



# Nag News

Bitter Root Back Country Horsemen

January 2025 Issue #1

In Partnership With



## BACKCOUNTRY HORSEMEN MISSION STATEMENT

- To perpetuate the common sense use and enjoyment of horses in America's backcountry and wilderness areas.
- To work to ensure that public lands remain open to recreational stock use.
- To assist the various government, state and private agencies in their maintenance and management of said resource.
- To educate, encourage and solicit active participation in the wise and sustaining use of the back country resource by horsemen and the general public commensurate with our heritage.
- To foster and encourage the formation of new back country horsemen's organizations.
- To cooperate with other BCHA organizations.

**THURSDAY, JANUARY 16th, 2025 MONTHLY GENERAL MEETING**

**Corvallis Primary School Cafeteria**

The next General Meeting will be at the Corvallis Primary School Cafeteria. A potluck dinner will be served at 6:30 pm followed by our monthly meeting from 7:00-8:30 pm. Guests and new members always welcome.

There will be no guest speaker this month. For more information call Gene at: (208) 310-6326 or check out our website at: [www.bchmt.org/bitterroot](http://www.bchmt.org/bitterroot).

Facebook: **Bitter Root Back Country Horsemen**

### **HIGHLIGHTS THIS ISSUE**

- Pp 2. Presidents message
- PP 3. Training Dates.
- P.4. Horsemanship Clinic Flyer
- Pp.5-6 Draft General Meeting Minutes
- Pp.6-7. Draft Board Meeting Minutes
- P. 8. Horse Sense
- P.9. Back Country Kitchen
- P.10. List of Officers and Board
- Pp.11, 12 List of Advertisers

**DEADLINE FOR  
NAG NEWS  
Thursday, February  
13th**

**SUBMIT YOUR ARTICLES  
& ADS TO:**  
[djmaiyo@gmail.com](mailto:djmaiyo@gmail.com)



## A Message from the President

Happy New Year!

I want to thank everybody who put me in this position. The new officers and board hit the ground running with our January 2<sup>nd</sup> board meeting. As I write this there are meetings scheduled with the Fair Manager and Forest Supervisor, with lots of activity and ideas being discussed by our committees.

My first order of business is to get all the committee chair positions filled and work with them on their goals for 2025. The following list is where we need help. Remember, we can only be as great as the sum of our members, so let's all work together for a great 2025.

- Education/Youth
- Equipment and Inventory
- Fundraising/Selling Newsletter Advertising
- Parliamentarian
- Programs (for the meetings)
- Social
- Pleasure Trail Rides

If you have any interest in these committees, please call me and we can talk about the details. Next month's newsletter will have an up-to-date committee list.

I'm looking forward to the general meeting. Awards will be presented to the past administration. Hope to see you all for this and to bring you up-to-date on the meetings I've attended since.

Sincerely, your president,  
Brad Pollman  
406-546-6491



## Training dates for 2025

The free trainings hosted by BCRBCH are provided for members who will commit to attending at least one project. The following dates have been reserved for our training this spring:

**First Aid/CPR:** So far, January 25 and February 15 from 9 am to about 3 pm at the Stevensville Firehouse on Rt. 93 at the stoplight (West of the Subway shop). We need the roster a week before the class, so if you are interested, please contact me and let me know which date is preferred, or if you want to be on the "later" list. First Aid cards are good for 2 years.

**Safety Training (formerly Defensive Horsemanship):** This class is required if you plan to ride your equine on a project. A Safety card is good for 3 years. For the initial card, you must attend the Safety Demonstration (without your animal) and the Obstacle Course with your equine. To renew your card, you must attend the Safety Demonstration or one of the obstacle courses. While you may bring and work more than one horse/mule/donkey at time, you may only ride in one class. You are welcome to watch any of the classes. **Your membership must be up to date by March 6 to ride in the first class or April 3 to ride in the second class.**

The **Demonstration** is from 9 am to 2 pm and includes a chili lunch/pot luck and is on March 8 at the C-Max stables at 657 Bass Lane, Corvallis.

