



PONDEROSA



Back Country Horsemen of Washington
We Get it Done !

March 2021

<http://pbchw.com>



CALENDAR

All event dates subject to change or cancellation: Watch facebook and the PON3 emails.

February 24, 2021, Volunteer Hours to Carol Klar.

March 2, 2021 Virtual PBCH meeting. Watch Pon3 emails and the facebook page for Zoom link.

Thinking of Summer!

@Bear Lake

BCHW Legislative Day

By Ken Carmichael



Typically, in a normal year, BCHW hikes the hill in Olympia to talk to Washington State Legislators. This being an off year we made the hike by Zoom on February 15, 2021

We were able to meet with several legislators including: Christine Rolfes, Ed Orcutt, and Judy Warnick. Also joining the meeting was Leah Dobey from DNR, and Jon Snyder from the Governor's office.

Everyone agreed that our public lands are experiencing increased usage because of the pandemic. It was pointed out that many people are not aware, and do not practice **Leave No Trace**. This is an area that demands increased education.

One of the major topics of conversation was how NOVA funds are distributed. During the recession in 2009 some NOVA funds were given to DNR to cover their budget requirements. This practice has not been reversed and it is time to do so. NOVA funds are a source for grants to do improvements on public land and we want to make sure all those funds are available.

Another major issue was electronic bikes (e-bikes) and where they should be allowed. There are three categories of e-bikes which complicates the issue. One thought is that they should be allowed wherever standard bikes are allowed. The other thought is that these are motorized vehicles and should not be on the multi-use trails with hikers and equestrians. Another question is who should decide where these e-bikes are allowed. Should the land management agencies decide or should the legislators?

There are benefits to the e-bikes allowing additional people to get outdoors. However, we see them on trails where the increased speed, coupled with the silent running, can cause conflict on narrow trails with blind curves. E-bike riders need to be looking down at the trail, rather than looking ahead, and some wear ear-buds so they cannot hear others on the trails.

The issue is still not resolved.

BCHW continues to work closely with the legislators and other interested groups. We meet with the Outdoor Recreation Coalition weekly. It is evident that outdoor recreation has jumped to the forefront. And as our lobbyist Joyce Wilms said, "Let your voice be heard." This is important if we are to maintain trails for equestrians.

Thank you to Mitzi Schindele, BCHW Legislative Chair, and all the support staff that put together this important function. Advocacy is one of the ways we keep trails open for equestrians.

From a BCHA (Back Country Horsemen of America) email:

You can now support your favorite charity, BCHA, on iPhone & Android phones!

1. Join AmazonSmile

If you are not already an AmazonSmile member, sign up on your web browser. Simply select your favorite charity to start generating donations, at no cost to you. <https://smile.amazon.com/ch/81-0468209>

2. Get the app

Download or update to the latest version of the Amazon Shopping app on your phone. You can find it in the App Store for iOS or Google Play for Android.

3. Turn on AmazonSmile

Open the app and find 'Settings' in the main menu (☰). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.

Happy Shopping!

Newsletter Theme: Apps and Devices for Trail Riding

By Michelle Eames, Newsletter Editor

Actually, I'm a book person, and a paper-map person, not an App person. When I'm organized, I actually remember to bring paper maps on my rides even when I'm using a mapping App on my smart phone. I have been known to forget the paper maps at home, or leave the paper map in the truck. A mapping App on your phone can be a back up to your paper map, and vice versa.

Maps also require a compass. So bring your phone, a paper map, and a compass. And if you tend to rely heavily on your phone, bring an extra charging device.

I also like hard-copy books for identifying plants and critters. I'm pretty good at plants in the northwest, and I know a few of the edible mushrooms, but I am a poor birder. I plan to improve my identification skills for all of the above this year.

