the joys of overnight camping with your best friend (your horse). Have the help of experienced campers to guide you in knowing what to take with you, how to set up camp and care for your horse. Start simple and determine your needs and wants.

HANDS ON!

This is a hands-on seminar where you bring your horse to a nearby camp and spend the night.

COST

- Registration \$99 per vehicle
- Saturday Night Camping Fee Included
- A Discover Pass is NOT required when camping

REGISTRATION

- Pre-registration is required by April 18
- Register on line at www.pbchhw.com, **OR** you can complete a paper registration form and mail in with a check. See www.pbchhw.com for further instruction.
- Refunds for cancellation provided up to April 18
- The size of the group is limited on a first come first served basis
- You will receive a confirmation of registration, directions, agenda and information about what you should bring.

PLEASE

- No alcohol
- Keep all pets on a leash at all times

SATURDAY

While experiencing the overnight camp, also enjoy learning about:

- Trailheads in the Spokane Area
- Land management requirements
- Leave No Trace (LNT)
- Useful knots
- Useful camping gear
- Alternative methods of camping
- Horse confinement while camping
- Back Country Horsemen
- Dutch Oven Dinner & Potluck
- Bonfire with s'mores and stories

SUNDAY

- More information sharing and Q&A Session
- Please join the Ponderosa BCH members for a trail ride in Riverside State Park



Further Information or Questions?

Contact Ken Carmichael
509-466-2225
Kcarmichael2225@gmail.com
www.pbchhw.com

Ground-work Fun Event

Dates: May 4 and/or May 18

Time: 6-8PM

Location: Riverside State Park Equestrian Area

Registration will open at the March 1st Ponderosa meeting

Ponderosa member Linda White has volunteered to lead two Ground Work sessions for PBCH members. Linda has attended four Buck Brannaman clinics; two Clinton Anderson clinics; Carson James clinic, Ann Kirk clinic; worked with Gerry Cox and trains with Julie Stephens of Leading Edge. Linda is an ETS (Equine Trail Sports) competitor with her lovely Mustang, Angus. She also organizes several ETS events each year.

This activity is best suited to people who are somewhat inexperienced (or rusty) at doing groundwork or who are working with a new or green equine or those needing a refresher. However, everyone is welcome.

The exercises are designed to improve communication between horse and rider (handler) and tune up ground manners. Topics that will be covered are: basics of leading, backing, yielding hind and fore quarters, and sending. The class will proceed as warranted by participants. Members who would like to observe are welcome (no donation required).

←-- (Tear here and submit form below with your payment) --→

Ground Work Fun Event at Riverside State Park

Time: 6-8PM

Donation: \$15

Each session is limited to 6 participants, and participants must be current-paid Ponderosa Members. Payment is needed to reserve your spot.

Registrations are due 10 days in advance of the activity. Thank you!

- Register by 4/24 for the 5/4 session
- Register by 5/8 for the 5/18 session

Registrations will be accepted in the order received. If more than 12 members register, a waitlist will be kept. Registration will open at our March 1st meeting. Cash, check and credit cards will be accepted. These funds will go towards Poker Ride gift certificates!

Date Choice – circle one: May 4th May 18th (these are both Wednesday evenings)

Your Name: _____

Best way to contact you:

- Email: _____
- Text: _____
- Phone: _____

Payment Method: _____

Payment Received Date: _____

Poker Ride

By Ken Carmichael

IT IS TIME. We have worked hard to this point to prepare for the poker ride. Now it is time to have everyone step forward to help on the day of the ride:

SUNDAY, MAY 15, 2022, AT THE EQUESTRIAN AREA OF RIVERSIDE STATE PARK.

Here is a brief description of what will take place and how you can participate. Places we still need help are marked with #####:

- **Camp Host – #####** A member who is camping Saturday night to greet people not familiar with the area
- **Set up – #####** Everyone will be on site early Sunday for final set up of canopies and final layout of materials.
- **Volunteer Hours and Hand Out of Equipment** – All volunteers sign in and receive necessary equipment.
- **Parking – #####** Parking committee is the first contact with participants to get them parked, feel welcome and answer initial questions
- **Registration – #####** Processes preregisters and late registration.
- **PBCH Booth** – Provides information about the Ponderosa chapter and answers questions.
- **Music** – We play music through the PA system.
- **Photography** – Pictures are taken of all aspects of the event.
- **Raffle – #####** Layout of raffle items, sell tickets, encourage people to participate, draw winners and hand out prizes.
- **Stores** – We sell poker ride T-shirts, Riverside State Park maps, highline kits, BCH items and is another location to purchase raffle tickets.
- **Game Stations – #####** We have four places where participants play the poker game. One is in the registration area and three are out on the trail.
- **Emergency Vehicle** – Vehicle designated to help recover an injury or illness.
- **Emergency Vehicle to the Road** – Vehicle designated to guide an ambulance to our registration area.
- **Vehicle to transport games** – Vehicle used to take game stations out on the trail and bring them back.
- **Horse holders – #####** Everyone that is not busy with other duties to help participants with their horses as they go through registration area.
- **Clean up – #####** Everyone helps pick everything up at the end of the event.

