

# SQUAW BUTTE BACK COUNTRY HORSEMEN

PO Box 293, Emmett, ID 83617

December, 2006

## 2007 OFFICER CANDIDATES

**A FUNNY BIT  
ABOUT EXERCISE  
AND NOT A LOT MORE**

*Squaw Butte Back Country Horsemen*

*Meet the 1st Thursday of every month at La Costa Restaurant in Emmett, ID*

*For information about joining contact Bob Howard, 208.278.5011 or robertmchristy@msn.com*



**S**ince elections will be held at the December 7 meeting I thought we all might like to see what our candidates look like.  
So here are some recent pictures of them and the office they're running for.

**PRESIDENT**



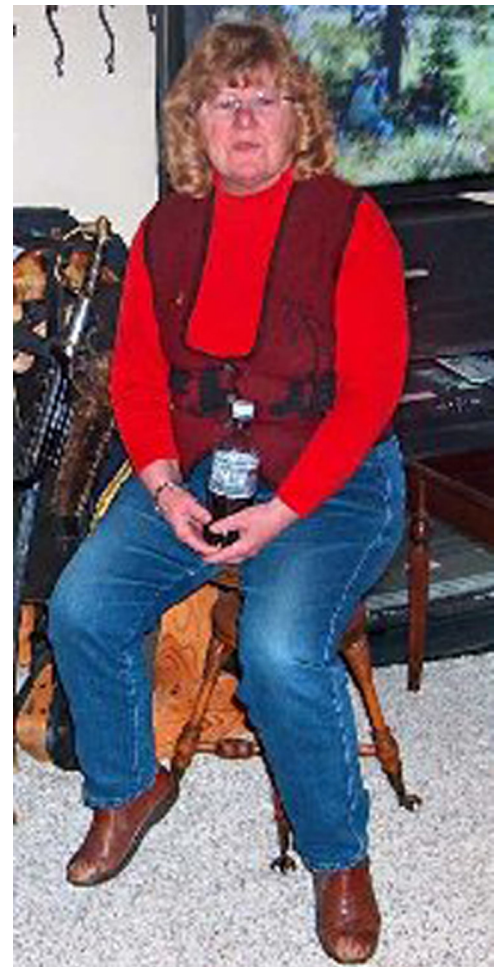
**ELLEN KNAPP**

**VICE PRESIDENT**



**SALLY SCHINDELE**

**SECRETARY**



**KAY RYAN**

**TREASURER**



**CHARLES LOX**

**STATE DIRECTOR**



**JOANNA SCHROEDER**

**STATE DIRECTOR**



**ROBBIN SCHINDELE**

**GOOD LUCK TO  
YOU ALL!**

**DECEMBER EVENTS**

**December 7** Monthly Meeting, 6:00 Social Hour, 7:00 Meeting, LaCosta Restaurant Emmett, ID *Chapter Elections be sure to be there!*

**December 9, Saturday** Chapter Christmas Party . It's a hit of a party, we eat a lot all evening and laugh a lot during the lively White Elephant Gift exchange. **Location:** Charles & Ellen's home - Spirit Horse Ranch, Emmett

**Time:** 6PM – 'til the cows come home

Check [www.sbbchidaho.org](http://www.sbbchidaho.org) for details and directions.



Contributed by Karen Farese

**A**t this time of year, after the holidays, ads for weight-loss programs saturate print media and the airwaves. Even TV talk shows devote time to the battle of the bulge. I caught part of a Dr. Phil episode in which the prominent self-help guru was evaluating the situation of one overweight guest. The woman commented that she'd like to buy a horse so she could get exercise via riding. "That's great for the horse," responded Dr. Phil drolly, "but what good is it for you?"

Clearly, the good doctor doesn't own a horse. At least, not the right horse. A quiet, well-broke, agreeable mount may indeed not offer much in the way of fitness training. But the right horse (and most of us have owned 1 or 2, haven't we?) will provide a body-building, cardiovascular-enhancing workout that would make Richard Simmons envious.

Allow me to explain...With the right horse, you begin your fitness program by walking out to the pasture. As you stride briskly, you carry the halter and lead rope behind you, pushed up high on your back so the lead doesn't drag. The purpose of this is to tone your chest and upper-arm muscles (because you're not fooling your horse--he knows what you're carrying). As you approach to within a few feet of him, he'll walk slowly away from you then stop. This will be repeated several times in succession, until you're ready to jog. At that point, the horse will trot, then gallop around the pasture. If you're at the advanced level of fitness, you may continue chasing after him for maximum aerobic benefits. Beginners may prefer to toss the halter and lead on the ground, bend forward from the waist, and engage in heavy breathing and chanting (that's what we'll call it, anyway -- chanting) as the horse continues to circle the

field. When the horse determines you've had enough of this warm-up session, he'll allow you to catch him.

Now comes the total upper-body workout of grooming. The right horse, of course, will be caked in dried mud. The cement-like consistency of it will require work-to-exhaustion effort of your biceps and triceps.