The **Obstacle course** classes are scheduled at the C-Max stables on March 29 or April 12. A maximum of 10 riders may choose between the 9 am-noon or 1-4pm sessions. Members needing their card for the first time have priority. This is a great spring tuning opportunity or a good way to desensitize your younger animals or those with no trail experience.

**Chain Saw and Crosscut saw trainings:** Times are to be determined, in the spring after the snow melts. For a crosscut saw renewal, plan to attend a project with Ed Duggan or Travis Grinnell. For a chain saw renewal, work with Dan Brandborg or Brad Pollman. Members getting a certification for the first time will also have a 3-4 hour classroom time, usually a Friday pm and then do the practical work the next morning. Times vary with the former saw skills of the group, but count on at least a half a day. We will have sign-ups in the spring and plan courses to meet the needs of our members planning to work on projects.

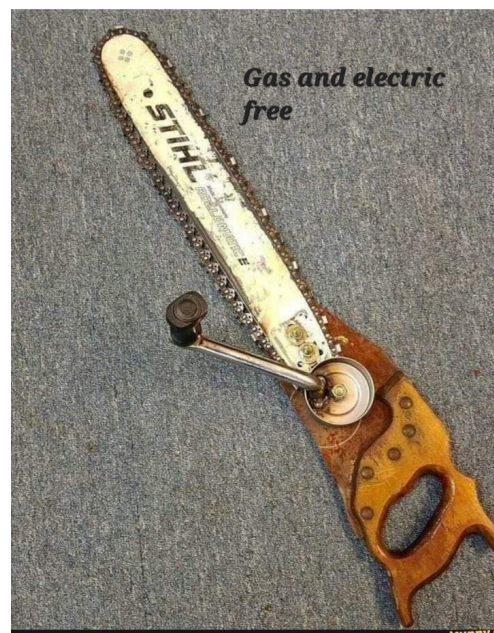
To sign up for any of the above, text (include your name, please), call, or email:

**Bonnie Morgan 406-381-9021** or  
[mrqnbnn@gmail.com](mailto:mrqnbnn@gmail.com)

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**Packing Clinic:** Ed and Christy Duggan have planned a 4 day packing clinic for people wanting to learn more about this amazing skill. They have selected 4 Sundays, May 4, 11, 18, and 25 and will hold it in Stevensville. More information will be shared at the meetings or contact them directly.

**NOTE:** Check the BRBCH website under events-> check your training to see if you need to update any trainings. If they are not listed and you have any of them through the Forest Service, another club, or work, please send a copy of your card to Bonnie Morgan so we can update the list. To work on a project, you only need to be a member if you plan to hike, clear water bars and bridges, use your saddle saw to trim brush, etc. To operate a chain saw, you must have First Aid/CPR and be chain saw certified. To operate a crosscut saw independently, you must have First Aid/CPR and be crosscut saw certified. Without these certifications, however, you may be on the other end of a crosscut saw with a B certified crosscut sawyer. To ride or lead your horse/mule/donkey you must have a Safety Training card. Projects traditionally have great food, also provided by the club. If you can't sleep on the hard ground for a camping project, you can attend day projects (Larry Creek, Coyote Coulee) or help in food buying and preparation. Also, help is needed to load up pack animals at the trailhead and greet them when they return to rehydrate the crew and help unpack. Thank you for your efforts to keep our trails open!





# **Circle Cross Equine Horsemanship Clinic**

**Wade Murphy**

**Corvallis MT April 25,26,27 2025**

**“Cooperation and confidence through leadership”**

Located at CMax Equestrian Center  
657 Bass Ln, Corvallis, Mt

Contact Wade Murphy 406-431-1717, [murphywade923@gmail.com](mailto:murphywade923@gmail.com) to sign up.

- Two separate, three day classes available. The morning class from 9am-noon will be essential groundwork. **MOST ANIMALS AND RIDERS STILL NEED THIS.** The afternoon class from 1-4 will be mostly in the saddle.
- **FEEL**– learn about feel, how to apply it and why it is so important!
- Learn how to be the leader your animal wants you to be.
- Learn the basics of centered riding.
- Gain a new level of confidence for both you and your animal.
- Build a solid foundation of fundamental skills for preparing to ride.
- Learn solid tools for gaining and maintaining confidence in the saddle.

