

**NEXT RIDES
(SEE P. 5):**

**Saturday, June 6:
National Trails Day
Event**

**Thur-Saturday:
June 18-21:
Bryce canyon Ride**

**NEXT
MEETING:**

Thursday, June 11

**THANK YOU
TO**

**DORIS RICH-
ARDS (PORTE
R ROCKWELL
SERVICE
PROJECT)**

**STEVE JOHN-
SON (THIS
MONTH'S
RIDE)**

**INSIDE THIS
ISSUE:**

Porter Rockwell Cleanup	2
Minutes for May	
Sheep Creek	3
Dehydration	4
Ride Schedule	5
Letters needed!	6
Volunteer Corner	
USU	7
Cowboy Poetry	



Mountain Ridge

Back Country Horsemen of Utah

P R E S I D E N T ' S M E S S A G E



Ray Smith and Jethro at Sheep Creek

tion until you are exposed to it and see that it can be handled.

I had the opportunity to visit with Ron Caldwell a day or two after the ride and he informed me that he almost lost his horse Saturday night from dehydration. He told me that his horse did not drink anything before coming on our ride and then refused to drink anything at our rest stops where we had water available. Maybe his horse was uncomfortable around the large group or some other reason. It became a serious situation for Ron who had to go to Salina Saturday night after our ride and ended up spending the whole night trying to put water and electrolytes into his horse. Ron was able to get her up and gently bring her back to Salt Lake, but his plight made me realize the seriousness of being well hydrated for both the horse and rider. With hot weather coming on we need to make sure that when we ride our horses we have access to water during the day.

Now that the cold weather is behind us, we can really get out and see some of this great state we live in, and try out a few new trails. We had another great ride at Sheep Creek up Spanish Fork Canyon and the turn out was great. We had about 35 riders and all but a few were from our Mountain Ridge unit. It was a warm, but pleasant day and if your horse does not like large groups this was the ride for you to get them used to this group discipline. Your horse and yourself will never get over the discomfort of a situa-

I along with Steve Johnson, Paul and Kathy Kern and members of our Families had the opportunity to ride along with the Gunnison Valley Wagon Train. We were treated to a great dutch oven dinner with stories from some of the old timers from the area along with singing and cowboy poetry with our own Paul Kern taking a turn at the microphone. We had a great time and a slow leisurely ride of about 10 and a half miles. We need to take these opportunities when they come up because these are the memories that will last.

May your trails be clear and your vistas captivating. Ray Smith

ANNUAL PORTER ROCKWELL TRAIL PROJECT

Because of the scheduled Sheep Creek trail ride, we combined our annual Sandy Pride Day cleanup of the Porter Rockwell (UTA) trail with our monthly meeting. 14 people met at Scott and Doris Richards' home, then travelled to various points along this urban equestrian trail to move deadfall, prune, pick up trash, chop out thistle plants and generally make the trail more accessible to all users. 30 total work hours went into this project, which keeps our presence within the Salt Lake Valley developed area. Thanks to everyone who helped!



Keide Prior, Becky Rook, Fred Leslie, Stephanie Yeager

MINUTES OF THE MAY MEETING

Minutes for BCH Mountain Ridge Chapter held on May 14th 2009 at Doris Richards House started about 7:10 pm.

Leave NO Trace Training was mentioned with the deadline for the June training session at the Deer Springs Ranch of May 18th. Paula Hill and Paul Kern are still scheduled to be our trainees for leave Leave No Trace at the August 7-9 training at Hardware Ranch. Mountain Ridge Chapter will be paying the registration fee for both of these people.

The Pony Express Club has expressed an interest in gaining more members and will be having a number of activities in the up-coming months to commemorate the Pony Express.

It was mentioned that Corner Canyon will be somewhat closed to equestrian use on Monday, May 25th, Memorial Day, because of a bike race. Horse riders should be advised to use other trails that day if they feel a need to ride Corner Canyon.

We had short reports on the Look-out Pass Ride where we saw a band of wild horses and the Puddle Valley Ride and Clinic where it rained and snowed, but quite a number of members showed up anyway and had a great time and barbeque.

Due to the politics of the water company in Corner Canyon some of the rules will probably be changing. We will try to stay up with the current rules for equestrian use.

Ray received a letter from the Mountain Springs Heritage Festival which will be held June 12-13, 2009 near Coleville, Utah. They will be having a wagon train that will start at Echo Canyon on Friday and will camp in Coleville and then continue the ride to Wanship on Saturday. Any of those interested in the ride can contact Ray Smith for more details or a copy of the flyer.

