



TRAIL TALES

June 2009

Notes from the President

BCHW mission statement: To perpetuate the common sense use and enjoyment of horses in America's back country and wilderness. To work to insure that public lands remain open to recreational stock use. To assist the various governmental and private agencies in their maintenance and management of said resource. To educate, encourage and solicit active participation in the wise use of the back country resource by horsemen and the general public commensurate with our heritage. To foster and encourage the formation of new chapters in the state organization.

Hello Whatcom BCH'ers,

As the weather improves I hope everybody is getting and chance to head for the hills and ride as well as do some trail maintenance. Our next club work party is scheduled for June 6th which is 'National Trails Day'. The location is the Silver Lake Horse camp. We are planning on cleaning the barns and adding new sand to the stalls. If you want to join us please bring your gloves, a shovel, and your lunch. I'm sure that you will leave satisfied with a sense of accomplishment from a job well done.

On Saturday June 13th we have a work party scheduled with the DNR and the NW Region down at the Les Hilde Trailhead. The BCHW - Skagit Chapter will be providing lunch for this event. This is a very popular Trailhead so it is important that we support it.

Some good new on the political front: The US Forest Service has approved the repairs to the Pacific Crest Trail. A new bridge will be built over the Suiattle River and the additional 3.5 miles of trails needed will be designed for both equestrian and hiker use. Although this project is still subject to appeals I feel confident that it will happen. This is a perfect example of what can be accomplish when we all work together. Many different user groups were in support of this project and I want to thank all of you that took the time to respond with your letters of support.

The DNR has lost a lot of recreation dollars and they are requesting our help. The 500 volunteer hours we decided to pledge as a group is a start. They need individual letters of support as well and I hope you will take some time send one in. The DNR has also been working on improving communication regarding their recreation areas. The following is an excerpt from a DNR update that I received: "Want to know before you go what DNR recreation areas are open or closed? DNR recently made some improvements to the agency's recreation pages so that you can more easily find that information. Start by going to: <http://tinyurl.com/qtsz83>. From there you can find a recreation area by region, county, or a list of DNR's major recreation areas." Check it out; there is a lot of good information out there.

(Continue on Page 2)

Whatcom Chapter

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2009

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(Continue from Page 1)

President's notes

Remember next months meeting will be held at the Herman Miller 4-H park on Hemmi Road. We will have Potluck dinner at 6 and start the meeting at 7. If you would like to participate in the Potluck please bring a large dish to share, your own table service, your own beverage, and your appetite. There is always a lot of good food and socializing at these summer meetings and I look forward to seeing you all there.

Be Safe and get out there and Ride

Susan

VET NOTES Sharon Hoofnagle D.V.M Weighty Matters

Many trail riders are fortunate to have their own farms and can manage their horses as they like. One of the most difficult management problems we have is maintaining the correct weight of our horse.

The Henneke scale was developed over 20 years ago as an excellent method for gauging a horse's body condition. It is a scale of 1-9, one being emaciated, close to death, 9 the opposite, morbidly obese. On your well-report for your horse it is probably noted where your horse lies on this scale. The Henneke scale is a standardized scoring system, whereas the terms, "skinny", "thin", "emaciated", or "fat" are all subjective terms that have different meanings to different people.

However one major drawback of the Henneke scale is the failure to detect differences in the distribution of body fat (regional adiposity) that may increase the risk for disease. In humans fat deposition around the abdomen is closely linked to diabetes and heart disease. For example two men may each weigh 170 lbs and be 5 ft 10 inches tall. However one may have a thin chest, legs, and face with fat around the abdomen and the second man have more uniform fat deposits. The 1st man would have a higher risk of disease. In the horse fat deposition in the crest of the neck and fat pads behind the eye and around the tailhead are linked to insulin resistance and increased risk of laminitis, a condition called equine metabolic syndrome. Two horses may each be 15 hands high, each weigh 1000 lbs and be at a Henneke scale of 5, yet if one has a heavy cresty neck, he will be more at risk for laminitis than the horse with uniform fat.

The Henneke scale was developed for Quarter Horses and is not as appropriate for ponies or breeds with different body types. Some breeds have lithe slender body types but cresty necks. Some veterinarians will factor in the regional fat when figuring the Henneke scale. For example a slender horse that would be a HS 4 but with a thick cresty neck might be then classified as a HS 6. Others will classify as a standard scale but then add notes as to the regional fat deposits and then advise where the horse should be on the scale. In other words a horse may be a HS 5 but have a cresty neck. The owner would be advised to drop to a HS 4. A less confusing method is to weight tape the horse and then advise the ideal weight. While tapes are not highly accurate in determining exact weight they are great in determining changes in weight.