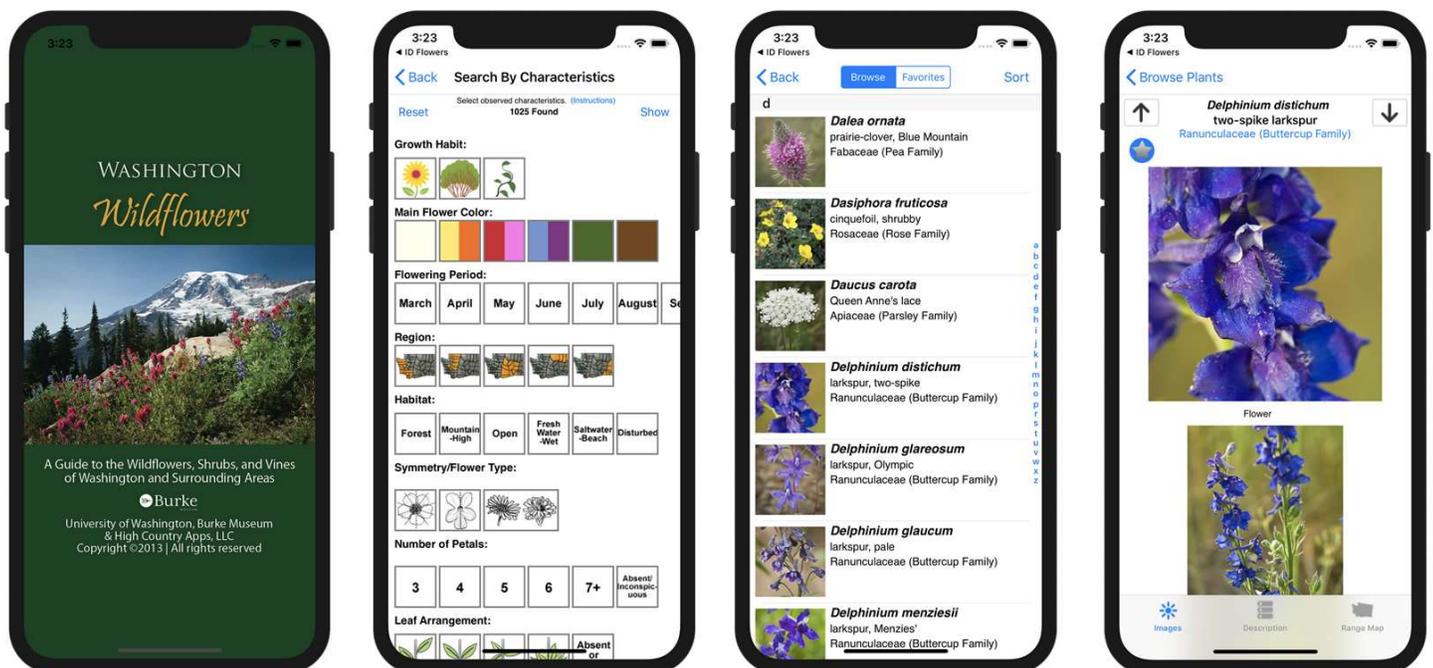
Since smart phones are basically small computers, there are many identification Apps that you can download. Many are free. Some require a large amount of data storage on your phone, so if you (like me) have an older phone, you may be limited on how many Apps you can download.

But here are some Apps that you may wish to explore if you want to have flora and fauna identification links at your finger tips.

For Wildflowers:

There is an App called Washington Wildflowers. You can download it on your phone, and its quite useful. I don't have it on my current phone, but I used to have it, and its easy to use, and doesn't take a huge amount of data or space. It won't get you to every weed and wildflower, but it will show you many.

<https://highcountryapps.com/WashingtonWildflowers.aspx>



Birds:

images from clipart-library.com

I have started to look at Apps for bird identification. I have friends who use *ebird*, and rave about it, but I haven't yet signed up for that or downloaded it yet. I will try it soon. The following link lists and describes several Apps for birds, including *ebird*. Yes, I know that the link is made for kids, but I'm going for easy here, since juggling a smart phone on a horse already adds complexity. Also the source, the Cornell Lab of Ornithology, is well known and respected.