As you can see there are many opportunities to volunteer. We make assignments early, provide written instructions and necessary materials. We want everyone comfortable, knowledgeable and having fun so we will have a **DRESS REHEARSAL TUESDAY NIGHT, MAY 10 AT 6:00 AT THE PARK.**

Please volunteer early so we can further our planning. This is the big fundraising opportunity for Ponderosa and we want it to be a great success with your help. Contact me at 509-466-2225 or

kcarmichael2225@gmail.com.

LAST BUT NOT LEAST – INVITE YOUR FRIENDS, RELATIVES, RIDING PARTNERS AND OTHERS TO PARTICIPATE IN THE POKER RIDE. POST INFORMATION ABOUT THE RIDE ON SOCIAL MEDIA. HELP US GET PEOPLE TO THE EVENT. INFORMATION IS ON OUR WEBSITE WWW.PBCHW.COM AND FACEBOOK.



P O K E R

R I D E

FUNDRAISER

REGISTER ON LINE AT WWW.PBCHW.COM

RAFFLES ! CASH PRIZES!

what

Poker Ride: Stop at each station to try for a card you need in your hand!
PLUS! Raffle

where

Riverside State Park Equestrian Area
3402 N Equestrian Lane
Spokane WA
Discover Pass or Camping Permit is Required

when

Sunday, May 15, 2022

Raffle

11 am and 1 PM

Riders Out

9 am to 11:00 am

Ride length is approximately 2-1/2 Hours

FAMILY EVENT! Kids 17 & under FREE!

cost

Pre-Register by MAY 3

\$25 per rider 18+

Register at Event:

\$30 per rider 18+

Box Lunches Available for

\$ 7.00 each

Equestrian camping – 20 sites

Reservations at:

www.parks.state.wa.us/223/reservations

OR phone 888-226-7688

and select

Riverside State Park Equestrian Area

Safety rules

- One rider per horse
- Ride at a safe distance
- No stallions please
- No dogs please
- No running horses
- No littering please
- No alcohol on trails
- Be courteous
- Minors must be with an adult
- All riders must sign a liability release

special notes

PURCHASE EXTRA POKER HANDS

\$5 each-additional chances to win!

CASH PRIZES for High, 2nd Best & Lo-ball

Kids cannot win at poker

RAFFLE TICKETS

On site near the raffle items

18+ years old only

Riverside State Park Trail Maps and Poker Ride T-Shirts available for purchase!

Credit/Debit available on site; Cash/Check preferred

SPONSORED BY PONDEROSA BACK COUNTRY HORSEMEN

The trail is well defined over relatively level but rocky ground and varies in difficulty. Some experience is required.

Click to our website at
www.pbchw.com for a
detailed fact sheet
OR CONTACT
Ken Carmichael
509-466-2225
Kcarmichael2225@gmail.com

Call for Volunteer Hours – By Carol Klar

Please submit your quarter 1 data to cklar32@gmail.com by 2/25.

Here are a few tips for coding your entries. **The Cheat Sheet below is provided by Deb Wesselius, the BCHW State VH officer.**

VH CHEAT SHEET

This page is a quick reference for the most common entries and the most common errors found during the VH Regional review. It is not intended to replace a thorough knowledge of the 2021/2022 Volunteer Hours Guidelines. **Click on Row 7 above each column for a drop-down list of suitable entries and tips for completion.**

Col. A. Volunteer Name - Every line must have a name, first then last or last then first. Just be consistent. Do not use ditto mark, question marks or the word “same.” Do not leave the name blank.

Col. B. Chapter Code - Put the correct chapter code(PON for Ponderosa) in every data line, no ditto or “same” Use the “sort” feature to find missing agency codes. Use the drop down list.

Col. C. Project Date - Every line must have a date. Enter as mm/dd/yy, no ditto or “same” Never enter more than one date per line. Use col. D if you need extra room to enter multiple days.

Col. D. Description of Work - Every line should have an entry. No ditto marks, blank lines or “same.” Specific guidelines will apply for some BCHW/BCHA and chapter officers. Do not use more than the 3 lines available for use. You do not need more than 3 lines to describe the work.

Col. E. Agency Code - Every line must have an agency code. Never enter more than one Agency Code per line. Use the drop down list.

