



# Horse Tales

The Newsletter of the Methow Valley Back Country Horsemen

DECEMBER 2010

## 2011 OFFICERS

### ELECTED OFFICES

**President:** Cathy Upper  
(996.3230)

**Vice President:** \_\_\_\_\_

**Secretary:** Kay McCready  
(997.2657)

**Treasurer:** Gisele Massengill  
(996.2359) with Mary Pat  
Bauman, membership (996.3552)

**Director:** Gary Sterner (682.0412)

### APPOINTED POSITIONS

**Alternate Director:** \_\_\_\_\_

**Education (LNT):** Gisele Massengill  
(996.2359)

**Historian:** Jan Ford (997.0133)

**Newsletter:** Susan Lagsdin  
(884.1941)

**Publicity:** Nancy Palagruti  
(997.4802)

**Sunshine:** Janet Shannon  
(997. 0235)

**Trail Bosses:** Bill Ford, Joe Hebert  
(997. 3056) Ted Lindsey (997.  
2240) and Ken Shannon (997.  
0235)

**Volunteer Hours Coordinator:**  
Donna Stoothoff (997.7004)

**Ways and Means:** Pete Stoothoff  
(997. 7004)

[www.mvbch.com](http://www.mvbch.com)

**Mission Statement** – The purpose of Backcountry Horsemen of Washington is to perpetuate the legal and moral claim by the American people to use horses and mules for recreation on public lands.

## THE PRESIDENTS' LETTERS!

I am writing this President's Message from the Kona coast on the Big Island of Hawaii.

All organizations benefit from changes in leadership. Cathy and Gary will bring fresh ideas and new energy to our chapter. They will need your help and support and I know you will provide them with your usual MVBCH spirit.

Being involved with MVBCH as president you realize you are part of a chapter who embraces and supports you. Together we have accomplished much in the last 2 years. My only regret is that I finish my term as president without securing a vice-president/president-elect to help Cathy during the next 2 years.

Maholo to all of you who gave me such tremendous support during my term as president

*--Rick Bauman*

Hello folks --

This is a warm welcome to all you horsey friends to come and enjoy the great group of people who make up the MVBCH. As the snow drops I finally get to see those projects getting buried that can wait until next spring. I love the change of seasons and I for one put away my saddle and get out the skis. Besides, my 4-year-old "projects" are much better behaved when it is hot and they are being ridden 3-4 days a week.

Now that I'm the goose in the lead, I hope I can be of service to this club and help keep it on track for the next year. Please let me know what you want to see accomplished.

Your humble leader, Cathy Upper





# MVBCH CHRISTMAS PARTY

*Punch provided*

*Potluck APPETIZERS*

*Turkey and Ham ENTRÉE by Nancy and Richard*

*Potluck sides OR dessert*

*(table service provided)*

*Door Prize -- Bring food or \$\$ TO BE ELIGIBLE for drawing*

*Gift exchange -- a wrapped gift, handmade or under \$15*

*"Appreciation and Awards" at 6:30*

*Socializing      Reminiscing      Celebrating*

## SATURDAY DECEMBER 11

*Happy Hour 4:30, dinner served at 5:30*

*Twisp Senior Center*

*Free to current and prospective members*

*Others \$7 suggested donation*

*R.S.V.P. TO Janet Shannon or Cathy Upper*

*(By **Tuesday** December 7)*

# METHOW VALLEY BACK COUNTRY HORSEMEN MINUTES OF THE NOVEMBER 4 MEETING

*Please see page 8 for a summary of Cindy Button's presentation about back country safety.*

The meeting proceeded with the approval of the October. minutes.

The Treasurers report was read by Rick B. We're well in the black. The biggest expense were the cement blocks used at the Twisp River Camp. 2011 Budget worked on by Kathy, Giselle, Peter, Rick Discussion of this budget set for January meeting. Copies were distributed for study

#### New Business:

Christmas Party is at 4:30 Saturday Dec. 11<sup>th</sup>. Nancy Palagruti and Richard Erickson will cook ham and turkey. Table decorations committee with Barbara Sterner, Louis Stevens, Betty Wagoner, and Carol Hebert will locate last year's decorations in storage. Pot luck set up with Janet Shannon and Jackie Iddings. Dishes will be done by Dan Fleissner, Kay MacCready and Cathy Upper. Gift Exchange -\$15 limit, will be managed by Julie Johnson and Betty Wagoner. RSVP please.

Spring Ride set for April 30- May 1 due to our usual weekend being Easter this year.

