

April 2016

UPCOMING SERVICE, RIDES, CLINICS:

Saturday April 2, 10 am Sandy Adventure Day Project (9:30) and Ride (3:00) See Page 2

Saturday April 9, 9am Dimple Dell Ride Patrol Service Project. P.3

Saturday April 9, Antelope Island Ride P.4

Thur., April 14, 6 pm Chapter Meeting, Dinner, & Trail Riding Clinic P.4

Saturday, April 23, Vaccination Clinic & Brand Inspection (P.4)

LAST CHANCE TO RENEW YOUR MEMBERSHIP! Names drop off the list after March 15. Email cindyfurse1@gmail.com

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PRESIDENT'S MESSAGE



Thank you to Everyone who helped at the Horse Expo!

April is going to be a jam packed month for us! There is sure to be something for everybody! Here's the schedule at a glance, see details on how to get involved elsewhere in this newsletter:

April 2: NO service project in Corner Canyon (deferred to May), instead, sign up with REI to help with Dimple Dell cleanup beginning at 9:30!

Still April 2: 3 p.m., MRBCH is hosting a trail ride from the Wrangler Trailhead at Dimple Dell. Diana van Uiter is our trail master. A 2.5 to 3 hour easy ride. This trail ride is part of Sandy Adventure Week, thanks exclusively to Diana's persistence in persuading Sandy City that equestrians are an important part of the recreation community. Well done Diana!

Saturday April 9, no fewer than three options!

1. State meeting in Price
2. Monthly ride at Antelope Island (p.4)

3. Assisting Sandy City with their 10k run in Dimple Dell, Diana van Uiter coordinating. They are looking for two horses to pack water bottles to designated locations, plus up to 10 horses and riders to help patrol the racecourse. (p.4)

Thursday, April 23: Monthly meeting, NOT at our usual place, and starting at 6 P.M. at Corner Canyon Equestrian Center, 13400 S 1334 E in Draper. Trainer Dave Hicken will talk about problems we encounter on the trail and how to solve them.

If you have an issue you particularly want him to discuss, let me know. Also, I would like to do a burger burn and pot luck, so I'm looking for volunteers to help me set that up.

Saturday, April 25, 10 a.m. Dimple Dell-East Trailhead near amphitheater: South Mountain Equine will be on hand to administer spring shots and other services. See page 4 for details. Also, I hope to confirm that the brand inspector can be there at the same time to issue brand cards, so far I have about 7 who have indicated an interest. Please let me know if you plan to come for either so that I can let South Mountain know and they can plan accordingly.

I look forward to seeing you at one of these many events in April!

Happy Trails,

Beverley

## APRIL 2 – SANDY SERVICE PROJECT & RIDE

### A very important note from Doris Richards:

Doris Richards  
801-597-5844  
ohioaninutah@gmail.com

Yep, it's another "urban" service project. IT'S also a STATE-MENT! There ARE horse people in Sandy and South Salt Lake County and they DO care about their riding spaces.

\*As you may be aware, Sandy City has planned "Adventure Week" for April 2-9. It's a big deal, the first of planned community involvement activities for Sandy's "Where Urban Meets Mountain" branding strategy.

\*Check out their website: [adventureweek.org](http://adventureweek.org) There is a HUGE list of sponsors, including MRBCHU.

\*Mountain Ridge Back Country Horsemen would NOT have been on this list had it not been for the tireless persistence of Diana vanUitert, who searched out, contacted, informed, urged, begged and nagged (no pun intended)

these decision makers to include equestrian activities and service opportunities.

### \*Thanks to Diana, WE'RE IN!!

\*Now we need to show up. PLEASE!

1. APRIL 2, 9:30 –11:30 am, meet at Lone Peak Park [10140 S 700 E](http://10140 S 700 E), west end. Gloves/shovels if you have them. REI is sponsoring this event. **We need to pre-register via the link below, and put the initials MRBCHU after your name.**

MRBCHU has a "special" area of this service project; the area just west of the 1300 East tunnel. There are some heavier-duty jobs to complete, including removing transient camps and pulling out some heavy debris from the creekbed, **If anyone would like to bring a horse who would be willing to pull or pack some of this out to the main trail, please contact Diana or Doris. This area also has the mundane thistle crown removal, spurge removal and trash pick up, although there is trash in some pretty creative places!**

MRBCHU also has a 2-3 hour ride at 3 pm. (Wrangler Trailhead)

We have also been asked to ride the area of the April 9 foot races in Dimple Dell. If you cannot come to the Antelope Island ride that day, this is a great opportunity to provide service on horseback and still get out and ride!!!!

