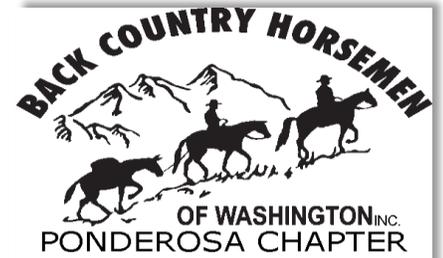


# PONDEROSA

*Back Country Horsemen of Washington*



*“Keeping Washington Trails Open”*

*March, 2018*

## CALENDAR

### MARCH:

6<sup>th</sup> - Membership meeting  
FFA Debate Program

10<sup>th</sup> – 4-H Tack Sale  
(no PBCH booth)

16-18<sup>th</sup> – BCHW Rendezvous  
Ellensburg

### APRIL

3<sup>rd</sup> - Membership meeting  
23-25 BCHA Board Meeting,  
Airway Heights,  
*Volunteers Needed*

Escure Work Party  
(Dates to be determined)

27-29<sup>th</sup> Ride & Camp at Escure  
Ranch

## March Comes in Like a Lion



*HAPPY*  
**St. Patrick's**  
*Day!*

## Upcoming events to note

By Ken Carmichael

Here are some events to put a star next to:

- BCHW Rendezvous in Ellensburg March 16-19. Go to [www.bchw.org](http://www.bchw.org) for camping and banquet reservations. If you want to sit at the Ponderosa table at banquet please contact me. Limited space.
- BCHW State Wide Work Party in Wenatchee River Ranger District west of Leavenworth July 21-25. To sign up for meals go to [www.bchw.org](http://www.bchw.org), go to upcoming events on left side and scroll down to July 21-26. Must sign up by July 1.
- PBCH Scavenger Hunt in Riverside State Park September 29. We will need lots of volunteers.

For a list of all the BCHW events see [www.BCHW.org](http://www.BCHW.org) for the poker ride and wine ride. For PBCH see our calendar for work parties, rides, campouts, education and meetings.

There is a lot going on and the calendars get very full during the summer. If you have any questions please contact me. Glad to help. 509-466-2225



Everyone is Irish  
on St. Patty's Day!



# BCHW Legislative Day

By Ken Carmichael

On Monday, February 19 I participated in the Back Country Horsemen of Washington Legislative Day in Olympia. This is an annual event but the first time I have participated. I was on the coast giving two seminars on Membership Development and thought it was a good opportunity.

On Legislative Day many members of BCHW meet for a briefing prior to meeting with individual legislators. At the general meeting Senator Warnick and Jon Snyder, the governor's policy advisor for recreation, spoke to the group.

Following this BCHW members broke up and visited our legislators. I was able to meet with six legislators, or their aides, for districts 6 and 9. They all showed a great deal of interest in BCH. We were able to leave information with them about legislative issues that affect equestrians. In addition we provided a BCHW calendar and statistics on volunteer hours. We are very proud to report 66,654.5 hours of volunteer work valued at \$2,238,567.31. The Ponderosa chapter had 1,334 hours valued at \$36,531.03.

By meeting with these individuals and making that personal connection it is then easier to talk to them about equestrian issues. They know who BCH is the value we provide. We can also invite legislators and their staff to attend PBCH meetings and take them on a VIP ride.

Advocating for equestrians with our legislators and congressmen is just one of the ways that BCH helps preserve and enhance our recreational opportunities. There are many opportunities to help at the chapter, state and national level.

Overall it was a very successful day and well worth the time.



# Back Country Horsemen of America Board Meeting

By Ken Carmichael

The Back Country Horsemen of America (BCHA) meets annually in a different state. For 2018 they will meet at the Northern Quest Hotel and Casino in Airway Heights on April 23-25. This is an opportunity for local members to attend the meeting.

BCHW has been asked to provide some volunteer help, beginning Sunday afternoon 4/22 and including help with the Monday night Meet and Greet which will be an offsite event. We will also provide hospitality and information services for the out of state Board members and their guests at the venue.

Here is the information from BCHW President Kathy Young:

Some volunteers are needed to assist at the BCHA National Board meeting, at the Northern Quest Casino at Airway Hgts., near Spokane, A survey has been created for volunteers so Bill McKenna, the volunteer coordinator for the event, will know who will be available to help and on which days. All volunteers must also register for the event.