#### Old Business:

##### Loup Loup meeting report

The Forest Service wants more studies done and a survey of other campers that use that campground. This will delay full agreement until end of August next year. One study is a spring animal study. We could pay a botanist approximately \$1000 if we

Want to move the plan forward and not wait for spring 2012. They are not supportive of a Horse Camp at any new site that isn't already a campground. The Forest Service will allow using the SnoPark as temporary parking next summer. We will need to submit to Michael Lu for water tank for camp this year. Cathy will mail a letter. Ken Shannon commented on his optimism for the camp happening if we get a positive response from the camper surveys.

We will create a petition (available at the Spring Ride) to support the horse camp.

A discussion ensued regarding a horse camp at the ski area as an alternative. They are open to us using it for "special events". Loup Foundation Meeting Board meets next week. Mary Pat has been invited to talk with them for us regarding camping events there. Open gates could be a security issue. It was suggested that we could do a regular camp 1 time a month.

Rick announced the results of the officer's election. All nominees were confirmed.

We still need a vice-president!

Rick Bauman handed the gavel to our new president, Kathy Upper.

Questions were asked regarding New Members packets and if there is still a new member committee. Nancy P. may have packets. Mary Pat Bauman suggested using the newsletter and a roster [ed: to recruit] expired memberships. Maybe letters to them. Anyone wanting to help would be appreciated.

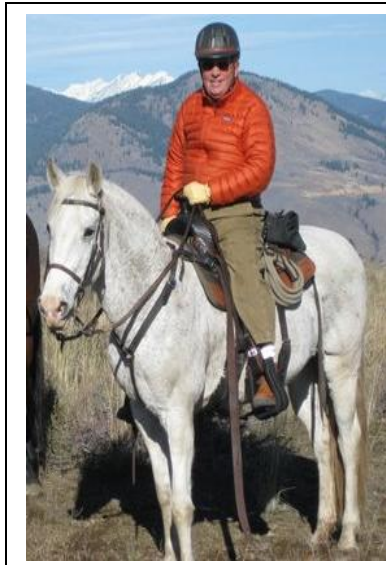
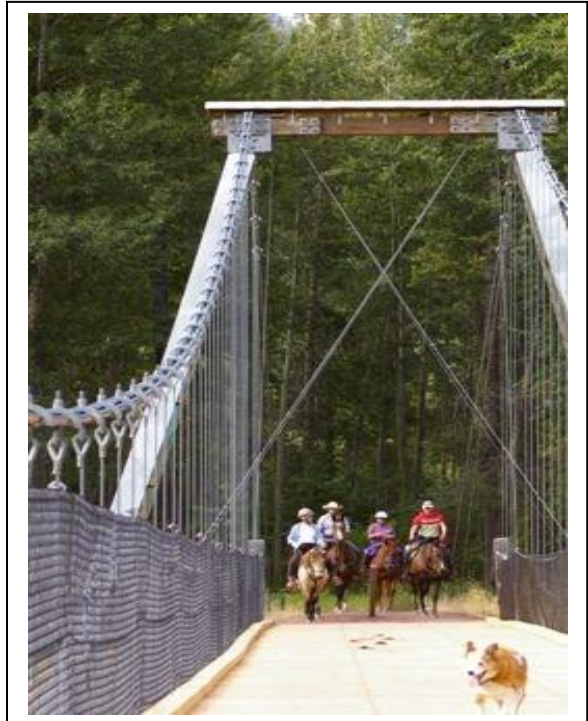
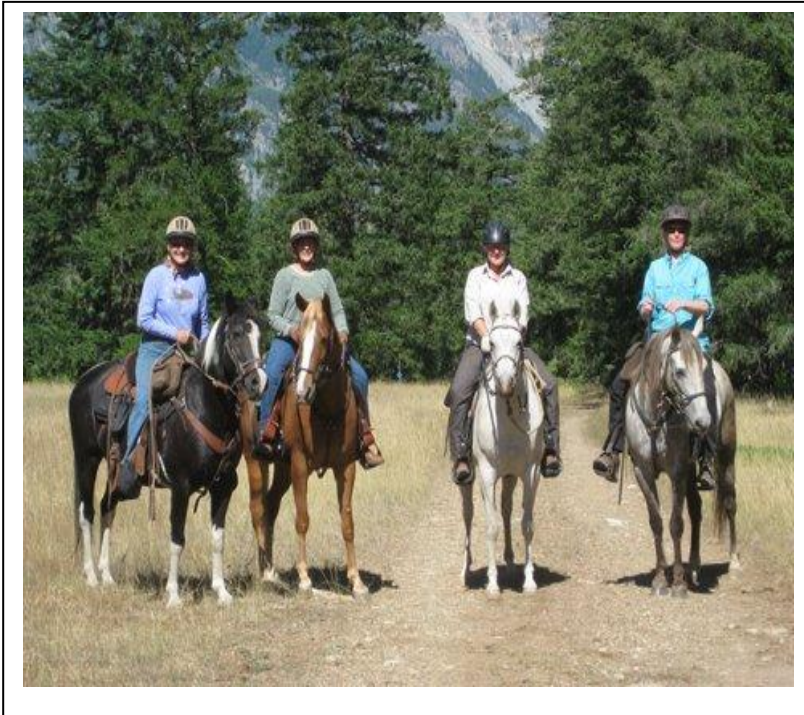
The Trusting Spirit fundraiser for next year was briefly discussed. Aaron will make the Twisp Brew Pub available again. Nancy P. requests someone else take over responsibility for organizing that.