Open to both horses and mules. This is not a colt starting class. Participants in riding class should be able to walk and trot their animal. Loping is suggested but optional. Class is limited to 10 riders. Spectators welcome.

Cost: \$250 for all 3 sessions of either class. (BCH MEMBER PRICE \$225)

\$450 for all 6 sessions (BCH MEMBER PRICE \$405)

Spectators \$20 per day or \$40 for entire event

*50% nonrefundable deposit required to hold your spot.*

All prices include arena fee.

**BITTER ROOT BACK COUNTRY HORSEMEN  
DRAFT GENERAL MEETING MINUTES,  
DECEMBER 19th, 2024**

The December 2024 general meeting of the Bitter Root Back Country Horsemen (BRBCH) was called to order by President Jan Bullock at 7:10 pm. The meeting was held at the Corvallis Primary School cafeteria. Approximately 38 members were present. There was not an officer and board quorum. All led the pledge. There were 4 guests: Kathleen Wilson, Jeremy Camron, Erin Belmont and Tim Helms.

**December Meeting Raffle Drawing:** Joan Scheffer reminded everyone to get a raffle number if they've renewed or have a new membership. Numbers will be pulled throughout the meeting. She pulled the first five numbers for members to select from the wide variety of donated raffle items.

**PROGRAM**

**George Bettas, Author:** Karen introduced our speaker, George Bettas, a local author, hunter, and horseman. He didn't get horses until after veterinary graduate school. He has hunted with horses for 50 years and with ATVs for 40 years. He said where you're hunting determines what you can use. He has used horses and ATVs to get meat out and pack a hunting camp in and out. Hunting has always been his primary focus for owning horses. Getting the meat out is the highest priority, and using horses to pack big game requires a special skill set. It took him time, good mentors and experience to get better. Hunters can use ATVs with tracks in some areas. He focused on backcountry hunt camps. He first used pack stock in 1979. He warned hunters to condition their stock to pack out meat before they go hunting. His daughters preferred hunting with horses because they had a special bond with their animals. He prefers hunting with stock; it's a family activity.

**Kathy Stoppel-Holl motioned and Earl Philips seconded to suspend the quorum requirement for this meeting in order to carry out the meeting's business. Motion carried with one nay.**

**BUSINESS**

**Minutes:** The November minutes were printed in the Nag News. There were no corrections. **Mary Odell motioned and Bonnie Morgan seconded to accept the November general meeting minutes. Motion carried.**

**Treasurer's Report:** The December treasurer's report was provided by Barb Walker. There were no questions. **Bonnie Morgan motioned and Travise Grinnell seconded to accept the December treasurer's report. Motion carried.**

**CORRESPONDENCE AND ANNOUNCEMENTS**

**Correspondence:** Allegra sent us a Christmas Card.

**Safety Moment:** Jan said watch out for the ice, both critters and humans.

**Volunteering in 2025:** Members are encouraged to not only volunteer on projects and for the fair, but to provide their knowledge and time toward other chapter activities. We also need topics for programs at the general meetings.

**Coffee/Hot Water Signup:** Kathy passed around the signup

sheet for coffee & hot water at 2025 general meetings.

**COMMITTEE REPORTS**

**Grants:** Brandi Ashford sent a brief summary of the recent committee meeting. The committee made the decision to forgo applications this year (2025) due to imminent deadlines and the inability to submit thorough applications. However, they will continue to meet regularly to discuss and prepare for grants that we plan to apply for next year (2026). We remain very optimistic about our prospects! If you have any ideas for trail or trailhead maintenance/upgrade projects, please contact Brandi.

**Issues/Public Lands:** No report.

**Projects:** Dan Brandborg said we need help with this committee as he has stepped down as chairman. He will continue to be involved on projects and provide pack support. The East Fork Guard Station and that area is already being planned for as a 2025 project. The projects committee meets with the FS in January.

**State Directors:** Ed Duggan provided a report from Brad Pollman as follows: **BCHA** – National Level. BCHA reported an MOU with BLM, providing new opportunities for equine recreation input on BLM lands. This does not mean much for BRBCH because of our limited BLM lands, but it is more important to the chapters in the eastern part of the U.S.

