

BOARD MEETINGS:
3rd Thursday, 6:30 PM

GENERAL MEETINGS:
3rd Thursday, 7:00 PM

Springhill Church
4769 West Babcock, Bozeman

OUR PURPOSE:

Shall be to perpetuate the common sense use and enjoyment of horses in the back country and assist the various government agencies in their maintenance and management of the resource and to educate, encourage and solicit active participation by various members of the general public in the wise and sustaining use of horses, commensurate with our heritage and the back country resource.

2022 OFFICERS, 1 YEAR

PRESIDENT

Chris Nygren ... 546-7550
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VICE PRESIDENT

Henry Glenn ... 578-2084
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SECRETARY

Laurie Connelly ... 579-2859

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ONE YEAR TERM

Vern Campbell ... 570-6117
Lew Goodpasture ... 575-639-9091
Kathy Van Dyke ... 586-2440

TWO YEAR TERM

Sid Boswell ... 505-239-2606
Connie LeHocky ... 570-6060
Tom Lamb ... 908-670-1162

STATE BOARD MEMBERS

Dan Marsh (2 year) ... 587-7578 Rich
Inman (1 year) ... 388-1564
Henry Glenn (Alternate) ... 578-2084

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UPCOMING EVENTS:

WEDNESDAY TRAIL CREW : JUNE 1, 8, 15, 22, 29

Contact Lew Goodpasture, 575-639-9091

SATURDAY TRAIL CREW: JUNE 4, 11, 18, 25

Contact Dan Porter, 406-539-0879

MONTANA MULE DAYS : JUNE 3-5

Hamilton

NATIONAL TRAILS DAY : JUNE 4

Buffalo Horn

BOARD MEETING : JUNE 16, 5:30 PM

1655 Harper Puckett Road

GENERAL MEETING : JUNE 16, 6:00 PM

1655 Harper Puckett Road

PONY POKER RIDE : JUNE 18

Harrison

BCHMT 2022 RENDEZVOUS : JUNE 24-26

Monture Ranger Station, Ovando

BIG SKY DRAFT HORSE SHOW : JUNE 24-26

Deer Lodge

GVBCH POKER RIDE : JULY 9

Bridger Bowl

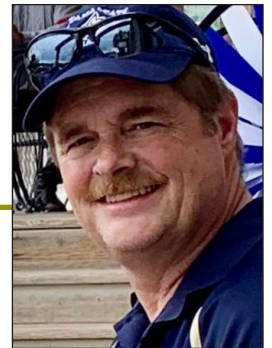
PRESIDENT'S REPORT:

I think I see the warm weather and blue skies on the horizon, but they just aren't quite here yet. As a result, our trail crews have not been able to get started due to snowfields and muddy trails. Hopefully, they can start the first week in June! Lew is the trail boss for Wednesday's crews and Dan Porter is Saturday's.

Right now, we have tentatively planned to replace corrals rails and other work at the Buffalo Horn trailhead on National Trails Day, June 4, 2022. However, due to the previously mentioned snow, we do not know yet whether the Forest Service will be able to supply the rails since they are cut in another area which still has snow present. Stay tuned for an email in the next two weeks letting everybody know whether that work project is still happening.

We also have the Poker Ride set for July 9th at Bridger Bowl. Planning has begun and posters will be put out soon. June's meeting will be lining up all the volunteers needed from our members to support the Ride. June's meeting will be at Janice Cartwright's place at 1655 Harper Puckett Road. It is an ice cream social and the general meeting will start at 6:00 to be able to eat ice cream and accomplish Poker Ride planning while it is still light.

Look forward to seeing everyone there.



—Chris

ROLL CALL

Chris Nygren, Henry Glenn, Kathy VanDyke, Rich Inman, Dan Porter, Sid Boswell, Jim Wing, Connie LeHocky, John Mutter, Laurie Connelly, Dan Porter is proxy for Lew Goodpasture

TREASURER'S REPORT

Jim reported in the checking and savings accounts. Kathy moved to approve the report; Henry seconded the motion; the motion passed.

MINUTES OF APRIL MEETING

Kathy moved to approve the minutes as published in the newsletter; Jim seconded the motion; the motion passed.

SAWYER CERTIFICATION

Will be held this weekend, Sat. May 21. Dan Porter, Jim Wing, Tim Butler, Curtis Settergren, Lawrence VanDyke and Wayne Frederickson will be certifying. Kenji Aoki and Laurie Connelly will be observers.

TRAILS DAY PROJECT

The chapter is planning a work day at the Buffalo Horn trail head (no horses needed) to repair the corrals. This is National Trails Day, June 4. We are still waiting for the Forest Service to get us the materials but the weather may also be a deterrent. We will keep you posted but if weather permits hope to see you there. Bring gloves, shovels, personal water and snacks. Be on the look out for an email to confirm the project.

POKER RIDE

Kathy is organizing. At the next meeting, she will be looking for volunteer commitments to man pop stations and the registration tent. Tickets will be \$25 for adults, \$10 for children and extra cards are \$10. John Mutter has once again volunteered to organize the Port-a-Johns. Henry and Lew will organize the pre ride trail clearing. Registration will be available on-line and on day of ride at the start tent. The ride is limited to 250 riders per Bridger Bowl Management.

Chris motioned to adjourn; Henry seconded the motion; the motion passed; Chris adjourned the meeting at 7:03 pm.