Please sign up by going to the **BCHW.org website**, click on the UPCOMING EVENTS link, scroll to:

**April 23 -25, 2018 - BCHA National Board Meeting, Northern Qwest Casino in Airway Heights, WA (Near Spokane)** and complete the both the **survey form AND the registration form.**

**Volunteers that have already completed the registration form, please complete the volunteer survey form.**

In addition to volunteers to assist with direction and meet and greet we may be asked to provide up to 4 facilitators for break out discussions that the Natl. Board is planning.

Thank you.

Kathy Young, BCHW President

# Lakeview Work Party

By Ken Carmichael

Short history: PBCH has planned a work party that will repair and rebuild the corrals on the BLM Lakeview property north of Odessa. We have requested a grant through BCHW to pay for the materials.

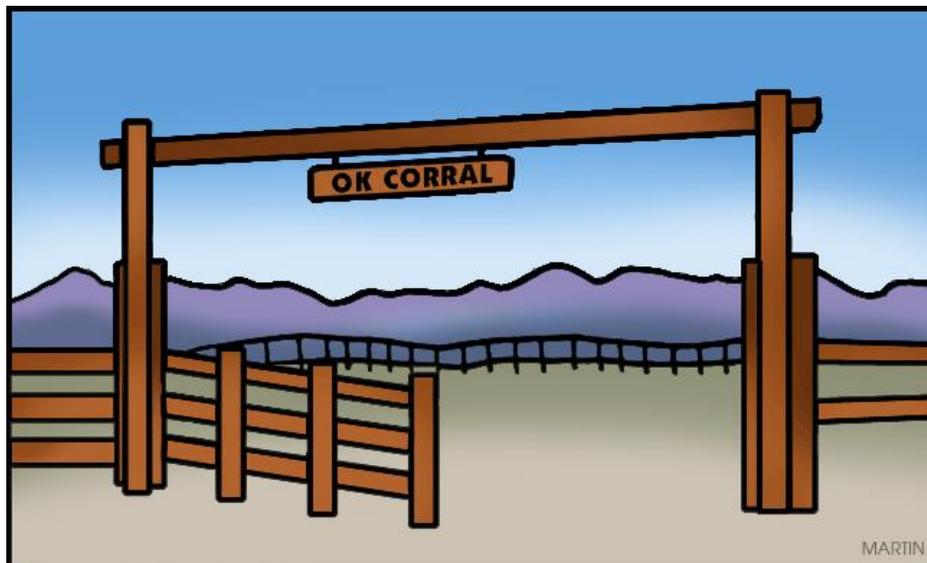
On February 21 Trail Boss Doug Bailey and I met with Darrell Wallace (BCHW) to review the bookkeeping requirements for the grant. These are extensive as we need to account for all volunteer hours and various expenses. On February 22 Doug and I went to the Lakeview property to meet with Chris Shafer of BLM. We looked over the corral and discussed the process by which we will do the work. BLM is all on board for this project and will be there every step of the way.

Now we are waiting on the final approval of the grant. This has been significantly delayed by the state legislators not passing a capital budget last year. In the meantime Doug is preparing a final list of equipment and supplies we will need.

As soon as we know we have the grant we can start. Because Lakeview is north of Odessa many of us will plan on camping there during the work parties. We think we can do the entire project in 3 weekends. If the grant comes through on a timely basis we have tentatively identified these dates: April 7 and 8, April 19-21 (note we get an early start on the weekend and will not require as many people) and May 5 and 6. As we get closer we will confirm dates.

We will need lots of people there to tear down parts of the old corral the first weekend. The second weekend we will lay out the design and install the many posts. On the third weekend we will install the rail fence and gates and stain the wood.

The work will be simple and fun. Hopefully we can make a party of it where everyone has a chance to participate at the level you feel comfortable and possibly have some good food.



## Escure in Winter

By Cindy Miller (and photos by Cindy)

Last week I took a road trip alone to Escure Ranch. The drive took me two hours, but well worth the time! To arrive there, one must



travel down a 2-mile road with numerous potholes. I wanted to check out that road to see how it has held up during the winter. It is the same year-round, but nothing one can't navigate around and take the zigzags, even with a horse trailer. I've done it, but it is slow going. Once I arrived at the ranch, I let the dogs out to run around since there was not a sight to behold. The isolation and feeling of



being by myself in this vast landscape was really magical and beautiful in itself. I walked down the trail toward Towell Falls, but decided to turn around with ominous dark clouds rolling in. There were no cell or internet services, another big plus as I see it!

