



PONDEROSA



Back Country Horsemen of Washington
We Get it Done !

May 2019

CALENDAR

**May 1st – 5th Lakeview
corral construction**

**May 7th - Membership
meeting at Hayford
Community Church,
Airway Heights WA**

**May 9th – 12th –
Lakeview corral
construction**

**May 18th – 19th –
Lakeview corral
construction (if
necessary)**

**May 18th – BCHW Joe
Watt Poker Ride at Cle
Elum**

**May 30- Volunteer
Hours Due**



FLOWERS AT
RIVERSIDE STATE PARK
NEAR THE
EQUESTRIAN AREA

CHAPTER NEWS

By Ken Carmichael

I am going to roll lots of items into one newsletter article.

Thank you **Carol Klar** for organizing and putting on the **Vet Clinic with Dr. Charles**. This was a great event for the chapter. Also thank you to **Dee Dee Denison** for the use of the covered arena. It really helped in the rain.

The **Scavenger Hunt** continues to roll along. **Linda White** keeps gathering prizes. Thank you also to **Chuck Rice** who is making some media contacts for promoting the Scavenger Hunt. Again, the date is Saturday, September 28. Everyone plan to be there.

The **Lakeview corral** work party is in progress. At this writing we have all 10 tons of supplies on site. By the time you read this we will be at Lakeview building the corral. Everyone got an email about this and we encourage everyone to come.

The chapter continues to grow. **New members in 2019** include:

Jim Cooper

Victoria Grambo

Arleta Holmes

Seele Lundberg

Jack Lundberg

Chuck Rice

Karen Rice

Louise Walton

Patty Wright

Come to the meetings and get to know these new people.

The **next membership meeting is Tuesday, May 7th**. Our program will be about the 4 things we all must consider before leaving the barn with our horses. Also, what are the things we can do to insure a safe trip. Come participate in the discussion.

I am on a Riverside State Park committee to **identify and sign official trails in the park**. A map will also be produced. This is a major project for the park. The park has been divided into four sections for review. The equestrian area is first. PBCH will be involved, hopefully this fall, putting up trail signs in the equestrian area.

John and Nancy Terhorst are **camp hosts** again this year at the Riverside equestrian area. They are past members of BCH on the coast and are very familiar with horses. Anything we can do to help them is greatly appreciated.

May 18th is the BCHW Joe Watt Canyon poker ride near Ellensburg. This is a fun ride and more information is available at www.bchw.org under upcoming events.

The **Northeast BCH** chapter is having a fundraiser Saturday, June 29 to raise money for a defibrillator. Contact information is Dana Slater 208-437-3677 or 208-610-6439.

As always we encourage **everyone to participate in the chapter**. As a service organization we want to help keep trails open. It is a lot more fun when you have skin in the game. There are about 54 volunteer opportunities in the chapter so a place for everyone.



The trail is the thing. Not the end of
the trail. Travel too fast, and you miss
all you are traveling for.

– Louis L'Amour

DATES to REMEMBER 2019

[Membership rides can be hosted by any member, just send a note to the group email.]

Events that will be rescheduled due to weather:

- Proposed PBCH Telford Trail Ride
- Riverside State Park Barbed Wire Pick-up

May 1st – 5th Lakeview corral construction

May 7th - Membership meeting

May 9th – 12th – Lakeview corral construction

May 18th – 19th – Lakeview corral construction (if necessary)

May 18th – BCHW Joe Watt Poker Ride at Cle Elum

May 30- Volunteer Hours Due

June 4th – Membership meeting

June 15th – BCHW Board Meeting

??? – REI Trails Day – work party

July 2nd – Membership meeting & Potluck

July 1st – 4th – Statewide work party Umatilla NF

July 4th – 7th – Draft Horse Show as group

July 19, 20, 21- Pierce County BCH Prize Ride Camp Out

July 31st – Volunteer Hours preliminary hours

August 6^{th-} Membership Meeting

September 3rd – Membership Meeting

September 10^{th-} Volunteer Hours (preliminary)

