

# SAN JOAQUIN SIERRA Hoof Prints

September 2020

Issue 30

**San Joaquin Sierra Unit, BCHC**  
**PO Box 25693**  
**Fresno, CA 93729-5693**

**Email:** [membership@bhcocalifornia.org](mailto:membership@bhcocalifornia.org) (membership email only)  
**On the WEB:** [www.bhcsjsu.org](http://www.bhcsjsu.org) (SJS Unit) or  
[www.bhcocalifornia.org](http://www.bhcocalifornia.org) (State)

**BACKCOUNTRY HORSEMEN**



**OF CALIFORNIA**

**Concerned Men and Women Dedicated to Gentle Use of California Trails and Backcountry**

## Presidents Message



What can I say but wow. We had a fantastic work party clearing trails from Crown valley trailhead, Rancheria trailhead, and the Three Springs connecting trail. Then Marcie Hansen and Ruth Cramer put on a fantastic poker ride at Shaver Lake with a good

time had by all. The Diana Sorenson Memorial Ride is set for Sept.12 with camping available for Thursday to Sunday with the actual ride on Saturday. The ride is free, but you must call for lunch reservations.

Shaver camp is open and available please contact Ruth Cramer. Big Meadows is open and going well. There are still a couple of dates open to

host, if interested please contact Jim Knabke.

Thanks to all who continue to participate and those of you who continue to be part of our unit.

Don't forget if you would like to sponsor a ride we would be glad to have your input.

*Remember to stay in the saddle,  
the ground is hard,*

Joe Kaminski  
President

## CONTEST TIME

*Find the Hidden Hoof Print!* 

First person to find the hidden hoof print in this newsletter and email Jim Laber @ [jim@visaliaidea.com](mailto:jim@visaliaidea.com)

**Will Get A Free**  
BCHCSJSU Long Sleeve Color T-Shirt

**GOOD LUCK!**

# SHAVER LAKE HORSE CAMP OPENS

## Camp Will Open for Memorial Day Weekend



BCHC San Joaquin Sierra Unit again makes the Shaver Lake Horse Camp available for use by members and associate members wishing to enjoy camping and riding at Shaver Lake.

Shaver Lake is situated at elev. 5,300 ft. within the Sierra National Forest on scenic recreational land. There are ample riding destinations, as the camp itself is adjacent to the 12.5 mile Perimeter Trail that surrounds the lake. Also in the vicinity are the Ely Mountain and Balsam Forebay Trails.

The camp is located behind a locked gate, 1 mile East of Highway 168 on Dinkey Creek Road. It is a dry camp, with portable sanitary facilities. There are two tables, a fire pit and 3 stalls. Fire regulations apply; cookstoves can be used on the table top. And, of course, campers must Leave No Trace.

California's Greatest Lakes.com describes Shaver Lake as "one of the most enjoyable vacation lakes in California", with a "balmy, 78-degree average high temperature." This writer has enjoyed many pleasurable hours riding and appreciating a picture-perfect view at every turn. Make your plans and reservations now to enjoy a perfect mountain experience for both you and your horse.

The camp will be open May 24 through October 31, 2019, for SJSU members only.

Cost is per membership—\$10/day for camping, \$5/day for picnic use.

Other units are welcome to use the camp after joining as Associate Members (\$15 additional).

To make reservations, contact:

Ruth Cramer

racramer@outlook.com

559-417-3878

Volunteer opportunity!

Sign up for the opening work party on Friday May 17.



## *San Joaquin Sierra Unit*

Board Meeting July 7, 2020

Call to order: 6:30

Flag salute

Roll Taken: President: Joe Kaminski, Vice President: Ruth Cramer, Secretary: Carol Kaminski, Treasurer: Gary Van Sickle  
Directors: Jim Laber, Debbie McDougald, Muriel Holland, Sue Van Sickle, Doug Laber

**Minutes review and approved:** 1st Jim Laber, 2nd Muriel Holland

**Correspondence:**

**Committee reports:**

**Education:**

**Membership:**

**Newsletter:** Articles due Aug. 20. Discussed having a contest in newsletter- maybe find a hoof or ? to encourage people to read newsletter. Possibly give away bumper sticker. Proposal by Jim. No vote needed. Agreed on. Web page -sponsors page needs to be added. Need to ask for logo from High Sierra Unit.

**Public lands:** E-bike issue- Joe wrote a comment to national BCHA. All motorized vehicles must have a license plate or sticker according to state and local guidelines. Grazing in forest- dates given. Ruth registered for webinar on National Stewardship Alliance. What does it mean to us. Info to be sent to Duane to blast.