The meandering Rock Creek added some color in winter, and had turned into a roaring, foamy whirl that was mesmerizing to watch as I stood

on the bridge. The mesas, buttes and potholes surrounded us (dogs too) as we traveled down the well-marked road (trail). I really hated to leave. I do look forward to riding there again with a horse in the spring. It will be loaded with bright colors of balsamroot, phloxes and lupines. The meadowlarks will be abundant, and their songs truly welcome all visitors. There were cows in the distance staring down from a bluff,



probably perplexed by something (me) out of place walking through their territory (this is BLM land). Oh well ... see ya in the spring Escure!

## Spring Into Action: *"Simple Steps to Bring Horses Back After Winter"*

Winter is gone and spring in the air we will all want to get back in the saddle and start riding our horses again. Many horse owners can't ride or exercise their horses as much as they would like during the winter because they don't have access to indoor facilities and the weather where they live is not conducive to outdoor riding or training. Bringing horses back into work after a winter vacation needs to be done gradually, you can start the horse back into work at a lower level and increase the length and intensity of workouts. At the same time you must adjust the horse's feed as needed to address present body condition (too thin or too fat) as well as nutrient requirements for the increased work. It doesn't matter what your horse's level of fitness was when you stopped riding by the end of three or more months of inactivity, all conditioning your horse had is essentially lost. Even if the horse had plenty of turnout, many horses don't do much more than eat and stand around, especially when the weather and ground conditions are bad. Here are a few simple guidelines you can use to ensure your horse a safe entrance back into exercise after a prolonged break.



### Make Feeding Changes Gradually

The horse is first and foremost a grazing animal that relies extensively on the bacteria present in its gastrointestinal tract to be able to process forages. These bacteria are a mix of different organisms that work together to the benefit of the horse. If the feeding program is changed suddenly, bacteria populations do not have time to adjust. Instead, large numbers of bacteria die, while others flourish, setting up a situation where toxins may be absorbed by the horse, resulting in digestive upset or colic. Some horses are just as sensitive to changes in hay as they are to changes in grains. A gradual change from one feedstuff to another provides enough time for the bacterial populations to adjust. For example, when changing either the type of hay or grain that is being fed, replace only about 20 percent to 25 percent of the current feed every other day, so that it takes a week or more for a complete change.

### Be Careful Not To Overwork

A horse that hasn't seen much exercise over the winter can be just as excited about going out on that first ride as you are. Don't mistake this eagerness for fitness, and don't assume that the horse won't do more than he is physically conditioned to do. Odds are that he will, and in two or three days his muscles will really be feeling the effects.

Muscular aches and pains are not something you can "see" easily, but they will manifest themselves as back and gait stiffness, sluggishness, poor attitude toward work, and even the development of vices and refusals. These can progress into sporadic episodes of tying up or exertional rhabdomyolysis.

Sporadic exertional rhabdomyolysis occurs most commonly in horses that are exercised in excess of their level of conditioning. This happens frequently when a training program is accelerated too abruptly, particularly after an idle period of a few days, weeks, or months. Increased exercise on random hot, humid days may also elicit sporadic exertional rhabdomyolysis in susceptible horses because of high body temperatures, loss of fluid and electrolytes in sweat, and depletion of muscle energy stores. In some instances, horses seem more prone to exertional rhabdomyolysis following respiratory infections. Therefore, horses should not be exercised if they have a fever, cough, nasal discharge, or other signs of respiratory compromise. A well-designed gradual exercise program and a nutritionally balanced diet with appropriate caloric intake and adequate vitamins and minerals are the core elements of treating sporadic exertional rhabdomyolysis.

As horses begin to work more their requirement for water will also increase, make sure the horse has free access to clean, fresh water. Water and electrolyte loss through sweat can cause the horse to perform poorly and in the worst case can make the horse become seriously ill.

### Shedding A Few Pounds

In horses and ponies, “eating less” and “exercising more” are key elements for weight loss. Set realistic goals for weight loss and regularly monitor progress. Horses and ponies are individuals and will not all lose weight at the same rate. They didn’t get fat overnight and they won’t lose it all over night either – be patient. As a guide, an effective weight loss regimen for a mature, light breed horse should result in the loss of approximately 55-65 lbs over a 4 to 6 week period. This decrease in bodyweight may be accompanied by the loss of about 1 unit of body condition score (BCS). Body weight (scale or by use of a weight tape) and body condition should be assessed regularly e.g. every 2 to 4 weeks during the weight reduction program so that progress can be monitored and the program amended as required. Taking photographs of the horse and comparing before and after shots can also help assess visual condition. The body condition scoring system uses a 1 to 9 scale where 1 is emaciated and 9 is obese (optimal is considered 5 or 6).

