



PONDEROSA

Back Country Horsemen of
Washington

“Educate, Advocate, and Move Dirt!”

Website: PBCHW.COM



July/August 2024



The Youngest Volunteer at the 2024 Poker Ride

PBCH CALENDAR

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

**July 3- work party at Fish Trap
BLM**

**July 9- Fun Night Member Ride
at RSP Equestrian Area. No
July Meeting.**

**July 19-21 Calispell Meadows
Vicki Gish Memorial Ride by
NE BCHW**

**July 30- Board Meeting at
Airway Heights Library, 6 pm.**

August 6- Member Meeting

August 27- Board Meeting

Notes from the PBCH Board:

Here are the highlights. See meeting minutes for more information.

- July 3, Work Party at Fish Trap BLM to install and maintain trail signs. Look for the email from Ken Carmichael, or contact him directly; we still need a couple of helpers.
- The new gate on the Fish Trap loop trail will be installed soon, if not already completed.
- July 9- Evening Fun Night Member Ride at Riverside Equestrian Area. There is no meeting, just a fun gathering with horses. Meet near the arena/round pen area. Feet in Stirrups at 6pm.
- August 6- PBCH Meeting. Watch emails and facebook for details.
- As always, remember to track and send in your volunteer hours.
- The Poker Ride was a great success! We made some money, and the volunteers all did a great job!
- Remember that the BCHW sent out a State Parks survey on equestrian use. Deadline is July 1.
<https://www.research.net/r/EquestrianFriends>
- The BCHW Winery Ride will happen this year on October 26, however it will be cut back due to camping limitations.

Editor's Note: Elections are in October. To plan ahead, Patty Wright is putting her name forward to run for PBCH President. This does not preclude others from throwing their hat (or helmet) into the race. Either way, additional officers are needed.

Looking for a few good (wo)men!

Hello wonderful Ponderosa members! We just had a great time at the Poker Ride while making a little money in the process. Looking ahead to the coming year in PBCH, I am putting my name forward to be president of the club. However, I can't do it alone...



WE WANT YOU

The state organization is requiring that the positions of Director, President, Treasurer and Secretary must be held by separate individuals. That means I need three more helpers. I have filled several of the board positions and none of it is rocket science although some of it requires a little training. I invite you to contact me directly if you would like more information or have questions.

My plan is to have board meetings the same day as the chapter meetings, and to utilize Zoom or Facebook live to involve as many members as possible. I am flexible about meeting times and place(s) to accommodate people's schedules.

I believe our chapter is a great thing for our equine trails communities. Please help me support the mission.

Patty Wright

509-868-6269



and

[This Photo](#) by Unknown
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BCHW Director's Report

By Ken Carmichael

Patti and I attended the BCHW Board meeting in Ellensburg on Saturday, June 15, 2024. This is an excellent opportunity for BCHW leaders to get together. Committee reports are reviewed and new and old business managed.

The following is a short summary of items important to Ponderosa members:

- **Treasurer** – Members are reminded that computer scams are occurring. BCHW will NEVER request members to use their money to purchase gift cards or other items. If you receive such emails do NOT open them or forward them but report the activity to a Director.
- **BCHW Calendars** – 2025 calendars will be available at the September board meeting. PBCH has ordered a limited number. If you want one, please notify me. They are only \$12.00 each and make great Christmas gifts. We will be deciding at the September board meeting if we will continue to produce the calendar.
- **Alcohol** – Chapters that hold events that include alcohol need to have some form of security and /or trained individuals to ensure attendees are not overserved.
- **Rendezvous** – This will be the third weekend in March 2025. We are always looking for volunteers and ideas for events, education, vendors and fun things to do. This event continues to grow.
- **Light on the Land** – This is a copyrighted educational program developed by Back Country Horsemen of America geared specifically to stock use and is intended to be used in addition to Leave No Trace programs. I have reviewed this information, and it is great educational material.
- **Back Country Horsemen of America (BCHA)** – BCHW leaders Kathy Young is the BCHA Treasurer and Dana Chambers is on the Executive Committee. BCHA is coast to coast and BCHW has the largest membership of all states. At the national board meeting key topics included talking with agencies about e-bike use, leadership recruitment and chapter fundraising, updates on the Forest Service Sawyer Program and the American Horse Council Economic Report. There was also a reminder for members to report non-stock camping in Forest Service Horse Camps.
- **Funding Recreation** – BCHA has joined partners, led by Outdoor Alliance in an appropriations request to Congress to fully fund both BLM and US Forest Service recreation programs in Fiscal Year 2025. The coalition request seeks \$100 million for BLM Recreation Resources Management and \$70 million for USFS Recreation, Heritage, and Wilderness. REMEMBER – PBCH enjoys riding on BLM property.
- **Awards** – The Awards Committee is requesting nominations for awards presented at rendezvous. There are several categories to choose from described on the BCHW website.
- **Education** – Requesting input on educational activities that would be useful to chapters. What support would we like at the chapter level?
- **Website** – The BCHW website has a “site map” to facilitate use of the site. There is lots of information here. Do not hesitate to use this resource.
- **Zoom Meetings** – BCHW is making maximum use of Zoom meetings for training and meetings. Everyone is encouraged to use this resource.
- **Legislative** – Legislator is not in session. Agencies are busy planning their projects to propose for funding for the next biennium. BCHW is working with agencies to maximize equestrian access to public lands. Please assist with comments to Legislators when requested and reach out to Legislators now.
- **Public Lands** – Most of the report concerns work on Forest Service land. PBCH does not typically do this but we must continually work with State Parks and BLM.
- **Publicity** – We are reminded to post chapter activities on the BCHW website and Facebook. This provides us with a wider audience.

- **Winery Ride** – This has been a major concern because of difficulty maintaining an adequate campsite for hundreds of people. The ride WILL be held Saturday, October 26, 2024. However, it will be significantly cut back because of fewer campsites. This is a fun event for volunteers and to ride. Mark your calendars and watch for more information.
- **Volunteer Hours** – Please submit all volunteer hours to Patty Wright. These add up statewide and it is important that we do this. Contact Patty if you have questions. Just a note, during the first and second quarters BCHW has volunteered 31,299 hours. PBCH contributed 536 hours.
- **Best Business Practices Ad Hoc Committee** – The committee continues to gather information for analysis and input. This information will be used to enhance BCHW operations. All input is welcome. Please contact me with your input.
- **Chapter Trail Project Grant Program** – The Board approved a program where half of the net profit from Rendezvous is available to the smaller chapters for trail and trailhead work. This will be allocated through an application and scoring process.
- **BCHW Dues** – For 2025 BCHW dues will be changed to reflect an increase in BCHA dues that are included. The new dues will be \$45 for Singles and \$60 for families. This is an increase of \$4 and \$6 respectfully. It is noted that PBCH members voted to reduce family dues from \$20 to \$10 to match that which is paid by singles. Bottom line is a total of \$55 for singles and \$70 for families to be a member of PBCH beginning in 2025
- **BCHW Sponsorship Program** – BCHW is now offering an annual sponsorships program. There are three levels of \$500, \$1,000 and \$5,000. Sponsors may sponsor an event or BCHW generally.
- **BCHW Brochure** – We have a new brochure promoting BCHW. This works in conjunction with the PBCH brochure. We can use these with business cards to inform people about BCH.
- **Chapter Officer Policy** – The following is the entire policy: “It is the policy of BCHW that chapter members should not hold multiple elected positions of Director, President, Treasurer or Secretary within a chapter concurrently to avoid any potential conflict of interest or impropriety. Additionally, a member may not be a director of multiple chapters. This policy does not prohibit elected officers from concurrently serving in appointed positions within the chapter/s. If a chapter has difficulty following these guidelines, BCHW leadership, in a timely manner, will assist said chapter/s to meet these guidelines and follow this policy.” I point this out in detail because I am now the chapter Director and Treasurer. We need additional leadership in Ponderosa. A few people cannot continue to provide leadership.
- **Elections** – The following people were elected to BCHW offices:
 - President – Dana Chambers
 - Vice President – Ken Carmichael
 - National Director Position #1 – Kathy Young
 - Alternate National Director – Mickey Centeno
 - Executive Committee – Bob Hoyle
 - Executive Committee – Rob Centeno
 - Executive Committee – Heather Moorman
- **Appointments** – The Following people were appointed to offices by President Dana Chambers:
 - Secretary – Patti Carmichael
 - Treasurer – Teri Starke
- **Washington Trails Coalition** – BCHW representative Mickey Centeno gave a report on the upcoming convention in Wenatchee October 3-5. BCHW will be making presentations.
- **Roundtable Discussion** – Time was allowed for an open discussion among all the Directors. Many topics were discussed.

