



PONDEROSA

Back Country Horsemen of
Washington

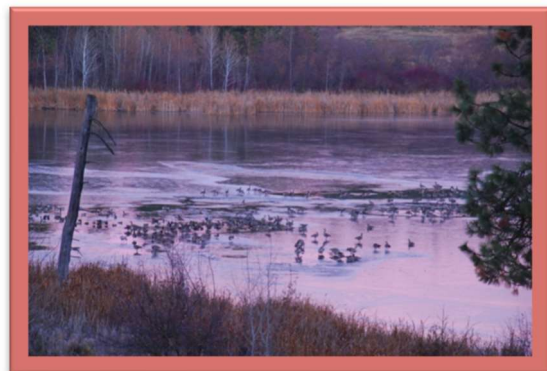
“Educate, Advocate, and Move Dirt!”

Website: PBCHW.COM



January/February 2025

It's cold outside, but enjoy the beauty of frigid temps.



PBCH CALENDAR

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

February 4, Member Meeting

March 4, Member Meeting

March 14-16, 2025-BCHW
Rendezvous in Ellensburg.

March 29, Spokane County 4H Tack
Swap

April 1, Member Meeting

May 6, Member Meeting

June 3, Member Meeting

June 22, PBCH Poker Ride Fundraiser.

Summary Notes from Membership and Board Meetings:

The BCHW Rendezvous will be held in Ellensburg from March 14-16, 2025. Ponderosa BCH has purchased a table for eight for the Saturday night dinner and auction; plan to attend! Donations are needed for the live auction, and for the silent auction.

We will have a booth at the Spokane County 4H Tack Swap on March 29. Let the officers know if you would like to assist with that opportunity. It's a great opportunity to clean out your tack room and sell any unused gear for a good cause. Learn more here: extension.wsu.edu/spokane/4h/horse-projects/events/tack-swap/

Linda White will be the chair for our Poker Ride event, on June 22, 2025. Save the date.

Please renew your BCH membership if you haven't already.

The February 4 Member Meeting will be held at the Airway Heights Library (also on Zoom). The room will open at 6 pm, Zoom will be up by 6:15, and the member meeting will begin at 6:30 after a short board meeting.

Here is the zoom link, and you can also find it in a member email.

Invite Link

<https://us06web.zoom.us/j/81296395280>

Note From the President

Hi all!

A big thanks to all of you who re-upped their Ponderosa membership. To those who haven't, it's not too late!

Sign up at

https://www.bchw.org/2025_pdf_membership_forms.php - just look for the Ponderosa form and go from there. This will keep you on the newsletter list, keeping you informed about all the goings-on!

Thanks for all you do,

Patty Wright

2025 PONDEROSA BCH Planning Calendar (as of 1/23/2025)

All dates subject to change; watch emails and Facebook.

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

January 2025 January 7, Member Meeting at Airway Heights Library (also Zoom)	February February 4, Member Meeting @Airway Heights Library
March March 4, Member Meeting March 14-16, 2025-BCHW Rendezvous in Ellensburg. March 19 Newsletter articles due for Mar/Apr Newsletter March 29 Spokane County 4H Tack Swap	April April 1, Member Meeting
May May 6, Member Meeting May 21, Newsletter articles due for May/Jun Newsletter	June June 3, Member Meeting June 7 & 8, Free days at Riverside State Park June 22: PBCH Poker Ride Fundraiser.
July July 1, Member Meeting July 23, Newsletter articles due for Jul/Aug newsletter	August August 5, Member Meeting
September September 2, Member Meeting September 24, Newsletter articles due for Sept/Oct Newsletter	October October 4 & 5, Riverside State Park Free days. October 7, Member Meeting
November November 4, Member Meeting November 21, Newsletter articles due for Nov Dec newsletter	December 2025 December 2, Member Meeting

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

Poker Ride 2025

This year's Poker Ride Fundraiser will be Sunday, June 22nd, 2025, at the Equestrian Area of Riverside State Park.

We will need everyone's help to make this a great event so please mark your calendars. More information will be forthcoming.

For more information contact Linda White, 509-413-7392.





**PONDEROSA BACK COUNTRY
HORSEMEN**

POKER RIDE

June 22, 2025

Riverside State Park Equestrian Area

**1st Riders out 9 am – Last Rider out 11
am**

Game Ends 1:30 pm

RAFFLES ! PRIZES !

**Prizes for Best Hand, 2nd Best Hand & LoBall
Hand**

**Pre-Registration \$30
On-Site Registration \$45
Extra Hands \$5
Under 18 Ride Free**

Online Registration
http:

Closes 6/12/25

For More Information

Linda White, 509-413-
7392, linda43562@hotmail.com

Or

Patty Wright, 509-868-
6269, pa2t2002@gmail.com

[Discover Pass required](#)

While P BCH does not have any near-term work parties planned, Carol Klar forwarded this information from the Riverside State Park Volunteer Coordinator for various opportunities.

