



# TRAIL TALES

November 2023

## 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.

**Whatcom Chapter**  
P. O. Box 28607  
Bellingham, WA 98228  
2023

**President:**

Roger Edmonds  
360-296-3512

**Vice President:**

Cindy Piccolo  
360-961-4839

**Director:**

Joe Remenar  
j.remenar@gmail.com  
(2021-2023)

**Alternate Director:**

Bill McKenna  
360-599-2526  
(2023)

**Secretary:**

Sharon Hoofnagle  
360-734-4258

**Financial Manager:**

Timothy Van Beek  
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**Membership:**

Fran Van Diest  
360-734-2567

**Newsletter Editor**

Fran Van Diest  
fvandiest@msn.com  
360-734-2567

**Vet Notes    Sharon Hoofnagle D.V.M.    Why Horses Need Trails**

What does your horse really think of trail riding? Time on the trail is beneficial for the horse for many reasons.

Here are a few.

Most trail horses are ridden with a loose rein and a relaxed attitude. Most trail riders are pleasure riders and enjoy relaxed and easy rides. This mode of riding is excellent for horses as a break from more intense riding. Time on the trail strengthens an animal. Muscle tissue can be built up quickly. However, it takes months to years to build strong bones, tendons, ligaments, and hoofs. This is often referred to as long slow distance conditioning. It occurs on the trail.

Another aspect is developing a sense of balance. Balance is mostly sensed by special structures in the ear, but receptors in the muscles are very important for providing input about how balanced each part of the body is. This is proprioception. The muscles' ability to tell where they are and how hard they are working is an important component of balance, because it takes muscles working correctly to hold a horse (or person) in any balanced position. The trail helps condition the proprioceptive sensors in the legs.

The best way to provide enrichment for the sense of body awareness and position is to provide a richly textured environment with plenty of structure. The more opportunity your horse has to move through different environments and use their body in different ways, the more proprioception input it receives. Some stables build elaborate tracks to provide this. But the perfect environment is the trail, especially our Whatcom County trails that are varied. At the same time we are building stronger bones, tendons, hoofs, and muscle we are providing mental rest and relaxation. The trail also eliminates the torque that legs suffer when travelling constantly in a circle. This is especially important at the faster gaits. A gallop on an old logging road is far easier on the horse than a ring or track gallop. The trail provides physical therapy. Stretches, flexions, extensions are a natural part of a trail ride. Old horses that are uncomfortable and bored in an arena benefit from and enjoy the gentle inclines and turns on easier trails.

*(Continue on Page 2)*

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**Vet Notes**

One of the most important endeavors I have had as a trail rider and equine veterinarian is membership in Whatcom Backcountry Horsemen. What we have accomplished over the last 37 yrs. is amazing. We have networked with most of the outdoor community. Back Country Horseman is recognized as a major participant in outdoor recreation, not just providing our own trail systems but providing support for major outdoor groups and land managers. We work with Parks, the Dept of Natural Resources, US Forest Service, Pacific NW Trails Assoc, and Washington Trails Assoc. We pack gear and material for many of these agencies, not just locally but in other areas.

You can make a difference. Elections are Nov 8<sup>th</sup>. Run for an office or participate in some of the many volunteer positions and events. There are two board members -at- large positions for someone who just wants to see how the board works. Past officers are usually available to coach and fill in for new officers.

If you are interested in an office contact

Cindy Piccolo: 360 961-4839 Roger Edmonds: 360 296 3512 Geri Surratt: 360 303 1072

Or attend the Nov 8<sup>th</sup> meeting- you can also be nominated for a position there.

**2023  
TRAIL BOSSES**

Rocky Leavitt  
360-599-2675

Roger Nelson  
360-927-6964

Andy McLeod  
360-595-2744

**WORK PARTY  
COORDINATOR**

Roger Nelson  
360-927-6964

**PACKING  
COORDINATOR**

Rocky Leavitt  
360-599-2675

**Sunshine Committee**

If you know someone that needs a little ray of sunshine, please contact Michelle McKenna at 360-599-2526 or send her an email at: [wintercreek10@gmail.com](mailto:wintercreek10@gmail.com).