The Board meeting is a busy day. It is a wonderful opportunity to learn about BCH and to provide input. I encourage anyone to attend.

2024 PONDEROSA BCH Planning Calendar (as of 6/27/24)

All dates subject to change; watch emails and Facebook.

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

| | |
|---|--|
| June June 29 – Open House at the Riverside State Park Equestrian Area | July July 3- Work Party at Fish Trap July 9- PBCH Member Fun Night Ride at RSP equestrian area July 19-21- Calispell Meadows Vicki Gish Memorial Ride by NE BCHW (<i>see flyer at end of newsletter</i>) July 30- Board Meeting |
| August August 6- Member Meeting August 22- Newsletter contributions due. August 27- Board Meeting | September (Newsletter this month) September 3- Member Meeting Sept 6-8- Joel Conner Horsemanship Clinic; <i>contact Linda White, and see flyer at the end of the newsletter</i> September 24- Board Meeting |
| October October 1- Member Meeting October 26- BCHW Winery Ride October 29- Board Meeting | November (Newsletter this month) November 5- Member Meeting November 26- Board Meeting |
| December December TBD Christmas Party Member Meeting | |
| | |

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

Potential Work Party Project (photos by Michelle Eames)

Our bridges in the RSP Equestrian Area need some love! If anyone can take on this project, or even one aspect of the project, let a board member know. It can be broken down into steps, such as planning the lumber needed, purchasing the lumber, and/or setting up a workday with all of the tools and supplies needed to do the work. If you know of a group that might offer some muscle, that would be great, since several of our usual workers are out on the “injured reserve list”. Teeter totter bridge top pictures. Solid bridge bottom pictures.



Poker Ride 2024

Thanks to Patty Wright, and Linda White for working together to chair the Poker Ride Committee. It was a great success!! Thank you!

And thanks to all of the rest of the volunteers!!



Here is the summary of the event:

- There were 22 volunteers who put in over 120 man- (person?) -hours to make it all happen. It takes many hands, and we had that! Woot Woot!!!
- Of special note, there was an 80-year age span between our youngest and oldest helpers 🤪!!!
- And super-doooper-special thanks to 10-year-old Justin, who got participants off to a great start!
- Kudos to those who filled in on jobs and locations when illness prevented some volunteers from attending.
- We made some money!





Enjoy a short piece by one of our favorite authors and PBCH Member Vern Hopkins!

Moment of Time

By Vern Hopkins

The first time I saw her I was mesmerized. She was standing straight and tall with skirts swirling around her invisible ankles. Her bonnet tightly tied against the tug of the wind. Her sad but proud face turned back toward the sunrise. It was the look in her eyes that caught me, as if at that “*very moment she knew.*”

I pieced together her story, or what I thought it might be.

The woman and her family, husband, and children had been more than two months on the trail from St. Joseph, Missouri, to the unknown but dreamed of Oregon Territory from their home in Somewhere, Ohio. It had been exciting and fun with other families and friends around them traveling also. After crossing the Missouri River at St. Joseph, they signed on with a wagon train and embarked on a newly plotted Oregon Trail. It would take them, and the other thirty covered wagon loads of emigrants to their new life in the Willamette Valley where visions of Paradise awaited.

With four hundred miles of dangerous trails, droughts, rainstorms and other hardships behind them bringing them ever closer to their dream, they crossed into Wyoming Territory. Looking back over the trail they had just come from, our pioneer woman realized *in that instant* that she would never return. She would never again see her old home, her parents, brothers and sisters and her previous life. She stood by the “higher than her head” back wheel of the covered wagon, turned her face toward her old home and looked back along the wagon tracks that diminished into hazy obscurity in the distance. The “*moment of time*” stood still while she said her wordless goodbyes to her old life, old loves and old dreams that were forever gone.

A life-sized bronze statue, depicting the emigrant woman standing beside a six-foot-high wagon wheel wistfully gazing back at the closed chapter of her life. It stands in front of the museum at the Cheyenne, Wyoming, rodeo grounds as a sentinel that serves as a reminder of the courage and sacrifices our ancestors suffered to bring civilization to a new part of America to make a better life for themselves and ultimately for all of us.

