

Beartooth Back Country Horsemen Trail Tales

President's Pen

What a great weekend at the Convention! The time change is still wreaking havoc! Our live auction item brought a fair price and turned out BEAUTIFUL! We had a lot of submissions for the photo contest and our club brought home a lot of winning prizes! Congrats to John and Tara! John Jenkins, Randy, and John Chepulis also competed in the CrossCut Saw Competition. On the other side of John Chepulis' saw was an 89 year old friend that took home the Lifetime Achievement Award!

The Back Country Horsemen, any chapter, any state is recognized and respected as an organization that helps, gives, volunteers, to give back to millions of acres of public lands. We are welcomed in Washington D.C. and our local governments as we provide support and serve government agencies.



In my last Presidents Pen, I did state that the Defensive Horsemen would be on April 6th, when in fact, it is April 13th at Aspen Ridge Ranch in Red Lodge. More details on this further along in the newsletter.

Melissa

BBCH DIRECTORS

...

Melissa Codner, President
308-390-0465

John Jenkins, Vice President

Laura O'Connor, Secretary
248-672-9518

John Shamel, Treasurer

Bob Knutson, Board Member
406-698-0290

Sean Chepulis, Board Member

Sarah Lewis, Board Member

STATE DIRECTORS

...

John Jenkins, Sr. Director
406-855-0238

Randy Thomsen, Jr. Director
406-425-0204

NATIONAL DIRECTOR

...

John Chepulis
406-322-4823

NEXT MEETING:



PC: <https://hudsonvalley.kidsoutandabout.com/content/st-patricks-trail-ride-scavenger-hunt>

Monday, March 18 at 6:30 pm
Columbus Fire Hall
Education: TBD

2024 Membership dues:

- Business Membership \$40
- Family Membership \$35
- Individual Membership \$25

Please pay your 2024 dues! You can deliver them to Jon S. at our next meeting or mail them to PO Box 614, Absarokee, MT 59001. We are not raising our dues as we want to encourage new and existing members to stay active.

Not a member yet? Application available for download [here](#).

YOUTH TRAIL CLINIC

Youth TRAIL CLINIC

ages 10+

REGISTER HERE



Presentations on:

Limit of 15 participants

- TRAIL ETIQUETTE
- TRAIL PREPAREDNESS
- HORSE AND HUMAN FIRST AID
- HANDS-ON PACKING DEMONSTRATION

Bring your horse!

OBSTACLE COURSE TO MIMIC REAL
LIFE TRAIL ENCOUNTERS

SATURDAY
APRIL 27

CHECK-IN AT 08:30 AM
STILLWATER CIVIC CENTER

OBSTACLE
COURSE

featuring
PACKING
DEMONSTRATION

GUEST
SPEAKERS

BREAKFAST & LUNCH PROVIDED FOR PARTICIPANTS, FOOD BARN
WILL HAVE FOOD AVAILABLE FOR PURCHASE.

CALL OR TEXT SARAH LEWIS WITH ANY QUESTIONS 406-780-9500

HOSTED BY BEARTOOTH BACK COUNTRY HORSEMEN

2024 NATIONAL BOARD MEETING



REGISTRATION NOW OPEN!!!