**Sunshine:** Card to be sent to John Mikkelson for accident.

**Shaver Lake:** Toilet cost discussion. (See new business). Ruth moved to donate \$250 to SLTV. Other decisions tabled until next meeting. Insurance was renewed. Shaver Camp is open. Article is to go to newsletter and state. Entry permit (\$250) has been obtained for poker ride Aug 15-17. Request for insurance. Ruth working with USFS on RAC grant.

**OLD BUSINESS.** 1. Big Meadows - 1 sponsor needed to fill openings. Up and running. Info sent to Kyle on fire ring attempted theft. Sponsor plaques- \$12 each. Motion by Sue. 2nd Doug. Passed.

2. Dave Stamey-

3. Christmas 2020- John Pemberton retired. (no entertainment). Gilly Girls ? Gary and Sue to look into.

4. 2020 events- Crown Valley July 23-30. Debbie reports that Crown Valley Trail needs work more than Rancheria.

Aug. 15-17 Poker Ride. Permits in place. Need volunteers. Marcee and Karen reconned. Trail needs work. Aug. 5,6,or 7 may be work days.

**NEW BUSINESS:** 1. Char Mier-Shaver Lake Volunteer Patrol- requested funds for cost of bridge work. Temporary permit requires toilet (not found on permit.)

2. Newsletter to add Sept. 12 Diana Sorenson ride Aug. 15-17 Poker ride Oct. ? Shaver Lake ride (Jim will check with Cara) Nov. ? OCT. 21 Elections

3. Causeways at Courtright - Debbie working on materials and designs. Need kick rail.

4. Grant status - Successful because of expanded diversity. Outside wilderness can use mechanized equipment. Need to pick dates.

5. RAC Grant- agreement written and signed. Proposal to Shaver and Chamberlain Camp.

**Adjorn:** 8:08 Jim 1st, Doug 2nd

# 2019-20 Calendar

Board Meetings are on the 1st Tuesday of the month. All members are welcome to attend. Board meetings start at 6:30 pm at the Clovis Elks Lodge, 535 Woodworth Ave. (Bullard & Woodworth).

Calendar & Ride schedule is on-going, and new events and rides will be published when confirmed. Note: Dates and events are subject to change or cancellation; calling the contact person is recommended or checking [www.bchcsjsu.org](http://www.bchcsjsu.org)

## 2020

- |              |  |
|--------------|--|
| Aug 15       | Poker Ride Shaver Lake Fishing Camp access road. |
| Sept 11-13   | Diana Sorensen Memorial Ride                     |
| Oct          | Shaver Ride TBD                                  |
| October 8-12 | Coastal Mounted Unit MDO (non BCHC event)        |
| October 21   | General Meeting                                  |
| December 12  | Christmas Dinner                                 |

## 2021

- |       |  |
|-------|--|
| Jan 9 | Ted Fischer Memorial Dave Stamey Dessert Concert |
|-------|--|

Is there any activity that you would like to sponsor? We are always looking to improve the club and making it fun for all members. Please submit your ideas, [kaminskiclan@gmail.com](mailto:kaminskiclan@gmail.com). You may call 559.909 0505 and I will get back to you.

Joe Kaminski  
President

Remember to check for any Unit updates at our Web Site:

[www.bchcsjsu.org](http://www.bchcsjsu.org) for the San Joaquin/Sierra Unit,

[www.bchcalifornia.org](http://www.bchcalifornia.org) for the State Web Site

*The purpose of this publication is to keep its members in- formed on important issues that affect all horsemen and to inform the membership on up-coming events within the unit. The views and opinions expressed in this newsletter are those of the editor & authors and not necessarily shared by BCHC.*

## **BUFFALO SLOPPY JOES**

*Lean ground turkey makes this a lighter sloppy joe than the standard ground beef version. A hefty splash of hot sauce and optional blue cheese provide an authentic Buffalo-style flavor.*

### **INGREDIENTS:**

- 2 pounds extra-lean ground turkey
- 2 celery ribs, chopped
- 1 medium onion, chopped
- 1 medium carrot, grated
- 3 garlic cloves, minced
- 1 can (8 ounces) tomato sauce
- 1/2 cup chicken broth
- 1/4 cup Louisiana-style hot sauce
- 2 tablespoons brown sugar
- 2 tablespoons red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon pepper
- 8 hamburger buns, split
- Crumbled blue cheese, optional

### **INSTRUCTIONS:**

1. Cook the first 5 ingredients in a Dutch oven over medium heat until turkey is no longer pink. Stir in the tomato sauce, chicken broth, hot sauce, brown sugar, vinegar, Worcestershire sauce and pepper; heat through.
2. Serve on buns. If desired, sprinkle with cheese.





# SUNSHINE CORNER

To all those dealing with illness,  
recovering from injury or surgery, or  
shut in during with time our thoughts  
and prayers are with you.



