

Meanderings

of the Cascade Horse Club
a chapter of BCH



February 2012

FROM OUR PRESIDENT

I hope that many of you will find the time to spend some time at the 2012 BCHW Rendezvous and general membership meeting. There will be plenty of activities to keep you busy for an afternoon, the day or the weekend. It is a good time to connect with old friends, make new ones, talk over the spring riding you are looking forward to, and in general have a good time

Help Wanted

Your help is needed to keep CHC running smoothly. As in the past we have a few people who work tirelessly keeping this chapter up and running. They are asking for your help in the following areas:

Phone committee; no need to go out in the cold to help with this one. Volunteer to once a month to help with the reminder calls. Dorothy gathers and supplies you with the information; you need to make a few phone calls to members reminding them of the activities of the coming weeks.

Legislative contact; BCHW regularly sends out e-mails on current legislative issues. After reviewing the memos, pass them on to members when necessary.

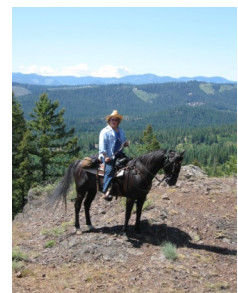
PR; Do you have a flair for writing or always wanted to be a reporter Here is the perfect opportunity to fulfill that long ago dream. An occasional article for the State newsmagazine, The Trail Head News, something for the local newspaper is what we are looking for. Help get the CHC activities out to the public.

CHC Board Position; One position is open. The Board meets once a month to review the business that will be addressed at the next business meeting.

Prize Ride; We have a chair for this committee but Wendy is looking for help with setting the trail, working the stations, contacting merchants for prizes, registration and Dorothy will be looking for help with the lunch.

If you think any of these jobs would work in your busy schedule please contact any of the current officers. Cascade Horse Club will appreciate your support.

Barbara V.





2012 DESSERT AUCTION

HOSTED BY

CASCADE HORSE CLUB

CHAPTER OF BACKCOUNTRY HORSEMEN OF WASHINGTON

SATURDAY, MARCH 10, 2012

6:30 PM

LAKE STEVENS COMMUNITY CENTER

NE 1808 MAIN STREET

NEXT TO THE LIBRARY

AN EVENING OF FUN, FABULOUS DESSERTS FROM THE DECADENT CAKES TO LUSCIOUS PIES, AND CHOCOLATE OF COURSE !

ADDED BONUS: COWBOY POETRY!

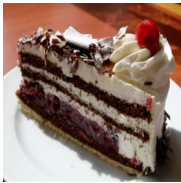
FOR MORE INFORMATION CONTACT:

BARBARA V 425 334 6010 DUNERYDR2@AOL.COM

BARBARA W 360 435 6923 BOOBAA@FRONTIER.COM

NIKKI 206-817-3459 NJUTTE@MSN.COM

PIPER 425-210-9711 PIPERF8@AOL.COM



Need Donations for the 2012 Dessert Auction

Hosted by

Cascade Horse Club
Saturday, March 10, 2012 6:30 pm



Please let Nikki know what you will bring or donation you can get from a local bakery etc.

Need pies, cookies, cakes etc for the auction or anything other donation that can be auctioned off.

FINAL-1-26-2012

2012 BCHW Rendezvous General Schedule of Events

Thursday, March 15, 2012

Time	Event	Location
2:00 PM to 5:00 PM	Camping Open	RV Parking Area
5:00 PM to 9:00 PM	Vendor Areas Set Up	Umtanum and Manastash

Friday, March 16, 2012

Time	Event	Location
8:00 AM to 5:00 PM	Registration and RV camping open	Manastash
8:00 AM to 6:00 PM	Vendor Areas Open	Umtanum and Manastash
11:00 AM to 5:00 PM	Wine Tasting Venue	Manastash
5:00 PM to 7:00 PM	Pot Luck Dinner <i>Potluck items available to purchase on-site</i>	Teaway <i>from Cascade Mountain Grilling</i>
7:00 PM to 9:00 PM	BCHW Board Meeting	Western Village Dance Hall