Janet Shannon requested people turn in their Hours in the Saddle forms.

Bill Ford sent word that he can still take orders for the BCH Calendars before the Christmas party.

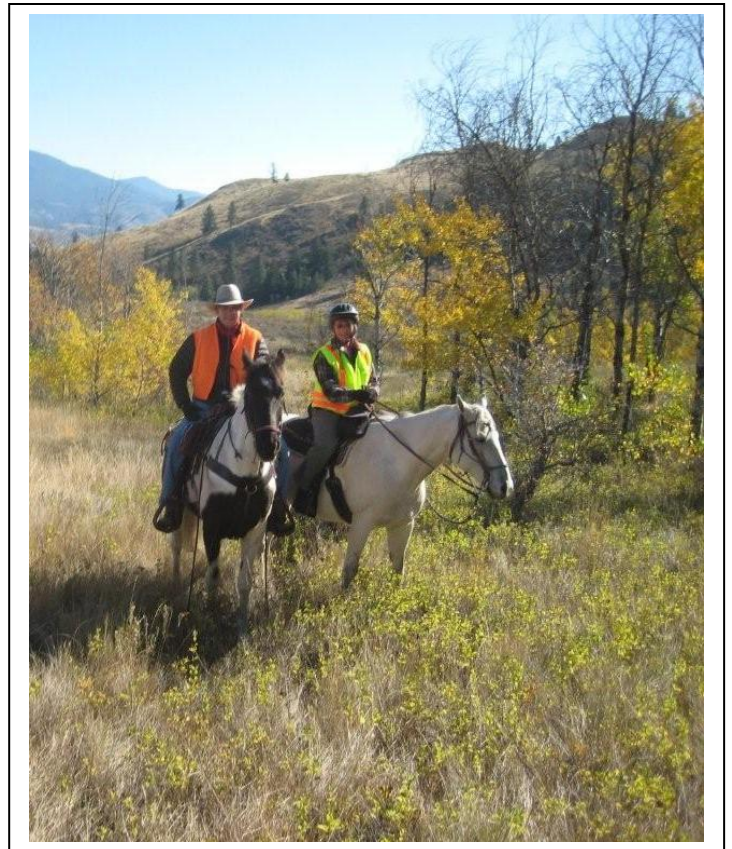
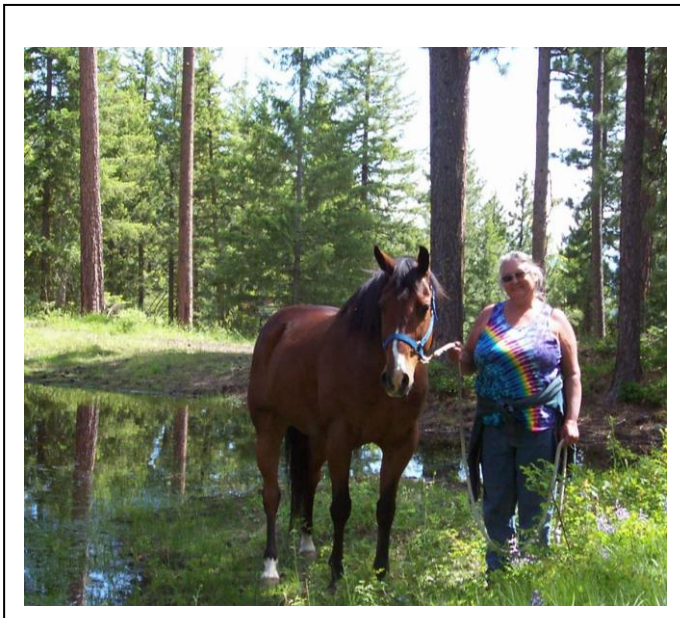
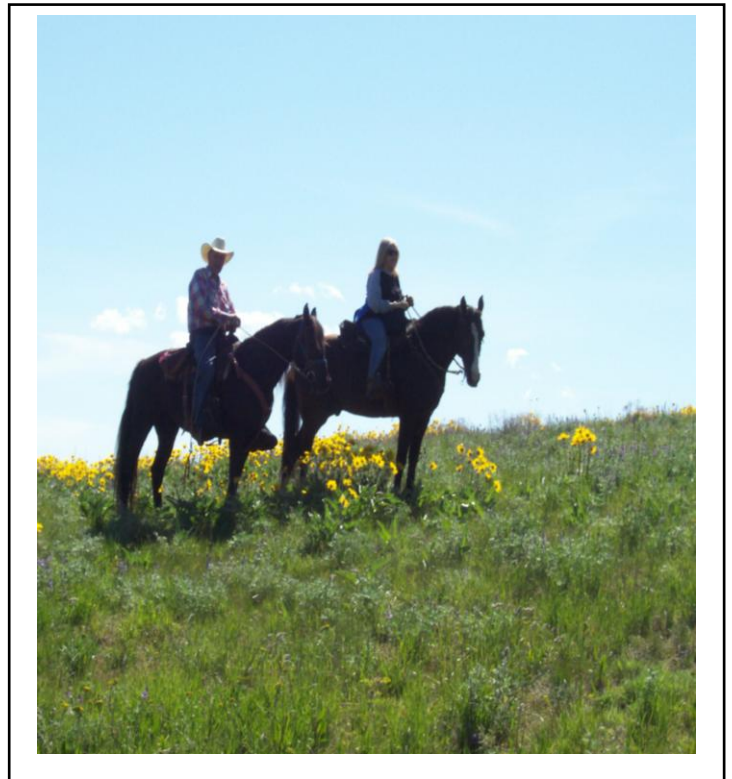
President Kathy Upper closed the meeting. Minutes submitted by secretary Kay McCready,