Several members of Mountain Ridge will be going to the wagon train ride in Gunnison, Utah on May 22-23, 2009.

Our June breakfast and obstacle course will be held at Dimple Dell Amphitheater with Stephanie Yeager being in charge of the obstacle course and Keith and Helen Christensen will be cooking our breakfast. Stephanie indicated that she could still use a couple of people to help as judges if they will not be riding the course.

Doris Richards handed out trash bags and assigned the 12 members that showed up to the meeting to different areas of the Porter Rockwell Trail and we dismissed at that point to clean up the trail. Doris provided fresh homemade chocolate chip cookies and Ray brought sodas and water that were left over from the Puddle Valley Ride. We finished the activity about 9:00 pm.

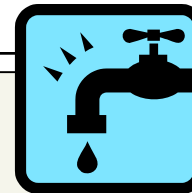
SHEEP CREEK, MAY 16



More Picts available on the [Snapfish](#) site. Email cfurse@ece.utah.edu



DEHYDRATION AND HORSES



It's summer in Utah. Our horses are working, sweating, and losing water on a continual basis, particularly during exercise. Horses require 5-15 gallons of water a day, and normally drink only 2-3 gallons at a time, or less. So even if your horse drinks well at a couple of rest stops, he may still get dehydrated on the ride. Dehydration is measured by a percentage of body weight lost in the form of missing fluid. Horses generally cope relatively well with fluid loss and many will tolerate up to 5% dehydration before starting to show any signs. The first sign to notice is that your horse no longer pees, or when he does, it is less quantity and more concentrated (darker yellow) than usual.

PINCH TEST

As your horse gets dehydrated, the skin may become less elastic. Pull up a loose fold of skin on your horse's neck. If the skin flattens back into place when you let it go in less than a second, the horse is fine. If it doesn't, it means the horse is getting dehydrated. The longer the skin stays pinched up, the more dehydrated he is.

CAPILLARY REFILL TEST

Another test that is helpful is the capillary refill test. Part the horse's lips to expose the gums. If you press gently and briefly on the upper jaw with your thumb you will see the blood is forced from the gum, leaving a white or gray spot. Count how long it takes for the gum to return to its normal color. If it is longer than 2 seconds your horse may be either dehydrated, have a circulatory problem, or be going into shock.

HEART RATE

As the horse becomes more dehydrated, his heart rate may rise,

because less fluid means less blood, and the heart must pump what blood there is faster to keep up with the demand for oxygen.

As dehydration progresses, the horse's performance will decrease, he will have a harder time keeping up with the other horses, may stumble, and may become more lethargic. Exhaustion and collapse may follow.

GETTING YOUR HORSE TO DRINK

Getting your horse to drink on the trail is important to keep him from getting dehydrated, however this can be harder than it seems. We've all heard the old adage: 'You can lead a horse to water, but you can't make him drink.' that surely represents the frustration our forebears experienced with their equine transportation!

Encourage your horse to drink before he gets dehydrated, even if he doesn't act ravenously thirsty when you get to water. Some horses are finicky about strange water, water that is or isn't flowing, stream banks, etc. Many are more excited about the other horses around them than the water, perhaps fearing they will be left behind if they stop to drink.

Some suggestions are to ask the rider(s) in front of you to turn their horses to face yours after crossing a stream, and wait patiently for yours to drink. If others are pushing you from behind, you may have to move to the side to make room for others, or perhaps cross over the stream with your horse and then turn to drink. Then when your horse has had a drink, turn and face the next rider(s), so their horses

will also drink. Remember that even if your horse has a long, satisfying drink, he is unlikely to have drunk more than 2-3 gallons, and more water will be needed later. Allow and encourage your horse to drink often.

Obviously, a dehydrated horse needs to drink immediately. Particularly if he got dehydrated quickly (a strenuous trail on a hot day), his body may not signal him that it is thirsty before he is already badly dehydrated. Replacing lost electrolytes with a syringe-administered supplement is common practice in endurance competition. Besides balancing the body's electrolytes, this makes the horse thirsty, and encourages drinking. Many endurance riders carry a syringe of electrolytes with them, which might not be a bad idea if your horse is prone to getting dehydrated. Consult your veterinarian on the proper use of electrolytes, because you can also hurt your horse by incorrect or excessive use.