The diet also is considered. High sugar levels in spring grasses, cold nights and warm days that also concentrate sugars predispose to laminitis. But there is also a more insidious problem with high sugar diets. Such a diet can up-regulate a genetic predisposition for metabolic disease. Diet can begin to affect a foal's future adult metabolism even before birth. There are tests for insulin resistance. A positive would be indicative of a problem. However a negative test would not rule out the possibility of developing equine metabolic syndrome. Diet, weight control, and recognition of equine metabolic syndrome are the key to preventing some health issues.

BCH Minutes**General Meeting Minutes May 13, 2009- Laurel Grange**

The meeting was called to order by Susan Sebastian at 7:07. After the Pledge of Allegiance the agenda was adopted and the April minutes approved

Hospitality: Alice Yancey introduced our speaker Jack Kintner and guests Jackie Braverman, Erin Duncan, and Rick Todhunter.

The meeting was turned over to Jack Kintner with the Mt Baker Experience Magazine. Jack is writing an article on horses in our area and asked questions about our group, what we do, and the type of horses we ride.

Announcements: Herman Miller 4-H Park sent a letter thanking us for our support.

The State sent a letter thanking us for our auction donations

Treasurers Report: Lynn Johnson- bank balances were given. We have 122 members. We have received additional funds from members orders from Country supply. The Grange may take us up on our offer to help with clearing blackberries. The State Treasurer informed us we will be exempt from sales tax but must wait for notification from the IRS. Confidence Builder: we took in \$290 and had \$187 in expenses. The Stremlers were given gift certificates in appreciation for the use of their property.

Directors: Rick Olsen- The Federal Hwy administration may lose funds from the Recreational Trails Program. Letters of support to our legislators are needed. Fran will put the details in the newsletter.

Rick Olsen received chain saw certification at the State meeting. This certification is needed for work on Forest Service and DNR land. The DNR will accept the Forest Service certification.

State newsletter- the deadline is June 1 for articles.

Trailhead: Mike Bjornstad and Rick Olsen went to the Whatcom County Parks Dept meeting on the South Fork Park at Acme. The local people had requested a meeting in their area. Mike McFarland answered questions, they had many concerns.

Cheryl Brandt- the trailhead committee met with the DNR and described our planned Acme Trailhead, showed maps, and described our impact on the economy. Feedback was positive. The DNR gave us maps showing all property owners of recreational areas we use.

LNT: Mick Blakely- described more" leave no trace" advice.

Finance: The NW Region has requested \$250 to purchase items for the NW Region ride prizes. The money will go direct into the trailhead fund (Les Hilde) It was suggested that gift certificates be purchased. Motion was made and seconded, motion passed to provide \$250 in items.

Volunteer hours: Fran is waiting for new forms

Trail Boss: there is a work party at Stewart Mt. this Saturday, bring food for Debbie Lagerweys food drive. There will be muffins and coffee at 9:30, fruit and drinks at 3:00, bring a lunch. There will be riding, hiking, and trailhead work to do. Lynn Johnson will check with Mt Baker Septic on cleaning the outhouse

Old Business

Confidence Builder: Fran Van Diest- we had over 70 participants, food was great, great success.

By-Laws: The By-laws amendments were needed to meet our new 501 c3 status. The changes were gone over by Susan Sebastian. The amended by-laws were approved.

NW Region: there will be a work party June 13th 10 am, at Les Hilde. The DNR will have a plan for needed work. Hours will count for DNR grants. Money from the hours will go towards a new kiosk and fire rings. Workers will meet at the trailhead and go out in groups. It was suggested that ecology blocks be placed to keep vehicles out of the creek.

(Continue on Page 4)

(Continue from Page 3)

General Meeting Minutes May 13, 2009

NW Region Ride is July 11th at Les Hilde, the theme is "Viva Las Vegas" Five chapters make up the region. Each will man a station. Volunteers are needed, Lynn and Lloyd Johnson have volunteered.

Lake Padden: Mike Bjornstad finally received a response from the Bellingham Parks Dept, it was a worthless photo.

