



TRAIL TALES

January 2010

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.

Greetings:

As your new president my hope is to continue the good work that has been going on for years paving the way for guys like me. Our club has an amazing diversity in people and animals. For example some of you take great delight in putting on a chili feed. My great delight is eating at your chili feed. Perhaps you have no interest or ability to cut out a big log with a stihl chain saw. I love to do it. What ever your interest and skills are, bring it to the club and bless the rest of us with it. There's no greater satisfaction than working with others to achieve a worth while goal. This months timely article comes to us from Dr. Moore who gives us good pointers on how to take care of our critters during the winter.

Rocky Leavitt

Winterizing Your Horse

Nutrition: For every ten degrees below 50 degrees Fahrenheit, your horse's energy needs will increase slightly. This requirement increases even more if the weather is wet and windy. The wind chill index really does matter. Extra calories should be provided in the form of high quality, highly digestible forage – not grain. Be sure your hay is good quality. Poor hay may need to be supplemented with a protein source and a balanced vitamin/mineral supplement. Be sure there is a loose trace mineral mix formulated for horses available at all times. Poor quality hay may also contribute to impaction colic in colder weather when horses won't consume adequate amounts of water. Be sure there is plenty of open water available at all times in cold weather. Monitor body condition by feeling un-der the long winter coats. Horses can become very thin under all that hair before you notice that there is a problem.

Housing: Horses are meant by nature to live outdoors in all kinds of weather. The key to being comfortable is a dry coat. Long winter hair insulates the horse as long as it stays dry. Check horses in wet weather and bring in any that are shivering. Hypothermia can occur even at moderate temperatures if horses get wet down to the skin.

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President's notes

Hoof Care and Winter Riding: If riding in snowy conditions, leaving horses barefoot will result in fewer snow and ice balls. Coating the bottom of the foot with Vaseline or cooking spray can help. When riding in winter, try to avoid having the horse sweat heavily. If heavy sweating occurs, use a wool cooler and dry the horse out of the wind before turning him back out. If blanketing, avoid having the horse sweat under the blanket by removing it when the temperature rises.

Information taken from an article in the NWHS, author of the article G.L. Moore, DVM. The entire article can be found in the October edition of the NW Horse Source, (Permission to reprint portion of article received from Northwest Horse Source)

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

**2010
TRAIL BOSSES**

Roger Nelson
360-599-2461

Cindy Piccolo
360-966-4082

Also can adopt a ride
for 2010

**WORK PARTY
COORDINATOR**

Roger Nelson
360-599-2461

Free hay, grain for livestock owners

COUNTY – The Whatcom Humane

Society (WHS) has announced a new program to aid horses and other large animals during the winter months. The program is being supported by a generous donation from Cargill Animal Nutrition in Ferndale. For a limited time, WHS will offer free hay and grain to residents of Whatcom County who need assistance providing food for livestock.

Coupons for large bales of hay and bags of livestock grain are available at both WHS facilities. The coupons can be redeemed for free hay and grain at Kelly Ridge Farm & Garden in Bellingham.

Coupons for livestock hay and grain will be available on a first come, first-serve basis Tuesday thru Saturday from 10 a.m. to 6 p.m. at the Whatcom Humane Society shelters in Bellingham: Williamson Way Shelter, 3710 Williamson Way; and Baker Creek Shelter, 1661 Baker Creek Place.

“With the tough economy, cold weather and rising price of animal feed, many people are having a difficult time financially caring for their animals,” Executive Director Laura Clark said. “Our hope is that by offering emergency supplies of hay and grain to residents in need farm animals can receive proper nutrition and remain healthy during the cold Whatcom County winter months.”

For more information, contact Executive Director Laura Clark at 733-2080, ext # 3026 or director@whatcomhumane.org

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(You can also see article thru www.foothillsgazette.com page 7)

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.