Saturday, March 17, 2012

Time	Event	Location
6:30 AM to 8:00 AM	Breakfast Cascade Mountain Grill	Teaway
8:00 AM to 5:00 PM	Registration and RV camping open	Manastash
8:00 AM to 5:00 PM	Vendor Areas Open	Umtanum and Manastash
9:00 AM to Noon	BCHW Annual Meeting & Awards	Teaway
Noon to 1:00 PM	Lunch Cascade Mountain Grilling	Teaway
Noon to 4:00 PM	Wine Tasting Venue	Manastash
4:00 PM to 5:30 PM	Social Time	Teaway
4:00 PM-Close	Bucket Raffle & Silent Auction	Umtanum
5:30 PM to 7:00 PM	BCHW Annual Banquet	Teaway
7:00 PM to 9:00 PM	Live Auction	Teaway
9:00 PM to Midnight	Dance to "Night Riders"	Teaway

Personal Perspective: Lyme disease is a threat on Grays Harbor

By Dan Boeholt

When in the outdoors, it's not just the big bears, cougars and soon-to-be wolves that we need to be concerned about — it's the little ticks carrying Lyme disease that can be just as threatening.

Yes, Lyme disease is here in our backyards, not only in the wilds, and it is not just an East Coast problem as many of us have been led to believe, including doctors and the Washington State Health Department.

I was bitten by a tick 20 years ago in the Lake Quinault area as I archery hunted and harvested an elk.

In the prior 20 years of hunting, I had seen five or six ticks at the most on a deer or elk. This one had over 100 ticks on it – just crawling on its neck especially. I killed as many as I could find with a pair of pliers before I started dressing it out. Halfway through the process, a searing pain in my right forearm caused me to swipe quickly at the site. As I swiped this small black spot away, I wondered “what was that?” The thought of a tick crossed my mind.

Two days later, as the bite location swelled up to the size of a silver dollar, I called the Aberdeen Health Department office and was told “we don't have Lyme here and even if it was a tick with Lyme, it has to be in you for 24 hours before it transmits the disease.” I've since learned neither of these is true. The state health department now recognizes Lyme disease is here. They've been contracting with Washington Department of Fish & Wildlife to collect ticks from the field and some have tested positive.

Not just ticks

It's not just ticks to be concerned about – Lyme is also believed to be found in lice, fleas, biting flies and spiders. If that's not bad enough, you almost always get a co-infection at the same time. The most common ones are Bartonella (also known as Cat Scratch Fever), Babesia, Ehrlichia and Mycoplasma, which is the one that I just recently discovered I had in addition to my bout with Lyme.

Symptoms

My first symptoms started four months after my bite with numbness in my fingers, loss of balance, lack of energy, fevers and brain fog. My doctor feared it was multiple sclerosis – the test came back negative.

Lyme disease is called “The Great Imitator.” It mimics over 300 disorders, including Parkinsons, Rheumatoid Arthritis and other misdiagnosed Autoimmune Disorders.

As my symptoms continued to get worse over 19 years of seeing doctors from Aberdeen to Seattle and back again, I was barely able to walk before I was correctly diagnosed.

I had a barrage of tests, tortures and misdiagnoses, including psychiatric exams because doctors all thought it was in my head – they were both wrong and right. Lyme is throughout your body. It starts in the blood stream and, over time, the spirochetes (the little spiral-shaped worms that carries the disease) start burrowing into your muscles, bones and end up in your brain.

Most people don't even know they've been bit because the tick can be so small – some the size of a pencil point. The bulls-eye rash that is a key indicator shows up in less than 50 percent of those bitten; I did not have one. So if most people don't know they've been bit and the doctors aren't looking for it, you can go misdiagnosed for years.

Cont from Pg. 4

Personal Perspective: Lyme disease is a threat on Grays Harbor

By Dan Boeholt

Detection/Treatment

It's extremely difficult to get an accurate test result, unless your blood test is sent to the best recognized lab for Lyme — Igenex — in California. I had the standard Western Blot test done by two different local labs that came back negative before my Igenex test came back double positive.

When I heard my diagnosis was Lyme I exclaimed "Alright, finally I know what it is!" Then as I learned how difficult it is to treat, I thought "Oh crap!"

Early detection is the key for a cure.