**BCHMT Public Lands** – John Chepulis reported on Holland Lake Lodge; there are new owners. BCHMT is watching to see if there will be any requests for new improvements and what effects it may have on trails that give access to the Bob. John reported on the trapping amendment. This was the same discussion on how it could affect our people riding. No other action was taken after the discussion, as it was noted it does not affect trails – only roads that are closed except for winter over-snow travel and only for 6 weeks (the month of January and two weeks into February). The Public Lands Rally will be held in Helena on February 19. It was voted to approve spending money for a banner at the rally.

**Miscellaneous** – A resolution committee was formed. These are for resolutions, if any, to be presented at the state convention in March. No resolutions at this time. Brad will be on that committee. Resolutions are due 6 weeks prior to convention (by 1/17/2025). Resolutions going before the delegates at the state board meeting will be distributed to chapters by 1/31/2025. Founders Day Award nominations are to be to Connie Long by 2/14/2025. BCHMT voted to pay \$250 membership fee to the MT Trails Association. They are very active in state legislation regarding the grants and funding for trails and recreation in Montana. The reimbursement checks were passed out. Brad will provide them when he returns in January. There is a very good chance that a new cost share agreement will be in place for this season, unless a lightning bolt from the Washington office stops it. Keep in mind this one agreement will come with a chapter budget to pay for traveling (First Aid and Saw), as well as mileage for projects.

**Continued next page**

### **(General Meeting minutes continued)**

Christy Schram-Duggan reported on the state convention and she gave packets to the Barb and Elaine (our new treasurer). The 2025 convention is in Helena, March 14-16, at the Convention Center. Raffle items are an 8-person tipi tent with stove, 2 Bear Country aluminum panniers, and a \$250 Visa card. The host chapter gets \$ from raffle ticket sales. Live auction proceeds go to BCHMT.

**Education & Training:** Bonnie reported on the Jan. 25 first aid class. Emphasis is first aid training for members who need saw certification and for those who plan to go on projects. Cost to the chapter is about \$100 per person. There will likely be a second class in February and a possible third class later in the spring. Jan Bullock and Joan Scheffer are the main instructors. Christy reported she and Ed plan to offer a packing class where members use their own animals. They are working with Bonnie on this.

**Membership:** Joan Scheffer reported that totals will be reported at the next meeting--lots of renewals at tonight's meeting.

**Outreach:** Karen thanked Cowboy Santa Ed Bullock, his trusty mare Nikawa, and his elves Jan Bullock, Dan Maiyo and Gene Merrell for their excellent outreach to the community, for both children and adults. They brought added joy to the Downtown Hamilton Christmas festivities!

**Program:** Monica Stanton asked for program ideas and for a volunteer to take over for her as she has stepped down from this chairmanship. There is no program speaker scheduled for Jan. 16 meeting yet.

**Sunshine:** If anyone knows of a member who needs a get well, congratulations, or condolence card, let Jenna Wright know.

### **OLD BUSINESS**

**Pantry Partners Event:** Barb Walker said 19 members packed over 200 boxes for families who needed food for the holidays at the Stevensville Family Center. It took less than two hours to build and pack boxes, load the boxes in a trailer, and deliver them to Pantry Partners. Good job everyone!

### **NEW BUSINESS**

**Audit Committee:** Jan reported that the committee has no members at this time and we need them in January. Please contact Jan if you're interested.

**BCHA Donation of \$5/Primary Membership:** Jan reported that the Board, at its Dec. 5 meeting, approved sending a donation of \$5 per primary membership to BCHA to help them with their budget (as we did last year). This seconded motion was brought to the membership for a vote. BCHA dues are going up to cover budget shortfalls but not until 2026. **Travise Grinnell motioned and Joan Scheffer seconded to allow our chapter to donate \$5 per primary membership to BCHA. Motion carried with one nay.**

### **OTHER BUSINESS**

**Next Meeting:** January 16 at the Corvallis Primary School Lunchroom. Coffee: Diane Duffie Hot Water: Diane Duffie

**Travise Grinnell motioned and Joan Scheffer seconded to adjourn the meeting at 8:22 pm. The motion carried.**

Karen Philips, Co-Secretary BRBCH

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### **BITTER ROOT BACK COUNTRY HORSEMEN DRAFT BOARD MEETING MINUTES, JANUARY 2nd, 2025**