## The Lighter Side

A man is casually crossing the Wyoming plains when his horse died all of the sudden. The nearest town was three days walk. So, he started to walk. 3 days later he ends up in this quiet 'ol town but nobody had a horse for sale. So he commenced to walking to the closest town which was a two days journey. Unfortunately, nobody in that town had a horse for sale, however, he did come across this stable where the fellow runnin' it mentioned his brother in a nearby Town had a horse for sale. He commenced to walk to this next town and 2 DAYS LATER found the guy's brother.

"I talked to your brother two days walk from here and he says you might have a horse to sell me."

"Yes I do have a horse for sale," He replied, "But he don't look so good."

"I don't care. I'll take him anyways. I've been walking for damn near a week now. I'm tired and I need a horse." So he gets on the horse and the horse takes off and bumps into a tree and stops. "Heyyy, something's wrong with this horse. I think he's blind. YOU SOLD ME A BLIND HORSE MISTER!"

"I told you Sir, THE HORSE DON'T LOOK SO GOOD!"

We Love To Make You Look Good!

**IDEA!**  
PRINTING & GRAPHICS INC.

**(559) 733-4149**

Fax: (559) 636-3690

orders@visaliaidea.com • www.visaliaidea.com

1921 E. Main Street • Visalia, CA 93292

Mon.-Fri. 9am-5pm

*Contributing to your success,  
one impression at a time!*



[www.bchcsjsu.org](http://www.bchcsjsu.org)

Make sure you check out our website for updates on the Home page, Calendar page, and Newsletters. We also have a Photos page of our latest activities.

If you have any photos send them to Duane at [wpeverill@sebastiancorp.net](mailto:wpeverill@sebastiancorp.net)

[www.bchcsjsu.org](http://www.bchcsjsu.org)

## Advertising Rates

### Classified Ads

\$.10/word with a 20 word minimum (\$2.00),  
\$.50 a line after that.

### Display Ad Rate per issue

Business Card Size, \$8.00,	1/2 page, \$35.00,
1/4 page, \$20.00,	Full Page, \$50.00

Prices are subject to change without notice. All prices are for one month, due the 10th of the month. Editor reserves the right to refuse inappropriate ads.

**All paid Ads include an E-mail Blast to all members with current emails**

## Attention

Your SJS Unit Board of Directors would like to invite any of our members to attend the monthly Board meetings or General meetings. It is important all directors have the same opportunity to hear the information, concerns or suggestions you wish to share. We are volunteers doing our best to keep our Unit informed and working smoothly. Refer to the newsletter for the information regarding times and location of upcoming meetings.

Respectfully,  
Joe Kaminski



Your Full Service Realtor  
**Jessica Gabrielson**  
Realtor, GRI, SRES, SFR, ASP  
DRE#01338726

559.905.7724  
Office 559.322.6020  
Fax 559.321.6044  
[jgabrielson@guarantee.com](mailto:jgabrielson@guarantee.com)

1275 N. Willow Ave.  
Clovis, CA 93619



**"I don't horse around when it comes to selling your porperty"**

## "Travel Advantage"

Dear BCHC Members

Check out the latest edition of "Travel Advantage", @ [www.ytbtravel.com/bchc](http://www.ytbtravel.com/bchc) a travel newsletter full of terrific deals from YTB, our BCHC travel partner. The newsletter is chock full of great ideas for anyone's next getaway! You can download an icon to your computer desktop for instant connection to the BCHC Getaway website.

Please forward "Travel Advantage" newsletter to your friends and family and other BCHC supporters. The more we get the word out, the more people will use the BCHC Getaway travel site to take advantage of great rates on hotels, flights, rental cars and other travel-related items, the more BCHC will earn for our Treasury!!

Please do not hesitate to contact me if you have any questions about the travel site, how it works or what BCHC earns by participating in this great opportunity. Thank you for supporting and promoting BCHC Getaway!!

C.J. Hargreaves  
BCHC Editor/Travel Site Coordinator  
[cjohargreaves@verizon.net](mailto:cjohargreaves@verizon.net)

# DIANA SORENSEN 4TH ANNUAL



## MEMORIAL RIDE

TAMARACK SNOW PARK AREA

OPEN TO THE PUBLIC

**FREE**

*Saturday, September 12, 2020*



## BACK COUNTRY HORSEMEN OF CALIFORNIA SAN JOAQUIN SIERRA UNIT

*Saturday, September 12, 2020*

*Breakfast and Lunch served*

*In the saddle and riding out by 10:00 a.m.*

**RSVP By Sept. 8, 2020 To confirm attendance & direction or Information. Contact:**

**Joe/ Carol Kaminski 559 909 0505**

Dry Camping available. NO POTABLE WATER. May be creek water available for horses/mules.