September 14^{th-} BCHW Board Meeting

September 24^{th-} Dress Rehearsal for Scavenger Hunt

September 28^{th-} Fall Fun Ride and Scavenger Hunt

September 30^{th-} Volunteer Hours Final Report Due

Vet and Vitals Clinic

By Carol Klar

YAY for all the folks who braved the very wet weather to participate in the Vet and Vitals clinic April 13! Dr. Charlie gave us a wonderful program that spanned many useful equine topics. In addition to those featured, we also had demonstrations and pointers on body condition, gait assessment, equine anatomy, body symmetry, signs to notice in the unwell horse and a plethora of other useful things. There were many interesting topics for all levels of horse owners. In addition to the program, she gave many vaccines and did oodles of Coggins tests. Those who stayed "after school" also got useful pointers on assessing teeth. It was a very informative day, and made SO MUCH BETTER by the generous use of Deedee Denison's lovely indoor arena! It was a teamwork effort indeed. Ponderosa members rotated around, handling many duties including holding extra horses, parking, assisting the vet, helping with paperwork, etc. Thanks everyone for a great day! We had 100% turnout!

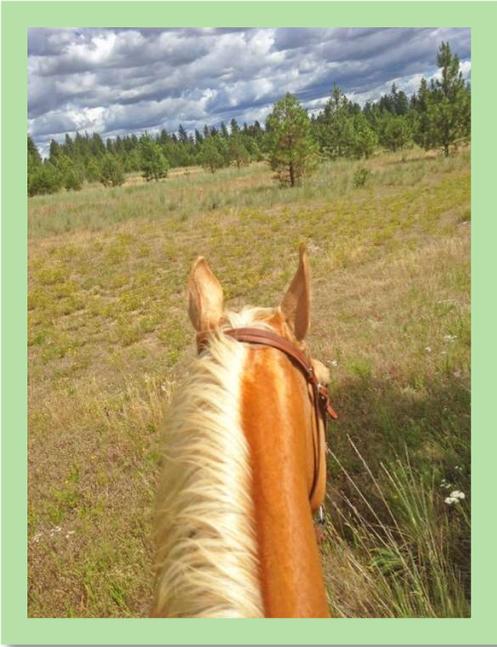


Spring Photo Contest Entries

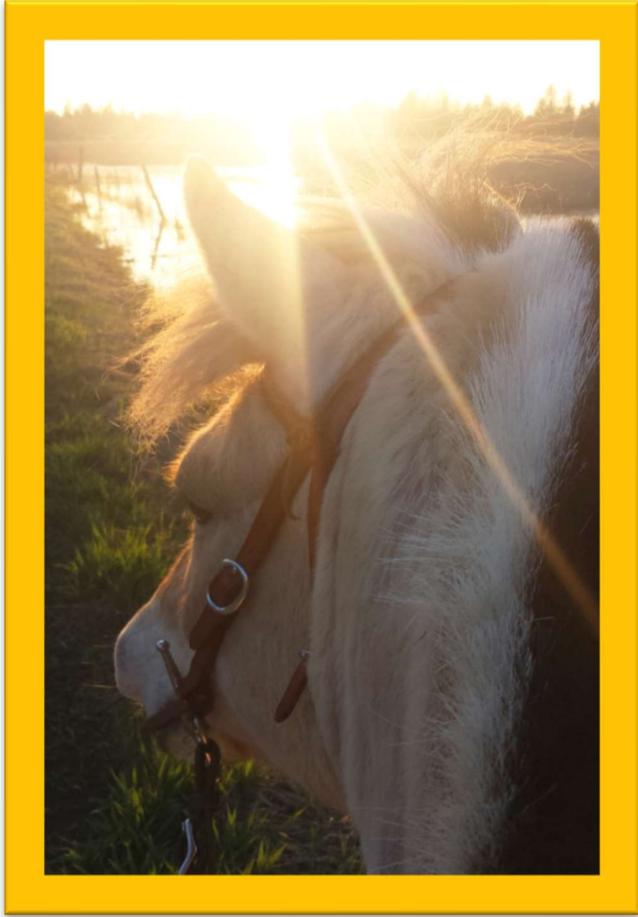
Here are the beautiful spring photos submitted by our group members. Although they are all exceptional in their special way, judging was done by using the following categories: originality, technical skills, and composition. (And if all those failed, if the photo fit at the top of the page and looked cool)!