Another suggestion from Michigan State Extension is : Dissolve 1/4 cup of table salt, in about 6 ounces of hot tap water, let cool slightly, and syringe the salt water into the horse's mouth.....the horse will be drinking within 10-20 minutes . Stand by and be prepared to refill the bucket for a good long time, as this concoction will make him very thirsty.

HOW MUCH WATER IS TOO MUCH?

I looked all over the internet for this answer, and it seemed that short of extreme competition sports like racing, you can generally let your horse drink all of the water (even cold water) he wants during or after a ride.

MOUNTAIN RIDGE BCH 2009 SCHEDULE



Cow Pokes new Bryce Canyon — Ride it Again June 18-21

Saturday, June 6: National Trails

Day Event — Monthly ride, Mt Ridge Breakfast/Trail Riding obstacle course and competition, Dimple Dell Amphitheater, info Keith Christiansen 571-6129

Free breakfast 8:30-9:30

Saddle up 9:30—10

Obstacle Course 10—12

If you are helping Stephanie set up the course, please meet at 8:00 at the amphitheater parking lot.

Thursday, June 11: Monthly meeting, 7 pm, race track bldg, SL Equestrian Center

Thur-Saturday: June 18-21:

Monthly ride and campout, near Bryce Canyon, camp at Ray Smith Property, Info, Ray Smith, 969-0758, rayscki@yahoo.com

Ray will send an email with directions. If you don't receive email, call Ray, and he will give you directions. There are 5 bunks left available for women in the bunk house. If you would like one, contact Ray to be sure they are still available. Contribution is

\$10/day to cover the expenses of turning on the water and electric.

We will ride Friday and Saturday. Be ready to ride at 10.

Thursday, July 9: Monthly meeting, 7 pm, race track bldg, SL Equestrian Center

Fri-Saturday, July 10-11: Service Project, Current Creek State BCHU Service Project. Paula Hill, trail boss, details www.bchu.com

Saturday, July 18: Monthly ride, Bench Creek, South of Woodland, info Steve Johnson, 801-541-6008

Thur-Saturday, July 23-26:

Monthly ride and campout, Island Park, ID, Paul Kern Property (Rides of 12 & 20 miles; not for the faint of heart), info Paul Kern, 942-8928 kernpr@gmail.com

Fit horses will be needed, at least one ride is 20 miles round trip and goes from 9,000 ft to 10,500 ft in elevation.

IF YOU WANT TO GO ON THIS

TRIP: (1) Email Paul Kern right away. When you get your coggins, tell him. (2) Get your Coggins test. (3) Get a [brand inspection](#) from the Utah Dept of Agriculture (801) 538-7166 .

Those who go will need a Coggins (good for 6-12 months, depending on the state) and health certificate (good for 30 days). Your vet needs to call Montana for a trip permit number that goes on the health certificate. They will need to know where we are going: Lee Metcalf Wilderness Area and the Gallatian River drainage of Yellowstone Park. A couple weeks before the trip, we will send you the specifics of the location of where we will be to add to your trip permit. You may also need a travel permit for Idaho. Ask your vet for assistance.

You can trailer camp or pitch a tent or bunk in cabins, or use rental cabins around the corner. If you want to fish, you'll need a state license and/or one for fishing in the park.

We will pull the horse trailers into Paul's large pasture, but horses will need to be contained at the trailers. You can high line between trailers, tie your horse to the trailer, or bring an electric fence.

Fri-Sunday, August 7-9: Bench Creek Pack Trip. Self Support Pack Trip (Not Catered), info Keith Christiansen 571-6129

August 7 - 9, 2009 - Leave No Trace Training at Hardware Ranch Paula Hill and Paul Kern have indicated they would like to go for training. Anyone else, contact Ray Smith. rayscki@yahoo.com, 969-0758.

Thursday, August 13: Monthly meeting, 7 pm, race track bldg, SL Equestrian Center

Thursday, September 10: Monthly meeting, 7 pm, race track bldg, SL Equestrian Center

**SCHEDULE
(CONT)**

Saturday, September 12: Monthly ride, Strawberry River Ride, North of Strawberry Reservoir, info Keith Christiansen 571-6129

Saturday, September 26: Service project, Hemangog Trail Work, Corner Canyon, info Bob Baker, 801-572-3996, bobbucksnot@q.com

Thursday, October 8: Monthly meeting, 7 pm, race track bldg, SL Equestrian Center

Saturday, October 10: Monthly ride, Settlement Canyon, Tooele, info Bruce Kartchner