My hat is off to those brave, enduring emigrant women—America’s greatest unsung heroes.



The Deep Ruts of the Oregon Trail Ruts State Historic Site (Guernsey, Wyoming).
(<https://www.nps.gov/oreg/planyourvisit/oregon-trail-ruts-historic-site.htm>)

Newsletter Theme: Tips and Techniques for Hot Weather Riding

From the editor:

Where there is heat, there is fire. And where there is fire, there is smoke. Unfortunately, we experience smoke from nearby or distant fires almost every summer now. Below is a link to an article in Thehorse.com, Guidelines for Horses Exposed to Wildfire Smoke, by the UC Davis Center for Equine Health Horse Report. I have just copied the parts about protecting horses from air pollution. See the original article for more information about the components of smoke, treating smoke inhalation, and more.

<https://thehorse.com/1119030/guidelines-for-horses-exposed-to-wildfire-smoke/>

Protecting Horses From Air Pollution

There is currently no available scientific data specifically regarding the impacts of various air quality index (AQI) levels on equine respiratory health. The American Lung Association provides guidelines and color-coding for AQI ranges, with green being the lowest (0-50) and maroon (301-500) the highest. These guidelines have generally been extrapolated for horses as well. The United States Equestrian Federation (USEF) recommends that event organizers consider canceling or suspending competitions if the AQI reaches 151 or above. Work with your veterinarian to determine the best plans for your individual horses, particularly if they have a history of respiratory issues such as heaves, asthma, or allergies.

Additionally, consider the following actions:

- When smoke is visible, limit activities (i.e., exercise) that increase airflow in and out of the lungs, which can trigger narrowing of the small airways in the lungs.
- Provide plenty of fresh water close to where your horse eats. Horses drink most of their water within two hours of eating hay, so having water close to the feeder increases water consumption. Water keeps the airways moist and facilitates clearance of inhaled particulate matter. This means the windpipe (trachea), large airways (bronchi), and small airways (bronchioles) can move the particulate material breathed in with the smoke. Dry airways cause particulate matter to stay in the lung and air passages.
- Limit dust exposure by feeding dust-free hay or soaking hay before feeding. This reduces particles in the dust, such as mold, fungi, pollens, and bacteria, that might be difficult to clear from the lungs.
- Contact your veterinarian if your horse is coughing or having difficulty breathing. A veterinarian can help determine the difference between a reactive airway from smoke and dust versus a bacterial infection and bronchitis or pneumonia. If your horse has a history of heaves or recurrent airway problems, there is a greater risk of secondary problems such as bacterial pneumonia.
- If your horse has primary or secondary problems with smoke-induced respiratory injury, contact your veterinarian, who can prescribe specific treatments such as intravenous fluids, bronchodilator drugs, nebulization, or other measures to facilitate hydration of the airway passages. Your veterinarian might also recommend tests to determine whether a secondary bacterial infection has arisen and is contributing to the current respiratory problem.
- Give your horse ample time to recover from smoke-induced airway insult. Airway damage resulting from wildfire smoke takes four to six weeks to heal. Ideally, give your horse that amount of time off from the time when the air quality returns to normal. Attempting exercise might aggravate the condition, delay the healing process, and compromise your horse's performance for many weeks or months. Horses should return to exercise no sooner than two weeks post-smoke-inhalation, following the clearance of the atmosphere of all smoke.