### LINK TO SIGN UP FOR THE APRIL 2 SERVICE PROJECT:

<https://www.eventbrite.com/e/adventure-week-rei-trail-clean-up-project-tickets-22701808721>

If you have trouble signing up or if you have any questions please contact me. Activity starts at 9:30 with sign-in, a light breakfast, and assignments. **WE WILL HAVE THE OFFICIAL MRBCHU SERVICE VESTS THERE!** We can drive to closer locations to our work project area.

Thank you in advance to help make our presence known in the community!!!

## APRIL 2: DIMPLE DELL RIDE

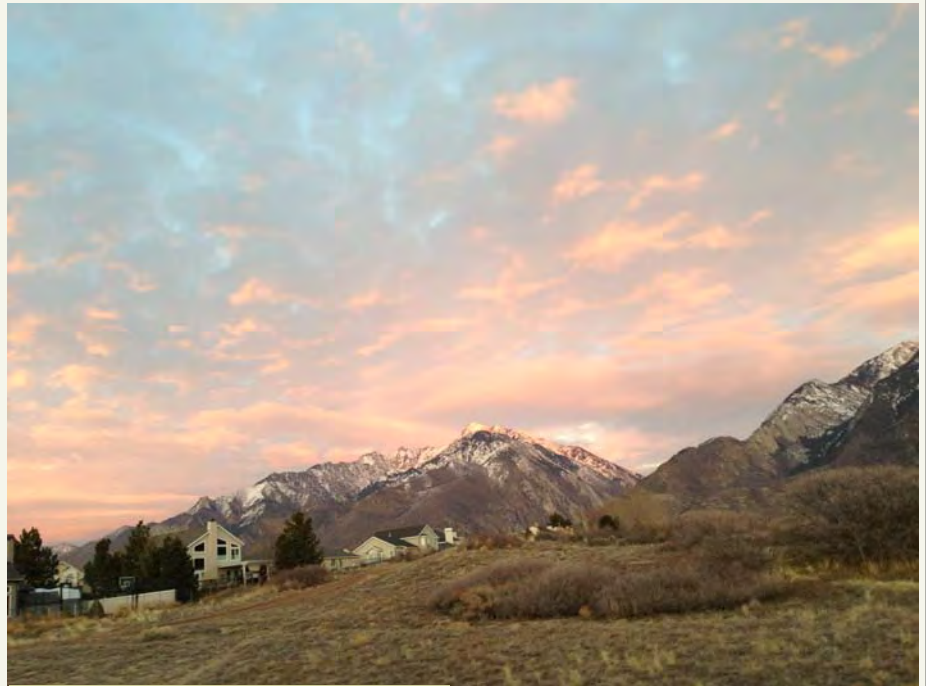
Adventure Week Trail Ride in Dimple Dell Park on April 2, 2016. BRTR at 3PM. Park at the Wrangler Trailhead next to the 24hr Fitness Gym on 1300 E. and about 10400 S. Overflow on the paved parking area, but PLEASE clean up all waste. Leave no trace! Unleashed dogs are not permitted in Dimple Dell, so please leave them home. We will ride around the east end of the park for 2.5 to 3 hours. Shoes are not required here. Any questions, email Diana at [dvanwhatever@gmail.com](mailto:dvanwhatever@gmail.com).

I lobbied for this event as part of the recreational activities offered during Adventure Week so we need a good turnout.



**APRIL 9: DIMPLE DELL RACE PATROL**

We need volunteers to help with the Dimple Dell Sports AM organized running event on April 9th from 9AM to noon. We need horses to carry some water in, and riders to do some trail patrols. They are asking for 2 horses to pack about 50 small water bottles to 2 different locations; one at the 5k turnaround and one at the 10 mile turnaround. The water would be then distributed by the riders packing in the water. They need 2 to 4 riders to patrol the west end 5k course and 4 to 6 riders to patrol the east end 10 mile course (only as these courses go through Dimple Dell. The courses will be marked. We would report problems and perhaps make sure the last runners make it back out of the park. Sounds like it may end up being more of a nice trail ride through the park that we get service hours for. For more information and to volunteer, please contact Diana at [dvanwhatever@gmail.com](mailto:dvanwhatever@gmail.com). Please make sure your horse is not afraid of runners on the trail before volunteering.



**APRIL 14: CLINIC**

Clinician Dave Hicken will offer some tips and tricks for improving your trail riding experience. Burger Burn & Meeting to follow  
See p. 4 for more details

**APRIL 23: VACCINATIONS**

Discounted Shots, Worming, Teeth Check. Also, brand inspector.  
See p. 4 for more details

**LEARN-TO-PACK YOUTH SCHOLARSHIP**

A scholarship is available to sponsor a youth to learn-to-pack in Montana this summer. So far, no applications have been received, so please send this to any youngsters who might be interested:

<http://www.bcha.org/forms/secure/packing-scholarship-application-form/>

I can't promise they will learn to pack crates of live chickens, like this little pack pony in the Himalayas, but they will surely learn a lot and have a good time doing it!