As a first step toward weight loss incorporating exercise without altering diet can sometimes sufficiently get your horse to an ideal weight. If feed restriction is also needed grain and other concentrated sources of calories (e.g. commercial sweet feeds, feeds containing added fats) should be totally removed from the diet. Excessive feeding of other “treats” such as carrots and apples also should be curtailed. Forage should be the primary, if not sole energy providing component of the ration. Low intake, low calorie “ration balancer” feeds complete with vitamins and minerals should be used to supplement deficiencies in vitamins and minerals that exist in most hays and pasture.

### Increasing Body Weight

If your horse is very thin, either body condition score 1 or 2 at the end of winter it should be placed on a gradual increased level of nutrition in order to restore body weight. It takes 35 to 45 lbs of weight gain to change a horses body condition score by 1 unit (based on a 1100 lb horse). Therefore a horse with a body condition score of 2 would need to gain approximately 132 lbs to

increase their condition score to a 5. This would take around 6 months to achieve safely. When feeding large quantities of grain in order to increase the energy density of the ration we must be careful not to feed more than 5lbs of grain in any single feeding. Large grain meals pass more quickly than smaller meals through the digestive tract. Therefore fewer nutrients are absorbed and potential digestive disorders such as colic can occur. If the horse had a body condition score of 3 or 4 at the end of winter it would obviously take much less time to get their body condition to an optimal level. Based on the assumptions outlined above it would take approximately 2 to 4 months to achieve an optimal body condition. Using calories sources such as highly digestible fiber sources and fat supplements will help increase the calories density of the feeding without adding extra bulk and will help your horse gain weight faster and safer than simply adding extra grain. Alfalfa hay has more calories per pound than most grass hays and is an excellent addition to a weight gain feeding program. Fat supplements such as vegetable oil or stabilized rice bran are much more energy dense than cereal grains. Vegetable oil is 99% fat while rice bran is approximately 20-25% fat. Adding a fat supplement to the diet will also help improve skin and coat condition especially after a cold dry winter.

In summary, when bringing horses back into work we want to make all feeding changes gradually. Avoid overworking your horse beyond its fitness level, and allow adequate time for your horse to regain or lose weight to get them back to an optimal body condition.



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## From Dancing to Prancing

By Joyce Johnson

Boy, did things change for me after leaving boring Eastern North Dakota and moving to exciting Eastern Washington! I found hiking, rafting, canoeing, swimming, camping, downhill skiing, cross-country skiing, bicycling, and country western dancing. After doing all that, I found horses.

As for dancing, I joined a group of people taking country western dance lessons in the 1980's. Shortly, after that, a new dance club was formed called Spokane Country Kickers. Since the instructor's girlfriend was too short to be his exhibition dance partner, he found a shorter guy for her to dance with. Since I didn't have a partner and I was taller, Steve asked me to be his dance partner. After inventing our dance routine, consisting of line dances, waltz, two-step, swing and schottische, we performed in Riverfront Park on Memorial Day of 1988 and in St. Maries, Idaho in the summer of 1988.

Also in 1988, we competed in an exhibition dance contest in Portland, Oregon against teams from Portland, Boise, Seattle, and Calgary, BC. We had gotten together at a sewing bee and made all our dresses and men's shirts. If you can believe it, my dress is still hanging in my closet as a keepsake. With our great performance, we won first place.

You'd think I would be satisfied with all the adventures I had since moving here. But there was still something missing. Yes, you guessed it – a horse, my biggest dream since I was a child attending western movies: Gene Autry, Roy and Dale Evans, Tom Mix, etc. There are very few horses in North Dakota. I found out there were a lot of horses out here and trail riding clubs. I broke my arm after getting dumped off my first horse, a 5-year-old quarter horse mare. I learned a lot from that experience and didn't get another horse for quite some time.

It's good my passion for horses didn't stop me from purchasing 6 more horses through the years or I wouldn't have volunteered to be the Treasurer of the Bitter Root Back Country Horsemen in Hamilton, Montana in 2001-2002 after I moved there in 1999, and now the current Treasurer of the Ponderosa Back Country Horsemen here in Airway Heights.