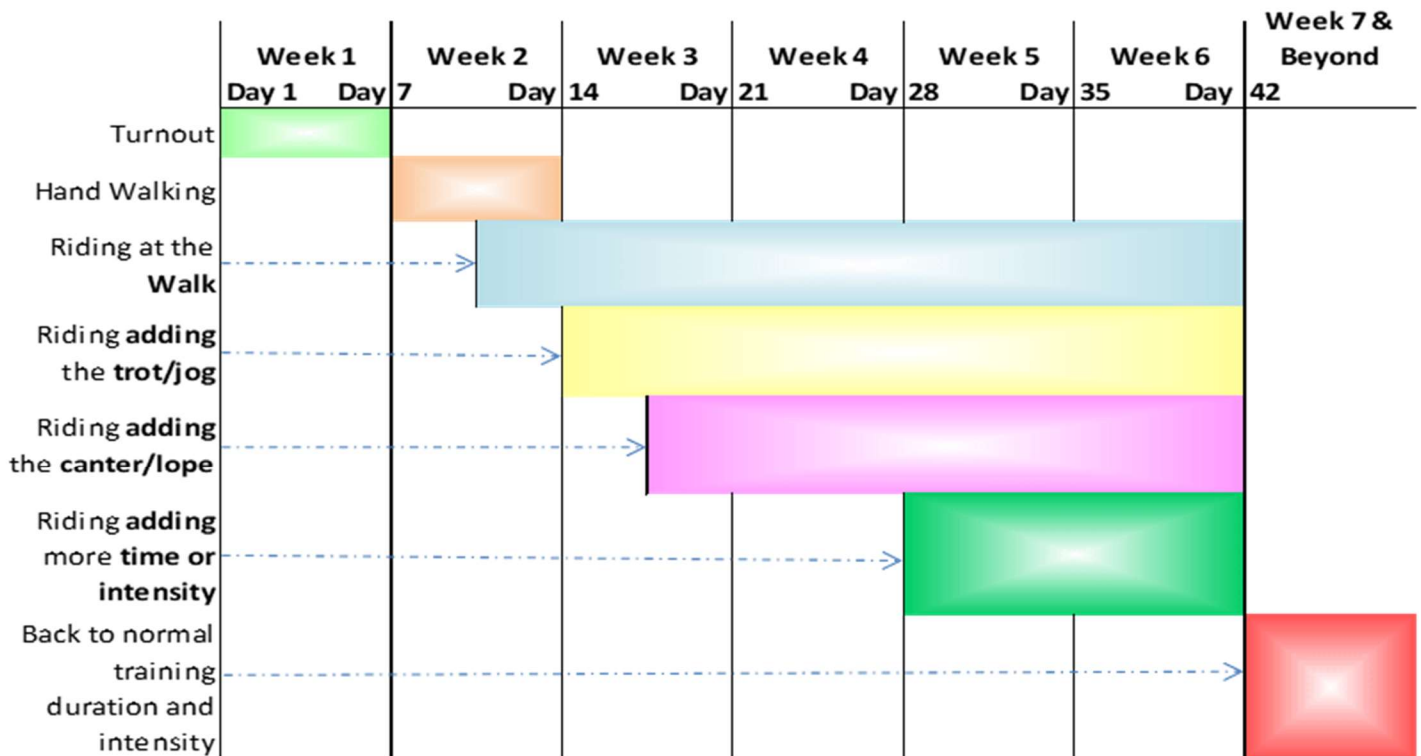
After the Smoke

The following linked article from OSU extension describes a timeline to bring your horse back to normal activities after a smoke event, and beginning when the Air Quality Index is consistently below 100. It takes time. And if your horse has pre-existing respiratory disorders, it takes even longer.