Thank you to all who submitted your photos. I will leave the names omitted as to who submitted what, just to make it fun and you can guess. The winner's name and photo will be posted on the facebook page after this newsletter comes out, so check out the facebook page to see who won. Congratulations to the talented photographer. You will be receiving the coveted prize soon!









TO BATHE OR NOT TO BATHE?

By Patti Carmichael

Depending on a horse's use, the number of baths he gets can vary tremendously. Removing dried sweat, dirt, and debris is absolutely necessary, especially after a ride. Foreign material between the horse and the saddle can damage the skin, causing infection and pain and lost riding time.



We all are aware that regular grooming is necessary. It gives us an opportunity to examine our horse for cuts, abrasions, insect bites, ticks, warts, body condition changes, etc. However, regular grooming does not need to include bathing. Soap and shampoos can contain chemicals and other ingredients that can strip the skin of its natural oils, resulting in dry and damaged the skin. Damaged skin can lead to skin problems, which can lead to more washing to treat the skin condition and then this becomes just a vicious cycle. Sometimes a bath is the only way to remove caked on debris from your horse; but minimizing bathing frequency and the use of soaps can help improve the overall quality and health of your horse's skin and hair coat. Another option is to replace regular shampoos with a very mild oatmeal aloe shampoo or eliminating shampoos altogether. Be sure and let your horse dry completely in the sun after bathing.

We all like to see a lustrous, gleaming coat. But remember that beauty comes from the inside. Focus on nutritional options to achieve that healthy glow rather than reaching for bottles of shampoos and conditioners. When you do need to wash or whiten, use soaps sparingly, and keep an eye out for signs of skin issues related to over-bathing.

Gleaned from "The Horse" magazine; June 2017 Issue

Doug's Dump-and-Bake Stuffed Cabbage Rolls Casserole

By Doug Frederick [Michelle Eames' husband]

Remember your grandmother's cabbage rolls? This is an easier but just as tasty recipe. This started as a recipe we found online, but we tweaked it a bit. While the recipe expected baking for 50 minutes at 375 degrees, we think it would transition nicely to the dutch oven. This stuffed cabbage rolls casserole is low on prep but big on flavor, delicious and easy to prepare.

Serves 6-8 (unless there are teenagers in the house).