New Business

DNR letters of support: In order to apply for grant money the DNR needs letters of intent from us. This is a commitment that we will provide a certain amount of support in two areas for 2010 thru 2011 It was moved and 2nded that we provide 500 hours for maintenance and operation and 50 hours for education and enforcement, motion passed Areas that count are Les Hilde and Blanchard.

Also individual letters of support are needed.

Melinda Hardin: the state legislator has taken over all NOVA Funds.

Silver Lake work Party:Rockt Leavitt- will be on June 6th, National Trails Day. Sand is needed in the barns, brush cutting, and possible fence repair. Bring shovels, rakes , and wheelbarrows, A tractor will be provided. Rocky Leavitt has done a lot of trail work. He would like help on Tuesdays. Roy and Fran Van Diest are working at Saxon. The proposed Fish Hatchery road change is 2 years off.

50-50: Melinda Hardin won \$23.50

Cheryl Brandt has mapped out a 12 mile loop at Blanchard with her GPS and a 2 hour loop at Les Hilde. She is working with the DNR to map out the Les Hilde system.

Old Settlers Parade: contact Dennis Mauler to participate , the theme is "Blast from the Past"

Cloverdale Rodeo: Rosemary Gustafson- the rodeo is this weekend. There will be a cowboy church Sunday morning and 7 pm Monday eve at Rosemary Gustafson's'

Jack Kintner would like photos for his article.

Chick Long last but not least- Happy Birthday to Chick. The club sang a top -class rendition of Happy Birthday

The meeting was adjourned at 8:40

Submitted by Sharon Hoofnagle secretary

Reminder June--August General Meeting

Remember for the next 3 months, June thru August, we will be meeting at the Herman Miller 4H Park, located at 1385 E. Hemmi Rd. Everson. We will have potluck dinner at 6:00, so be sure to bring your favorite dish to share. Also bring your plate, utensils and something to drink. There are some picnic tables there but you may want to bring your favorite chair. Meeting starts at 7:00 p.m.

Fran

Advertising Rates

1/2 Page.....\$90.00 for 6 months or \$150.00 for a Year
 1/4 Page.....\$60.00 for 6 months or \$100.00 for a Year
 Business Card....\$30.00 for 6 months or \$50.00 for a Year
 Classifieds.....\$3.00 per month
 Free Classifieds for members!

Information from the Director--Rick Olson**RECREATIONAL TRAILS PROGRAM UP FOR REAUTHORIZATION**

The AHC is working to preserve the Federal Highway Administration's Recreational Trails Program. If Congress does not take action this year this program could no longer be available to recreational riders.

The RTP provides funding directly to the states for recreational trails and trail-related facilities for both non-motorized and motorized recreational trail uses. It was created in 1991 as part of the Intermodal Surface Transportation Efficiency Act of 1991 and was last re-authorized in 2005 as part of the Safe, Accountable, Flexible, and Efficient Transportation Equity Act: A Legacy for Users, this law is about to expire. The RTP will have to be re-authorized in the next national surface transportation program bill if it is to continue.

Since its inception the RTP has provided approximately \$677 million for thousands of state and local trail projects across the country, including many that benefit equestrians. RTP projects consist of construction, maintenance and restoration of trails and trail related facilities as well as the acquisition of easements or property for trails.

Although each state manages its own program, 30% of RTP funds must be spent on non-motorized projects like equestrian trails, 30% on motorized, and 40% percent on multiuse projects.

"The RTP is one of the few sources for federal funding of trail projects that are not on federal land. The program is a great resource for equestrians to fund projects in their state and local parks," said AHC Legislative Director Ben Pendergrass.

In the coming months Congress is expected to begin work on the next 5 year highway bill. The AHC, in conjunction with a broad coalition of recreational trail users is requesting that Congress not only re-authorized the RTP, but also increase funding for the program to \$555 million to be spent over the five years of the bill.

The AHC urges recreational riders to contact their members of Congress to voice support for this program. "This is a great program and I hope equestrians will take the time to call or write their Representatives and Senators and let them know this program is important to the horse community," said AHC President Jay Hickey.

Senator Maria Cantwell
717 Hart Senate Office Bldg. Washington, D.C. 20510
Phone: (202) 224-3441 Fax: (202) 228-0514

Senator Patty Murray
173 Russell Senate Office Bldg. Washington, D.C. 20510
Phone: (202) 224-2621 Fax: (202) 224-0238

U.S. House of Representatives District 2 - Rick Larsen
107 Cannon House Office Bldg. Washington, D.C. 20515
Phone: (202) 225-2605 Fax: (202) 225-4420

Check out our Website:
www.Whatcom-bch.com.