<https://www.birds.cornell.edu/k12/best-apps-for-birding-with-kids/>

Mushrooms:

For mushrooms, there are several Apps available when you do an internet search. However, I am not sure which ones to recommend. If anyone else has recommendations, please let me know.



Other Sources:

You can use your phone to take a picture of the critter or plant you see on a ride, and then look it up later upon your return to your bookshelf, or your computer. There are facebook groups that you can join; I joined a wildflower group, and a Pacific Northwest Mushroom group. I love to see the photos people post of wildflowers or mushrooms in other areas of the Northwest without snow on the ground. This will help me refresh and learn some of the names.

Here is a useful site to access for amphibians and reptiles once you are at your home computer:

<https://www.burkemuseum.org/collections-and-research/biology/herpetology/amphibians-reptiles-washington>.

My friends and I have used this fairly often to identify a cute frog or something. One time a neighbor had a picture of the strangest reptile... we couldn't figure it out at first. We finally realized it was a snake in the process of eating a toad, so it had a toad head, two legs, and a snake body. A toad-snake? A reptiphibian?

Looking around at these Apps and websites gives me hope that spring will come, and I will be out there with my phone taking pictures of beautiful wildflowers to look them up later, all while trying to keep my horse from eating them. Can't wait!.

Enjoy the rest of the newsletter!

2021 PBCH Calendar

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

February 24, Volunteer hours due

March 2, Membership meeting

April 6, Membership meeting

April 23-25th, Ladies campout Ancient Lakes [Date still being confirmed]

May 4, Membership meeting

May 31, volunteer hours

June 8th – Membership meeting

June 12-13- Mountain Trail Clinic at Rendezvous Ranch

July 6th – Membership meeting

July (date to be determined) Open House/Poker ride rehearsal

July 10th-11th Open House/Poker ride @ Riverside State Park

July 31 – Volunteer Hours

August 3_ - Membership meeting

September 7, - Membership meeting

September 10, – Volunteer Hours preliminary hours

September 30, – Volunteer hours final report due

October 1, weekend Escure Ride

October 5, - Membership meeting – Elections

October 30, – BCHW Wine Ride at Zillah

November 2, - Membership meeting

December 7, - Membership meeting

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

Poker Ride

By Ken Carmichael

PBCH has decided to move ahead with planning the poker ride for 2021. Of course, this is all subject to change but if we are to do it, we must start some planning now. The event will be at the Riverside State Park Equestrian Area. Here is the schedule:

- Saturday, July 10 – equestrian obstacle course open house
- Sunday July 11 – poker ride

It is time for everyone to put these dates on your calendar. The events will require lots of labor to be successful.

Linda White has started gathering raffle items. I have been in contact with State Parks and researching the Covid-19 requirements. I have drafted a timeline for accomplishing the many tasks we need to do prior to July 10. Publicity will be a key factor.

The major responsibilities include:

- Chairman
- Publicity
- Raffle
- Forms/printing
- Pre-registration
- Registration
- Parking
- Trail
- Game stations
- PBCH booth
- Photography
- Music

Everyone's help is needed and appreciated.

Ancient Lakes Ladies Campout Update April 23rd weekend

(by Carol Klar)

If your name is listed below and you paid for this event in 2020, your payment will be rolled forward to this year. For anyone new on the list, you can pay at the campout. Cost is \$10 per person and covers 2 nights/3 days. This is the member participant list as of today. Travel directions and details will be sent out the week before the trip.

- Carol Klar
- Cindy Miller
- Patty Wright
- Melissa Halpin
- Michelle Eames
- Karen Rice
- Heather Trautman
- Patti Carmichael
- Teresa Bailey
- Sarah Dafler



R-I-D-E S-A-F-E

By Doug Frederick

Research your route, trail, destination.

Invest in a GPS, or trail application on your phone.

Do not forget to notify your friends and family of your plan.

Expect the unexpected weather.

Saddle bags can carry your 10 essentials.

Awareness of other users is a safe bet.

First aid kit is essential.