Next comes the bending, stretching, and toning of hoof-picking. Bend over, pick up the horse's left front foot, then be prepared to jump back as he stomps it back down to the ground. (Keep your knees bent as you jump, to protect your lower back.) Reach down and pick up the foot again, hopping about with the horse to maintain your grip as you attempt to pick what seems to be dirt mixed with Super Glue from the hoof. Eventually the horse may stand still; you may be chanting by this time. Repeat the entire circuit 3

## Squaw Butte Back Country Horsemen

more times, with the remaining feet.

Once you can stand erect again, it's time for the insect repellent exercise. True, with this one, your horse may actually get more of a workout than you do, but you certainly get more of the repellent. It goes like this: Squirt!-circle- circle. Squirt!-circle- circle. Squirt!-circle- circle-- and so on, until you're completely misted with repellent.

With the right horse, saddling up provides both aerobic and strength building benefits. The trick is to keep your feet moving as you heft the saddle blanket over and over, trying to keep it

in place on a moving target. The blanket exercise warms you up for the saddle exercise, for which the routine is the same, only the weight is much greater -- perfect for buffing those hard-to-tone shoulder muscles.

Now comes the mounting exercise. With the right horse, it's left leg up, hop-hop-hop, left leg down. Left leg up, hop-hop-hop, left leg down. For balance, go around to the other side and continue the exercise (right leg up, hop-hop-hop, right leg down, etc.).

When your heart rate begins to exceed your target range, look for a bucket. Bend over, pick it up, place it upside-down next to

the horse, wait for the horse to move away, then bend over, pick it up again, place it next to the horse, and so on.

When the horse deems you've had enough of these repetitions, he'll stand still and allow you to actually mount. At this point, of course, you'll be too exhausted to ride. It's best not to overdo it, so dismount, grab a protein bar, and head to the shower.

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## PRESIDENT'S LETTER

Dear SBBCH Members,

November has been a very slow month as far as chapter events are concerned. The wild horse ride was canceled because of weather.

I would like to thank Kay Ryan, Terry McDonald and young Bob for helping out with the litter pick up. There were only four of us but we picked up fourteen bags of litter on an overcast day with threat of rain. But we got

through without getting wet.

Elections are coming up so be sure and come to the meeting December 7 and vote your favorites.

The Christmas party on December 9<sup>th</sup> will be a lot of fun for everyone. Ellen will need help setting up before and cleaning up after. I know she would be grateful for you help so give her a call and volunteer.

Birthdays for November were Terry McDonald and myself and I hope we have many more.

See you in Camp,

Bob

## Squaw Butte Back Country Horsemen – Chartered 3/92 11/02/2006 Regular Meeting Minutes

Name	Present
Adams, Rob & Linda	Rob
Argo, Doug & Teri	
Berggren, Leon & Margaret	
Boeder, Jess	
Brewer, Vernon & Anita	
Burak, Nadine	
Burdine, Russell	
Bush, John & Jackie	John
Buthman, Tony & Tami	X
Carpenter, Vern	
Conger, Bill & Marybeth	X
Creamer, Kelley	
Dann, Tony & Diane	
Davis, Justin	
Dineen, David & Tracy	

Edwards, Harold & Renee	
Farnese, Karen & Gary	Karen
Fry, Lida	
Gaskell, Lou Ann	
Gress, Rose	
Gudmundsen, Bob	
Guinn, Lettie	
Harding, Bruce	
Hezeltine, Alex & Sherrie	
Holcroft, Steve	
Holt, William & Chris	
Howard, Bob	X
Howard, Robert & Donna	X
Leonard, Steve & Tonya	
Lox, Charles & Ellen Knapp	X
Lyons, Barney & Judy Hudson	
MacDonald, Terry & Gail	

Nichols, Jil & Michael Bryant	
Nielsen, Dolores	X
Richards, Tom	
Rindlisbach, Claudia & Fry, Martin	
Ryan, Phil & Kay	X
Schantz, Shannon	
Schindele, Robbin & Sally	Robbin
Seal, Nate & Ruth	
Seel, Jon	
Selkirk, William	
Stroeder, Joanna	X
Thielges, Jim	
Truax, Ralph & Sharon	
West, Bob & Alasya	
Young, Gene & Cheryl	

### 2006 SBBCH Officers and Board of Directors:

President: Robert Howard, Sr., Vice President: Rob Adams, Treasurer: Charles Lox, Secretary: Kay Ryan

Past President: John Bush

State Directors (2): Phil Ryan, Bob Howard, Jr., Alternate State Director: Leon Berggren

Foundation Director: Sally Schindele, Alternate Foundation Director: Margaret Berggren

*Regular meeting brought to order at 6:58 P.M. by President Bob Howard*

#### Pledge of Allegiance

Introduction and Welcome to Guests: Mildred A. Bryant, Tracy & Patricia Beyer, Cassie Nielsen

#### Introduction and Welcome to New Members:

### MINUTES OF THE OCTOBER MEETING

Robbin Schindele moved to accept the minutes of the October meeting as published in the November newsletter. Charles Lox seconded the motion which passed.