Riders Meeting 9:00 A.M. All riders out on ride no later than 10:00.

Two separate Trails will be available to ride. Your choice.

**No Dogs. No Stallions. No ponying allowed on this ride and under 18 must wear helmet**

*Coffee, Pastries and Biscuits and Gravy will be served prior to ride.*

*Deep Pit Lunch -Awards-Raffle after ride.*

**ALL NAMES will go into drawing for Memorial Buckle.**



## COME EARLY AND CAMP

**Open to The PUBLIC-Bring Chair-Water for your horse. Sign up EARLY!!**

Web page  [bchcsjsu.org](http://bchcsjsu.org)



Directions:

Hwy 168 east above Shaver Lake. Turn right at Tamarack Snow Park.

Stay on Rock Creek dirt road to the right (heading south). Camp Site 9S45 is 2.1 miles in. Turn right.





## **To my fellow backcountry horsemen and trail riders,**

The last few months have proved difficult for various reasons and certainly the closure of some areas have been frustrating. Some of our long time members have let their membership lapse and have not renewed. This is understandable, since many of our usual, fun adventures have been limited or non-existent. HOWEVER, this is the time to show continued support whether we are riding, working in the wilderness or on trails, or staying home for shelter in place. Right now this is the time congress and the forest service continue to consider allowing E-Bikes on our beloved trails, closing of some, and continued infringement on our rights to have open trails and forests as horsemen and horsewomen. Please renew your membership to show support to the BCHC projects and the organization. Help provide them the support and funds needed to continue their plight when in Washington or doing work from the state. Yes, certainly recent events have proved extremely difficult that we have never experienced in our lives. Let us not forget the importance of our BCHC history and our personal heritages as well. We are told we are a dying breed, but through our continued rallying for open trails and preserved wilderness, we want to prove them wrong. Our heritage can be preserved if we support the group that can represent us.

Please renew your membership today. If you are unsure of your membership expiration or if you have any questions at all, please email me:

Be safe and well,

Jan Mikkelson  
Membership Coordinator  
BCHC San Joaquin Sierra Unit

jessecowboy@comcast.net  
<http://www.bchcsjsu.org> (SJSU website)

# SHAVER LAKE POKER RIDE

---

On Saturday, August 15, our unit hosted a Poker Ride, our annual fund-raising/membership event. Thanks to the Southern California Edison Company, we were able to hold the ride at the Gun Club on the south shore of Shaver Lake. Volunteers were on-site early in the morning to make the final preparations before welcoming everyone. Trail Boss Marcee Hansen and her crew, Karen Daughrity and Lois Patten, had placed marking flags along the route the day before, and on Saturday they rode the trail again to set out the card pickup sites. Cooks Joe and Carol Kaminski, helped by Muriel Holland, set up the camp kitchen and started the all-important coffee pots brewing. Sue and Gary van Sickle set up the registration and the raffle tables. We set out direction signs along Dinkey Creek Road, and waited to see what would transpire.

On the day of the Poker Ride it was blistering hot in the Central Valley. At Shaver Lake, though, it was pleasantly in the 80s all day. Seeing an opportunity to escape the heat and enjoy a beautiful mountain ride, 36 riders made the drive. The gates, flying the American flag, opened at 8:00 am, and within minutes, rigs started arriving. Ron Jefferson went right to work directing traffic and parking. Eventually, 52 people turned out for the day, 36 riders along with volunteers and spectators. Coffee and refreshments fortified those who left home early to make the trip to the mountains. Everyone was signed up and in the saddle by 10, and left in small groups to make the ride and pick up their poker hands.

After showing their hands and collecting their winnings, attention turned to the cook trailer, where lunch was set out (hamburgers, hotdogs, macaroni salad and chili beans), we all gathered up for the raffle. Jim and Doug Laber did a great job, with lots of laughter and good-humored teasing.

There were several BCH units and other trail riding groups represented, and local riders from Auberry/Shaver area. Everyone seemed happy to be out and riding again after their long stay at home – there were lots of smiles and laughter, people greeting each other and pictures being taken. Even the horses seemed to enjoy the day.

By early afternoon, folks were pulling out: most to return home, but some to visit the lake to enjoy a little swimming time with their horses. All that remained was the takedown, and the crew got to work cleaning and buttoning up the portable kitchen and loading up all the event supplies. At the end of the day, everyone agreed that it had been a successful Poker Ride. We're ready to do it again next year.

Ruth Cramer







# BCHCSJSU SHIRTS

On the trails we work and ride we share the trail with others, that at times have trouble seeing us because of shadows and various modes of transportation used, especially in non wilderness designated areas.