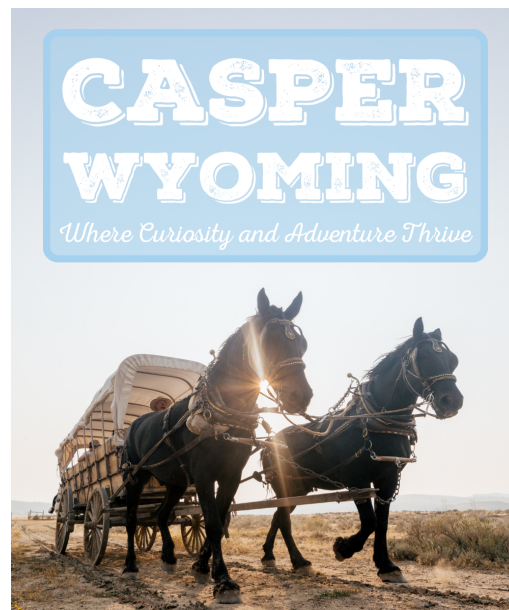
March 24th - 27th, 2024

Ramkota Hotel & Conference Center

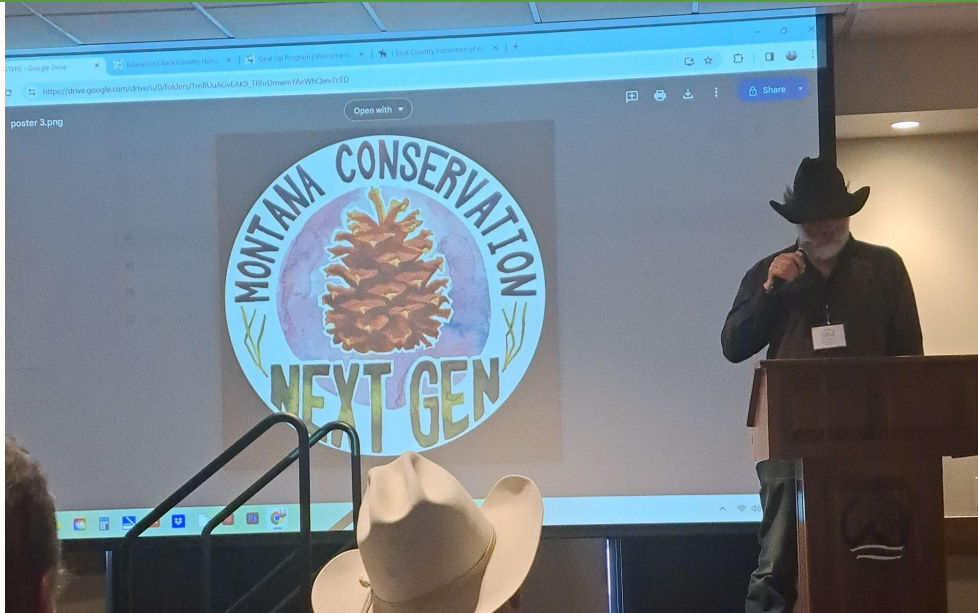
800 N Poplar - Casper, WY. 82601

[CONFERENCE REGISTRATION HERE](#)

[BOOK HOTEL ROOM ONLINE HERE](#)



HIGHLIGHTS FROM BCHMT 2024 STATE CONVENTION



Greg Shatz - Speaking about the youth programs and partnerships



Tall tales with Smoke Elsner



TRAIL WORK/OTHER PROJECT PACK PROJECTS

APRIL

- 13 - Saturday - Defensive Horsemanship, Red Lodge
- 20 - Saturday - Trail Clearing - Island Lake
- 26 - Friday Evening - Youth Trail Clinic Set-up, Columbus
- 27 - Saturday Youth Trail Clinic – Trail Work

MAY

- 3 - Friday - Recon Meyers Creek Gravel Project
- 4 - Saturday - Meyers Cr Trail clear or gravel packing, contingent on gravel bags
- 11 - Saturday – Main Stillwater
- 18 - Saturday - Make up or finish Stillwater
- 25-27 Saturday – Mon W Fork Stillwater, Camp out

JUNE

- 1 - Saturday Trout Creek Trail Clearing and Camp out
- 8 - Saturday - Meyer's Cr gravel packing or trail clearing, contingent on gravel bags
- 15 - Saturday – Clear Earnie Strum
- 22 - Saturday - Fishtail Days - Ride in Parade and host a booth
- 27 - Thursday - ABWF Pack In - East Rosebud

JULY

- 2 - Tuesday - ABWF Pack Out - East Rosebud
- 5 - Friday - ABWF Pack In - Meatrack, will need to overnight
- 10 - Wednesday - ABWF Pack Out - Meatrack, will need to overnight
- 13 - Saturday - Nye Goes Nuts
- 15 - Monday - ABWF Pack In - Wounded Man, overnight on both ends
- 21 - Sunday - ABWF Pack Out - Wounded Man, overnight on both ends.
- 25 - Thursday - ABWF Pack In - Clarks Fork, probably overnight due to the drive
- 27 - Saturday - Absarokee Days Parade and Booth
- 29 - Monday - ABWF Pack Out - Clarks Fork, probably overnight due to the drive

SEPTEMBER 13th - Tentative Camp out at Meyers Creek

MY FAVORITE BACKCOUNTRY AND CAMP FOOD PART 1

What do you like to take into the backcountry to eat? What are your favorite meals for both long and short trips? Over the years beginning with backpacking in the Appalachians and Ozarks in the 1970-1980s then the Rocky Mountains after that in CO, WY and MT I have experimented with a lot of different styles and cooking types. I am neither a gourmet chef nor nutritionist nor baker. But here are a few of my thoughts on different camp food, a few of my favorite things, and a few tips I have picked up along the way for convenience's sake. Maybe these are just things that work for me. Different camp food styles have their advantages and disadvantages, and I still use them *all* depending on what kind of trip I am going on. I combine different food types in a single trip. And I'll try not to offend any bonafide gourmets, nutritionists or Dutch oven bakers.