Saturday, November 7: Monthly ride, Look-out Pass, West Side of the Mountain, info Keith Christiansen 571-6129

Thursday, November 12: Monthly meeting, 7 pm, race track bldg, SL Equestrian Center

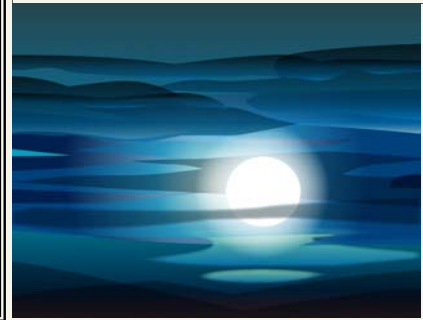
Thursday, December 10: Annual Christmas Party/Auction, Sheriff's posse building, South Jordan Equestrian Center. Info, Ray Smith, 969-0758

Sunday Rides: There will also be some ad hoc rides scheduled for Sundays. Watch for more information.

Camp Outs: A lot of times people camp informally the night before and/or after BCH rides. Contact the ride leader to see if they know of anyone doing this.

Want even more rides? Remember, join one BCHU unit and you've joined them all. See bchu.com

**FULL MOON
RIDES**



Next Full Moon

Jun. 7, 12:12 p.m. MDT -- Full Strawberry Moon. Known to every Algonquin tribe. Europeans called it the Rose Moon.

Moon Information From

<http://www.space.com/spacewatch/090109-ns-full-moon-names-2009.html>



**CALL TO ACTION
HOLLADAY HORSE ISSUES**

**HOLLADAY LIVESTOCK
ORDINANCE**

Holladay City is considering changing its livestock ordinance. Please see the draft ordinance on the city's website - <http://www.cityofholladay.com/displayarticle961.html>

just go down to that item on the agenda. Proposed letter

imits are one horse on a lot OVER half an acre, plus one additional horse per half acre after that. Contact Jo Stoddard for more information. 277-2122; 550-1875 sbrownh3@aol.com

**RIDING STABLES IN
HOLLADAY**

Thank you very much to the 22 people who wrote letters last month in support of the stables in Holladay! It mattered! The proposed master plans for Big Cottonwood Regional Park all include the stables, thanks to you. Now I need one more set of

letters. Please take a look at the options for this park. They are posted here: www.lldi-ut.com/projects/bigcottonwood.htm

There are three alternatives there: #1: Clean and maintain existing run down facilities in the park #2: Add a few additional uses (additional walking trails, a splash pool, a fish pond, a couple of ball fields) #3: Change the parks by adding additional sports facilities, and a walking trail through the horse areas.

Public input is now sought.

Please an email to: [mark vlasic \[markv@ldi-ut.com\]](mailto:mark_vlasic@ldi-ut.com) giving him your opinion. Please reiterate the desire to maintain the horse facilities in their existing configuration. They specifically

said that pieces from each alternative plan can be incorporated into the final design. So if you have an opinion about any of the other plan aspects, please include that too. Thanks for your letters!

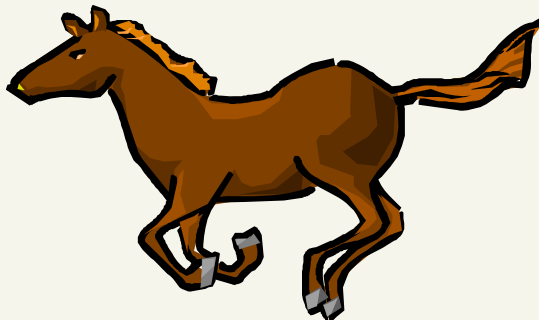
Cindy Furse cfurse@ece.utah.edu
801 581 9225



FROM USU

June 6 and 27 Training through your Horse's Eye. North Logan 4-H Arena from 9 am until 2 pm. Weather permitting. Spectators are free, riders are \$20 per horse. If your horse has a problem that you would like addressed please give us a call. We accept 6 – 8 horses, spectators please bring chairs. If you have a horse with a problem or you need help teaching the horse any aspect from the ground, under saddle or trailer loading, contact Dr. Pat Evans 435 797 2142 or pat.evans@usu.edu

For More Info, Updates, info sheets, sign up for the USU newsletter, etc.: <http://extension.usu.edu/equine/> or Contact: Pat Evans
pat.evans@usu.edu
phone:(435) 797 2142