CLASSIFIEDS

**** Place your classified ad here.**

Classifieds are free to Whatcom BCH members, or just \$3.00 for anyone else. Send your ad and money to the newsletter editor by the 2nd Wednesday of the month.

CALENDAR



- June 1** **Monday** **Board Meeting** at Bob's Burger & Brew, Barkley Village. Dinner at 6:00, meeting at 7.
- June 6** **Saturday** **Work Party at Silver Lake**, cleaning and putting in new sand in stalls. Contact Rocky Leavitt for more information. Bring rakes, shovels and lunch. Be ready to work at 10:00 a.m.
- June 10** **Wednesday** **General meeting at Herman Miller 4H Park, 1385 E. Hemmi Rd. Everson, potluck at 6:00, meeting-7:00.** Please bring a dish to share. You will also need to bring your plate, utensils and something to drink. Sharon will try to get a guest for the June meeting.
- June 13** **Saturday** **NW Regional work party at Les Hilde. Be ready to ride/work at 10:00 a.m.** For more information contact Melinda Hardin 360-312-113
- June 29** **Monday** **Board meeting for July** at Bob's Burger & Brew-- 6:00 dinner, 7:00

2009 COMMITTEE CHAIRS:

LEGISLATIVE:
Mike McGlenn
360/966-9117

LEAVE NO TRACE:
Mick Blakely
360-332-7120

VOLUNTEER HOURS:
Fran Van Diest
360-734-2567

PROGRAMS:
Sharon Hoofnagle
360/734-4258

HOSPITALITY:
Alice Yancey
360/733-5063

SUNSHINE
Toni Blakely
360-332-7120

FINANCE COMMITTEE
Sam Miller
360-398-7992

TRAIL HEAD COMMITTEE
Mike McGlenn
360-966-9117

SAFETY

50/50 Draw

Melinda Hardin won the 50/50. She left with \$23.50. Congratulations!



A Special Thank You to:
Laurel Farm & Western Supply
America's Horse Country
◆ Weylin & Amy Eldred
◆ 325 W Laurel Rd., Bellingham
◆ 360/398-1216 * 360/398-8050 fax
◆ Hours: Mon – Fri: 8:30 a.m. to 7 p.m., Sat: 8:30 a.m. to 6:00 p.m. and Sunday 9 a.m. to 5 p.m.

Ferndale Old Settler's Parade July 25, 2009

If you are interested in participating in the Ferndale Old Settler's Parade, please notify Dennis Mauler at 360-671-1870 or 927-3844. This year's theme will be "Blast from the Past". Owners must keep horses off school grass and all private property and provide your own pooper scoopers.

2009 TRAIL BOSSES

Adopt a ride for 2009

WORK PARTY COORDINATOR

Melinda Hardin has agreed to be work party coordinator temporarily
360-312-1113



FOR SALE:

1991 Ford F250 Pickup--two tone brown/beige. 460 Cubic engine, 66,000 original miles, excellent condition. Tow package, comes with custom canopy valued \$2,000. Asking \$5,500.00. Call 671-5357

TRAIL HORSE

WANTED

Ideally he would be a gelding about 15 years old, 15.3 hands and comfortable with hunting. He will have a forever home. Up to \$1,500. 360 595-2744, verna@nas.com



FOR SALE: Weed Free Hay. It is certified from the Radke Ranch in Tonasket. Each bale is marked and I also have written certifications papers. \$12 a bale. Rosemary Gustafson Son Shine Ranch 360 380 1638 *****

FREE TO GOOD HOME:

10 yr old deep bay Standard Bred mare with black Saddle Bred filly born May 5 2009. Papers on both sides. Standard & saddle bred crosses are preferred by the Amish. Mom can be lightly ridden (has a knee issue). Baby is socialized and very pretty. Hoping for a kind, confident 4H, or therapeutic home where mom can get consistent attention. For those interested in animal communications, she is alert, aware and a strong telepath. And in general, is fun to be around. Local contact: Jeanne 360 354-6610 Owner: Monica 510 698-4630

Thank You letter received from Herman Miller 4H Park

Board of Directors:

- Mick Blakely
- Kym Boettner
- Harry Bowen
- Jennie DeKubber
- Dave Johnson
- John Muggy
- Rick Todhunter

May 3, 2009
BCHW, Whatcom Chapter

We would like to thank you again for your support of the Herman Miller 4H Park. Through our annual auction and fun raisers we have been making steps forward to finishing the building, but with generous gifts such as this it is a real boost.