**APRIL 25 EQUESTRIAN CTR MTG**

You've probably already heard that the SLCo Equestrian Center is 'under attack'.

Please keep up on this issue here: <http://www.equestrianparkcoalition.com/>  
Or FB: Save the Salt Lake County Equestrian Park

Please attend:  
**April 25, 6:30 pm  
SLCo Council Mtg  
(2001 So State St.)**

## MOUNTAIN RIDGE BCHU 2016 SCHEDULE



**Saturday April 2, 10 am Sandy Adventure Day Project (9:30-11:30) and Ride (3:00-5:00)** See P.2 for details.

**Saturday April 9, 9am Dimple Dell Ride Patrol Service Project.** See Page 3 for details.

**Saturday April 9, In The Saddle@10 a.m. Monthly Ride, Antelope Island, White Rocks Trailhead.** Ride will be about 4 hours. Bring lunch and water. Horse shoes/boots strongly recommended. (Lisa Caddy leading. 801-613-9699, 801-403-4216 lisacaddy@comcast.net)

**Thursday, April 14, 6 pm Chapter Meeting, Dinner, & Clinic:** At Corner Canyon Equestrian Center in Draper, 1266 E 13400 S: Clinician Dave Hicken will offer training trips for issues we might have with our horses on the trail (send Beverley any topics you want to be sure are addressed.) Bring yourself and a chair, in the event of rain we'll use the indoor arena. Also, I'll need volunteers to help execute dinner after Dave's presentation, call Beverley [801-891-5349](tel:801-891-5349), volunteers needed to arrange pot luck + burger burn. We will conduct a short business meeting after Dave's demonstration.

**Saturday, April 23, 10 a.m. Vaccination Clinic & Brand Inspection:** Dimple Dell Road trailhead east of amphitheater: South

Mountain Equine will offer their Spring Sale on vaccines and etc beginning at 10 a.m. Prices and services as per the March newsletter: Vetera Gold 6-Way Vaccine = Full Spring Series - \$60 (WNV, EEV, WEV, Influenza, Rhino, Tetanus) Strangles - \$29 Rabies - \$10 Tetanus - \$15 Flu/Rhino - \$30 Fecal Egg Count (tests for parasites, includes dewormer if needed for horses shedding moderate or high numbers of parasite eggs) - \$15 Ivermectin Deworming - \$15 Coggins - \$20 Microchip - \$30 They can check teeth on any horse they vaccinate at no charge. Bev has also arranged for the brand inspector to come by, but please RSVP.

**Monday April 25, 6:30 pm Important meeting with the SLCo Mayor and Council about the SLCo Equestrian Center.** There is talk of closing/reducing the center. Please attend! 2001 So. State Street. Details P.3

**Thursday May 12, 7 pm Sandy Pride Day service project** in lieu of 'indoor' meeting, Doris Richards coordinating, details/meeting location TBD.

**Thursday May 14 Pony Express Riders** swearing in at Fairfield.

**Thursday May 21, In The Saddle @ 10 a.m.** Monthly Ride, Lookout Pass or Black Rock, Fred Leslie leading

**Saturday June 4, National Trails Day** Possible poker ride for equestrians AND hikers AND bikers, (Lisa Caddy)

**Thursday June 9, 7 p.m.** Monthly Meeting, Cottonwood Retirement Center

**Saturday June 11, In The Saddle @ 10 a.m.** Monthly ride, Sheep Creek, Scott Rich-

ards leading.

**Friday June 24-Sunday June 26** Joint Service Project with Wasatch Front, up Ogden Canyon, park at Bluff Springs, work in Sugar Pine/Montecristo. Camp Friday and Saturday nights if desired, pot luck dinner on Saturday, riding to work project Saturday, ride if desired on Sunday before heading out. Hal Peck coordinating for Wasatch Front.

**Saturday July 9, In The Saddle @ 9 a.m. at Ballard Equestrian Center** Ride and Service project, maintenance on Hoof and Boot trail in Corner Canyon, (Doris Richards)

**Saturday July 14, 7 pm** Monthly Chapter Meeting, Cottonwood Retirement Center, 7 p.m.

**Saturday July 16** Placeholder for our half of joint service project w/Wasatch Front, see August for current date (Fred Leslie)

**Thursday August 11, 7 pm** Monthly Meeting at Dimple Dell, Park at Monument Trailhead, bring your horse, we'll set up some obstacles for fun training purposes, possible pot luck or burger burn, Beverley Heffernan coordinating

**Saturday August 13, In The Saddle @ 10 a.m.** Strawberry Ride, Tyra Canary and Monica Zoltanski leading, option to camp overnight if desired (Friday and/or Saturday).