**Membership for 2024**

You can renew your membership for 2024 now! Complete the enclosed form or go online at BCHW.org <https://form.jotform.com/231627363308152>



**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. Email to: [fvandiest@msn.com](mailto:fvandiest@msn.com).

W BCH General Meeting Minutes Oct 11, 2023

The meeting was held at the Laurel Grange. It was preceded by a social time from 6:30 to 7:00 .

**The meeting was called to order at 7:00.** The pledge of allegiance was said.

#### **Herman Miller 4-H Park presentation**

Our speaker, Ray Peterson from the Herman Miller 4 H Park was introduced. Ray is a grand nephew of Herman Miller. Shannon Klix also spoke. She grew up in 4-H. Ray and Shannon are board members of the park. Both are long-term 4-H leaders.

In 1993, Herman Miller donated a 30-acre parcel to the Whatcom County Youth Horse program. This became the Herman Miller 4-H Park.

It has grown into a valuable asset to the 4-H program. It includes trails, a large outdoor arena, a large parking lot and an event building.

The 4 H board has decided to open membership to the general public. A personal membership allows access to the arena and the trails. Groups can rent the facility for events. W BCH could rent the facility for clinics or shows. With board approval groups can rent the building for meetings or the Christmas Party- it holds 100. We have partnered in the past with the park and participated in work parties with the kids. They would like to continue that. They would also encourage a BCH member to serve on their board.

For a full description of the park and different ways to join check out their website: [www.hermanmiller4-hpark.com](http://www.hermanmiller4-hpark.com)

**The general business meeting was called to order at 7:35.**

**Approval of Sept minutes:** Cindy moved to approve the minutes as printed in the Sept newsletter, Michelle seconded, minutes approved.

Approval of agenda tonight- Bill moved to approve, Kathy seconded, agenda approved.

**Fall Fund-raiser Ride-** Cindy P: Cindy and Bill co-chaired the event. Linda Riley from Skagit provided know-how and a “play book”. (guidelines on running an event) The event went well, making money was not a priority but we did show a profit. The prizes and food were great. However, we filled all the available parking. We may need to hold it at Les Hilde if we repeat the event. It was suggested that we charge more for the dinner next time. Roger E suggested maybe two rides a year.

**Microphone and projector purchase:** Board presentations: The current microphone used for zoom meetings is not satisfactory, Joe had researched one that will work. Also- we need an updated projector for presentations. Our old projectors are outdated. We can purchase a microphone for \$250 and a projector for \$250. At the board meeting Bill moved we purchase the items, Sharon seconded- motion passed by the board. It then needed to be ratified by the general membership. Bill moved for ratification; Kathy A. seconded- ratification passed.

**Elections:** A statement from our state president was read. We need a minimum of the following four officers to maintain the chapter- director, president, secretary, treasurer. Without these the chapter will have to be dissolved. We can add officers as needed. Cindy P, Geri S., and Roger E volunteered to be on an election committee. They will contact members and come up with a slate.

#### **Directors**

**Wine Ride:** Bill M. it will be in Zillah on Oct 28. We need 5-6 volunteers but we can use more. Bill & Michelle M., Cindy P., Verna and Andy M., Joe R. are volunteering again. It is one of our state’s biggest fund-raisers. It is a profit-sharing event, so our volunteers earn money for our chapter. It may be the last one held however due to county ordinances. Volunteers sign up through BCHW.

**Check issues:** Joe- at the state level there was one bounced check. They were given the opportunity to pay with a cashier’s check, then were turned over to collection.

**Rendezvous:** Joe R- It will be held in March in Ellensburg. The state is looking for people to present programs. Everything is free except for the dinner. Whatcom chapter usually gets 2 tables but folks need to purchase dinner tickets early. We need a kid program at rendezvous. State now has an online youth program. Last year we brought in over \$20,000 at the tack sale. There is also an annual membership meeting with awards on Sunday.

*(continue on Page 4)*

**Treasurer:** Tim V.- Tim gave account balances. (balances available to members on request) We made \$90 profit on the fall ride. We are financially in good shape but will eventually need some fundraisers.