I love watching my favorite TV program, "Dancing with the Stars," When they do the Fox Trot, I think of my horse, and know I can do my own Fox Trot on him. So it goes: from Dancing to Prancing!

## **PONDEROSA CHAPTER HOSTS SURVIVAL SKILLS SEMINAR**

By Patti Sander, Education Chair

February 17 was cold and snowy. In spite of Mother Nature, several BCH members braved the conditions to attend the Survival Skills Seminar hosted by Ponderosa Chapter.

Presentation was given by Master Sargent Brandon Biddle from the 336 Training Support Squadron at Fairchild Airforce Base in Airway Heights, Washington.

MSgt Biddle provided a Power Point presentation and open discussion on the principals of personal protection, first aid, sustenance, signaling and land navigation. There was hands-on practice with compass and map reading and a fire starting demonstration.

Follow up seminars focusing on land navigation and wilderness first aid are being considered, and will be scheduled for later in the year. These will also be taught by instructors from Fairchild Airforce Base.

A good time was had by all who attended. A special thank you to MSgt Biddle, his supervisor Msgt Wayde Warfield, Fairchild Airforce Base and the USAF SERE School.

## SPRING GRASS: EQUINE LAMINITIS

[From LMF Feeds Newsletter, February 2018]

Laminitis is a painful, disabling, common and costly disease of the horse and pony with many causes; the digestive and metabolic forms are linked to equine nutrition. Laminitis has major economic and welfare implications and can affect any member of the equine family (horses, ponies, donkeys, and mules). Equine laminitis is a systemic disease, often linked to hindgut disturbances; its final manifestation is inflammation of the lamina of the hoof, and downward rotation of the coffin bone. Treatment of laminitis is difficult because clinical signs of laminitis are apparent only after laminar tissues have undergone inflammatory and degenerative changes. There are a myriad of different problems that can cause laminitis or increase the potential for it to occur. Nearly half of all reported cases of laminitis in the US occur in horses at pasture, specifically lush spring pasture.

Laminitis is caused by amounts of sugar exceed the small undigested the hind gut proliferation of This may result in



in the US occur in specifically lush

equines can be ingestion of high and starch which digestive capacity of intestine, the material flowing into causing a lactic acid bacteria. reduced hindgut pH, which, in addition to hindgut acidosis, may lead to a cascade of events culminating in compromised blood flow (and thereby reduced nutrient supply) to the foot resulting in laminitis.

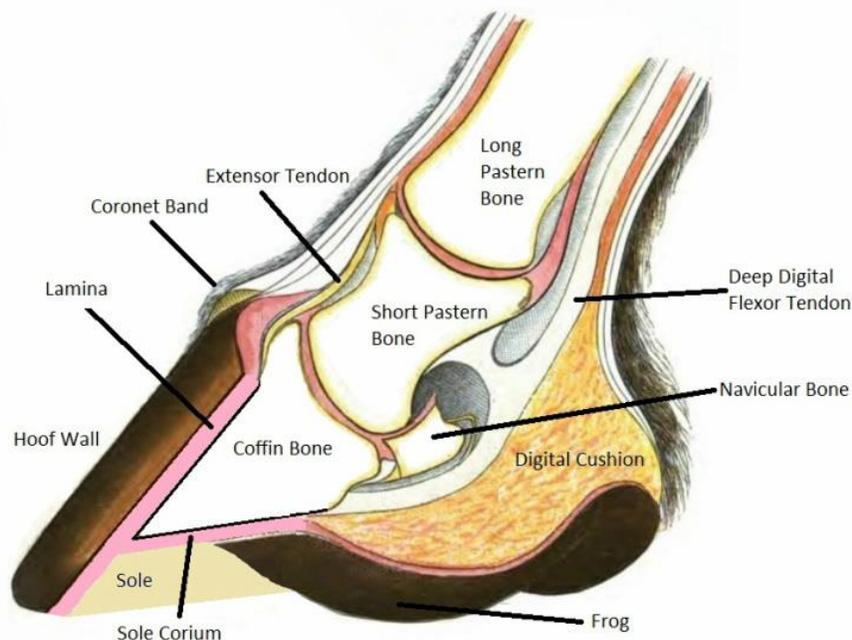
During photosynthesis, green plants 'fix' atmospheric carbon dioxide in the presence of light, resulting in the production of non-structural carbohydrates (NSC; simple sugars and starches). When sugars and starches are produced in excess of the energy requirement of the plant for growth and development, they are stored in the plant. Studies have shown that environmental conditions cause significant changes in the amounts of NSC that accumulate in forage plants. Spring grass and to a lesser extent autumn grass is higher in NSC than summer or winter grass. Other environmental factors, including light intensity, temperature, fertilizer, and water availability also affect NSC accumulation on grasses. For example water restriction will reduce the growth of the plant but will not affect the plant's capacity for producing sugar and starch resulting in elevated concentrations of NSC.