Antibiotics can be effective if used in the first few months. The longer you have it the more difficult it is to treat. Many doctors treat their patients with various combinations of antibiotics — oral and IV.

The Lyme specialist I saw in Seattle told me it would take at least three years of multiple antibiotics to treat me, hoping not to put me in the hospital more than twice. If the treatments don't cure me, it would give me quality of life.

After doing a lot of research, I read about a Rife machine that treats many diseases with Electromagnetic Frequency Waves and it has been successful with Lyme disease. This machine is used world-wide by doctors, except in the United States where it has not yet been approved for treatment.

However, individuals can purchase Rife machines for self treatment. With continued research, I learned of new treatments that use Ozone, Hydrogen Peroxide and Colloidal Silver. I chose this last option and had treatment in a clinic in Arizona last spring.

On returning home, I purchased a Rife machine and continue with my treatment. The discovery of the Mycoplasma co-infection bug last fall, using the Rife, made for a huge improvement in my health for a while. It's still a roller coaster ride as I continue to manage Lyme and search for other co-infections as well.

What you don't know — or see — can hurt you!

Dan Boeholt lives in Aberdeen and is an avid outdoorsman. He can be reached at 360-532-7046 for further information on Lyme.

A reminder to all recreational users of the Pilchuck Tree Farm to review the Rules and Responsibilities on the Pilchuck Recreation Association

Website: <http://pilchuckra.org>

Due to complaints of many loose and out of control dogs in the parking lots, we ask that you keep your dogs in your vehicle/trailer until you are ready to leave the parking lot, and return them to your vehicle/trailer upon you return.

**Scott B
PRA**

CASCADE HORSE CLUB NEEDS YOUR HELP

Can't make it to week night meetings? How about supporting with the telephone committee? Dorothy and her calling committee do a good job keeping the members updated on CHC activities and last minute changes. Calling 5-8 members once or twice a week is what is needed.

Really good view of toxic weeds in pastures

Pasture Weeds: Most Toxic to Horses

Video:

Poison hemlock, cocklebur, Johnsongrass, and common ragweed can all be poisonous to horses under the right conditions. Dr. William Witt of the University of Kentucky discusses these weeds.

<http://www.thehorse.com/Video.aspx?n=pasture-weeds-most-toxic-to-horses&vID=419>



FOR SALE

16" CRATES TRAIL SADDLE #2172

This saddle weighs about 26 pounds, made on the "Equi-Fit" tree, with Quarterhorse bars. Matching Flank Set. Both with brass hardware, breast collar included it has stainless steel hardware. Shaped fenders designed for a wide range of length adjustment. \$500.00



Contact Jenny McCall

360-568-2045

425-327-1375

jenny.mccall2@frontier.com



Ride Hours Challenge

We are collecting ride hours from November 2011 to October 2012.

Kathy Marcey is collecting the hours, email her at kmarcey61@hotmail.com or call 425-308-1483

Connie Shane 33.5

Marlene Holl 22.25

Mel V 17

Deadline for submitting the hours to Kathy is the 20th of each month to make it into the newsletter.



The USFS website for Trails Classification is now at

<http://www.fs.fed.us/recreation/programs/trail-management/trail-fundamentals/>

BCHA has been modernizing their web site. One of the new editions is a bulletin board for members. Not much on it yet, but if we join there will be. www.backcountryhorse.com
The bulletin board:

<http://backcountryhorse.com/phpbb/index.php>

ARLINGTON HARDWARE & LUMBER INC.
215 N. OLYMPIC AVE.
ARLINGTON, WA 98223
360-436-9523 FAX 436-1134
TAYLOR JONES
GENERAL MANAGER
WE ARE AN ACE HARDWARE
IF WE DON'T HAVE IT CHANCES ARE YOU DON'T NEED IT!

www.TrailMeister.com

TrailMeister is "The Rider's Resource" with free trail maps, clear and accurate camp, trailhead, and driving directions. All trail information is validated by "hoof on the trail" and by land managers and trail user groups.

