



PONDEROSA

Back Country Horsemen of
Washington

“Educate, Advocate, and Move Dirt!”

Website: PBCHW.COM



August/September 2023



Blue skies and wispy clouds are back.

PBCH CALENDAR

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

**NO SEPTEMBER MEMBER
MEETING!!**

Sept 7 and 9, tentative work parties; See member emails.

Sept. 23 — National Public Lands Day (Discover Pass Free Day)

September 26- PBCH Board Meeting

October 3- PBCH Member Meeting and Soup Social

October 28- BCHW Wine Ride@ Zillah

President's Report

August/September 2023

I hope that everyone has had a great summer, of course it's not over yet. I also hope that everyone was safe from the wildfires in our area.

We had 5 members show up for our August Lake party. We had a good meal and discussion, and thank you Ken for the boat tour of the lake.

We have decided to cancel the September meeting. It seems like fewer and fewer members are showing up and a lot of people put time and effort into these meetings and it is discouraging when only a few members show up.

Our next meeting will be October 3rd at Hayford Community Church, 5306 S Hayford. Social time 5:30, Meeting and food at 6. We will be having our Annual Soup Social (Please contact Carol Klar about soups.) Please bring anything that would go with soups. Second on the agenda is election of officers: President, Vice-President, Secretary, Treasurer, and Director. It would sure be nice to see some members take up some responsibility in our Chapter. We are also looking for someone to take over the Volunteer Hours reporting. I hope that everyone can come and support our chapter.

Volunteering--

There are important jobs to be done in the Ponderosa Back Country Horsemen and Everyone has been asked to volunteer. Everyone is sure that Somebody will do it. Anybody could do it, but Nobody does.

People get upset because Nobody is doing it. Though Everybody thought Somebody would do it. Nobody realized it wouldn't get done by Anybody. It ends up that not only is the job not done but Everybody is accusing Somebody of not doing their part and Nobody accepts responsibility.

Moral: Everybody's job can be done by Anybody's. Nobody can be Somebody unless they are willing to do whatever needs to be done.

Tom

Ponderosa BCH Future

By Ken Carmichael

Back Country Horsemen as an organization over the course of 50 years has served the equestrian community and public lands.

The Ponderosa Chapter has a great deal to offer the community, equestrians in general and BCH. We service a sector of the state supporting Washington State Parks, Bureau of Land Management and Spokane County Parks. We also have great riding areas.

Spokane has a large equestrian community capable of preserving areas open to horses and our rights to use them. However, people need to step up and contribute or these areas and rights could be lost.

PBCHW elections are at the October membership meeting. We will be determining the leadership of the chapter and many committee positions. The outcome will determine the services the chapter will provide to the community and to PBCH members.

If you are interested in contributing, then now is the time. Please determine what role you can play in preserving these rights.

Volunteer Hours

Dear Ponderosa Members:

September is the last month of Volunteer Hours reporting for BCH for 2023. Q4 will be for Aug-Sept hours. Please keep track of your efforts, so our last report of this reporting year can be a good one. I will send reminders around in the latter part of Sept.



Thank you!

Carol Klar

Vol Hours Coordinator

PS: we are in the process of building a home up north and will be moving. Since I will be out of the area, I will not be handling Vol Hours after the end of this reporting year, and would love it if someone stepped up to take over. I've handled this for many years; it isn't difficult, and I'm happy to train/coach a new person.



Mt. Spokane State Park Trails

By Ken Carmichael

State Parks has added a new trail on Mt. Spokane. It is Trail 290. This goes from the summit to the entrance of the park. **It is designated as a single direction downhill mountain bike trail.** This trail is rated “Black – Very Difficult” on TrailForks, meaning this trail includes advanced terrain, unavoidable advanced obstacles, steep corners and rock sections.

Other downhill trails include trails 110 and 140, both of which are designated multiuse trails. It is hoped that those bicyclists that want the experience of a fast and challenging downhill trail will use Trail 290. We must still watch for bikes on trails 110 and 140.

Other good areas to ride on the mountain include the Nordic Ski trails, Kit Carson Loop Road, Day Road and Trails 100 and 130 with several spur trails.

Trail courtesy still demands that we are able to control our horses and bikes in such a manner that we can stop in the distance necessary to avoid an accident.

Mt. Spokane has many good trails and is a great place to ride. The Friends of Mt. Spokane State Park recently completed a detailed map of the park showing summer and winter trails. This map is available through PBCH and several stores.