The good news is that preventing pasture associated laminitis is relatively simple: limit the horse's access to pasture. However not all horses need restriction from spring grass. Healthy horses and ponies that are not overweight and have never suffered from laminitis before may not require restricted pasture turnout in the spring. Decisions regarding whether and to what extent affected horses and ponies can be allowed access to pasture must be made on a case-by-case basis. The following points summarize current suggestions for avoiding high NSC intakes by horses and ponies at risk for pasture laminitis:

- A horse or pony currently suffering from laminitis should be held off pasture until there has been complete resolution of the laminitic episode. Once this has been determined start with 1 to 2 hours of grazing once or twice per day. This should be done late at night (after 10:00pm) or early in the morning, removing them from pasture by midmorning at the latest (before 10:00am, because NSC levels are likely to be at their lowest late at night through early morning).
- Alternatively, limit the size of the available pasture by use of temporary fencing to create small paddocks or use a grazing muzzle.
- Avoid pastures that have not been properly managed by regular grazing or cutting.
- In overweight or cresty-necked horses and ponies, and in those that have had laminitis before, it may be best to keep the horse off lush pasture entirely. These animals seem to be susceptible to further episodes of laminitis in the face of even small variations in pasture availability and nutrient content.
- Do not turn horses out onto pasture that has been exposed to low temperatures in conjunction with bright sunlight, because cold temperatures reduce grass growth, resulting in the accumulation of NSC.

Animals denied access to pasture for most or all of the day, require provision of alternative feedstuffs. Horses at maintenance require approximately 2.0% of their body weight as forage or forage plus supplement to meet daily nutrient requirements. Grain and sweet feeds should not be fed, and the feeding of other “treats,” such as carrots and apples, should be discouraged. Forage (as hay or hay substitute, such as forage pellets or cubes, chop, chaff, or haylage) should be the primary, if not sole, energy-providing component of the ration. Lucerne hay or other legumes, such as clover, on average, have lower NSC content when compared with grass hay but have considerably higher calorie/energy content. Generalities regarding carbohydrate value of forages should in most cases, however, be avoided. Ideally, hay should be analyzed for sugar and starch, and should be reviewed before selection.

Image from Okanogan



School of Natural Hoof Care

## Membership

By Ken Carmichael

We want to welcome our newest PBCH member Katy Fitzgerald who lives in Rathdrum Idaho. We look forward to seeing her at our meetings and some of our events.

Based on membership renewals and new members our membership for 2018 is set. Of course we are always on the lookout for new members that want to participate in keeping trails open. Everyone should have received an updated membership list on February 24<sup>th</sup>.

We have a busy summer ahead with rides, campouts, work parties, education and meetings. Already this year we have started with two very successful Saturday seminars.

The more we plan to do the more help we need to get it all accomplished. Also situations change so we are always in a state of flux. Please plan on coming to the membership meetings to stay current and provide your input.



**March Goes Out Like a Lamb!!**

## **PUBLICITY PERSON!**

### **PBCH Needs You!**

Work with retailers, advertisers, potential sponsors, media, and PBCH committee members to assist with marketing, advertising and assisting in promoting the BCH Mission and Ponderosa Chapter.

Please contact Dean Giles or Ken Carmichael if you'd like to participate in this important service to your Chapter

### *From The Editor*

*I invite you all 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.*

*Patti Sander, Editor*

*P.S. Please send me photos of you and your equine buddy so I can highlight you in our newsletter!*



### **2018 PONDEROSA CHAPTER OFFICERS**

**Dean Giles, President**  
**Joyce Johnson, Treasurer**  
**Ken Carmichael, State Director**  
**Shannon Barnhart, Secretary**  
**Cindy Vance, Legislative Chair**  
**Craig Volosing, Lands Chair**  
**Doug Bailey, Trail Boss**  
**Carol Klar, Volunteer Hours Coord.**  
**Patti Sander, Education Chairman**  
**Cindy Miller, Webmaster/Facebook**  
**Patti Sander, Newsletter Editor**  
**Michelle Eames, Newsletter Publisher**  
**Gary Miller, Photographer**

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