

**NEXT RIDE:**

Saturday, Nov. 7:  
[Look-out Pass, West Side of the Mountain](#)

**NEXT MEETING:**  
 Thursday, Nov. 12  
 7 pm, [Cottonwood retirement Center 1245 East Murray-Holladay Road \[4752 South\]](#)

**THANK YOU!**

Bob & Lisa Baker  
 (Hemangog Project)

Steve Johnson  
 (Settlement Canyon Ride)

Diana Van Uitert  
 (Deer Creek Rides)

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**OCTOBER MEETING MINUTES**



Back Country Horsemen of Utah-Mountain Ridge Unit-Monthly Meeting 8 October 2009

**Present:**

Pat Wilson, Paul Kern, Doris Richards, Fred Leslie, Bob Baker

Meeting commenced at 1905. Paul Kern officiated for Ray Smith who was unable to attend.

Paul Kern motioned and Fred Leslie seconded that the minutes from 10 September be accepted as submitted. This motion passed.

Paul Kern stated that there are two items of immediate concern: the ride schedule for next year and the upcoming Christmas party. There are three major areas portions of work for the Christmas party: 1.) food preparation 2.) set up and take down 3.) silent auction. The Christmas party is significant for our membership drive.

\*Bob and Lisa Baker are in charge of the Christmas party and will need as much help as possible. Paul and Kathy Kern have volunteered to help. Paul will check to see if Kim Hohmeister will do the decorations again this year. Paul will ask Cindy Furse to send out an email remind-

ing members to be gathering items for the silent auction. Bob Baker asked that if you contact a possible donor to please let him know so effort is not duplicated. If you donate an item PLEASE clean the item before bringing it to the auction.

\*The ride schedule is generally settled during the first club meeting of the year. The following people have volunteered to lead a ride in the upcoming year: Fred Leslie, Paul Kern, Pat Wilson, Steve Johnson, Keith Christensen, Bob Baker, Bev Heffernan. Fred Leslie has agreed to be the Service Coordinator for 2010. Fred Leslie stated that BCH was originally developed as a service organization not a riding club. Fred stated that the club could combine a service project with each ride. By designating a trail boss in advance a service angle can be worked into each ride in advance. National Trails Day is in June. Bob Baker and Fred Leslie stated they would like to have the club pick a trail to clean up and then to have news coverage of the event.

\*Doris Richards reported that club members Monica and Bev participated in the Saddlebred Club's Obstacle ride and both won their divisions. Congratulations!

\*Bob Baker motioned that the meeting be adjourned. Paul Kern seconded the motion. This motion passed unanimously. The meeting was adjourned at 2029.

Respectfully Submitted  
 Pat Wilson

**ANNUAL  
CHRISTMAS  
PARTY &  
AUCTION**



**Thursday, December 10:** Sheriff's posse building, South Jordan Equestrian Center

**Volunteers needed!**

To set up decorations and tables, cook steaks, help with the auction, etc. Contact

**Bob & Lisa Baker**  
572-3996; 631-8058; 631-8058  
[bobbucksnot@q.com](mailto:bobbucksnot@q.com)

**Donations needed!**

The silent auction at the Christmas Party is our biggest (only) fundraiser of the year. Donations of useable horse equipment, gift cards or items from local merchants, household or gift items of any kind (they don't have to be horsey) are needed. It's a great way to make your home and stable BIGGER! Bring in those extra items you are no longer using that you think someone else might like.

PLEASE: (1) if you are approaching a local merchant for a donation, please contact Bob or Lisa Baker to make sure we don't have everyone asking the same folks for donations. (2) Please clean and spiff up the used items (they have greater appeal this way). (3) Review your Christmas list before you come. This is a great place to find special gift items.

**GOT A FAVORITE RIDE?  
LEAD IT!**

Next year we need YOU! If you have a favorite ride, please volunteer to lead it. Rides can be long or short, easy or tough, day or night, nearby or far away.

The ride schedule will be set at the January meeting. **Please be thinking of a good ride, and let Paul Kern or Bob Baker know.**

Paul Kern  
942.8928  
[kernpr@gmail.com](mailto:kernpr@gmail.com)  
Bob Baker  
572-3996; 631-8058; 631-8058  
[bobbucksnot@q.com](mailto:bobbucksnot@q.com)



Thank you to Diana Van Uitert, who has emailed the BCHU members about two delightful Sunday rides near Deer Creek Reservoir. Oct 18 we rode around the reservoir to Soldier Hollow and back. Oct 25 we rode high above the reservoir (incredible views!). If you want to advertise any ad hoc ride like this, just email [cfurse@ece.utah.edu](mailto:cfurse@ece.utah.edu)



The USU Equine Education Center welcomes sound horses into the program. All donations of horses, tack and equipment are tax deductible.