Enjoy being outdoors and have fun.

This is a short reminder to use when you are planning your next ride. Begin at the top and do some research to get familiar with where you are going, how to get there, where to park, and so on. Having a trail app on your phone or carrying a GPS will help keep you on trail. When in doubt carry a map. Remember to let someone know the particulars for your ride before you go and once you are home let them know you are back. Carry some rain gear or big coat just in case inclement weather comes in. Have extra food and snacks in case you have to wait it out. Other equipment you can bring along is a fold up saw, axe, things that might help you clear the trail in case you run into downfall. Keep an eye and your ears open to other traffic on the trail. It's better to see it and be able to react and prepare your horse than getting surprised. Carrying first aid supplies or kit for you and the horse is essential. Remember to have fun and celebrate the ride. Any day on the horse is better than being in the office!

Quiz Part 2

By Ken Carmichael

Last month I provided two quiz questions for you to ponder. Below are the questions and answers.

FIRST QUESTION:

If you saw these symptoms what do you believe is the cause?

- Anxiety, weakness, paleness, sweating, thirst
- Confusion
- Pulse rapid and weak
- Dizzy and faint

What has happened, what could be the consequences and what should you do?

ANSWER:

These symptoms indicate that the patient is in SHOCK. They may indicate other things as well. We must always take into consideration the circumstances around the symptoms. This is why we always do an assessment of the scene.

Shock requires immediate action as it can be fatal.

Definition: A life-threatening secondary condition wherein the body's vital physical (e.g., breathing, heartbeat) and mental functions are seriously impaired due to an inadequate supply of oxygenated blood reaching the lungs, heart and brain.

Cause: A bodily reaction to a serious injury, illness or traumatic event.

Treatment:

- Call 911
- Handle the patient gently and only when necessary
- Give oxygen if it is available
- If conscious place patient on back
- If unconscious roll onto left side, if no neck injury is suspected
- Except in the case of a head injury or suspected neck fracture, elevate feet approximately 15 inches to increase the flow of blood to the brain
- Make sure that there are no broken bones before straightening the patient out
- Protect the patient from becoming cold (especially from the ground below)
- Continue to reassure the patient

NOTE: Do not give fluids or food to the patient

SECOND QUESTION:

You are lost. What are the two most important goals, what sequence should you do them in and how do you prepare to accomplish these two goals with knowledge and equipment?

Answer:

The two most important goals are keeping warm and dry, in that order. There is lots of information about how to build and fire and shelter that is beyond the scope of this article. A well-built fire will give you a lot more than heat. It will give light, allow you to cook, purify water, dry wet clothing, signal for help and even make you feel good.

Give some thought about what you carry with you to accomplish these survival skills. What equipment you have, you must also know how to use.



Clipart-library.com

Never be lost again!