**Volunteer hrs.:** Verna- we had 216 hrs. for Sept.

**Trailheads**

**Saxon:** Andy- a section of trail that was worked on previously needs to be checked out. Andy, Tim, and Russ Pfeiffer-Hoyt will walk in on Nov 9<sup>th</sup> to check it out.

**Olsen Creek (Y Rd)** Sharon H. The new trails are awesome. They are much easier on horses. Trouble spots, such as too wet or steep have been corrected. Just about 100% positive comments from the users. We are going to be called on to set up signage. Parking is an issue but it is being worked on. Tim: Phase two will include more parking but it is years down the road.

**Clinic available:** Roger E. -Butler Hill Equestrian Center holds clinics through -out the year. They have an excellent one on mounted self-defense. (SH- check out their website) They are an example of what we could hold.

**Vedder:** Joe- he reached out to Debbie Lagerwey about a container to be placed at Church Camp for our equipment. He recommended a 40 ft container as the best buy. Delivered it is about \$3000. Bill recommended insulated. The board will decide.

**Calendars:** Bill- has calendars available

**Christmas Party:** Verna- she has asked some members individually on suggestions. A common recommendation is to hold it earlier in the day (daylight is the issue) and within Whatcom County. Skagit is also in favor of each chapter holding our own event. Verna would like someone else to chair the event.

Meeting adjourned at 8:19 Sharon Hoofnagle secretary

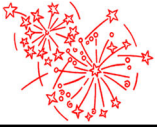
**Whatcom CONSERVATION DISTRICT**

**Enjoying the dry season? Become mud-free all year!**

**Small Farm Rebate Program:**  
 Receive up to \$300 back on your purchase of gutters, footing material, or fencing to reduce mud. Contact Whatcom CD today to find out how: [www.whatcomcd.org/financial-assistance](http://www.whatcomcd.org/financial-assistance).

Photo Credit: Gabriella Mednick

May'23--April'24



# CALENDAR



**Oct 30, 2023**----**board meeting** at Roundtable Pizza on Sunset Dr. Bellingham, dinner at 6pm, meeting at 7pm--8:30pm and also by zoom

**Nov 8, 2023**——**general meeting**, at Laurel Grange, social at 6:30pm and meeting at 7pm. **Guest speaker—DNR. Elections!**

**2023 COMMITTEE CHAIRS:**

**Legislative:**  
Bill McKenna  
360-599-2526

**Leave No Trace**  
Bill McKenna  
360-599-2526

**Programs**  
Sharon Hoofnagle  
360-7344258

**Public lands committee**  
Tim Van Beek  
360-472-5449

**Membership committee**  
Cindy Piccolo  
360-961-4839

**Sunshine**  
Michelle McKenna  
360-599-2526

**Volunteer Hours**  
Verna McLeod  
360-595-2744

**Ways and Means committee**  
Tim Van Beek  
360-472-5449

**Volunteer hours for September 2023—**  
**basic—37.5, skilled—76.5, travel—72, admin—30.75, for a total of 216.25 hrs.**

- Amanda Curtis
- Andy McLeod
- Bill McKenna
- Bob Rathjen
- Camden Stremmer
- Cathy Rathjen
- Diane Kimker
- Easton Stremmer
- Fran Van Diest
- Joe Remenar
- Letitia Wheeler-nm
- Melinda Smull
- Robbie Harris
- Rocky Leavitt
- Roger Edmonds
- Roger Nelson
- Sharon Hoofnagle
- Shirley Todhunter
- Terry DeBruin--nm
- Tim Van Beek
- Verna McLeod
- Vince Stremmer



**FOR SALE**

I am selling my registered paint gelding. Milo. Trail horse. 18 years old. Lots of miles. Approx 15 hands. \$4500.  
Don Pullar  
[donpullar@gmail.com](mailto:donpullar@gmail.com)>



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<http://www.whatcom-bch.com/>

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325 W Laurel Rd., Bellingham 360/398-1216  
\* 360/398-8050 fax  
Hours: Mon– Fri: 8:30am. to 7 pm; Sat:  
8:30am.to 6:00 pm. and Sun 9 am. to 5 pm.