STAGING: STORAGE CONTAINER FOR ALL "CAMP/PACKING/HIKING" FOODS



I usually keep a large clear plastic storage box of "potential" camp/packing food at the ready. If we are going in a travel trailer, we just throw the entire thing in and add our necessary perishables like meat, condiments, fresh bread, etc. It usually has a small bottle of cooking oil, small cans of tuna, several dehydrated items such as biscuit mix, dried milk, pancake mix, trash bags, spices, foil, silverware, coffee, salt and pepper, water filter, etc. If I'm going horse packing overnight, I get what I need out of the box, adding it to my pack gear.

CONVENIENCE OPTIONS-Dehydrated and freeze-dried prepackaged food. What's the difference?

Dehydrated and freeze-dried foods are made by different processes. Freeze-dried has less water and supposedly stores longer. For short trips, e.g., overnight or on short notice,

they are really convenient. All you need is a small pot to heat water. This is lightweight if you are backpacking or doing an overnight with a saddle horse without a pack animal. In the summer I think freeze dried meals and coffee and oatmeal with a quart of oats (for your horse), extra lightweight sleeping bag, small pot and survival tent or combo tent/poncho (if there are no fire restrictions -so you can heat water and not bring a backpacking stove) allows you to travel 1-2 days in a minimalist fashion *without* a pack animal. These are high calorie to weight ratios. That's called energy dense. These are also much more expensive at the fuel station near the trailhead than in town. I don't think there is any source for reasonably priced dehydrated or freeze-dried foods. Unless you make it yourself.

BBCH PO Box 614, Absarokee, MT 59001

The main advantage is convenience and ease of preparation. But these meals are pricey, have a lot of salt, generate lots of trash which can easily be dropped and litter the backcountry. I just buy the cheapest or brand I like. For folks with high blood pressure, heart or kidney disease there is really way too much sodium in these meals. And if you are health conscious these are way too high on carbohydrates – unless you are a gym rat or doing excessive physical work. I reserve these for when I need convenience OR for rigorous trips where I burn lots of calories- hunting trips in the mountains where I am hiking hard terrain or overnight rigorous trail clearing trips. The extra sodium doesn't hurt when you're sweating a lot. When I'm pressed for food prep time, I also use these meals – like an overnight trip on short notice or when I expect to have a day in the back country with little time for cooking.

Because of the expense, I never really understood why I see backpackers at trailheads using these. Maybe it's just the convenience and lack of a complete set of camp cookware. Which is another reason for dehydrated foods. Personally, I would bring real food for the trailhead camping meals on the front end of a trip for sure, and possibly back end as well. I frequently leave fresh food in a Yeti-type cooler in my horse trailer tack room for a meal – if I'm camping at the trailhead - at the end of a trip less than a few days.

PREPARED OR PREPACKAGED - STORE-BOUGHT FOOD

Canned goods. Don't discount canned food that you like just because of the weight. I used to carry some cans even backpacking on trips of 3 days or less. There's extra weight with cans, especially on long hikes. If horse packing, canned food is convenient, but I still don't like the extra

weight. But you can really make some good nourishing stews or soups this way - prepare the meat if not pre cooked and dump the other ingredients like corn and beans and tomatoes together. Simmer a bit and serve with bread, crackers or tortillas. That makes a really balanced meal with little time and effort.

Dump cakes can be made with canned goods too. I used to do dump cakes backpacking with a cake mix and 1 can of peaches in a small backpacking pot. Not always pretty, but a nice treat. A couple of other notes on baking and prepackaged food to cook. First, I'm no expert on baking or Dutch oven cooking, but... you can do much more sophisticated and better appearing cakes with a packed Dutch oven. I have a couple of different sizes of aluminum Dutch ovens for packing. They save half the weight



of cast iron. That's really nice, but I don't always have time to bake in a Dutch oven as I would like. The aluminum doesn't hold heat quite as well as the heavier cast iron... but I like the weight savings.