Rental of Riverside State Park Equestrian Arena

By Ken Carmichael

The Riverside State Park equestrian **arena** is reservable for anyone wishing to reserve it for the day. This change was prompted by calls State Parks is receiving from folks who wish to ensure availability before they load up horse trailers and drive to the park.

Reservable May 1-October 15: When not reserved and/or during the rest of the season when the equestrian day use area is open, the **arena** is still available without charge for first-come, first-serve users. Reservations can be made, or reservation status can be checked, by going to <https://washington.goingtocamp.com> and selecting “Day Use” tab, then drop down for “Riverside – Equestrian Area”. Reservations can be made up to 9 months in advance.

Cost: \$32.75 for up to 25 people, to include spectators/visitors. This is the same fee as a picnic shelter, and this reservation only includes the fenced arena. It does NOT reserve access to the announcer tower/microphone/speakers, round pen, obstacle course, etc. Any groups larger than 25, or groups that need the announcer tower/microphone/speakers, want to have vendors present, charge fees, etc. will still require a Special Activity Permit (SAP). You will still need to apply for an SAP if your event has needed to in the past.

It is recommended to reach out to state parks as soon as you know your event dates so they can create a closure in their reservation system. You will NOT be charged the \$32.75 reservation fee for use of the arena during your SAP events.

2023 PONDEROSA BCH Planning Calendar (as of 8/24/23)

All dates subject to change; watch emails and Facebook.

Work Parties and Member Rides will be planned and scheduled as the year proceeds.

September

No September Member Meeting

September 7- work party; see Larry Grinstead emails

September 9- tentative work party; see Larry Grinstead emails

Sept. 23 — National Public Lands Day (Discover Pass Free Day)

September 26 --PBCH Board Meeting

October

October 3- PBCH Member Meeting, elections, and member appreciation

Oct. 10 -- World Mental Health Day (Discover Pass Free Day)

October 28- BCHW Wine Ride@ Zillah

November

November 7- PBCH Member Meeting
Speaker: Feed Store and Horse Feed? (Board Meeting Prior to Member Meeting)

Nov. 11 — Veterans Day (Discover Pass Free Day)

Nov. 25 — Autumn Day (Discover Pass Free Day)

December

December 5 – PBCH Member Meeting
Christmas Party

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

BCHW Website Knowledge Contest

Ken Carmichael sent an email and attachment to Ponderosa members on July 13, 2023, regarding a contest between chapters to explore BCHW Website Knowledge. Details are in the email he sent, and answers should be sent to Ken **by September 6, 2023**. This is an opportunity to learn more about the BCHW website and gain familiarity on information available.

You can do this by yourself, or in a small group.

The chapter that answers the most questions correctly will win a free table at the 2024 Rendezvous banquet.

Thanks for participating!

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



How to Make an Upcycled Fly Mitt

By Michelle Eames

(Previously published at MichelleEames.com)

Flies and horses go together like champagne and bubbles; you can't have one without the other. Sometimes the flies are a minor nuisance, and sometimes they come in hordes, cause eye infections, or bite chunks out of the horse's haunch. Fly spray can protect the horse, for a while, anyhow. Some horses will stand nicely for application from a spray-bottle; other horses are quite certain the sound and sight of the spray bottle is death itself coming to get them and will not stand quietly. And by not stand, I mean, rear, bolt, kick, spin and all other physically possible movements.

For those reactive horses, or for the areas around the face where you can't spray easily, there are fuzzy fleece mitts lined with plastic, to apply the repellent by hand. These cost between 4 and 17 dollars. They eventually get grossly dirty from the oily spray and the dusty horse, or they wear out. Or, if you are like me, you lose them somewhere in a dark corner of the tack room or horse trailer.

A friend and I were discussing how to make fly mitts for free. All you need is: 1) A sewing machine (preferably a vintage machine because they are the coolest); 2) a sturdy medium-sized plastic bag (preferably washed out and re-used) that is wide enough to spread your hand out in, and deep enough to reach over your wrist; 3) a scrap piece of gathered waistband from a worn out clothing item, or a piece of elastic; and, 4) a piece of scrap fleece, or an old towel, large enough to make a cover over the plastic bag. That's it.

To make the applicator mitt, fold the material, and using the fold as one side, cut out the material about ¼ inch larger than the plastic bag on all sides (don't cut through the fold). Determine which side is the bottom of your mitt. Sew the old stretch waistband to the bottom of the material, pulling and stretching the band out as you sew, so that it will be gathered and narrower than the top when finished. Then sew up the remaining side and top seams. I used a narrow zig zag stitch, to allow a tiny bit of stretch to the seam.