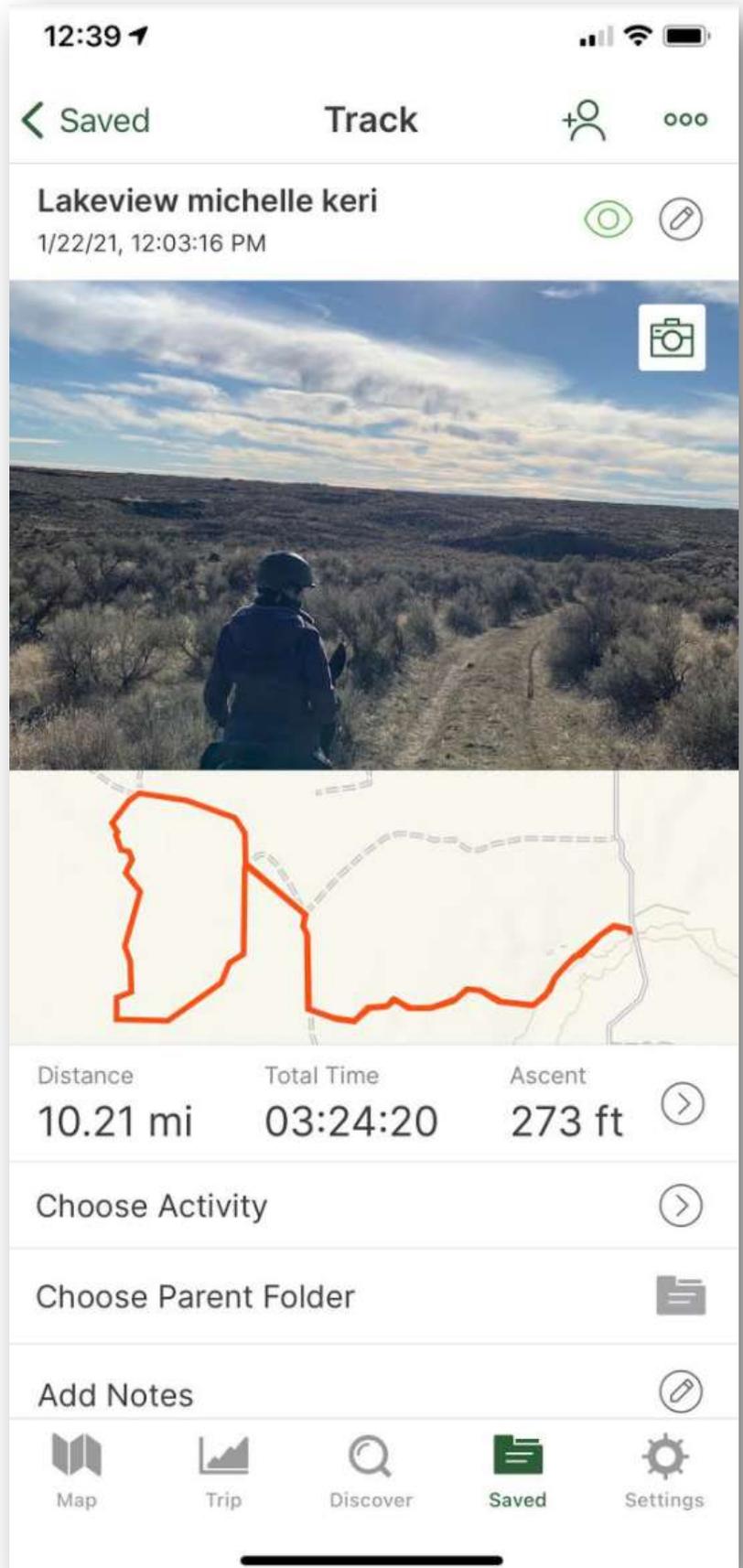
(by Carol Klar)

Over the past few years, I've been using the GAIA trail tracking app. Besides computing mileage, it does many other useful things. While riding, I have a live view of where I am on the map at any point in time, even without a cell signal. This is really helpful when checking out a new place. When finished riding, I can save the trail track map for later use and to share with friends. Conversely, I am able to import maps from trails that friends have ridden. This is invaluable when going to new places, since it helps improve safety and avoids the frustration of being lost!

The app runs on my office PC (gaiagps.com) as well as my phone. I use the PC version to look at maps on the big screen. Viewing a LARGE trail map is invaluable when planning rides to new areas. Available map overlays (i.e. USGS and Historical maps) can provide many features beyond the basic default trail map, although for the majority of my riding, I find the basic maps to be more than adequate. Best of all, the basic version of GAIA is FREE!!!

The image is GAIA output from a recent ride to Lakeview ranch with a couple of Ponderosa friends. You can see the useful information provided, and it even allows you to take pictures along the way, and stores them with your trip data. The map that was produced/saved from the ride, can be followed in real time on future rides, ensuring that we don't get lost.

This is an amazing tool, perhaps the best thing since baling rope! For anyone participating in the Ancient Lakes Ladies Campout over the April 23rd weekend, I will provide a short tutorial on using GAIA, so you can have hands on experience during the ride. Please download the GAIA GPS app to your phone before you leave for the trip.