For that reason your unit board of directors has made this shirt available for safety on trail rides and work parties as well as a way to promote our unit and its activities.

## Order you BCHCSJSU Trail Work/Riding Shirt

To order call Gary Van Sickle with size and quantity.

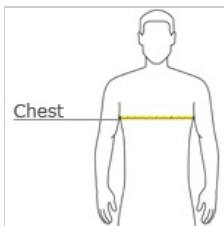
\_\_\_\_\_ X \$14.65 each \_\_\_\_\_  
 (Qty) (Total)

Make checks payable to BCHCSJUS and send to:

Attn: Gary Van Sickle  
 BCHCSJSU  
 P.O. Box 25693  
 Fresno, CA 93729-5693



### HOW TO MEASURE



**CHEST**  
 Measure under the arm and around the fullest part of the chest with arms down, keeping tape horizontal.

### SIZE CHART

	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64



## **2018 OFFICERS/DIRECTORS**

### **President**

Joe Kaminski, 559.909 0505  
kaminski clan@gmail.com

### **Vice President**

Ruth Cramer, 559 417 3878  
racramer@outlook.com

### **Secretary**

Carol Kaminski, 559-733-9170  
kaminski clan@gmail.com

### **Treasurer**

Gary Van Sickle, 559-288-0301  
gwvansickle@outlook.com

### **DIRECTORS**

Term Expires at end of year:

Paige Stambach, 559-909-3930  
paigestambach@gmail.com  
2021

Muriel Holland, 559 855 4149  
muriel@netptc.net  
2020

Susan Van Sickle 559-779-4105  
gwvansickle@gmail.com  
2020

Jim Knabke, 559-299-3254  
jjknabke@comcast.net  
2020

Jim Laber, 559-250-7906  
jimlaber218@gmail.com  
2022

Doug Laber, 559-786-6634  
douglaber@gmail.com  
2022

Steve Naylon, 559 284-7478  
scnaylom@hotmail.com  
2022

Debbie McDougald, 559 905 268  
ladypacker@netptc.net  
2022

### **COORDINATORS**

#### **Membership/Mailing Coordinator**

Jan Mikkelson, 559-289-4911  
jessecowboy@comcast.net

#### **Public Lands Liaison**

Joe Kaminski, 559-733-9170  
kaminski clan@gmail.com

#### **Newsletter Editor**

Jim Laber, 559-250-7906  
jim@visaliaidea.com

#### **Education Coordinator**

Muriel Holland, 559-855-4149  
muriel@netptc.net

#### **Sunshine**

Pat Peverill, 559-824-1119  
ppeverill@sebastiancorp.net

#### **Shaver Lake Camp Host**

Ruth Cramer, 559-417-3878  
racramer@outlook.com

### **Web Wrangler**

Duane Peverill, 559-908-3138  
wpeverill@sebastiancorp.net

### **Facebook**

Paige Stambach, 559-909-3930  
paigestambach@gmail.com

### **Big Meadows Horse Camp**

Jim Knabke, 559-299-3254  
jjknabke@comcast.net

### **ADVISORS**

#### **Past President**

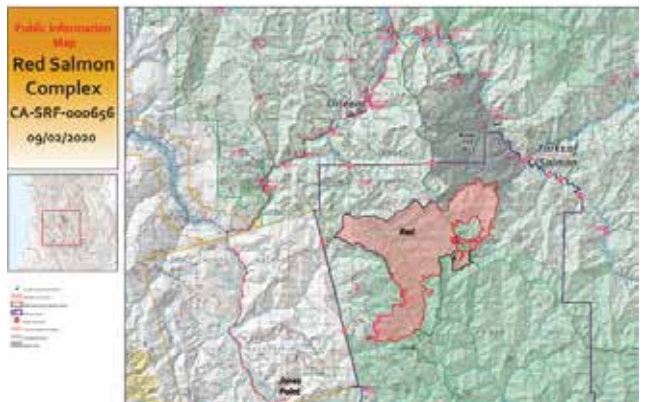
William Duane Peverill  
559-908-3138  
wpeverill@sebastiancorp.net

## Our own Debbie McDougald, out supporting the Red Salmon Fire way up in Northern Calif( about 25 miles inland from Eureka)



WILLOW CREEK, Calif. — The Red Salmon complex burning northeast of Willow Creek grew to 26,605 acres Wednesday and U.S. Forest Service officials said it was 42% contained. The USFS said hot, dry weather continues to promote fire growth and smoke production.

The Red and Salmon Fires are burning on the Klamath, Six Rivers and Shasta-Trinity National Forests within Humboldt, Siskiyou and Trinity Counties. The USFS is working with the Hoopa Valley Tribe, the Yurok Tribe, the Karuk Tribe and local community liaisons to fight the complex.