**SOME 2010 RIDES WE REMEMBER**

Clockwise from top: Mary Pat Bauman, Patti Zutter, Susan Lagsdin, and Melton Utley at Jack's Trail; The Wild Bunch, Loise Stevens in the lead, on the Latte Ride; Pete and Donna Stoothoff at the Loup; Betty Wagner on a fall ride; at the Loup again; Janet Logan near Pipestone Canyon; Sally Nelson at the Twisp River. Rick Bauman at Sun Mountain.



**LOVIN' THOSE METHOW HILLS**  
Clockwise from top: Carla Lang with Jink aboard at Cooney Lake; Joe and Carol Hebert at Sun Mountain; Carolyn Bronson and Terry Dixon near the Gunn Ranch; Cathy Upper above Frazier Creek; Julie Johnson on the Rendezvous.



## COOKIE LOVE FOR CHRISTMAS

BY MARY JANE HEGGENNES

Would you like to share some "Holiday Spirit" with a friend? Our good friend Jeanne Babik is going through chemotherapy during this busy time of year. Jeanne is well known for baking many kinds of goodies and sharing them with all of us. Wouldn't it be fun if we could do something in return for her?!

On Thursday, December 16 at 1 PM, I am hosting a "Semi-Cookie Exchange/Recipe Exchange" at my home at 215 Upper Beaver Creek Rd. Twisp. Here's how it will work: Bring one dozen cookies for Jeanne, one dozen cookies for all of us to taste right then and copies of your recipe (I can make more copies if needed). That's a total of two dozen cookies to bring.

Jeanne will go home with a touch of "love" from everyone, for her family to enjoy over the holidays! And we'll have so much fun doing it!! Please RSVP Mary Jane (I will be gone from Dec. 3-11) Email [amjheg@wildblue.net](mailto:amjheg@wildblue.net) or call 997-8156. Feel free to call with questions or for directions to my home.

### TO BLANKET OR NOT TO BLANKET, THAT IS A QUESTION

BY NANCY PALAGRUTI

The normal winter hair growth in a healthy horse provides enough insulation for the usual winter. The variables come into play if you have a thin or elderly horse, or a horse new to the climate. Blanketing can help protect the fat reserves that are required to maintain body heat from being depleted.