FEBRUARY 2025 VOLUNTEER EVENTS

FOREST HEALTH & TRAIL MAINTENANCE

- Saturday, February 1st: 10AM-12PM – Roadside Trash Cleanup – Riverside State Park – Spokane House Interpretive Center
- Thursday, February 6th: 9AM-3PM – Trail Maintenance/Chainsaw Logout – (1 or 2 volunteers needed) – Mt. Spokane
- Sunday, February 9th: 11AM-2PM – Forest Health/Thinning – Riverside State Park – Bowl & Pitcher
- Wednesday, February 12th: 9AM-3PM – Trail Maintenance/Chainsaw Logout (1 or 2 volunteers needed) – Mt. Spokane
- Saturday, February 15th: 11AM-2PM – Riparian Plant Maintenance – Riverside State Park – near the Spokane House Interpretive Center
- Thursday, February 20th: 9AM-2PM – Trail Maintenance/Chainsaw Logout (1 or 2 volunteers needed) – Riverside State Park – Trautman Conservation Area
- Friday, February 28th, 10AM-3PM – Trail Maintenance/Brushing – Mt. Spokane



Contact: rianna.bidon@parks.wa.gov - (509)-890-3241

to sign up, directions, or for more information!

*Note From the Editor: The theme for this newsletter is “**planning**”. We are continuing to develop plans for the year for this chapter, and all ideas are welcome!*

Speaking of planning, this is the time of year I think about veterinary visits and other horse health needs. Carol Klar recommended this website for horse health recommendations. Take a look, there’s a wealth of information: <https://aaep.org/guidelines-resources/horse-owner-resources/>

Part of ride planning includes exploring potential rides on foot, if the weather isn’t conducive to riding. Carol Klar and I (Michelle) explored Slavin Conservation Area recently. In the frozen weather we could explore closer to the water than we normally do on horseback. The passenger car parking lot is still closed for the winter, making potential trailer parking very crowded and challenging. Photo credits Carol Klar.



Planning Can be Fun

By Ken Carmichael

Planning can be fun. It gives us a sense of control of our lives. It says this is what I am going to do. We can plan our work and our play.

I use a "To Do" list. In fact, I use several of them. This is necessary because of a poor memory. It also gives me a sense of accomplishment when I cross something off the list. Also, I sometimes do something not on the list. In this case I can write it on the list after the fact and then cross it off. The list looks real good that way.

It is not too late to plan those winter chores like cleaning all the tack, doing taxes and watching the Super Bowl. Winter is also a good time to look at the calendar to do that long range planning. By that I mean things for this summer like planning those big trips. These are the trips that in the fall you say, gee I wish I had planned for that and not let it slip away. Put them on the calendar NOW.

This has been a pretty clear winter so far, so I am getting in some riding. However, the horses, and I will be out of condition in the spring. We need to plan those short rides first. Of course, we do not want to forget to clean the tack room and pasture and do yard work. It is not all fun.

We also need to look at all the calendars that affect us, so they are included on our lists and calendar. This includes BCH activities, both chapter and BCHW.

The idea is to plan, whatever it is. Set up a year that at the end we can say. Boy that was fun.

Carol Klar sent a link to some good winter exercises for horse people from the Riding Warehouse Website. Fair warning, they are exercises for core strength, and they make my abdominals hurt just from looking at them! I'm copying the first one here, and if you want some more torture, I mean exercises, I'll let you go to the link. Seriously, though, I'm going to try these...

(And remember, PBCH members get a shopping discount at Riding Warehouse. Contact Linda White for more details.)

Exercise #1: Russian Twist

Core and Hip Flexor Strengthening

The Russian twist is predominantly a core exercise that targets the abdominal muscles. It also addresses hip flexor strength, and with the addition of a weight, will give you an upper-body workout as well. For equestrians, a strong core is essential for maintaining balance in the saddle. The Russian twist is excellent for improving rotational movement, stability, and building the core strength necessary for effective riding. Incorporating the Russian twist into your fitness routine can help you achieve better posture, smoother transitions, and more precise aids while riding.

Tips:

- Keep your movements controlled and deliberate to avoid straining your back.
- Focus on using your core muscles to twist rather than just swinging your arms.
- Breathe steadily throughout the exercise, exhaling as you twist and inhaling as you return to center.



Russian Twist Steps

1. **Starting Position:** Sit on the floor with your knees bent and feet flat on the ground. Lean back slightly to create a V shape with your torso and thighs. Keep your back straight, your chin pointed down, and your core engaged.
2. **Position Your Arms:** Hold your weight with both hands in front of your chest. Modified Version: Clasp your hands together in front of you.
3. **Lift Your Feet:** Lift your feet off the ground, balancing on your sit bones. Keep your knees bent and your shins parallel to the floor. Modified Version: For a milder version, keep your knees bent and your feet flat on the ground.
4. **Twist:** Rotate your torso to the right, bringing the weight or your hands beside your right hip. Keep your arms close to your body and move as a unit, not just your arms.
5. **Return to Center:** Rotate back to the starting position.
6. **Twist to the Opposite Side:** Rotate your torso to the left, bringing the weight or hands beside your left hip.
7. **Repeat:** Continue alternating sides for a total of 60 seconds. Rest for 30 seconds before transitioning to the next exercise.

https://www.ridingwarehouse.com/lc/training/equestrian-starter-guides/best-exercises-for-horseback-riders.html?from=RDW&utm_source=works&utm_medium=email&utm_content=awareness&utm_campaign=250125_WinterWoes

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 2025

PRESIDENT: Patty Wright

SECRETARY: Melissa Halpin

TREASURER: Linda White

STATE DIRECTOR: Ken Carmichael

ALTERNATE DIRECTOR: Patty Wright

The 2025 Executive Board for PBCH includes the officers, plus Michelle Eames, Newsletter Editor; and Patty Carmichael, Member At Large.