Devices for Trail Riding

By Ken Carmichael

I live by four principles when riding:

- Survival (protection against the elements)
- First aid
- Food and water
- How am I going to get home

Today I am talking about the last one, "How to get home". There are lots of apps I am sure. But here are 4 items I carry:

- Map
- Compass
- GPS, when I can get it to work
- Personal Locator Beacon

The last one is probably the highest tech that I go. There are all kinds out there but basically they all do the same thing. When you are in way over your head and going down, they are a tool that you use to call for HELP.

I have never used mine but when you are out of cell range it is a tool that works off the satellites. Some of them enable you to call home but I think there is a monthly fee. Mine is just to send out a distress signal and there are no fees.

With mine when I activate it the signal goes to a satellite then down to a station in Florida. The signal identifies me, and they call the local law enforcement. People on my profile are called to see if it is a false signal. All those people are aware of where I am because I provide them with a Personal Emergency Plan. At that point someone is sent after me, or whoever I am with.

Of course, the best plan is to stay safe in the first place.

Trail Obstacles

By

Linda White

Trail Obstacles are a fun way to challenge yourself and your horse. I am a member of Equine Trail Sports which is an organization that puts on events utilizing obstacles. They have several formats including in-hand, obstacles and trail challenge.

I have started a small business named Ustengo (www.ustengo.com) which means unowned horse in Spanish. I am hosting an ETS Trail Challenge at Riverside State Park on July 17 and 18, 2021. This will be a 6-8 mile ride through the equestrian area with 8 obstacles along the trail.

Each participant is scored at each obstacle. There are three different levels which are weighted based on difficulty. This gives everyone an opportunity to participate at their own comfort level. For more information on the event or ETS please visit www.equinetrailsports.com.

Preregistration is online. In addition to hoping people will want to participate, I am in need of volunteers who might be interested in judging the riders and horses. This will involve an online study guide; a short training (online or possibly day before the event) and commitment to be at the event one or both days. The main criteria for a judge is having some horse knowledge and desire to learn about obstacle maneuvering.

This is a great, fun opportunity for those interested in obstacles. Please contact me at 509-413-7392 or linda43562@hotmail.com.



Saddle Fit – the question that will puzzle us all, at some point...

By Carol Klar

This illustration was copied from the Circle Y website. It provides a good basic explanation of how the bars of the tree (or tree points in an English saddle), should fit your horse. This is just the beginning of the fitting process.

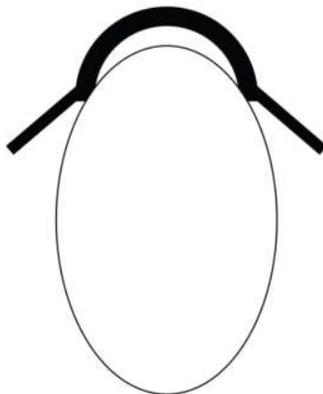
The illustration below is a simplified view of the goal of saddle fitting: to achieve bar contact between the tree and the horse. With a good fit, the bar angle matches the angle of the horse for maximum contact, and there is sufficient clearance between the wither of the horse and the swell of the saddle.

When there is little bar contact and the pressure is concentrated in a particular place, the result can be pinching, rubbing, or white marks. Note that pinching does not always mean the horse needs a wider fit – in fact, concentrated pinching often means the fit is TOO wide, as seen in the Tree Too Wide illustration.

Tree Too Wide



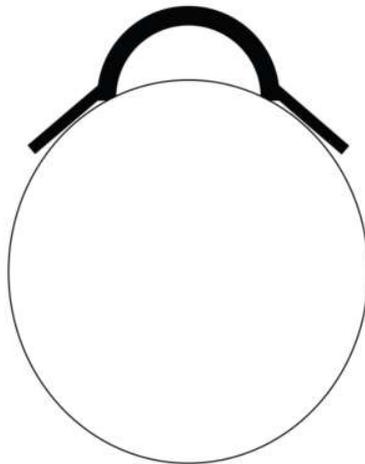
Pinching at top of bars and no contact in middle and bottom of bar. Gullet too low on withers.