Col. F. District Code - Only Agency Code “A”, “B”, “D”, “O” & T require a District Code. For other Agency codes, leave this col. blank.

Do not use Agency Code “G” with work hours in the basic and skilled col. except as noted in col. H, item 1d in your Volunteer Hours Guidelines. This must be approved by your Regional or VH-Chair.

Col. G. Basic Hours - Is work done on site; brushing, lopping, tossing branches, not meetings or other general administrative duties. Some exceptions might apply. Review the Volunteer Hours Guidelines.

Col. H. Skilled Hours - Is work done on site with power equipment, crosscut saw, heavy equipment operators and also includes packing a horse or mule not being ridden. Some exceptions might apply, review Volunteer Hours Guidelines.

Col. I. Education & LNT - Record classroom instruction here with Agency code E. “Hands on” and field instruction will also be recorded here with the Agency code where the instruction was performed. See Volunteer Hours Guidelines for detailed descriptions of what counts as Education. Garbage clean-up or Trailhead clean-up does not count as LNT. These hours should be recorded under the Basic column.

Col. J. Administrative Hours - Record meetings, administrative work, monthly chapter board meetings, all officers and committee chairs and **ALL** fund raising activities not beneficial to a land owner. Understand when fund raising efforts would or would not benefit the land owner.

Col. K. Travel Time - Volunteers will **always** have travel time unless meeting/working at their home.

Col. L. Vehicle Miles - Volunteers will almost always have vehicle mileage unless they are a passenger or are being reimbursed for their mileage from a grant, director expenses or other sources.

Col. M.N.O. Stock Usage - Check to see that what is entered in "M" and "N" makes sense with what shows in "O" Also, make sure you do **NOT** enter data from col. L in col. M. You can "check" yourself by performing a data sort. Make sure to review column "O" and check that the automatic calculation formula is working. If you copy and paste from an outside workbook, the formulas will get messed up and not calculate correctly. You can manually input the stock days.

Preparations for Spring

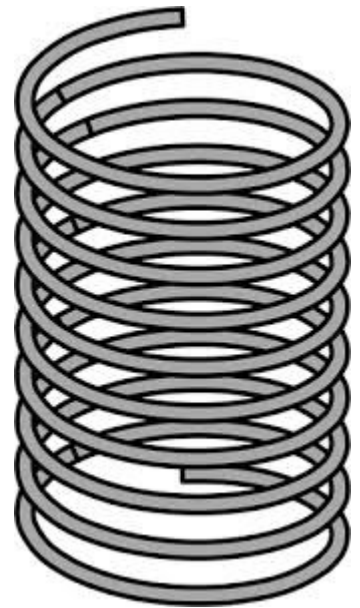
By Ken Carmichael

Clipart-library.com

What do I do, or want to do, to get ready for spring? The main task is to get away from this computer so I am ready to ride.

This means finishing off some tasks and not taking on new ones. That is always a challenge. There are a few things that will carry over to spring but we should be well along by the time the ice melts. These include:

- March 12 – 4-H Tack Sale, 8 of us have volunteered to run the Ponderosa booth
- March 18-20 – BCHW Rendezvous where Ponderosa will have the “Trailhead” booth to show Accomplishment videos and the chapter will have a display.
- April 30-May 1 – PBCH Front Country Trailhead Camping Seminar in Riverside State Park
- May 15 – Ponderosa Poker Ride



I oiled the saddles in January so they are ready to go. Another task is paying taxes. A low priority is cleaning the basement but hopefully the ice melts before I have to do that.

Patti and I have sat down with our calendars and wish list to plan out the summer. It seems to go by fast if we do not have definite ideas as to the rides we want to take. Besides the day rides, we are planning a trip to the ocean; Patti wants to show me Ancient Lakes and we definitely will go to the Escure Ranch. Others like the Kettle Crest and Little Pend Oreille Wildlife Refuge we will try to fit in.

As for cleaning out the tack room and cleaning the trailer, those are projects for when it is warmer.

The key to spring is making the commitment that the horses and riding take priority. It is way too easy to get caught up doing the other chores and before you know it the sun has gone down.

Spring Things

By Michelle Eames

Here are the things I do in late Winter/ early Spring in preparation for summer riding:

- Catch up on manure clean up in my paddocks/sacrifice areas.
- Clean and organize tack.
- Take everything out of horse trailer. Clean it. Pull out mats and put wood preservative on my floor boards. Scrub, sand, and spray paint any rust spots on trailer.
- Make appointment to check and/or grease trailer bearings.
- Check tire pressure and lights on the trailer.
- Truck maintenance: oil change and tune-up.
- Vet appointment for vaccinations, teeth, and health certificate if I plan to leave the state.
- Focussed riding time: once the weather improves I work my horse on the ground, and under saddle, several days in a row to get the spring silliness out of him. Then we are ready to rock and roll and hit the trails.