Blue Moon Memories
photography

photography by Lynda Nurgan
(425) 334-9598
bluemoonmemoriesphotography.com

CHRIS TORNOW
SADDLEMAKER
Specializing in equipment for the
Backcountry Horseman!
(360) 435-3889
P.O. Box 364 ARLINGTON, WA 98223

The Bony Pony in Mount Vernon has a club incentive program. When you purchase any items at regular price let the cashier know that you are with Cascade Horse Club. They will include your purchase with CHC. At the end of each year, The Bony Pony will allow CHC a credit of 10% of the years' totals tallied. Make sure that they know you are with CHC!!!!

Join BCHWS Groups at Yahoo. Get new information on Legislation, trail openings and closures and other topics of interest. You do not have to have Yahoo e-mail to be in this group. BCHWS members statewide are using it.

Meanderings is now available at our web site

<http://www.cascadehorseclub.org>

The club newsletter will be available to the general public

Volunteer Hours

Sue Ward will be tracking the clubs volunteer hours for 2010. It is important for everyone to keep track of volunteer hours - they can download a form from the CHC or BCHW web sites or ask to be sent one. Every hour counts - not just trail clearing - again, the web sites and the form will tell everyone what counts. If there are any questions, you can e-mail her at volunteerhours@cascadehorseclub.org or you can log onto <http://www.cascadehorseclub.org> and print out your own forms



2011 Officers, Board & Chairpersons

President

Barbara Vache' dunerydr2@aol.com

Vice-President

Wendy Kondo kondqueen@windermere.com

Secretary/Treasurer

Piper Fecht piperf8@aol.com

BCHW Director

John Scherrer bscherrer6@aol.com

Alt . BCHW Director

Open at this time

Legislative Chair

Adam Farnham engineerd.adam@gmail.com

LNT Director

Jenny McCall Jnt@cascadehorseclub.org

Phone Committee

Dorothy Aalseth ephone@cascadehorseclub.org

Volunteer Hours

Sue Ward volunteerhours@cascadehorseclub.org

Newsletter Editor

Jenny McCall 360-568-2045 or
jenny.mccall2@frontier.com

Board

Derek Fecht

Barbara Scherrer

All Board Members

Board@cascadehorseclub.org

Wendy Kondo, GRI

Over 20+ years of experience
in creative and successful
marketing and sales
in Snohomish County.

My specialty is listening to
YOUR needs and attaining
YOUR goals.

Whether buying or selling
I will customize my services
to your individual
equestrian lifestyle.

425.478.9789

www.wendykondo.com




Windermere

For Sale

Big Horn saddle

donated to CHC by member Janice Boggs

Black leather front and jockey

Cordura Nylon skirts, fenders, and housing

fiberglass tree

16 inch seat

FQH bars

Nearly new in excellent condition with cool back
black pad

list price new \$795.00 Selling for \$400.00

Contact: Barbara Vaché 425 334 6010

dunerydr2@aol.com



Mark
Your
Calendar

2012

February 2012

Tues 14th CHC Business Mtg. Lk. Stevens Community Center 7 pm

Sat 25th Day Ride Lords Hill/Redmond Water Shed
TB: Wendy Kondo

Sunday 26th 4H Annual Tack Sale—Consignment Sat. 25th

March 2012

Sat 10th CHC Annual Dessert Auction

Tues 13th CHC Business Mtg. Lk. Stevens Community Center 7 pm

Fri—Sun 16th, 17th, 18th BCHW Rendezvous

Sat 24th Cinnamon Roll Ride TB: Barbara V/Piper

April 2012

Sat 7th Work Party PTF Victoria Trac
Contact Scott Bauer 360-435-6923

Tues 10th CHC Business Mtg. Lk. Stevens Community Center 7 pm

Sat 14th Mann Road Work Party TB: Jenny McCall
360-568-2045 or 425-327-1375
jenny.mccall2@frontier.com

Sat & Sun 14th/15th Chili Ride @ Silver Ridge Ranch
TB: Derek Fecht 425-210-9711 or fletchf8@aol.com

Sat 21st Blanchard Mtn. Lilly/Lizard Lakes TB: Mel Van Nieuwenhuise 206-948-6456 or 425-788-2084

Sat & Sun 21st/22nd Burke Lake w/Trailduster Chapter, more info in March 2010 newsletter.

Newsletter

Items for the following months newsletter needs to be submitted by the 25th of the current month. Later submissions may not be published in the current newsletter!