BACKCOUNTRY HORSEMEN OF CALIFORNIA

# EQUINE FIRST AID

## WHAT TO HAVE AND HOW TO USE IT

### PLAN AND PREPARE

Depending on where you are riding or packing, in the event of an equine emergency, it may take several hours or longer for your stock to be treated by a veterinarian. You should plan and prepare to be on your own in caring for your injured stock for several hours or longer.

If you are traveling away from home, create and take with you a list of several local large animal veterinary hospitals that could treat your stock, in the event of a medical emergency. Include the hospital name, address, phone numbers and directions (if you do not have GPS).

Prepare a complete equine first aid kit for your trailer or packing, and a smaller one to take on the trail in your saddlebags. You will need the supplies necessary to stabilize your stock in the event of an emergency, until a veterinarian is available to take over your animal's care.

### EQUINE FIRST AID

- Trail Kit
- Betadine solution
- Betadine scrub
- Electrolytes
- Neosporin
- Nolvasan
- Saline solution
- \*Ace (acetylpromazine)
- \*Banamine
- \*Bute (phenylbutazone)
- \*Dex (dexamethasone)
- Hydrogen peroxide
- Topical eye ointment
- Emergency blanket
- Paper and waterproof
- Flashlight/light sticks
- Stethoscope
- Bandage scissors
- Standing wraps
- Rolls of sheet cotton
- Easy Boot
- Vetwrap or Elastikon
- Hoof pick
- Duct tape
- Sharp knife
- Sterile gauze pads (4" x 4")
- Gauze rolls
- Latex gloves
- Cell phone (realize it quite possibly will not work)
- 3/4" - 1" hose (to keep nostrils open in a snake bite)
- Equine rectal thermometer
- Sanitary napkins (to stop bleeding)
- Fly repellent

\*These prescription medications should be obtained from your veterinarian, along with specific instructions on how and when to administer each.

### NORMAL HORSE VITAL SIGNS

- **Temperature:** 99 – 101 F
- **Pulse:** 30 – 42 beats per minute
- **Respiration:** 12 – 20 breaths per minute
- **Capillary Refill (gums):** 2 seconds or less
- **Skin pinch test (hydration):** should snap back immediately
- **Mucous membranes of gums:** should be pink (not pale/white or blue/purple)

Learn the "normal" vital signs for each of your stock. Record the normal vital signs for each of your stock animals at rest and include this list in each first aid kit. Learn how to take your horse's vital signs.

### IF AN EQUINE EMERGENCY OCCURS

- Stay calm and do not panic.
- Gather your animal's vital signs and other information to give to the vet.
- Call the veterinarian or send someone to seek help.
- Keep the horse as quiet and still as possible.
- Enlist help from others before evaluating or treating a sick or injured animal.
- Evaluate the location and severity of the illness or injury.

Prevention  
is not good luck,



*it's good management!*

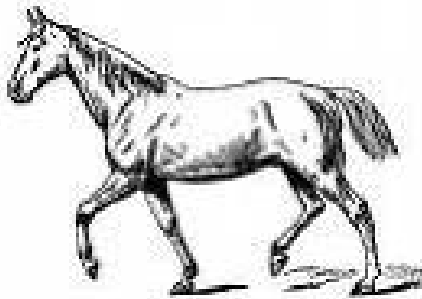


## ***COLIC***

Colic is a general term for pain in the gut of a horse or mule. Colic is the number one cause of death in the equine world. It has many causes and its symptoms range from mild to fatal. You cannot look at a horse at the beginning of a colic episode and accurately assess the severity of the situation.

If you observe the symptoms of colic in your stock:

1. Note and write down the time initial symptoms were observed.
2. Contain the horse in an area free of manure for observation.
3. Remove all feed, but leave water available.
4. Take and record your horse's vital signs.
5. Consult with a vet by telephone, if possible.
6. Be prepared to immediately transport your stock to veterinary care, if necessary.



## ***TYING UP OR AZOTURIA***

Symptoms of "tying up" may include: sudden reluctance or inability to move; excessive sweating; resting heart rate over 60 BPM; resting respiration rate over 30 BPM; hard, tense hindquarter muscles; a painful and stiff gait and swishing tail. "Tying up" is exercise-related muscle degeneration due to the build-up of lactic acid in the blood, resulting in severe cramping and pain. If you notice these signs, stop and dismount immediately. To continue moving your horse may cause further muscle damage. Do not attempt to walk your horse out of it. Prescription medications may be administered under the orders of a vet. Horses that have tied up once are prone to do so again. Consult with your vet about conditioning and diet factors that may help to prevent tying up.