Christmas Party December 12, 2009

Our Christmas Party was held on December 12th at the barn located on E. 26th Drive, Bellingham. There were lots to eat, so many different food to try. Special thanks to Shirley Todhunter for cooking the turkey and for Lisa Oostema and Mike Bjornstad for cooking the hams.

Also thank you to Susan Sebastian, Lisa Oostema, Debbie Lagerwey and Pam Ritter for decorating the place. Thanks to Lisa, Susan, Mike Bjornstad, Rick Olson and Gary Anderson for helping to setup place.

We had approximately 45-47 people attend our get together. Everybody seemed to have a good time. After dinner we had the white elephant gift exchange. Our newly appointed President, Rocky Leavitt, sure picked on Roger Nelson. A couple of people took Roger's gifts so he had to keep getting another gift which gave Rocky another opportunity to check out Roger's gifts and give Roger a little rub on his head. Not too much stealing went on, Chris McGlenn got an elastrator, we all wondered what she would do with that! Mike Glenn didn't have to worry, Nancy came around and stole it from Chris soon afterwards. You never know what will come up on this white elephant gift exchanges. There was plenty of laughter going on. Every body seemed to have good time. Everybody was busy socializing with members that hadn't seen for some time.

The red barn was big enough place for our get together, plenty of room, tables and chairs. There was even a pool table upstairs where some of the teens went and played for a while.

Thank you to everybody that helped put things away, it didn't take long with everybody pitching in.

Special thanks to the owner for the use of the place.

Fran

Board Meetings and General Meeting Schedule for 2010

<u>January 4</u>	Board meeting	<u>January 13</u>	General meeting
<u>February 1</u>	Board meeting	<u>February 10</u>	General meeting
<u>March 1</u>	Board meeting	<u>March 10</u>	General meeting
<u>April 5</u>	Board meeting	April 14	General meeting
<u>May 3</u>	Board meeting	May 12	General meeting
<u>June 3 Thursday</u>	Board meeting	<u>June 9</u>	General meeting
<u>July 5</u>	Board meeting	<u>July 14</u>	General meeting
<u>August 2</u>	Board meeting	<u>August 11</u>	General meeting
August 30	Board meeting for Sept.	<u>September 8</u>	General meeting
<u>October 4</u>	Board meeting	<u>October 13</u>	General meeting
<u>November 1</u>	Board meeting	<u>November 10</u>	General meeting
<u>December</u>	No general meeting, Christmas party date announced at a later date.		

(I usually don't print recipes but since I have some room, here are some recipes people wanted from the Christmas Party)

Cranberry Salsa (makes 6 cups): (from Kathy A.)

1 navel orange, quartered
1 bag fresh cranberries (12 oz)
1 1/2 cups fresh pineapple, diced
1 1/2 cups Granny Smith apple, diced
1 1/2 cups jicama, peeled, diced
1 cup pecans or walnuts, chopped and toasted (I used pecans at Christmas party)
3/4 cup sugar
1/3 cup chopped fresh mint (I only used 1/4 cup)
pinch of salt (I actually forgot to put any in when I made it, so decide if you need any)

Puree orange (with rind) in a food processor; transfer to a large bowl.

Pulse cranberries in a food processor until coarsely chopped. Stir the cranberries and remaining ingredients into the orange puree. Serve chilled or at room temperature.

Per 1/2 cup: 160 calories; 7 g fat, 25 g carb, 2 mg sodium, 4 g fiber, 1 g protein.

Chocolate Almond Silk Pie— (from Fran V)

8-10 Servings Prep: 20 min. Cook: 30 min. + cooling Ingredients

Crust: for a 9 inch pie

1 1/2 cups (about 20 crackers) graham crackers—crumbs
3 tablespoons sugar
1/3 cup butter—melted

(I doubled the filling ingredients to fill pie pan and the remaining amount I made a smaller pie)

FILLING:

3/4 cup sugar
3 eggs
3 ounces unsweetened chocolate, coarsely chopped
1/8 teaspoon almond extract
1/2 cup butter, softened
Sweetened whipped cream and toasted sliced almonds, optional

Directions

Heat oven to 350 degrees. Mix crushed graham crackers, sugar and butter. Press crumbs mixture firmly and evenly against bottom and side of pie pan. Bake for 10 minutes. Cool.