To view recently donated horses or learn more about the undergraduate emphasis please go to: [www.advs.usu.edu/academics/equine](http://www.advs.usu.edu/academics/equine)

NEW FACT SHEETS on a variety of topics are now available on the equine website under publications. This year's fact sheet topics include Internal Parasites, Fecal Testing, Importance of Daily Observations, and Managing your Horse on a Tight Budget. Fact sheets on other topics can also be found at this site. Newsletters can be found at: [extension.usu.edu/equine](http://extension.usu.edu/equine)

**B H C U G A L L O P I N G G O U R M E T**

**P A T ' S E L E C T R O L Y T E  
H O R S E C O O K I E S**

4 oz eletrolytes  
2 cups wheat bran OR Fourway grain OR Equine Senior  
1 cup corn meal  
3 cups whole wheat flour  
1/2 cup corn oil  
1/4 cup molasses  
1 & 1/2 cups hot water  
1/2 cup brown sugar

Mix all together and roll into a rectangle and cut cookies into squares. Bake on ungreased cookie sheet at 350 degrees for 30-40 minutes or until hard and dry.

Feed to horses about 20 minutes prior to making water available to them.

## MOUNTAIN RIDGE BCH 2009 SCHEDULE

## FULL MOON RIDES



*Wild Horses at Lookout Pass — Ride it Again Nov. 7*



**Nov. 2, 12:14 p.m. MST -- Full Beaver Moon.** Now it is time to set beaver traps before the swamps freeze to ensure a supply of warm winter furs. Another interpretation suggests that the name Beaver Full Moon come from the fact that the beavers are now active in their preparation for winter. This is also called the Frosty Moon, and as this is also the next full moon after the Harvest Moon, it can also be referred to as the **Hunters' Moon**. With the leaves falling and the deer fattened, it is time to hunt. Since the fields have been reaped, hunters can ride over the stubble, and can more easily see the fox, also other animals, which have come out to glean and can be caught for a thanksgiving banquet after the har-

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

Bring a lunch and water. Be ready to ride at 10. Horses will need shoes or boots. Ride is medium difficulty, 4-5 hours. To get to the trailhead, take Hwy 36 through / past Tooele, turn on the scenic byway to the Pony Express Road (Lookout Pass). Go about 4 miles. Turn to the right on a gravel road (Pony Express Road). Follow this road up and over the mountain (Lookout Pass). We will park at the bottom of the mountain, there is a campground on the left. You should be able to see the horse trailers from the top of the mountain. [Click for Google Map](#)

**Thursday, November 12:** Monthly meeting, 7 pm, [Cottonwood retirement Center 1245 East Murray-Holladay Road \[4752 South\]](#)

**Thursday, December 10:** Annual Christmas Party/Auction, Sheriff's posse building, SJordan Equestrian Center. Info, Ray Smith, Paul Kern 942.8928 [kernpr@gmail.com](mailto:kernpr@gmail.com)

**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](http://bchu.com)

**Condolences to Monica Zoltanski who lost her dear horse, Smokey, this month.** Monica, our hearts are with you. From your BCHU Friends





## HEMANGOG TRAIL PROJECT

Seven members worked on the Hemangog Trail as part of the National Public Lands Day efforts and made trail improvements starting at the Ghost Falls parking lot and working our way east past the Second Hemangog to the First Hemangog. We were pleased to find that the past years' efforts have endured time and weather well, and appear to have resulted in more traffic on these paths. Thank you to Bob and Lisa Baker, who organized this project (and provided cold drinks at the end!).



Fred Leslie demonstrates the BCHU clipper salute. Underbrush, beware!

The Hemangog trail can be accessed either from the [Corner Canyon trails](#) (park at [Andy Ballard Arena](#) in Draper) or from the [Orson Smith Park trailhead](#) (go about 3 miles up the dirt road south of the Park). The first few miles of trail are dry and exposed, with incredible views of the valley (start early to avoid the heat here). Then the trail enters oak/maple/aspen forest, sweeping around the mountain, and dipping into cold, bubbling brooks. The trail is good, steep in places, some steep side hills. Views are incredible, with rough, rocky mountains to the north and Alpine/Provo/Utah Lake to the south. The trail passes through the second Hemangog and into the first (in reverse order!). A Hemangog is a bowl created by a glacier. The trail reaches a field where there is a junction with a trail to Henry Lake (Fred and Bob say this is too rough and boulder for horses), and over to Alpine (nice trail with great views too). From the Alpine trail, you should be able to connect to other trails in that area.





SETTLEMENT CANYON RIDE



Lovely day, about 15 riders, nice ride!



More photos on the snapfish site, email [cfurse@ece.utah.edu](mailto:cfurse@ece.utah.edu) for an invite



By Cindy Furse

## GPS LOCATOR

Check out this GPS locator that Ken Peterson is using. [Spot Personal Tracker](#) is a small device you wear on your belt (about the size of a GPS) that communicates with the GPS satellites to tell them where you are. Then, the SPOT service relays that information back to your contacts. You can push 911 to call emergency services (and your location will be provided), contact people in a pre-defined list, send your location for mapping, etc. The basic device costs about \$150 to buy and \$99/year for the service plan.