Good Fit



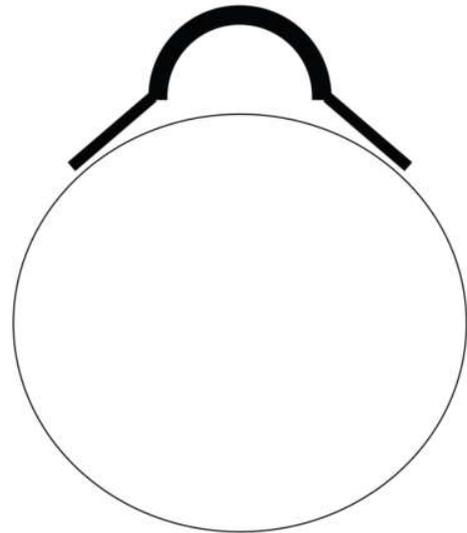
Even bar contact throughout and angle of bar matches the horse.



Tree Too Narrow



No contact in middle and top of bars. Saddle not sitting down on horse in the gullet.



Another consideration is “Rock”, or curve of the back. Getting a good fit in the front of the saddle as well as all the way across the back is imperative. The saddle bars (or panels on an English saddle), need to match the length and contour of the horse’s back. When this isn’t the case, the horse can experience pain and your saddle may slip and slide. Some signs of fitting issues include: white hairs developing in places they weren’t before-often under the tree points, a horse becoming “cinchy” when saddling, a horse that won’t stand for mounting, bucking, ear pinning, and the list goes on. Although the picture above looks pretty straightforward, correct fit can be complicated to assess and achieve. A skilled saddle fitter will know how and where to make adjustments. If you suspect that your saddle fit isn’t as good as it should be, you might want a fitting assessment by a qualified professional. Saddle Fitter Steve Sefely of Bison Saddlery, will be available to do fitting assessments during his upcoming trip to Spokane. He brings 40+ years of experience with English and Western tack for horses and mules. Message me if you’d like further details or to schedule an appointment. Cklar32@gmail.com Steve comes to us from Helena, MT.

You-tube Productions

A Proposal By Don Dyer

We as members of Back Country Horsemen have a responsibility to educate the public and our members, on the how to be a safe and knowledgeable horseman (the word horseman is meant to include both genders). Over the years the use of the internet has gained popularity and many people are now referring to it for advice and training. A lot of that advice is incorrect according to BCH and normal standards and I believe we have a responsibility to assist our fellow horsemen in being safe and good horsemen. I am not talking about riding lessons but mostly how to safely handle horses or ride the trails and contain your horses while riding etc. I will make a list of some ideas and others will be made and added to as I would like to make this a continuing education program not short term. We as members will learn as produce these videos as well as those we are attempting to assist.

Some of the videos ideas I have are listed below:

1: LNT: We will do a video a video on Leave not trace, teach people what they should bring and what not to bring on a trip and make sure they take home their garbage instead leaving it in their fire pit.

2: How to properly care for themselves and their animals not only at home but on the trail. Examples of things we can teach: proper saddling, how to contain your animal on the trail and care for it at home, proper equipment for trail riding and what to take with for a day ride and longer rides.

The list can go on and on, one method to do this and reach a large number of people is thru the internet. You tube has become a favorite of a lot of people and a place to learn. It has become my observation that a lot of bad information is being passed to the population and I feel that we as an organization have a responsibility to assist in educating the public. This is not to say that everyone will agree with everything we will say but hopefully some will.