## ***ELECTROLYTE IMBALANCE OR DEHYDRATION***

Tying up that occurs well into a ride may be associated with electrolyte imbalance or dehydration. This condition needs to be addressed differently than azoturia. Keep the horse moving to avoid cramping and attempt to correct any imbalances that have occurred.

## ***CUTS, LACERATIONS, ABRASIONS, PUNCTURES, ROPE BURNS***

First, evaluate the wound or injury carefully. If there is enough loss of blood, a horse may go into shock. Stopping profuse bleeding is extremely important. To stop profuse bleeding:

1. Start with an inch-thick wad of clean gauze, a whole roll of gauze or a sanitary napkin and press that on the wound.
2. Wrap a roll of gauze to keep the initial wad in place.
3. Then add a layer of padding (sheet cotton, standing wrap or a towel).
4. Hold that in place with Vetwrap or Elastikon.
5. If the wound bleeds through, DO NOT remove the bandage! Instead, add more pressure with another layer of gauze pads and another snug layer of Elastikon or Vetwrap.

If your stock suffered a puncture wound, flush the wound with dilute Betadine solution and consult with your vet as soon as possible. If an animal's eye is injured, seek veterinary care immediately.

## ***LAMENESS AND HOOF INJURIES***



If your horse or mule suddenly becomes lame, you must assess the degree of lameness to see if the stock can continue on.

Any equine, unable to bear its own weight, should be evaluated by a veterinarian as soon as possible. All other lameness should be evaluated to see if you can identify the source of the problem. Always carry an Easy Boot or other shoe replacement, in the event of a shoe lost on the trail.

- Carefully evaluate your animal's lame leg, looking for heat, swelling and obvious wounds.
- Check the foot for rocks or debris and remove any you find.
- If you find a nail, call your vet before removing it. The vet may want to evaluate the injury before removing the nail.
- If you find heat or swelling and you feel qualified to put on a correct wrap, apply a support bandage. You can cause more damage with an incorrectly applied wrap.
- If your horse refuses to bear weight on the limb, keep him still and send someone for help. Continued exercise on a severe injury can cause permanent damage.

**Backcountry Horsemen  
of California**



**MAIL TO: BCHC  
MEMBERSHIP  
1280 State Rt. 208  
Yerington NV 89447**

**MEMBERSHIP  
APPLICATION**

**PARENT UNIT AFFILIATION: (Select and CHECK a Unit as your Affiliation)**

**New**  **Renewal**  
 **Change**

*(indicate change)*

<input type="checkbox"/> Antelope Valley	<input type="checkbox"/> Kern Sierra	<input type="checkbox"/> North Bay	<input type="checkbox"/> Santa Ana River
<input type="checkbox"/> Eastern Sierra	<input type="checkbox"/> Lake-Mendo	<input type="checkbox"/> Pacific Crest	<input type="checkbox"/> Sequoia
<input type="checkbox"/> High Country	<input type="checkbox"/> Los Padres	<input type="checkbox"/> Redshank Riders	<input type="checkbox"/> Shasta Trinity
<input type="checkbox"/> High Sierra	<input type="checkbox"/> Mid Valley	<input type="checkbox"/> Redwood	<input type="checkbox"/> Sierra Freepackers
<input type="checkbox"/> Kern River Valley	<input type="checkbox"/> Mother Lode	<input type="checkbox"/> San Diego	<input type="checkbox"/> Sutter Buttes
		<input type="checkbox"/> San Joaquin Sierra	<input type="checkbox"/> Top of the State

DCTR (your Membership)

MEMBER'S NAME – No Business Names, Print Clearly    SPOUSE/Co-MEMBER'S NAME – MUST SHARE SAME ADDRESS

Street Address/PO Box

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code (full 9 digits if known) \_\_\_\_\_ Area Code \_\_\_\_\_ Phone number \_\_\_\_\_

Email Address: \_\_\_\_\_ (please print legibly)

Donation to BCHC Education Fund (tax deductible) \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_ Check No. \_\_\_\_\_

**Parent Unit Membership Types (Check one)**

Individual \$50     Family \$60     2 Year Individual \$90     2 Year Family \$110     3 Year Individual \$125     3 Year Family \$150

Young Adult (18-25 years old) \$15 – Benefactor \$100 – Patron \$250 – Mt. Whitney \$500

Associate Memberships: An Additional \$15 PER UNIT is added to your Parent Unit Dues

**Associate Memberships Unit Affiliations MAY NOT BE FOR THE SAME UNIT AS YOUR PARENT UNIT**

Associate Membership for: \_\_\_\_\_ \$15.00/Unit  
Unit Name (from above list)

Associate Membership for: \_\_\_\_\_ \$15.00/Unit  
Unit Name (from above list)

\_\_\_\_\_  
Add additional choices here

**Please clip form along dashed line and keep the below portion for your records**

**Parent BCHC Membership Types**

Individual, Family, (Shared\*), Benefactor, Patron, and Mt. Whitney

A Parent Membership is affiliated with a single Local Unit. BCHC members may NOT hold more than ONE active Parent Membership.