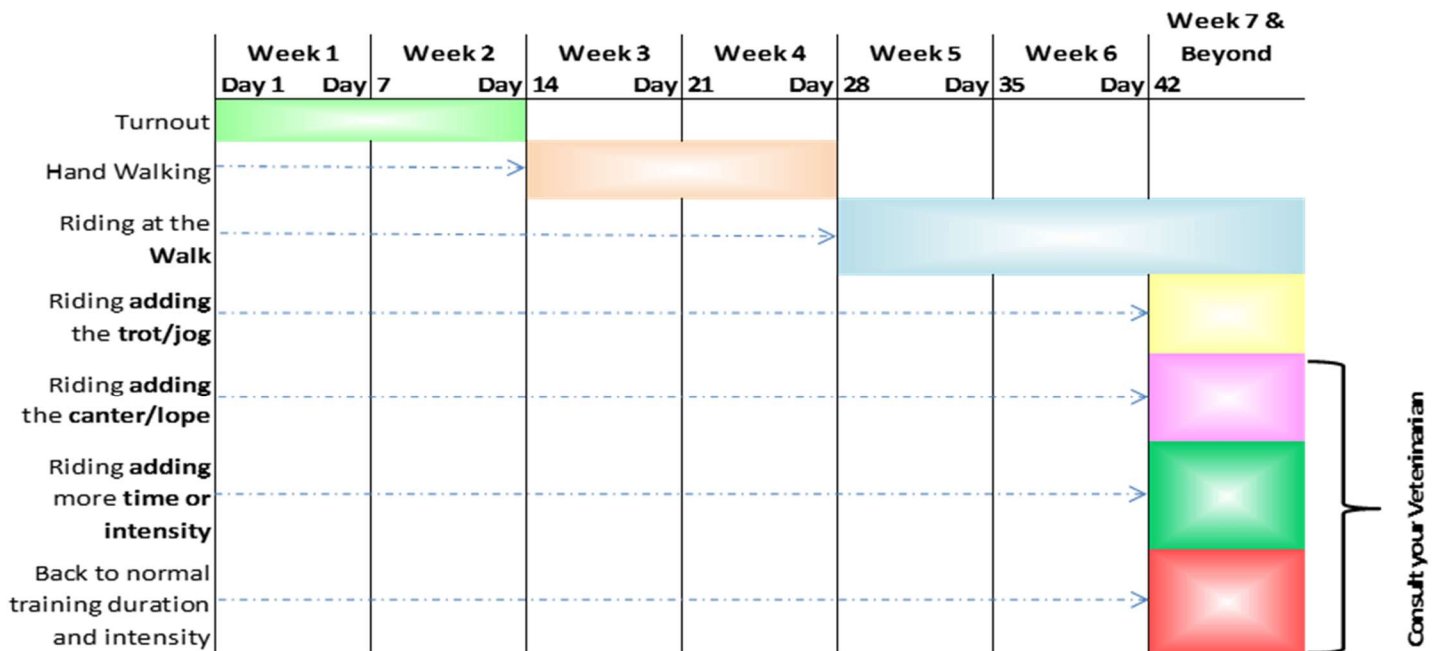
<https://extension.oregonstate.edu/animals-livestock/horses/once-smoke-clears-guide-safely-start-working-riding-your-horse-after>

I have only copied the graphs from this article. Please go to the original article for more information.

Healthy and Fit



Pre-existing Respiratory Disorders



Two additional links to articles about horses and smoke can be found here. Thanks to Success In Motion Veterinary Services, PLLC, for sharing the links for the information in this article.

<https://ceh.vetmed.ucdavis.edu/health-topics/wildfire-smoke-and-horses>

<https://extension.unr.edu/publication.aspx?PubID=4394>

What Temperature is Too Hot to Ride a Horse?

Linda White wanted to make sure the newsletter included information on heat-index relevant to horses. Here is a summary of information from Smartpak.

[\(<https://www.smartpakequine.com/learn-health/horse-heat-stress-stroke>\)](https://www.smartpakequine.com/learn-health/horse-heat-stress-stroke)

Guidelines for When it's Too Hot for Your Horse

When the temperature (Fahrenheit) is added to the humidity (%), you will have these heat stress effects and risks.

- **Below 130** = Most horses can thermoregulate
- **Over 150** = Hard for most horses to keep cool, may affect the horse's ability to sweat
- **Over 180** = High risk – horses are unable to cool themselves properly, dangerous conditions

Tips to Prevent Heat Stress in Horses

Here are some practical tips to help you make the call of “how hot is TOO hot” for equestrian activities:

1. Horses that already live where it's warm and humid are at least somewhat acclimated to the environment. If a horse has recently shipped in from a cooler, drier region though, it can take 21 days for them to get used to the new climate. Experts advise keeping the workload light as horses adjust.
2. In addition to getting used to a hotter, stickier environment, horses also have to get used to the workload. If a horse is already fit going into summer, he's more likely to tolerate the heat better. If not, add exercise gradually and perhaps back off a bit when the numbers soar.
3. Sweat (aka evaporation) is the horse's primary means of cooling himself, but the other methods of heat dissipation—convection, radiation, and even conduction—play a role too. Find a cool breeze and seek shade when the heat seems overpowering. Offer horses a drink before, during, and after exercise and apply continual cool water hosing until the horse's temperature approaches normal.

4. Avoid hauling in a trailer when it's extra toasty. As the sun rays heat things up, plus reduced air movement around the horse, it can get very warm inside a rig very quickly. If you must haul, go early in the morning or late in the evening (even overnight) when it's coolest and the sun's rays are less intense.
5. Likewise, if a horse must be worked, choose an early or late time instead of the middle of the day so that the temperature, humidity, and sun aren't at their strongest levels.
6. Add [salt](#) and other [electrolytes](#) to the feed or to a second bucket of water. Normal equine feedstuffs (hay, pasture, grain) don't meet horses' daily requirements for sodium. Plus, when it's hot and they're sweating out a lot of sodium and chloride, horses can become even more deficient in these and other minerals.
7. When turning your horse out to pasture, make sure they have a shaded area where they can escape the sun's rays, or try turning out in the evening, overnight, or in the early morning hours when the sun is not as strong. Once you bring your horse inside, give them some relief with a stall fan to help circulate the air.