The January 2025 Board meeting of the Bitter Root Back Country Horsemen (BRBCH) was called to order by Brad Pollman at 7:00 pm at the Daly-Leach Community Room. Present were President Brad Pollman, Vice-President Dennis Hardman, Treasurer Elaine Driskoll, and Co-Secretaries Karen Philips and Kathy Stroppel-Holl; Directors Chris Carrera, Diane Duffie, Lionel Lavallee, Mary Odell, Joan Scheffer, Julie Schram, Christy Schram-Duggan, Barb Walker, and Mark Wright; State Director Ed Duggan, and Alt State Director Chuck Miller. Absent was past-president Jan Bullock. There was a Board quorum. Committee chairs/members present: Bonnie Morgan, Carol Johns, Nancy Pollman, Gene Merrell and Dan Maiyo. All led the Pledge.

### **BUSINESS**

**Minutes:** The December 2024 minutes were published in the Nag News. There were no updates. **Lionel Lavallee moved and Joan Scheffer seconded to accept the December minutes. Motion carried.**

**Treasurer's Report:** Elaine provided account balances. There were no updates. **Mark Wright moved and Lionel Lavallee seconded to accept the January treasurer's reports. Motion carried.**

### **CORRESPONDENCE AND ANNOUNCEMENTS**

**Welcome to New Officers and Directors:** Brad explained the importance of the officer and director positions and thanked the new 2025 board for giving of their time and energy. Nancy is cleaning up the document that explains the duties of board members and that will be available in a few months. Kathy recommended that all new members read the constitution; it is available on the website.

**PO Box Keys:** Brad, Kathy, and Elaine have the chapter's PO box keys for 2025.

**Get Another Key for Daly-Leach:** Brad said he will get the key to another member if he will be absent. Board members were reminded to let Brad, Karen or Kathy know if they will be absent from a board meeting. This is to ensure we have a quorum.

**Thank you to George Bettas:** Karen circulated a card to thank George for taking the time to share his experiences and expertise at the December general meeting.

### **COMMITTEE REPORTS**

**Budget:** Gene provided the draft 2025 budget, which has been updated through Dec. 31, 2024. It reflects the transfer of \$6700 to a CD. He reviewed the income and expenses, answered questions, and made suggested adjustments.

**(Continued next page)**

### **(Board minutes continued)**

Brad mentioned the BCHA youth scholarship funds that are available. **Lionel Lavallee moved and Dennis Hardman seconded to approve the budget as adjusted. Motion carried.** This will be a seconded motion presented to the membership for approval at the Jan. 16 general meeting.

**Public Lands/Issues:** Carol Johns provided follow up on a comment from Julie regarding the new trapping regulations. The FS and FWP have a cooperative agreement to ban trapping at Bass Creek and Lake Como Recreation Areas. The amendment applies only to winter-closed roads. Trails still have the traditional setbacks. The new regulations include furbearing animals, not just wolves. A Sheep Creek article in the Bitterroot Star focused on China's embargo of rare earth elements that is causing more interest in Sheep Creek minerals, particularly gallium. The United States doesn't have the technology to separate the elements—that technology is years away. The EXLORE Act passed, but no funding was provided.

**Projects:** Christy discussed 2025 trail projects. The projects committee would like more emphasis on 3-day projects, with social time on Fridays, work on Saturdays, and rides on Sundays. Region 1 anticipated and prepared for the federal budget freeze and its impacts on hiring. Brad and others will meet with the FS to discuss this. June 28 is the tentative date set for the East Fork Guard Station project.

**State Directors:** Ed Duggan reported that the State Trails Advisory Committee will meet soon and Brad will check if BCHMT will have a representative at that meeting. No resolutions yet for the state convention. The BCHMT rendezvous will be at Beck Ranch (near Gold Creek) on June 27-29.

**Membership:** New and renewal memberships were presented. **Lionel Lavallee moved and Christy Schram-Duggan seconded to approve several renewal members. Motion carried. After approval,** we currently have 69 members and 40 memberships for 2025.

