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 Ewert, 208-878-8681 or rebete@sbcglobal.net
Since 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.
TREASURER

STATE DIRECTOR

STATE DIRECTOR

GOOD LUCK TO YOU ALL!

Charles Lox

Joanna Schroeder

Robbin Schindele

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 for details and directions.
At 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 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

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
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 9th 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 your 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
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\textsuperscript{th} 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\textsuperscript{th} 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\textsuperscript{th}. 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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