COWBOY
POETRY
BENEFIT

The Western Music Association (Utah Chapter) and Cowboy Poets of Utah Present Michael Martin Murphey and Waddie Mitchell June 16, 2009 7pm. This is a benefit event for Briggs Hill Son of singer/song writer Brenn Hill

Roy High School
2150 W. 4800 S. Roy, Utah
More information and tickets:
www.brennhill.com
or call 801-731-7604

VOLUNTEER
CORNEROnline [Forms](#) & Instructions

Send yours to: [Doris Richards](mailto:Doris.Richards@usu.edu)
10508 Weeping Willow Dr
Sandy, Utah 84070
(H) 572-1253

July 10-12 Strawberry area Current Creek Project (regional project for all chapters) Paula Hill reported that the last project was successful with funding available. Several managers were repaired and 2 corrals were build, 6 more need to be. Donations of materials and work effort are needed. More details to come on bchu.com.

Aug 15-23 Crystal Lake Bridge in the Uintas (regional project for all chapters). 15 packers + pack animals have taken in 1/3 of the needed corduroy for bridges. The rest needs to be packed in, and the bridges built. Will be scheduled for a week long project with a base camp set up. More details to follow on bchu.com

Saturday, September 26: Service project, Hemangog Trail Work, Corner Canyon, info Bob Baker, 801-572-3996, bobbucksnot@q.com

2009 Officers:

President :
Ray Smith
969-0758

rayscki@yahoo.com

State Rep:
Paula Hill 766.8393
colostatemama@yahoo.com

Ride Coordinators:
Steve Johnson 541-6008
Keith Christensen
571-6129

1st Vice Pres:
Paul Kern
942.8928

kernpr@gmail.com

Service Coordinator:
Doris Richards 572-1253
OhioanInUtah@gmail.com

Historian:
Rinda Black 278-2112

2nd Vice Pres.:
Bob Baker 572-3996;
631-8058; 631-8058
bobbucksnot@q.com

Education:
Paul Hillier 571-6425
George & Christa Muller
619-8632

Newsletter Editor:
Cindy Furse
581-9225
cfurse@ece.utah.edu

Secretary:
Help needed! To Volunteer for
this position, call Ray Smith.

Treasurer
Larry Newton 553-7702
Bignewt1@comcast.net

Past President:
Beverly Hefernan
572-3304
b.heffernan@att.net

Featured Websites in this Edition:

Back Country Horsemen www.bchu.com
eXtension.org (select Horses)
[Holladay City Ordinance](#)
[Holladay Stables Need Letters](#)

Mountain Ridge Photo Sharing Site: email
cfurse@ece.utah.edu for an invitation.
GPS Sharing Site: http://www.ece.utah.edu/~cfurse/GPS_info/GPS.htm
USU Equine Extension extension.usu.edu/equine

WE'RE ON THE WEB!
BCHU.Com

**MOUNTAIN RIDGE
BACK COUNTRY
HORSEMEN**

**Mountain Ridge Back Country Horsemen
P.O. Box 81
Riverton, UT 84065**

Join M.R.B.C.H. and preserve our heritage!

Name(s): _____

Address: _____

HomePhone _____ Work# _____

Cell # _____ e-mail _____

Liability Release: **MUST BE SIGNED**

Recognizing the fact that there is a potential for an accident wherever horse/mule use is involved, which can cause injuries to horse/mules, riders, and spectators and also recognizing the fact that Back Country Horsemen of Utah, including units, officers, directors, or members cannot always know the condition of trails or the experience of riders or horses/mules taking part in trail rides or other BCHU functions, I do hereby release the above named from any claim or right for damages which might occur to me, my minor children or horses/mules.

By signing this release, I/WE recognize the following Utah State Law, "UCA 78-27b- Limitations on liability for Equine and Livestock Activities." It shall be presumed that participants in equine or livestock activities are aware of and understand that there are inherent risks associated with these activities. "Inherent risk" with regard to equine or livestock activities means those dangers or conditions, which are an integral part of equine or livestock activities. The equine activity sponsor is not liable for those inherent risks. If you are unwilling to assume these risks for yourself or for those under your supervision, you should not participate in these activities.

Signed: _____ Date: _____ Signed _____ Date _____

Make check payable to Mt. Ridge BCH, individual \$30/year, family \$40/year. New _____ Renewal _____

GET MORE MILEAGE OUT OF YOUR MEMBERSHIP ! Pass this on to a friend.

**MRBCH Editor
Cindy Furse
9400 Emigration Canyon
Salt Lake City, Utah 84108**