Clipart-library.com

Math and Manure Management

By Michelle Eames

A horse produces about 50 pounds of manure a day, or 7 to 9 tons of manure per year. I always think I am not very fit and don't exercise enough, but I do shovel manure most days. My horses are in paddocks, or sacrifice areas, most of the time. They graze for an hour or more a day in the pasture; I don't shovel manure out of the large pasture. So if we assume I clean up only two thirds of their manure from two horses times 8 tons (she reaches for the calculator...) the work output results in about 10.6 tons of manure shoveled per year. I use a pitchfork, wheelbarrow, and/or sled. That's a lot of weight bearing activity!



Now I should time my shoveling work and calculate the calories burned. Then, in celebration, I can treat myself to ice cream! I found a website with a blog by Claire Dyett. In her blog Claire determined 10 minutes of stall mucking burned 76 calories, 30 minutes is 228, and hard mucking for an hour is 460 calories. How many calories are in a hot fudge sunday? A quick google tells me that a two scoop sunday at Baskin Robins is 530 calories. Hmm. The math isn't telling me what I want to hear. I will need to add some effort to my typical half-hour shoveling scenario.

The same article explains that a slow trail ride burns 100 calories an hour, a fast galloping ride is 240 calories per hour, and an energetic schooling session in the arena could burn 360 calories. Neither I nor my horse are really energetic, so we will calculate with the slow trail ride rate. A 3 hour ride, plus a half hour manure mucking session, gives me only 376 calories. Hmm. Still haven't earned my hot-fudge sunday. I looked for some other sources to see if I could back up my claim that I should have a daily hot fudge sunday just because I want one. Other sources gave pretty similar calorie counts for horse activities. Dang it.

Okay, what if I add a walk. One source says I can burn 100 to 200 calories with 30 minutes of brisk walking. Now we're talking. So I would need to do a slow 3 hour trail ride, a half hour of shoveling manure, and a half hour brisk walk for 576 total calories burned to cancel out my 530 calorie sunday. Of course, my walks often start out brisk and get slower as I go. And if I am dragging one of my mellow fjord horses along on my walk, we are definitely not brisk.

So, unfortunately, I determined I should probably skip the daily hot-fudge sunday. I wonder how many calories are in a glass of wine, instead? Red wine: 125 calories. Okay, the math works on that one! Excuse me while I find a corkscrew.

Sources:

<https://www.horseillustrated.com/eco-friendly-horsekeeping>

https://practicalhorsemanmag.com/lifestyle/green_horsekeeping_tips_071810-11499

<https://www.spillers-feeds.com/1145-2/> [Claire Dyett blog]

<https://www.medicinenet.com/>

Classified Ads:



Clipart-library.com

Trail Horses for Sale

By Ken Carmichael

A neighbor is selling two trail horses this spring.

He says they are 16 years old and experienced. I do not know more than that.

Contact me at 509-466-2225 or kcarmichael2225@gmail.com.

Newsletter Editor
and
Board Member Duties Description
By Michelle Eames



I develop themes and ideas for the PBCH Newsletter. I attend as many board meetings and member meetings as I can, so that I am aware of activities and can put them in the newsletter. The meetings take about 3 hours per month. I watch the member emails for things that can also go in the newsletter.

I spend about 4 hours on each newsletter, and try to make them entertaining or educational (preferably both). I develop a draft, and then I share it with Cindy Miller for a second pair of eyes to proofread, and also for her photographic and layout expertise.

I try to get the request for articles emailed out about two weeks before our member meeting, and try to publish the newsletter about a week before our member meeting. I sometimes need to prod people to send me stuff, and I sometimes do a little ghost writing for the officers. If someone wants to share information, but hates writing, I'm happy to help, you can just call me.

I think the newsletter is fun, because I like writing and communicating information. If anyone wants to help, or be a guest editor for the fun of it, or write an article, let me know. We are always looking for interesting themes, but you may notice we don't always follow the themes exactly. If you have an idea, send it my way! Also, cool photographs of rides are always welcome.

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. Or, Melissa Halpin will be happy to interview any members for the newsletter.



Michelle Eames, Newsletter Editor

PBCH Officers

PRESIDENT

TOM BIRGE

VICE PRESIDENT

CAROL KLAR

SECRETARY

PATTY WRIGHT

TREASURER

DIANA BIRGE

STATE DIRECTOR

KEN CARMICHAEL

ALT. STATE DIRECTOR

LARRY GRINSTEAD

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