If you are using elastic instead of re-using a waistband, make the bottom side of your cover material about 1.5 inches longer. Sew top and side seams of cover first, then fold up a casing for your elastic, at least ¼ inch wider than the elastic. Sew along the edge of this folded hem, leaving about a 1-inch gap in the seam. Measure out the length of elastic to fit comfortably over your wrist. Use a large safety pin to thread the elastic through the casing. Sew elastic ends



together. You can then sew together the one-inch gap in the seam, or if you are lazy like me, just leave it open. It won't be obvious from the outside.

Once the fleece cover is done, simply push the sturdy plastic bag inside. If some of the plastic bag is hanging out, that's even better because it protects your skin from the spray. You may want to add a safety pin or two to affix the bag to the fleece. Take it outside, apply the spray to the mitt, and rub the spray on the horse. Once the mitt has the oily spray on it, you can store it in a larger gallon size Ziploc bag—washed out and re-used, of course.



So, now it's done. You can do it, too. If at the end you look at the mitt and think, "Is it not beautiful?" As in, it looks a little funky and your seams are crooked, don't worry. My second mitt, in particular, has some imperfections. That's because I thought I needed pull my other vintage machine out for some exercise, and for some reason, the zigs were not zagging consistently. But no one will notice once I turn it right-side out. And the horses are not perfectionists about zig zags, they just want the flies to go away.

The cover should be washable (though maybe outside in a bucket, since fly spray is usually strongly scented), and the internal plastic bag can be replaced if it wears out.

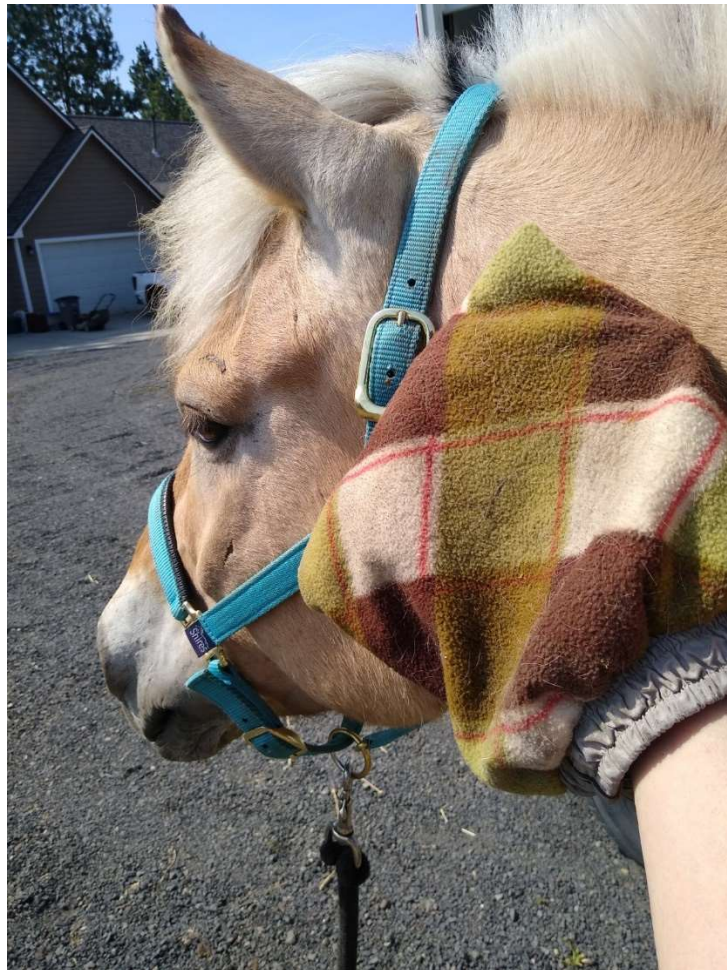
Reduce. Reuse. Re-apply the repellent as needed.

Of course, I needed to test my two prototypes. I gave one to my horsey friend Levi and asked him to review the product. He gave it a “two hooves-up” and stated, “Anything that keeps my human from spraying that icky fly spray directly into my face is a good thing.”

I queried my own horse, Vali, about his thoughts on the mitt. While he thought it was effective for application of fly spray, he recommended not using crinkly plastic for the inside lining. When he hears plastic crinkling, he thinks it is a granola bar wrapper being undone, and it should be shared with him. He was disappointed to discover that the fly mitt did not come with a treat. Therefore, he rated it only one head-toss.

Regarding my own thoughts on the mitt, I thought my bag should be longer, or it should be safety pinned to the edge of the mitt. The inner bag keeps squishing up inside. So far I’m living with that problem, because I have not managed to remember to bring two safety pins out to the horse trailer where the mitt is currently living. Knowing my memory skills, it may never happen.