**Outreach & Program:** Karen had no outreach report. There is no speaker scheduled for the Jan. 16 general meeting yet. Dan M said Steve Brown could present information on the Johnson Fire in the East Fork area. Carol Johns said Dr. Phil Ramsey is a possible speaker in March on the Sheep Creek Mine.

**Education & Training:** Bonnie said we will have the regular Defensive Horsemanship Demo in early March. Obstacle course sessions will be scheduled in late March/early April. Ed D and Julie want to offer a packing class to members only and are working with Bonnie on that. Joan will teach the initial first aid class on 1/25 and a second one on 2/15 at the Stevensville Westside Fire Station (located behind the Subway building). The emphasis on participation in those classes is for members who will be saw certified and/or who will be working on projects. Ed D, Brad and Dan B will coordinate saw training. Bonnie will contact those who need to renew their saw certification.

**Constitution Committee:** Dan M reported they will work on bylaws next. No date is set for the next meeting.

**Grants:** No report until the committee meets in Jan 2025.

### **OLD BUSINESS**

**Audit Committee:** Brad needs volunteers to work with Barb and Elaine. Dennis will be on it, and Brad will contact Joe Kirkland too.

**BCHA Donation of \$5/Primary Membership:** Discussion continued on the BCHA donation that was requested and that we contributed to. The statement Barb received from the BCHMT treasurer showed the additional \$5/primary membership was already added in for BCHA, and there was also a line for a BCHA donation at the end of the statement. Brad emphasized that, regarding paying our annual members' dues, we pay only for primary memberships, not secondary memberships.

**Laptop for Treasurer:** Lionel obtained data on purchasing a laptop for the treasurer.

### **NEW BUSINESS**

**2025 State Convention Delegates:** Brad said we have 8 delegate slots plus one alternate, and 3 are taken by our 3 state directors, Ed D, Chuck and Brad. Additional delegates are Dennis, Mark, Barb, Julie, Diane D (alternate), and one left open for the general membership. Christy will fill the open slot if no one volunteers at the general meeting. Registration fees are \$120/person with dinner included, and the early registration due date is February 10. The chapter will cover lodging for one night and mileage. Room sharing is encouraged. There was further discussion on whether all meals are covered.

**2025 State Convention Auction Item:** The live auction items raise money for BCHMT. The item should be worth \$100 and is contributed by every chapter. This request will be brought to the general membership. Brad explained how the raffle system works to help the host chapter make money by all chapters selling raffle tickets. Raffle items are an 8-Person Tipi tent with stove, an aluminum pannier set, and a \$250 Visa gift card.

**Pins for Past Officers/Directors:** The pins have been produced and will be presented to our outgoing officers and directors at the Jan. 16 mtg.

### **OTHER BUSINESS**

**Wade Murphy's Clinic Update:** Brad reported the clinics will be 4/25-27 at C-Max Stables. This includes two separate 3-day clinics, held from 9 to noon and 1-4. Cost is \$225 for one clinic or \$405 for both clinics for BCH members (\$250 and \$450 for non-BCH members). Spectators pay \$20/clinic or \$40 for both clinics.

**Google Drive:** Lionel said the repository is up and running. Becky Brandborg and Tim Myer helped a lot with this effort.

**Fair:** Brad, Dennis and Joan will meet with fair manager Melissa Saville regarding the county attorney's request to change the way we work at the fair from volunteers to contracted workers.

**Lionel Lavallee moved and Kathy Stroppel-Holl seconded to adjourn. Motion carried.** The meeting ended at 8:44 pm.

Karen Philips, Co-Secretary BRBCH

## Horse Sense - Sponsored By:



We carry all your equine vaccination and deworming needs, plus a large supply of animal health products. Visit us in Corvallis or Deer Lodge, on Facebook, or [www.cowpokeranchsupply.com](http://www.cowpokeranchsupply.com)  
406-961- 4917 Monday-Friday 8 – 5:30 Saturday–9 – 4:00

### When is it too cold to ride your horse?

*Equus magazine January 2024*

Us horse lovers aren't afraid of a little cold. We don't hesitate to throw on our warmest coats, grab the hand and toe warmers, and head down to the barn in subfreezing temperatures to see our horses. Riding in winter, however, comes with an extra set of challenges. So in this article, we'll discuss how cold is too cold to ride a horse and offer tips for riding safely in cold weather.