AMERICAN SADDLEBRED  
ASSOCIATION OF UTAH  
COMPETITIVE OBSTACLE RIDE  
RESULTSBy Doris  
Richards

On Saturday October 3 ASHAU held its annual competitive trail ride / obstacle course in Dimple Dell



Park. Mountain Ridge BCHU was well represented in the winners' circles! Beverly Heffernan took first place in Novice Horse. Monica Zolthanski won in her age division and Sharon Patterson beat a large field of 50-and over riders. Bob and Sharon shared top honors as the co-oldest riders in the competition as well. I may have missed someone....and many apologies if I did. On behalf of ASHAU I would like to thank everyone who participated and help make this ride a success. It is our major fundraiser and has encouraged many riders to explore both Dimple Dell Park and their own teamwork with their equestrian partner. We'll see you again on October 2<sup>ND</sup>, 2010!

One of my greatest fears is getting hung up in a stirrup and dragged, so I did a little research online and found a few different breakaway stirrups that may help prevent a dragging accident. From what I have read, the most common time a rider gets hung in his stirrup is when he (or she, of course!) falls off, or the horse falls down or drops to roll (naughty!). Then the foot can slip through the stirrup, with the stirrup acting like an ankle bracelet, and the rider can be dragged by the panicked horse. Unlike the stunts in the movies where the rider is dragged BEHIND the horse (a reasonably safe place for a stunt man, I guess), if you fall off this way, you are practically under your horse's hind hooves, and that is the greatest source of immediate danger. The risk of this kind of dragging can be reduced by wearing riding boots with a heel (to help prevent the foot from sliding through the stirrup) and making sure the stirrup 'fits' the boot. Depending on where I read this, recommendations are that the stirrup should be 1-2" wider than the boot. Wide stirrups are made for winter boots, for instance. (See [www.horse.com](http://www.horse.com)).

Another way to prevent this type of accident is to use stirrups with tapederos or baskets. Here is one kind of tapedero



(from [www.horse.com](http://www.horse.com)) that Steve Johnson bought for Dottie. It has an added benefit ... you can put toe warmers in it to keep your feet warm. It just velcros onto exist-

ing stirrups. (Note that this is NOT advertised for preventing dragging.)

Another way (perhaps more common) people get dragged is that when you fall, your foot may become wedged in the stirrup when the toe comes up against the top of the stir-



*EZ Ride Endurance  
Stirrup with cage*

rup, and the ball or arch of the foot wedges against the tread of the stirrup. Then the weight of the rider prevents the foot from getting out of the stirrup, again leaving your body on the ground right next to your horse's hind feet. This is one reason tennis shoes are considered dangerous for riding ... their tread, meant for traction when walking, also gives traction in the stirrup, making it harder for the foot to release. Even in smooth soled boots (like cowboy boots), the foot can become wedged. 'Old fashioned' advice to prevent this sort of hang up are to split the back of your cowboy boots to allow your foot to slip out of the boot (and hence the stirrup) more easily or to shoot your horse with the six-shooter on your belt in case you do get dragged. More modern options do exist! Here is one that has a metal mechanism that releases when the foot reaches a 'fall off' angle. It also has a spring mechanism that makes it easier to keep your feet in the stirrup even when you are bouncing (trotting or bucking, for example). They have a really nice selection of stirrup types, sizes, and styles.. See [breakawaystirrups.com](http://breakawaystirrups.com).





Another kind is seen here. This plastic stirrup snaps open if the rider puts too much force at an angle. I've used these, and

tested them by 'falling off' in my backyard, and they seem to work as advertised. For English saddles, there are several options. Here is a "Peacock" Stirrup from [horse.com](http://horse.com)

The rubber band pops off to let your foot out (Sue Hall has used these, but has trouble with the rubber



bands coming off more often than she likes.) [Mountain Horse](http://MountainHorse.com) (from Dover) also makes a rubberized quick release stirrup.



The 'foot free' safety stirrup is bent on the outside to release the foot (available



from Dover tack). Another option is the [Herm Sprenger 4-F system](http://Herm Sprenger 4-F system) (from Dover Saddlery).



The rubber sides of these stirrups are supposed to provide

flexibility and comfort while riding and breakaway safety in an emergency. The stirrups I use are the [Kwik Out](http://Kwik Out) from Dover.

These look like normal English irons by day and have a



spring hinge that opens during ungraceful events (yes, been there done that, worked great). And, while this is quite a selection of stirrups, I doubt I've found every kind, and I'll be glad to hear of any other suggestions you have.

Regardless of which stirrup you use or don't use, one piece of advice showed up on almost every site. If you DO get hung up and are being dragged, try to turn over, turning your body towards the horse with your face down, a position that rotates your foot and may release it.



Now for the final option... my favorite way of preventing being hung up in a stirrup is not to use them at all!

Safe and Happy Trails!  
— Cindy & Friday

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**Featured Websites in this Edition:**

Back Country Horsemen [www.bchu.com](http://www.bchu.com)  
National Extension Service [eXtension.org](http://eXtension.org) (select Horses)

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

**WE'RE ON THE WEB!**  
[BCHU.Com](http://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  
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