I always like fresh bread in the backcountry, or biscuits – or at the trailhead. I tried to use a prepackaged biscuit mix that only uses water. That is not as good as one that uses other ingredients. I now use one that takes milk and mix some non-fat dry milk. Do them drop biscuit style. And they can be pan fried over low heat without a cover – but faster with a cover on the skillet. Not quite as “pretty” as homemade biscuits rolled out, but that's too much of a mess to clean up in the back country for me. Don't feel guilty about “frying” any camp bread over low heat and flipping it. I am not embarrassed doing that and it's easier for me than real baking with a Dutch oven sometimes. I sort of do both or combine them – start baking but if I can't keep the heat on the top adequate, then flip the bread. Another note on baking at altitude: it's recommended to add more baking powder for dough to rise if you are really going to bake bread. At 8-10,00 ft it doesn't rise well without some extra oomph, and adding the extra gives it a weird chemical taste - so I don't do that anymore. The bread is a little denser, which is OK with me. (My apologies to any real bakers.)



Also remember to add water and time to cook rice at altitude. When I lived in New Orleans, 5 feet below sea level, 1 cup of rice took 1 ¾ cup of water and 15 minutes to cook- and down there rice went with everything. Then I moved to Denver at 5300 ft and it was 2+ cups of water and a little over 20 minutes. I don't have an exact formula, but if you check the rice and it's still *al dente* (firm), and there is no more water in the bottom of the pot, add water and time.

Another option is precooked meats like sausage patties or polish style, but these require refrigeration. I freeze these at home and pack in a small non-hard sided Yeti-style cooler that fits in a pack pannier. I freeze all perishables and pack this way, except dry goods and fresh fruit and bread. Even in the summer in Montana I return to the trail head after 5-6 days with still refrigerated food that started out frozen in the cooler- if kept out of the sun.

Next installment “REAL FOOD, TRADITIONAL OPTIONS AND MORE TIPS – or send some of your favorites to the newsletter. Except for those of you who have had my biscuits with the extra baking powder – your comments won't be printed!

Bon Appetit!

Submitted by John Jenkins (Hee/Haw)

FOR SALE

If you have a saddle or piece of packing equipment, please feel free to email the information to Rochelle at ebenezerquine@gmail.com. The listing will be removed after 3 months unless you request otherwise.

RESOURCES

Life Flight Network

Let's talk about the not so fun part of the backcountry. There are definite risks involved about being away from civilization and being self reliant if anything goes awry. If something bad happens and you are unable to exit on foot or horseback, the only option is via helicopter. It is incredibly expensive but there is some insurance for the just in case instance. Following is the link for informative purposes only.



PLEASE NOTE: This is NOT a sales pitch. This is a non-commissioned link.

<https://member.lifeflight.org/#lp-pom-block-370>

Membership is under \$100 and, according to the website, will cover the flight. There is also additional ground insurance.

Online Defensive Horsemen Information

Website - <https://bchmt.org/wp/education/>

Scroll down towards the middle and you will see Horse Safety

This is good information and a great resource for new members that still need some defensive horsemen prior to doing any work activities this year.



JUST FOR FUN



THANK YOU TO THESE LOCAL BUSINESSES FOR THEIR CONTINUED SUPPORT!




Barnard Skiing - Certified Instructor
 Alpine, Telemark, Skate & Classic Nordic
 406.425.0130 - Red Lodge, MT
gbletelemark@gmail.com

INDIAN ROCK WILD GAME PROCESSING
 AND VACATION RENTAL

DAN AND KRIS KELLOGG

77A ARENA DRIVE
 ABSAROKEE, MT 59001

715-853-6665 DAN
 715-853-1008 KRIS



EXPERIENCED MEAT PROCESSING AND SAUSAGE MAKING
 ONE ANIMAL AT A TIME

TIRE WORLD

**TIRES,
BRAKES,
AND MORE**

John Chepulis
Bozeman, MT 59715

Mile West of 4 Corners & 715 E Mendenhall St
 (406)586-0488 & (406) 556-0488

Stillwater Veterinary Clinic

557 North Montana Avenue
 Absarokee, MT 59001
 406-328-4159

DAN AND EMILY AADLAND
 2906 HIGHWAY 78, PO BOX 578
 ABSAROKEE, MT 59001



Phone 406-321-4195
draa@montana.net



**Absaroka Tennessee
Walking Horses**

"Horses to match our mountains"

Horses for sale, training,
 boarding, stallion service to
 TWH and Suffolk Punch stallions

Broken Fiddle Ranch
Dave & Chris Heinle
Clyde Park, MT 59018
 (406) 321-4326
brokenfiddleranch@gmail.com



Two Standing Jacks
 JR, 13 hand Roan, \$350
 Arkansas Mtn Man, 15 hand Black, \$500
 Pasture Breeding, Fee + Mare Care