An updated on the building progress. The building is moving ahead with the rough plumbing just being finished, the installation of the gas lines will be started shortly and all the walk thru doors are being ordered this week.

Check # 2374 for the amount of \$1820.00

Thank You Sincerely,
Herman Miller Board
EIN-91-6053967

EDITOR'S POLICIES

Trail Tales is published monthly. Deadline for submission of articles is the 15th of each month. Non-copyrighted submissions are welcomed (subject to space limitations). Opinions and views expressed in letters or personal articles are not necessarily the opinions of BCH.

Send submissions to: Editor, Fran Van Diest, 723 Van Wyck Rd, Bellingham, Wa 98226. E-mail to: wbchnewseditors@msn.com or fvandiest@msn.com.

THANK YOU CARD FROM BCHW

Dear friends,

Thank you for your nice donation to the 2009 BCHW Auction. It helped to make the event successful.

2009 BCHW Auction Committee

STEWART MOUNTAIN WORK PARTY A BIG SUCCESS

Saturday May 16th was a beautiful day to walk or ride up the mountain, and ten people did just that for the trail work party. People were greeted at the Trailhead by Cindy Piccolo and Starbuck's coffee and muffins. That certainly did start our day with a positive and caloric boost.

Even though there was enough to do at the Trailhead with weed eating and loping, the volunteers quickly divided into two groups, one group with horses and one group on foot. The horse folks included two pack horses with Rick Olsen, Mick Blakely, Cindy Piccolo, and Sage and John Hollins. This group made the long trek up to the area above the bridge. I was told that they managed to place several more substantial water bars to handle that erosion of the trail. Even if there is more work to be done there, thanks to those folks for possibly preventing the destruction of the bridge by water.

The other group, led by Sharon Hoofnagle, hoofed it up to the new spur that she has started which will come off the logging road and will tie into the trail right before the first landing. Even though it was hot and muggy, this crew, made-up of Sharon, Verna Walker, Andy McLeod, Marilyn Tefft, and myself, managed to get a good start on this trail. Now, all we really need is a chain saw to cut out a big dead tree in the way, and we will have a nice way to cut-off a really steep section of road-riding.

After we all got back to the Trailhead around 3:30 PM, there was more goodies for all of us to savor. Everyone seemed to be in high spirits and full of good intentions after all that hard work.

I want to thank everyone who participated in this work party, and I am hopeful of another good turn-out at the next two scheduled work parties, June 6th at Silver Lake to get sand in the standing stalls, and June 13th at Les Hilde for the Regional Work party. Remember that our hours count, so count them and get them into Fran.

Melinda Hardin
Trail work Coordinator

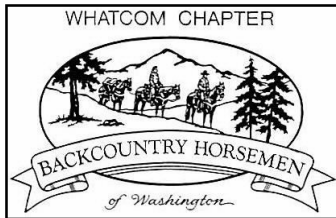
STEWART MOUNTAIN TRAIL UPDATE

On May 20th, Sharon Hoofnagle was at the trailhead fixing the fence. If you happen to be riding at Stewart and notice that the fence is down, please let Sharon know so it can be fixed as soon as possible. Sharon has been fixing the fence since it was put in, which is time consuming. Thank you Sharon for all your work!

Also according to Sharon, **DNR will start logging at Stewart very soon. They will be logging on the South side of Olson creek (going by the steel bridge) so we need to stay away from that area for the time being. We won't be able to do the 17 mile loop since that side of the trail will be closed. If your friends that ride at Stewart please let them know not to ride on that side of the trail for the time being due to logging.**

On May 21st, Roy and I went to Stewart and cut the down tree on the trail that the group has been working on since last year to reopen. This is the same trail that some of the people at the work party on May 16th cleaned. The trail still need some cleaning, lots of blackberry vines that need to be removed but otherwise it is passable. So if you have some time to do a little bit of work, we would appreciate it so that everybody can enjoy this trail.

Fran Van Diest



Fran Van Diest
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Next
Whatcom Chapter Backcountry Horsemen
Meeting:
General Meeting: June 10, 2009
1385 E. Hemmi Rd. Everson
Potluck at 6:00, please bring a dish to share
Meeting at 7:00

Check out the BCHW
Website at:
<http://www.bchw.org>