How do we do this and what is needed, first we need a committee dedicated to this concept, we need someone willing to act as a full time host, also needed is the equipment to do the filming and someone to do them filming. We will need a dedicated staff to help write scripts and come up with ideas. I am going to suggest that we do at least one 15to 30 minute video every two weeks and before we even start taping we have at least six subjects ready to go. The subject material we have to discuss is unlimited I am suggesting we start with the basics but the committee will make the decisions. One of the most important things we will need is someone with the know how to get our videos posted to you tube, I do not have the slightest idea of how to do it. I am sure someone will know someone that does, so start thinking about

it. If we do this we will want to do it in a professional manner to best of our ability and it will take some of our time it will take some dedication for all involved. I do think it will be fun and advantageous to our organization as a whole and to horsemen in general especially trail riders. Think of what you will be doing for those you meet on the trail

I did not add in all the subjects we can cover in the videos those will be discussed by the committed but I think the list is endless starting with beginners going up to advanced riders there is a chance someone will learn something new or get a new idea and a new way of doing things.

What is the benefit to the chapter: First recognition, hopefully some local people will see it and want to join us. But mostly we will learn new things as we put these video together, it is my intent and hope others will see it my way, that we start as if we are training a person who has never been around a horse and we are teaching them from day one. We are the instructors and everyone watching are the students. That includes those helping put the videos together. Remember tho we are not giving riding lessons.

Each segment will have a section for comments and hopefully request for other training, if people want us to get into packing and setting up camps and things like that we can do it. We can do things like different knots, rope braiding, etc.

Riverside State Park Equestrian Concession

By Ken Carmichael

The equestrian concession that rents horses in Riverside State Park has been successful and is expanding. It is good that people are interested in horses and this provides those that do not own these great animals a chance to ride. I remember as a kid getting those opportunities.

The concession will be moving up the hill closer to the arena. The park manager indicated that they will have their own parking area and will be somewhere beyond the opposite end of the arena from the round pen, or maybe it is over by the pump house. I have asked for a footprint of the area they will occupy but have not received it yet.

We may look at this as an opportunity to do some equestrian introduction, education. These may be potential horse owners that we could assist.

Membership List Corrections

By Ken Carmichael

On about February 6, 2021, I sent all PBCH members an Excel spreadsheet with the names and contact information for all PBCH members. This is so we can stay in contact with one another.

I have received several corrections to the list. Following the publication of the newsletter I will send out an updated list. Please watch for it in your email.

New PBCH Members

By Ken Carmichael

We want to welcome Keri and Chuck Lindquist to PBCH. They had belonged to BCH years ago and now are returning. Many of us have found ourselves in the same position when the kids get older. They like to camp with their horses and Keri does some competition riding. In fact, through Carol Klar, Keri has already provided input for the obstacle course at Riverside State Park.

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New Member Introduction

By Mary Bennett

Bill and Mary Bennett met in 2006. Their first date was riding Bill's trusty horses Dixie and Cimarron at Camp Pendleton Marine Base in California, which had an old rodeo ground facility, wild horses, and miles and miles of trails. Mary, having little riding experience since childhood, kept "checking" Cimarron to keep him at a steady walk throughout their trail ride. When they returned to the staging area, she asked to take Cimarron into the roping arena so she could give him a little rein and end the ride on a positive note. Bill didn't mention that Cimarron was strictly a trail horse. Mary had her hands full from the get-go and quickly lost her hat. Bill, being a gentleman, got off Dixie to fetch her it. In the meantime, Cimarron decided he would peel Mary off on the fence line. Bill watched in horror as Cimarron galloped wildly towards the fence. Unable to bend the beast, Mary stepped out of the saddle and did a tuck and roll on the ground and stood back up. Embarrassed, she watched Cimarron race out to the trailer. Turning to Bill, she said "I guess I'll go get him." Bill said no, he would do it, and Mary enjoyed watching Bill struggle to keep Cimarron on task and under control. We both needed a good beer after that experience, and luckily Mary had packed a couple, along with their lunch. That first day, Bill decided she was the girl for him and they were married the following year. Bill and Mary live in West Richland, WA with their horses, Scout and Cody. They enjoy trail riding and horse camping and good times with good friends.



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.

Michelle Eames, Newsletter 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.



Carol Klar and Michelle Eames at Ancient Lakes Long Ago

PBCH Officers

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