For filling, combine sugar and eggs in a small saucepan until well blended. Cook over low heat, stirring constantly until mixture coats the back of a metal spoon and reaches 160°. Remove from the heat. Stir in chocolate and almond extract until smooth. Cool to lukewarm (90°), stirring occasionally.

In a large bowl, cream butter until light and fluffy. Add cooled egg mixture; beat on high speed for 5 minutes. Pour into cooled pie shell. Refrigerate for at least 6 hours before serving. Garnish with whipped cream and almonds if desired. Refrigerate leftovers. Yield: 8-10 servings.

CALENDAR



January 1

New Year's Day ride at Heady trails. Be ready to ride at 10:00a.m. Trail will not be marked, ride on your own leisure and as long as you wish. The club will provide chili lunch, please bring a pot-luck dish to share. Lunch will be at 12:30—1:00. Please let me know if you plan to attend so we have an idea how much chili to make. Fran 360-734-2567 or send me an email.

January 4

Board Meeting at Bob's Burger & Brew, Barkley Village, Market St. Bellingham, 6:00 dinner optional, 7:00 meeting

January 13

General Meeting at Laurel Grange, Guide Meridian. Meeting at 7:00pm.
Treats/beverages: Mike Bjornstad and Sam Miller.

2010 COMMITTEE CHAIRS:

LEGISLATIVE:

Mike McGlenn
360/966-9117

LEAVE NO TRACE:

Mick Blakely
360-332-7120

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Sam Miller
360-398-7992

TRAIL HEAD COMMITTEE

Mike McGlenn
360-966-9117

SAFETY

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.



FOR RENT:

I have covered parking for your trailers, boats, campers or whatever you have that you do not want to rust. Very secure at my home and reasonable rates.

Take care of your rigs and they will take care of you.

I have two slots available. Conway area. Call or email me please.

425-356-7356 or rancho49@yahoo.com.

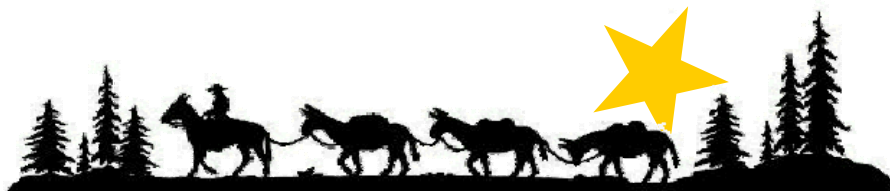
New Year's Day Ride at Heady!

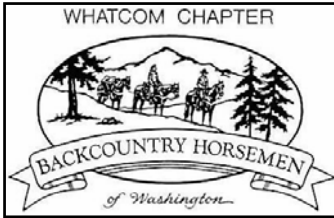
Start the New Year with a horseback ride at Heady trails, join us on Friday January 1, 2010! Be ready to ride at 10:00 A.M. Trail will not be flagged, just ride wherever you want to go and as long as you want to ride. The gate will be open so you can park inside.

If you choose not to ride, just come for lunch. Be back at the gazebo by 12:30-1:00 for lunch.

The club will provide chili. Please bring a potluck dish to go with the chili. A donation will be collected for the shelter use.

Please let me know if you plan to attend so we have an idea of how much chili to bring. Fran 360-734-2567.





Fran Van Diest
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Next
Whatcom Chapter Backcountry Horsemen
Meeting:
General Meeting: January 13, 2010
Laurel Community Grange,
6172 Guide Meridian, Lynden, WA
Meeting at 7:00 p.m.
Treats/beverages: Mike Bjornstad & Sam Miller

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