#### Understanding Horses' Cold Tolerance

Horses are incredibly resilient animals, and they've evolved to tolerate a wide range of temperatures. In fact, horses are probably much more comfortable in extreme cold than you might think, thanks to their insulating hair coats and heat-generating digestive systems.

Exercise, however, puts extra stress on horses' respiratory and musculoskeletal systems. Researchers have even shown that when temperatures dip below 23 degrees F, exercising horses' respiratory tracts are at risk of damage. Plus, keep in mind whether your horse is body-clipped. He'll be more susceptible to the cold and benefit from blanketing and/or a quarter sheet when riding.

#### Related Reading: How Cold Is Too Cold for Horses?

Most horses can be safely ridden in winter if you remember these three things:

**Footing can be especially treacherous in cold weather.** Frozen footing can feel like concrete under a horse's hooves, and mud that gets churned up and then freezes solid can twist joints and bruise feet. Watch to see if your horse leaves hoof prints in the turf you're traveling over. If he doesn't, the ground has no "give" and you'll want to stick to a walk.

**Cold air can worsen respiratory issues.** Studies have shown that extremely frigid air—in the single digits—can lead to minor inflammation in the lungs. If your horse is already dealing with a respiratory condition like equine asthma, cold air could exacerbate the situation. You'll want to skip the below-freezing rides until he's breathing easier. But resist the urge to shut him up in the barn to "protect" his lungs: The dust and ammonia fumes inside will be far more damaging than any cold, fresh air.

**Proper warm-ups take longer in cold weather.** Cold weather necessitates taking a few extra minutes at the start of your ride to prepare tendons, ligaments, and cartilage for the work ahead. Warming up heats crucial structures by increasing blood flow, a process that will take longer if you are starting at lower temperatures. Stick to the walk and slow trots, with gentle bending and stretching exercises, for about twice as long as you might in the summer. Keep in mind that a horse with arthritis is going to feel

stiffer in the cold. This stiffness, however, will resolve with a careful, gradual warm-up. If your arthritic horse doesn't improve over the first 20 minutes of a ride, the problem isn't the temperature. Call your veterinarian to discuss a more aggressive arthritis-management strategy.

If you do plan to ride in cold conditions, here are some tips to ensure you and your horse stay safe:

- Avoid riding on any icy or uneven surfaces.
- Monitor how your horse is feeling. Because he can't tell you if he's uncomfortable, keep an eye on his body language, gait, and breathing.
- If your horse is clipped, outfit him with a quarter sheet that covers his flanks and hindquarters, so those sensitive areas and muscle groups stay warm.
- Don't forget about your own comfort! Wear layers to keep yourself warm, and protect your ears, hands, and feet from the cold.
- Prevent your horse from sweating excessively during cold weather. When a horse sweats, he loses valuable body heat and can become chilled quickly.
- If your horse does sweat during winter exercise, towel him off after and apply a cooler (a special type of blanket that helps absorb and wick away moisture). Err on the side of caution. If the temperature is too low or the weather conditions are too dangerous, cancel or reschedule your ride.

#### Take-Home Message

Before heading out to ride this winter, check the temperature and the footing to determine whether it's safe. As a rule of thumb, if the temperature drops below 20 degrees Fahrenheit, it's best to avoid riding altogether. If you decide to ride in temperatures between 20-32 degrees, take it slow, and monitor your horse's breathing and behavior. With these tips in mind, you can safely enjoy your horse during colder weather.



## BACKCOUNTRY KITCHEN SPONSORED BY:



### The Shirt Spot

1704 N 1<sup>st</sup> St Unit C  
Hamilton MT 59840

The Shirt Spot is new to Montana since April 2023, but has over 20 years' experience in the industry! Services offered include printing, embroidery, sign banners, stickers and business cards. Quality clothing including tee's, tank tops, and ladies crop tops are offered at a reasonable price. Also offered is a huge variety of headwear ready for embroidery!