—Respectfully submitted by Laurie Connelly

PROGRAM

Jeremiah Smith from Montana Fish, Wildlife & Parks gave a very interesting presentation about grizzlies in Montana. He had a wonderful slide show and many edifying stories to tell. It was a great reminder of the awesome grizzlies and the very real dangers they can pose to us all (visitors in their habitat). Thank you Jeremiah!!

It was a double header tonight.

Chris, Forest Ranger (and Recreation Specialist) from the Madison Ranger District came to meet us and was hoping to see how much interest we as a chapter would have in doing some trail work for him in his district. This was mostly a meet and greet and we will talk more about how we could help him this summer on at least one trail, perhaps more.

The General meeting was called to order at 8:10pm by Chris Nygren.

POKER RIDE

July 9. Ride starts between 8am and 10am at Bridger Ski Area. Kathy is organizing and will be seeking volunteers at our next meeting. Janice will provide a formal invite for Outside Kind to staff an "ambassador's table" at the ride. If you need to know what Outside Kind is look at last month's newsletter. <https://www.outsidekind.org/>

NEXT MONTHS MEETING/ICE CREAM SOCIAL

Next month we will have our meeting at Janice Cartwright's home at 1655 Harper Puckett Road. That's June 16, times changed to 5:30 and 6:00 pm. Bring a camp chair and "June in Montana" weather clothing/jackets.

NATIONAL TRAILS DAY

June 4, our project may get put on hold due to weather. Be on the lookout for an email to update.

Cody, with the Forest Service, will be holding another First Aid/CPR class but has not yet given us a date. We will let you know when we know.

Janice motioned to adjourn; Carl seconded the motion; Chris adjourned the meeting at 8:26pm

—Respectfully submitted by Laurie Connelly

SPANISH CREEK TRAIL 407

All.

Recent precip has made most trails muddy and soft.

There will be no "official" ride or trail work tomorrow 5/14.

Next Saturday 5/21 is the chain saw certification which I will be attending.

The Spanish Creek trail should be open by the following Saturday 5/28.

I am hoping we can get together for some work on lower portions of those trails at that time.

June will be a busy month.

National Trails Day 6/4 the Chapter is planning to repair corrals at Buffalo Horn.

That is also the day "Wild Montana" is working on the Cliff Creek Trail. We may need a packhorse to pack their tools in the day before.

The MCC will be working on trail rehab on Little Hell Roaring from 6/21 to 6/28. We have agreed to cut and pack water bars up to needed locations prior to those dates so sometime between 6/4 and 6/21.

We have a lot of other "to dos" lined up for the rest of the season...corral repair at Ramshorn...Cherry Creek trash pack out...trail sign replacements....and our regular volunteer trail clearing.

Sharpen the edge on your pruners, get steel on your hooves, and oil your tack (no squeaky saddles).

Hope to see you all on the trail. Stay tuned.

Happy Trails, DP [*continued on page 4*]





SPANISH CREEK TRAIL 401

On Saturday, I took a chance that the rain would hold off for a while and drove up to Spanish Creek. With Light rain and 44 degrees at the trailhead, I crossed on the foot bridge, cut the one downed tree I had spotted last week, and then, cleared and rehabbed 29 water bars and drains on the 401 trail, reaching the first ridge crest/switchback at 2pm, then returning just in time to avoid heavy rainfall when I reached the vehicle. Spanish Creek is running high now so crossing on the road bridge with horses is a safer bet. The trails are soft so digging is relatively easy, but waiting for dryer weather before riding is recommended. Reports of large snow drifts farther up the 401.

Happy Trails, —DP



Recent studies conducted by the Institute of Heart-Math provide a clue to explain the two-way “healing” that occurs when we’re close to horses. According to researchers, the heart has an electromagnetic field larger than the brain: a magnetometer can measure the energy field of the heart that radiates from 2.4 meters to 3 meters around the human body.

While this is certainly significant, perhaps more impressive than the electromagnetic field projected by the heart of a horse is five times larger than that of a human being (imagine an electromagnetic sphere around the horse) and it can influence straight into our own heart rate.

Horses are also likely to have what science has identified as a “coherent” heart rate (heart rate pattern) that explains why we can “feel better” when we’re close to them. Studies have found a coherent heart pattern or HRV to be a solid measure of well-being and consistent with emotional states of calm and joy—that is, we exhibit such patterns when we feel positive emotions.

A coherent heart pattern is indicative of a system that can recover and adapt to stressful situations very efficiently. Many times, we just need to be in the presence of horses to feel a sense of well-being and peace.

In fact, research shows that people experience many physiological benefits by interacting with horses, including lower blood pressure and heart rate, higher beta-endorphins (neurotransmitters acting as pain suppressors), decreased stress levels, decreased feelings of anger, hostility, tension and anxiety, better social working; and greater feelings of empowerment, confidence, patience and self-efficacy.

—Mike Harrigan

<https://www.taofhorsemanship.com/heart-math>



Christine and Blackjack are working on their water crossing techniques.

Photos by Janice Cartwright



Jan Bisson Meyer brought Riley over for a tack fitting session. Reminder...check out your tack to be sure it fits your horse properly, after the winter “lay- off” period.



This mare is 24 years old and she can still do this to get to a blade of grass!

**GVBCH IS INDEBTED TO THE FOLLOWING BUSINESSES & MEMBERS
WHO CONTRIBUTED TO THE SUCCESS OF OUR 2021 POKER RIDE**

Bridger Bowl
Four Corners Saddlery
Hardaway Veterinary Clinic
Harrington's Pepsi-Cola

Kenetrek Boots
Madison River Propane
Montana Canvas
Montana Bank

Murdoch's Ranch and Home Supply
Rocky Mountain Hat Company



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