\*A SHARED Membership is for two adults with differing last names who share a common address.

**ASSOCIATE MEMBERSHIPS**

These special Memberships are only available to persons already holding Parent BCHC Membership. No one may sign up for an Associate Membership without 1) having registered one of the Parent Membership types, and 2) having selected Parent Unit affiliation.

**Complete information regarding BCHC Membership is available on the MEMBERSHIP TAB at [bchcalifornia.org](http://bchcalifornia.org) or call (775) 463-3634**

**KEEP FOR YOUR RECORDS**

I submitted an Application Form for a new -

<input type="checkbox"/> Individual Membership	<b>\$ 50.00</b>
<input type="checkbox"/> Family (Shared) Membership	<b>\$ 60.00</b>
<input type="checkbox"/> Young Adult (18-25 years old)	<b>\$ 15.00</b>
<input type="checkbox"/> 2 Year Individual	<b>\$ 90.00</b>
<input type="checkbox"/> 2 Year Family	<b>\$110.00</b>
<input type="checkbox"/> 3 Year Individual	<b>\$125.00</b>
<input type="checkbox"/> 3 Year Family	<b>\$150.00</b>
<input type="checkbox"/> Benefactor Membership	<b>\$100.00</b>
<input type="checkbox"/> Patron Membership	<b>\$250.00</b>
<input type="checkbox"/> Mt. Whitney Membership	<b>\$500.00</b>

On that form, I also requested:  
 \_\_\_\_\_ Associate Memberships    \$ \_\_\_\_\_  
 My Total Remittance:    \$ \_\_\_\_\_  
 My Check Number: \_\_\_\_\_  
 Date Mailed: \_\_\_\_\_

**Verification of BCHC**

**membership** is available via (1) BCHC unit president's reports (2) BCHC membership chair reports (3) a self-addressed stamped envelope submitted with this form or (4) a valid email address





# Big Meadows Horse Camp Sponsors



Your unit pays the cost of maintaining and hosting the Big Meadows horse camp. We are seeking sponsors (8) in total that will be exclusive to the Business/Industry type. Sponsorships are \$500 each per calendar year. Sponsors will be advertised on our web page, our facebook page, at the camp, and in our monthly newsletter. Please show your support to these sponsors. If you or someone you know would like to be a sponsor please contact Joe Kaminski at (559) 909-0505. If interested in being a camp host for this season, contact Jim Knabke at (559) 779-4715.




**CARA'S BLUEPRINT EXPRESS**  
**559.901.3936**  
 2109 East Main Street • Visalia, CA 93292  
 email: CarasBlueprint@sbcglobal.net  
[www.carasblueprint.com](http://www.carasblueprint.com)



www.  
visaliaidea.com

1921 E. Main St.  
Visalia, CA 93292  
PH 559-733-4149  
FAX 559-636-3690



**IDEA!**  
PRINTING & GRAPHICS INC.

orders@visaliaidea.com



BACKCOUNTRY HORSEMEN OF CALIFORNIA  
**HIGH SIERRA UNIT**

**Available**

**Available**

**Available**

**Available**

**Available**



*San Joaquin Sierra Unit*

P.O. Box 25693  
Fresno, CA 93729-5693

## **Objectives & Purpose of the Backcountry Horseman of California**

*From the BCHC Bylaws*

- To improve and promote the use, care and development of California backcountry trails, campsites, streams and meadows; to advocate good trail manners.
- To promote the conservation and utilization of our backcountry resources in concert with livestock transportation.
- To keep the backcountry trails and forage areas open to horseman on all public lands.
- To keep current information before the Corporation membership and its local Units regarding new legis-lation or management plans related to government regulations of the backcountry.
- To support or oppose new proposals, plans and restrictions as related to the interest of horsemen and those persons interested in recreational stock use and enjoying the backcountry.
- To promote the interest of people who, due to health or physical factors, need transportation other than by foot on backcountry trails.
- To promote public awareness and interest in the historical aspect of horsemen and stock in the back-country and to help educate backcountry users on the ways to use the trail and foraged in a manner that conserves the backcountry resources.
- To assist in keeping the public informed of the vital need for a clean backcountry.
- To promote a working relationship with and keep the work and interests of the Corporation before our local, state and federal officials.
- To assist in the formation and continuation of local Units to carry out these purposes.