Maybe on those really hot, humid days where there's no wind, no cloud cover, and the sun is beating down, it's time for an easy groundwork review, an extra grooming session, or a thorough tack cleaning!



[Photo credit Roger Brown on pexels.com]

Keeping ME Comfortable

Cindy Miller

Heading out for a trail ride or performing physical labor at the barn, I won't leave home without my beloved cooling wrap when the temps rise. A cooling wrap worn around my neck is an absolute must for me, right along with the importance of drinking water with electrolytes on a ride. Since I am a senior rider, my body is less able to regulate its own temperature, and I'm not pleasantly comfortable in the heat as in younger days. There is much information out there now on the benefits of keeping the neck cool. I dip my wrap in water, soaking thoroughly, and tie around my neck. You can refresh it when it begins to dry out by taking it off and snapping (does stay cool and moist for two hours or so). It will reactivate the moisture. I can't express strongly enough how this wrap has enabled me to keep riding comfortably in the heat.



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



Photo by Cindy Miller

BCH Officers 2024

PRESIDENT: DOUG BAILEY

(CURRENTLY NO VICE PRESIDENT)

SECRETARY: PATTI CARMICHAEL

TREASURER: KEN CARMICHAEL

STATE DIRECTOR: KEN CARMICHAEL

ALT. STATE DIR.: DOUG BAILEY

The 2024 Executive Board for PBCH includes the officers, plus Michelle Eames, Newsletter Editor; Linda White and Patty Wright, Members At Large.



Joel Conner Horsemanship Clinic Sept 6-8, 2024

9 am - 12 pm, Foundation Horsemanship Class

Will consist of groundwork, moving the forequarter, hindquarters, and riding preparation to enhance your relationship with your horse.

1:30 pm - 4:30 pm, Horsemanship Class

We will be in the saddle developing a soft, supple, and understanding horse.

WHO

Joel is a remarkable horseman & teacher whose dedication to classic vaquero horsemanship is unparalleled. He follows the traditions of Ray Hunt, Tom & Bill Dorrance, and Buck Brannaman. Joel is passionate about teaching new students and experienced hands alike. He has conducted clinics for S.A.F.E., across the US and in Great Britain.

WHERE

Equestrian Area
Arena,
Riverside State
Park,
Spokane, WA

COST

\$450 PER
SESSION

\$800 BOTH
SESSIONS

\$25 AUDIT FEE
PER DAY

**MAXIMUM 12
STUDENTS PER
SESSION**

REGISTER:

Contact: Linda White,
linda43562@hotmail.com

**CAMPING AVAILABLE WITH
STALLS:**

**RIVERSIDE STATE PARK
EQUESTRIAN AREA.
[HTTPS://WASHINGTON.GOINGTOCAMP.COM/](https://WASHINGTON.GOINGTOCAMP.COM/)**

8th Annual
VICKI GISH MEMORIAL RIDE

SPONSORED BY NORTHEAST CHAPTER OF BCHW



July 19, 20 & 21, 2024

Friday, Saturday and Sunday

Please: Join us for 1, 2 or 3 days of camaraderie, riding and fun. Bring your Vicki stories to share with everyone around the camp-fire.

Place: Calispel Basin/ Meadow (Sand Canyon), Colville National Forest, Chewelah, WA. (Weed seed free forage required) Chewelah, WA. Signs will be posted after the pavement ends on Sand Canyon Road. Contact Marian Carson at mca9590561@msn.com or call 509-999-1547 for printed directions or information. Trails are easy to medium difficulty with good footing. Trails will be well marked so you can go on your own or with someone who knows them.

For safety: No stallions or dogs on trails. Dogs must be on leash in camp.

Potluck: On Saturday night. Bring your favorite pot luck to share or, if you prefer, dutch-oven cooking is fine.

Free: Overnight camping available. Stock water and porta-potties available.

Come see what the **Back Country Horsemen** are all about!