## Smoked Baby Back Ribs

### Ingredients:

#### *Ribcage BBQ Sauce*

1. 3 cups tomato sauce
2. 3/4 cup molasses
3. 1/2 cup apple cider vinegar
4. 1/4 cup red wine
5. 1/4 cup balsamic vinegar
6. 1/2 tsp. *each* garlic salt, onion salt, and celery salt
7. 1/4 tsp. liquid smoke (optional)

#### *Ribs*

1. 3 tbsp. salt
2. 1½ tbsp. black pepper
3. 2 tsp. each mustard powder, white pepper, and paprika
4. 7 lbs. baby back ribs
5. 1/3 cup Panko breadcrumbs (or crushed Ritz crackers)

#### *Braising Sauce*

- 2 tbsp. Ribcage BBQ or smoky sweet-bottle sauce
- 2 tbsp. apple cider vinegar

### Instructions:

1. **BBQ Sauce.** In a saucepan, combine all ingredients and simmer until slightly thickened, stir occasionally for about 10 minutes. Cool to room temperature, transfer to airtight container and chill until needed.

2. **Ribs.** In a bowl, stir salt, black pepper, mustard powder, white pepper, and paprika. On a cutting board, turn rack of ribs bone side up. With a knife, pry up the membrane at the end of the first bone. Once separated from the bone, grab the membrane with a paper towel and pull it off the rack.

Turn the racks meat side up and coat the ribs with the dry rub gently working it into the meat.

3. **Grill These Dudes!** On charcoal grill, cook on indirect heat until nicely browned for about 45 minutes.

4. **Make Braising Sauce.** Combine Ingredients with 3/4 cup water. Remove ribs from grill, drizzle sauce over each rack and wrap in heavy duty foil. Place on roasting pan and bake for 1 1/2 hours. Remove ribs from oven, open each foil package and drizzle each rack with 1/2 cup BBQ sauce. Reseal foil packages and bake another 30 minutes, or until meat is tender and bone can be easily removed. Serves 6-8.

Recipe can be easily adapted for Dutch Oven.

**Exclusively at the Shirt Spot!** Embroidered Bitter Root Back Country Horsemen logo on in-stock vests and jackets or a vest/jacket of your own choice. Personnel Wyoming Traders vest shown. Custom thread color available. Inquire for pricing. Caps offered in a variety of styles and colors! \$25/cap or \$20/each/10 caps. **Tell the Shirt Spot that you saw this notice in this newsletter! Show your support for our BCH Chapter!**





**LK's Mobile Saddle  
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**Bitter Root Back Country Horsemen Officers and Board**

<b>Chapter officers</b>				
<b>Position</b>	<b>Name</b>	<b>Term</b>	<b>Contact</b>	
President	Brad Pollman	2025	406-546-6491	
Vice President	Dennis Hardman	2025	307-699-1679	
Secretary	Kathy Stroppol-Holl/Karen Phillips	2025	Kathy 720-244-2943, Karen 406-369-0725	
Treasurer	Elaine Driskell	2025		
<b>Board Members</b>	<b>Term</b>	<b>State Directors</b>	<b>Term</b>	<b>BCHMT State Chairman</b>
Diane Duffie	2024-25	Ed Duggan	2025-26	Mack Long
Mark Wright	2024-25	Brad Pollman	2024-25	
Lionel Lavallee	2024-25	<b>Alt. State Director</b>		<b>BCHMT Vice State Chairman</b>
Joan Scheffer	2024-25	Chuck Miller	2025	Sandy Himmel
Chris Carrera	2025-26			
Mary Odell	2025-26	<b>BCHMT National Directors</b>		<b>Alt. National Director</b>
Julie Schram	2025-26	Brad Pollman		Chuck Miller
Christy Schram –Duggan	2025-26	John Chepulis		
Barb Walker	2025-26			
		<b>BRBCH Past President</b>		
		Jan Bullock		

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# Bitter Root Back Country Horsemen



## NEXT BRBCH MEETING

Thursday, January 16th, 2025

Corvallis Primary School Cafeteria

Dinner at 6:30pm Meeting at 7:00pm

Visit our Website:

[bchmt.org/bitterroot](http://bchmt.org/bitterroot)

Bitter Root Back Country Horsemen  
P.O. Box 1083  
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