Nonetheless, despite the criticisms, the fly mitts are working fine. On my last mountain ride, I had 20 mosquito bites on my lower leg, and no obvious bites on my horse. I should have applied the spray to myself. Or maybe worn armor. Hmmm. I wonder what I can upcycle into mosquito armor?



A Note About Fly Repellent

By Karen Rice

What's your favorite equine insect repellent? If you're like me you have some sort of fly spray -- I've tried many over the years and it seems some work better than others, however they all seem to fail after a short time and reapplying several times a day is not always convenient, right? In the last few years when spring hits and the ticks come out I've discovered Equispot which is a topical liquid that is applied to several points on each horse. The active ingredient is permethrin and has worked amazingly well on both ticks and flies. At the end of last summer both my horses had horrible bites on their sheaths. A friend told me about War Paint -- also a topical that comes in what looks like a deodorant applicator. Active ingredient is the same, permethrin. This is a once-a-week application, a bit easier to apply than Equispot as it only goes under the eyes, on the withers and on the back of each leg below the knee or hock. It works great! Good luck with whatever you use and please share if you have a better solution!



Confidence

From Linda White [original author unknown]

“To my daughter:

I was scared today.

I was scared to get on, scared to walk out the yard because I had a bad ride the day before. One bad ride, and it made me scared.

I didn't know why. I've had 1000 bad rides. I've had 1000 falls. I've broken bones and bruised my pride on countless occasions, but today I was scared.

Why? Because confidence is fragile. It takes months and years to build and seconds to lose and yet we are so careless with it.

When we get on a horse, we wear a hat to protect our head. We wear body protectors, gloves, boots...

We pay so much attention to protecting ourselves physically, we forget that our minds are not invincible, and our confidence certainly is not.

Your bank of confidence needs regular deposits, not just from others... but from you. Self-confidence is the most valuable currency in life.

When you go to get on, and you hesitate, you falter and you start to ask yourself “can I do this?”, chances are, your account is almost empty.

Every time you laugh and say, “oh no, I'm no good” or “so and so is 10x better than me”, you make a withdrawal from that account, and before you know it, your account is empty, and you're scared to get on.

But every time you say, “I'm really pleased with how that went” or “I think I rode that really well”, your balance increases.

We need to learn to give ourselves a break, pat ourselves on the back and allow ourselves to feel proud of where we are - after all, most of the time we've worked bloody hard to get there!

Recognizing your strengths is just as important as recognizing your weaknesses. Never allow yourself or anyone else to empty that account.

Confidence is valuable, don't bankrupt yourself.”

THE KNIFE

Cindy Miller



We finished a great trail ride on this new horse of mine. He is the calmest horse ever owned by me. This fifth ride out on the trails was without incident, until it was. It was stinky hot and he was sweating. Now this all happened within a minute. I tied him up, and he ties great to the trailer. I swing around to witness a very scary situation. In an instant, he had swung to the side of the trailer to scratch his head and ears. The halter rope at the side of his face, cheek area, had slid behind a little crack near the hinge of the door. He pulled back with no give to the side of his head. Any young horse would panic when caught in this manner. He pulled back thrashing, no give on the halter, and the bottom part went into his mouth at the gum line. I had no knife but my riding partner did! Quick slices freed him up and he immediately calmed down. Good horse calmed down enough with a few commands to let us slice the halter.

LESSON I LEARNED, ALWAYS CARRY A KNIFE.

Narrow rope halters won't be used by me again. There can be damage to the poll area of the horse if there is prolonged pulling or any pulling for that matter. The horse was fine. I hate to think what damage would have been done to him (or my horse trailer) if there was not an available knife handy.

For Want of a Nail

by Anon

For want of a nail the shoe was lost.
For want of a shoe the horse was lost.
For want of a horse the rider was lost.
For want of a rider the battle was lost.
For want of a battle the kingdom was lost.
And all for the want of a horseshoe nail.

<https://nationalpoetryday.co.uk/poem/for-want-of-a-nail/>



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From the Editor:

I invite you all to continue to send me your horse- or wildlife-related 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.

Michelle Eames, Newsletter Editor



Vali stole Michelle's hat brim.
Photo by Carol Klar.

BCH Officers 2023

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DOUG BAILEY

The 2023 Executive Board for PBCH includes the officers, plus Michelle Eames, Newsletter; Melissa Halpin, Spokane County Lands Coordinator; and Larry Grinstead, Trail Boss for Work Parties.