Salmon Ride, September 30, 2023 at Bryce Creek Horse camp pictures.



**NON  
4  
MEMBERSHIP  
APPLICATION  
NO-1**

**Come Join Us!**

**Go to BCHW.org and join or renew online.** If online is not an option, please fill out this paper application and sign, (all members **18 and over must sign**) enclose your cash or check made out to BCHW.

Mail to:

**BCHW Membership Chair**  
**11404 210<sup>th</sup> Ave Ct E**  
**Bonney Lake, WA 98391**



**Member Info**

**Check One:**  New Member       Renewal       Secondary Chapter Application Only

Adult's name(s): \_\_\_\_\_

Children's name(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Legislative district (if known): \_\_\_\_\_ County: \_\_\_\_\_

**BCHW Newsletters: Two Trailhead Newsletters will be mailed out per year, the other 4 are digital.**

**All 6 newsletters are viewable online at BCHW.org Our Turnpike emailed newsletters go out 6 times a year.**

STATE MEMBERSHIP			CHAPTER MEMBERSHIP									
<b>Basic Memberships</b>			All chapter members must also be a member of BCHW. However, BCHW dues only need to be paid <b>once</b> each year. Joining additional (secondary) chapters only requires paying chapter dues.									
<input type="checkbox"/>	Single	\$41.00	Chapter Name: <b>Whatcom Co.</b>									
<input type="checkbox"/>	Family	\$54.00										
<b>Levels below include Single and Family</b>			If joining a secondary Chapter, provide the Chapter name where BCHW State dues were paid:									
<input type="checkbox"/>	Contributing	\$75.00	<table border="1"> <tr> <td><b>Chapter Dues</b></td> <td><b>\$10.00</b></td> </tr> <tr> <td><i>Please consider making a Chapter donation:</i></td> <td>\$</td> </tr> <tr> <td><i>Chapter Subtotal</i></td> <td>\$</td> </tr> <tr> <td><b>Grand Total (State+Chapter)</b></td> <td>\$</td> </tr> </table>		<b>Chapter Dues</b>	<b>\$10.00</b>	<i>Please consider making a Chapter donation:</i>	\$	<i>Chapter Subtotal</i>	\$	<b>Grand Total (State+Chapter)</b>	\$
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<i>Please consider making a Chapter donation:</i>	\$											
<i>Chapter Subtotal</i>	\$											
<b>Grand Total (State+Chapter)</b>	\$											
<input type="checkbox"/>	Sustaining	\$125.00										
<input type="checkbox"/>	Patron	\$250.00										
<input type="checkbox"/>	Benefactor	\$500.00										
<input type="checkbox"/>	Lifetime (Single)	\$1200.00										
<input type="checkbox"/>	Lifetime (Family of 2)	\$2000.00										
<i>Please consider making a State donation:</i>		\$										
<i>State Subtotal</i>		\$										

**NOTICES**

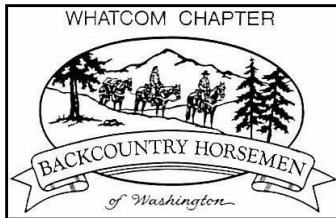
**By signing this membership application, you will agree to the terms of our Liability Release. You can read it on our website at bchw.org, under the Join tab. You also agree to receive notices from BCHW/BCHA by electronic transmission at the above email address.**

Back Country Horsemen of Washington (BCHW) is a public charity as defined in Internal Revenue Code Section 501(c) (3). Accordingly, membership dues paid to BCHW may be treated as deductions characterized as "charitable contributions" when computing federal and state income tax obligations.

**Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_



Fran Van Diest  
WBCH Newsletter Editor  
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Bellingham, WA 98226  
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Check out the BCHW  
Website at:  
<http://www.bchw.org>



*Next*  
*Whatcom Chapter Backcountry Horsemen*

*Meeting:*  
**General Meeting:**  
**November 8, 2023**

**Laurel Grange Hall,  
6172 Guide Meridian, Lynden WA 97264**

**6:30 social, meeting 7pm to 8:30pm**