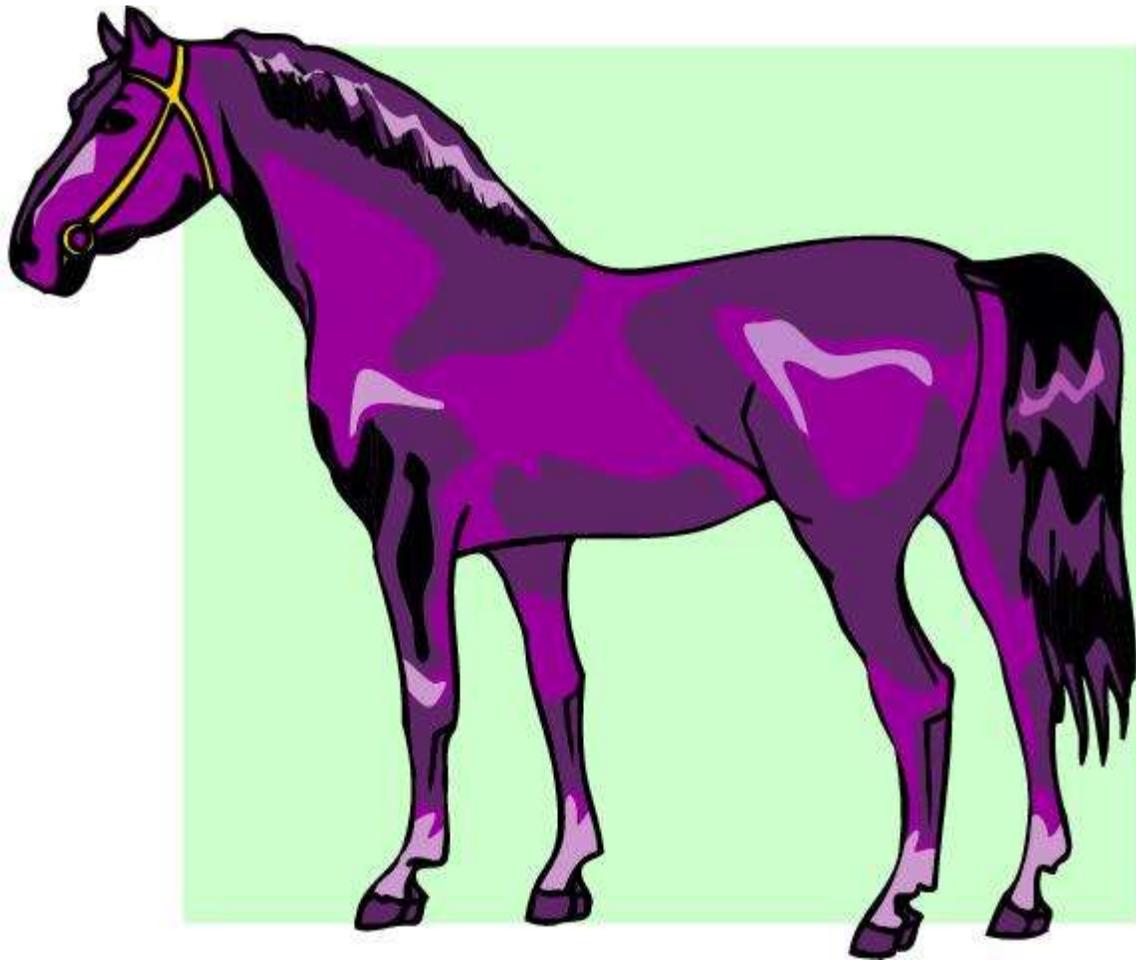
Ingredients

- ½ head of cabbage roughly shredded or chopped (about 8 cups)
- 2 cups instant rice (instant brown rice if you want to be healthier)
- 1 small onion, finely chopped
- 1 lb. extra lean ground turkey breast ground chicken breast, or extra lean ground beef*
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 1 8oz can tomato sauce
- 2 cups beef broth
- 1 cup shredded mozzarella cheese
- 6 slices cooked bacon chopped (garnish, optional)

Instructions:

Place the hamburger and chopped onions in the Dutch oven and brown the meat, add the cabbage and wilt it for about 10 min. Season with the salt, pepper and garlic powder.

Top with the instant rice, add the broth and tomato and stir together. Place on the coals for an hour (we're estimating here, since our first version was in the oven). Check to make sure the rice is cooked; top with cheese and serve.



2019 Officers and Other Chapter Staff:

Lyle "Doug" Bailey, President and Trail Boss

Diana Birge, Treasurer

Patti Carmichael, Secretary

Craig Volosing, Lands Chair

Ken Carmichael, State Director

Carol Klar, Volunteer Hours Coordinator

Michelle Eames, Newsletter Editor

Cindy Miller, Webmaster/Facebook and Newsletter Graphics Design

Gary Miller, Photographer

Patti Sander, Education Chairman

Tom Birge, BCH Store Manager and Shopper Extraordinaire

Everyone can contribute to make the PBCH a successful group to support our mission. We can use help with legislative communications, membership, publicity, etc. Think of what you can do, and together "We will get it done!"

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.

Michelle Eames, Editor

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