Horses need room to move. When they are stalled, they cannot move around and thereby assist in their own body warming. A covered shelter area protected from any winds is preferred while still allowing the horse room to move around. Chewing hay provides warmth so if it is colder than usual, so an increase in the hay normal hay ration is helpful.

If you feel that your horse needs a blanket, there are several ways that can be accomplished. I figure a temperature as a baseline for being time to add a blanket (10 degrees). When it gets there, I put a blanket on. During the daytime, after the hay has been eaten, I remove the blanket as long as there is no wind. Usually when it gets that cold, it is clear weather and I want the sun on the horse. This allows the hair to re-fluff (constant blanketing flattens the hair.) Replace the blanket in the evening.

In a recent survey of 55 folks around the country, most did not blanket without good reason, and most did not keep their horse in a stall. The temperature that they felt was the time to blanket varied a lot, depending upon the area. Cold in one location can be pretty warm to someone from Wyoming.

If you cannot commit to being diligent about the routine, do not start a blanket regimen. Do not blanket a wet horse without toweling/scraping and monitoring; keep a sweat scraper at the ready to knock off snow and ice and remove excess water. If the horse is shivering, put a blanket on and go back and check an hour or two later; remove it if he has warmed up and is dry and not shivering.

### Happy Holidays for Horse Crazy

Our favorite local cowgirl band, Horse Crazy, just returned from Albuquerque, NM and the Western Music Association's annual Festival and Awards Show.

Lauralee Northcott, Emily Clothier and Jennifer Epps won "Harmony Trio of the Year 2010" for the second year in a row. Lauralee writes, "It was an honor and a thrill to share our music with our peers. One of the most exciting elements for us was the song, 'My Horse Knows The Way Home.' Based on a poem by our own Dave McClure and musically created by us, it was a piece of magic."

Dave is a third generation homesteading rancher from the Okanogan Highlands in North Central Washington.

*The December 2010 Newsletter: Enjoy a few photos sent in that show our chapter members hard at work riding the hills the past year. See you at the Christmas party -- The next regular MVBCH meeting is January 4 at 7:00 at the Senior Center. You can expect a full 12-month schedule for 2011 in your early February "Horse Tales." Thanks for your news and views all year, and Merry Holidays! -- Susan*

## Staying Alive!! (Continued from page 3, the minutes of the November MVBCH meeting)

Cindy Button from Aero Methow Rescue presented some information about First Aid and Safety in the backcountry. Their trail bike, funded through donations, is most often used for emergencies with backcountry horseback riders. She shared stories of rescue and deaths in the Methow area. She advised us that when someone is hurt and awaiting rescue we should:

- a) protect from further harm,
- b) make sure that person is warm,
- c) if possible, one person stays with the injured party and another goes for help,
- \* d) remember where the person is, and use flagging of some kind to mark your trail

Always carry a first aid kit with essentials in your saddle bag and include flagging materials in it.

Don't depend on cell phones for emergency communication. Sometimes texting does work when you have poor reception and can't call. All cell phones have a locator within them whether you're able to call or not. Don't move around as the locator can be used to find you if you remain in one place.

If you can ride injured, you will be expected by the rescue team to ride your horse out. They use military helicopters when possible as they don't charge but they aren't the best for patient care. Air ambulances have trained personnel for rescues and they cost \$10,000-\$12,000 per rescue. You can buy air ambulance insurance for about \$59 per household. There is reciprocity for this in most western states excluding Montana.

In the discussion of the MVBCH defibrillator, Cindy reminded us that 1 in 50 persons it is used on are saved by it. It is needed within 10 minutes of collapse or slightly more if there is good CPR given. All CPR and First Aid classes include training with the defibrillator, and Aero Methow Rescue will be conducting classes every month on the first Tuesday and Thursday from 6-8 for a total of four hours training. Cindy invited us all to an open house for their new building Nov. 13<sup>th</sup> from 2-4



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Irrigated & fenced pasture  
3 bedroom / 2 bath  
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509-996-3148

photos & map see below:  
<http://www.methownet.com/bearcreekhome/>

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MVBCH Newsletter Editor  
Susan Lagsdin  
1521 Avon Court NW  
East Wenatchee WA 98801



## ENJOY THE ANNUAL MVBCH CHRISTMAS PARTY

**SATURDAY, DECEMBER 11, TWISP SENIOR CENTER.**  
(No regular business meeting in December)



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