Please submit all copy to Jenny McCall
P. O. Box 1359 Lake Stevens, WA 98258
or by e-mail at:
jenny.mccall2@frontier.com



Advertising

Handled by Jenny McCall at P. O. Box 1359,
Lake Stevens, 98258
or by e-mail jenny.mccall2@frontier.com

Ad Rates

Per issue rates dropped due to monthly publication of newsletter

- 1 Page @ \$15.00 per issue / \$150.00 per year
- 1/2 Page @ \$8 per issue / \$80 per year
- 1/4 Page @ \$5 per issue / \$55 per year
- Business Card @ \$3 per issue / \$30 per year
- Classifieds (non-member) @ \$3 per issue
- Classifieds for members FREE



N O R T H W E S T E R N
 S W E D I S H
 P A T R I A R C H
 A S S O C I A T I O N

Come Join Us!

To join BCHW, complete this application, sign the liability release (all members 18 and over), and enclose payment:

- Make Checks Payable to: **Cascade Horse Club**
- Mail Payment to: P O Box 1359, Lake Stevens WA 98258



Member Info

New Member Renewal – Membership number(s): _____

Adult's name(s): _____

Children's name(s): _____

Address: _____

City: _____ ST: _____ Zip: _____

County: _____ E-mail: _____

Legislative district (if known): _____ Phone #: _____

A - STATE MEMBERSHIP

Basic Membership

- Single \$36.00
- Family \$49.00

Optional Membership (includes family or single from above)

- Contributing \$65.00
- Sustaining \$100.00
- Patron \$250.00
- Benefactor \$500.00
- Lifetime (Single) \$1200.00

State dues paid online (attach receipt copy)

Additional State Donation \$ _____

Subtotal A \$ _____

B - CHAPTER MEMBERSHIP

If State Dues paid through another Chapter, please indicate which chapter in this box.

Cascade Horse Club
Chapter Dues \$ 10.00

Additional Chapter Donation \$ _____

Subtotal B \$ _____

Grand Total (A+B) \$ _____

LIABILITY RELEASE & NOTICES

All ADULT members MUST sign! Adult's signature covers minor children.

Recognizing the fact that there is a potential for an accident wherever horse use is involved, which can cause injuries to horses, riders, and spectators, and also recognizing the fact that Backcountry Horsemen of Washington, Inc., including Chapters, officers, directors, or members, cannot always know the condition of trails or the experience levels of riders or horses taking part in trail rides or other BCHW events, I do hereby release and hold harmless the above named from any claim or right for damages which might occur to me, my minor children, or horses.

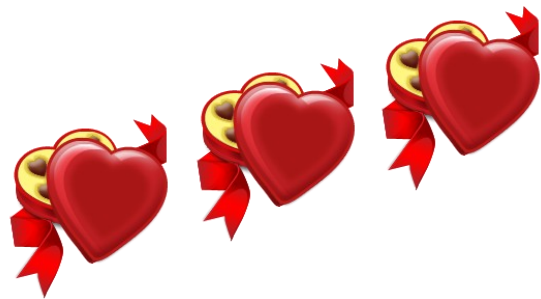
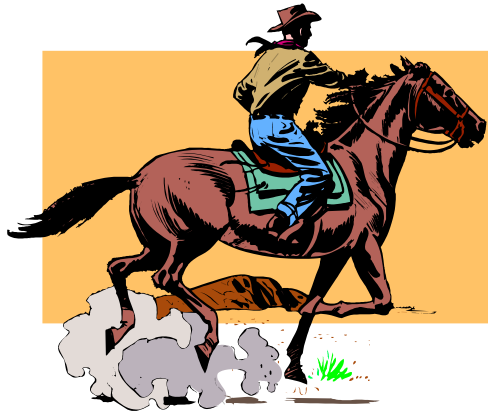
Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Backcountry 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.

Next Meeting:
Tuesday, March 13, 2012
Meeting 7:00 PM at
Lake Stevens Community Center
Lake Stevens
Come on down and join the fun!



Cascade Horse Club Chapter
Backcountry Horsemen of Washington State
P. O. Box 1359
Lake Stevens, WA 98258