### TREASURER'S REPORT

**Beginning Balance:**     \$2,776.95  
**Deposits:**               +\$ 134.44  
**Expenditures:**     -\$ 95.50  
**Ending Balance:**       \$2,728.01

Bill Conger moved to accept the Treasurer's report. Phil Ryan seconded the motion and it was passed. Charles also pointed out that the \$1,000.00 deposit reported last meeting was the combined donations from four members, Bob Howard, Rob Adams, Robbin Schindele, and Charles Lox. Each donation was in the amount of \$250.00 for work-related money received from the Forest Service. The chapter will issue receipts for tax purposes. It was discussed that some type of recognition should be made to these individuals and that a public relations event be promoted. An article and photo will be submitted to the local newspaper and to the state and national newsletters.

### COMMITTEE REPORTS

Public Liaison Report: No report as Harold Edwards was absent.

State Directors Report: Phil reported that he and Marybeth Conger will be attending the Board of Directors meeting

on November 11<sup>th</sup> and will report the results at the December meeting.

**Education & Foundation Reports:** No report as Sally Schindele was absent.

**Work Projects and Rides Report:** Rob reported on the Fun Day held at the Circle G River Ranch. He said there were about 20 4Hers in attendance but very few from the chapter. Only one person came off a horse and was not injured. He said that Lettie Guinn would like to have an outreach event each month and is hoping that SBBCH will consider holding a similar Fun Day event in the spring to bring the SBBCH total to three events. Rob reminded everyone that we have our fall highway cleanup on November 11<sup>th</sup> and the final horse ride on November 18 at the Squaw Butte Wild Horse Management Area. Joanna Stroeder will be in charge. Directions are posted on the website. Rob says the Forest Service is talking about another chainsaw certification course and a first aid class for next year's schedule which is starting to develop. Robbin suggested that we might consider a defensive horsemanship class.

#### **UNFINISHED BUSINESS**

**Nominating Committee / Elections Update:** John Bush reported that he has a slate of candidates to run for office. He thanked Leon Berggren and Terry MacDonald who worked on his committee. The following people have agreed to run: President – Ellen Knapp; Vice President – Sally Schindele; Secretary – Kay Ryan; Treasurer – Charles Lox; State Director (one position only) – Joanna Stroeder, Robbin Schindele (who withdrew his name after the meeting), and Phil Ryan. Marybeth asked if there would be a conflict with Sally running for Vice President and also being the Foundation Chair. No one could answer the question but Kay said she would check it out and get with Bob before the election.

**2007 State Convention Update:** Phil reported that he volunteered to handle the convention as the overall chair. He said the site has been reserved and he has been in contact with Mark Bogar with the Outdoor Show. He also reported the following committees, chairs, and status:

Raffle: Phil Ryan	4 prizes, flyers & tickets printed; chapters to keep 10% of ticket sales as a sales incentive; 40% to go to the state; 50% to SBBCH
Food: Rob Adams, Sally Schindele	Rosie's Ribs selected for lunch & dinner; \$25 cost per person
Program: Marybeth Conger	Theme: Partnerships – The Key to Access; potential guest speaker Ian Barlow
Registration: Robbin Schindele, Kay Ryan	Registration form in draft; pre-registration cost to stay at \$45; late registration at \$55
Bucket raffle: Leon & Margaret Berggren	Silent auction eliminated; each chapter to provide 5 items
Photo contest: John Bush	Working on categories
Decorations: Joanna Stroeder	Barbed wire, candle centerpiece; may need some help to assemble
Gift packet: Robbin Schindele	Trail pamphlet from information from other chapters
Door prizes: Phil Ryan	Magnetic signs & hats currently in stock
Chapter display: Robbin Schindele	Size limits to be set; need ideas for SBBCH display

Kay has put together a list of hotels, motels, and RV campsites in the Lewiston area and will email it to everyone. She reminded everyone to make reservations now because some places are already full. RV space at the fairgrounds is free to BCH members but a reservation needs to be made right away as space is limited.

#### **NEW BUSINESS**

**Christmas Party:** Rob pointed out that the final event of the year is the Christmas Party at Charles' and Ellen's place. He suggested that whoever runs the gift exchange consider putting a limit on the times a gift can be "stolen". There was also a reminder that people will be needed to help set up and clean up and that we need to take stock of our remaining supplies in case more needs to be purchased.

#### **GOOD OF THE ORDER**

**Notices:** Robbin reported that all newsletters are now on the website in PDF format so they can be viewed or downloaded. He included the whole year. Bob said we have two invitations for members to attend the Idaho Horse Council Convention on November 18<sup>th</sup>. The cost is \$45 per person and he feels it would be a good idea if someone could attend. Robbin said he and Sally would like to go and represent SBBCH. Bill moved that the chapter pay for the two attendees. Joanna seconded the motion which passed.

**Door Prizes:** Rob Adams was the winner of the door prize, a 50# bag of horse feed donated by Pet Corral.

***Meeting was adjourned at 7:59***

Respectfully submitted by Kay Ryan, Secretary, SBBCH



Squaw Butte Back Country Horsemen  
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