**Saturday August 20** Joint Service Project with Wasatch Front, Meet at grocery store in Kamas, time tbd, we'll open up trail at Woodland/Little South Fork, will have 4 chainsaws and will need many others to hold/move horses and remove downed trees, chapter will provide food, including possible burger burn after, specifics will follow later, Fred Leslie coordinating (see above, might be moved to July).

**Weekend of August 27** Placeholder for a pack trip if anyone is interested? Maybe North Fork?

**Thursday, September 8, 7 p.m.** Monthly Chapter Meeting, Cottonwood Retirement Center

**Saturday, September 10, In The Saddle @ 10 a.m.** Monthly ride and service project, Yellow Fork

**Saturday September 24, In The Saddle @ 10 a.m.** (Diana van Uitert) Fall foliage ride in Provo Canyon.

**Saturday October 1** Annual ASHAU Obstacle Course at Dimple Dell, (Doris Richards)

**Saturday October 8, In The Saddle @ 9:30 a.m.** Monthly ride, American Fork Canyon, park at Transfer Station, (Fred Leslie)

**Thursday October 13, 7 p.m.** Monthly Chapter Meeting, Cottonwood Retirement Center

**Thursday November 10, 7 p.m.** Monthly Chapter Meeting, Cottonwood Retirement Center

**Saturday November 12, In The Saddle @ 10 a.m.** Monthly ride, Mile Marker 10

**Thursday December 8, Christmas Party and Elections**

## DO IT YOURSELF HELMET BRIM FROM FACEBOOK: MARK PLUMLEE



Step 1: Cut off the Brim



Step 2: Put over helmet. Draw a line around helmet.



Step 3: Cut triangles out, to the edge of the line, to make tabs.



Step 4: Dampen the tabs on the brim to soften them up. Press the brim over the helmet. Position it so it sits the way you want it when the helmet is on your head.



Step 5: Hold in place with a base layer of duct tape. Duct tape comes in many colors (Walmart!). You can also use black or grey duct tape and then hot glue on an additional hat band of your choice.



If you don't want to DIY, Mark Plumlee (contact him via FB) will make one for you. Cost depends on if you buy the hats & materials or if he does.

## HORSE HAIR: EVERYTHING YOU EVER WANTED TO KNOW

### Happy Shedding Season!



perature, nutrition, hormones, general state of health. The two most important are photoperiod and ambient temperature.

The mane, coat and tail provide protection against ultra-violet radiation (sunburn); sensory assessment of the environment; social communication and camouflage; protection against injury and insect penetration; insulation against heat

loss and gain; and dispersion of social and sexual signaling chemicals, sebum and pheromones.

The regulation of body temperature is most important; hair can provide this in several ways. The mane aids regulation of brain temperature by insulating the major arterial (carotid) and venous (jugular) vessels in the neck that control blood supply to and from the head. During cold weather, the coat hairs are erected, insulating the body by trapping a layer of warmed

air against the skin.

Conversely, in hot weather or intense exercise, the coat hairs lie flat, helping to cool the animal by allowing freer air flow across the skin and by facilitating the spread of sweat over a greater body surface area.

In addition, the glossiness of the coat and the greater density of hair where it is exposed to direct sunlight reflects the sun's radiant heat. Coat color also helps control body temperature. Hair contains pigments derived through tyrosine metabolism, of which there are two main types; a black or brown eumelanin and a red or yellow pheomelanin. These pigments act as natural sun-block. Grey horses are mostly lacking in such pigmentation, which may explain their increased propensity to sunburn and melanoma.

Several hair types are found in a horse's skin and have correspondingly distinct physiological functions. The coat comprises temporary hair that is shed on a seasonal basis twice yearly, whereas the mane, tail, forelock and eyelashes are permanent

The horse actually has three different hair coats. A summer hair coat and two winter coat growths. In the fall the summer coat sheds out and as the horse's body prepares for winter it produces the two different winter hairs. One is a short, thick layer, while the other is long hairs that will stick up and provide air spaces that serve as an insulating layer against cold winter temperatures.

Hair growth has three periods. During its anagen phase, the hair is actively growing (elongating) from the base of the hair follicle. Growth is followed by a transitional stage called catagen, where the hair bulb narrows gradually until it separates from the hair, transitioning to the telogen or resting stage. During telogen the hair remains in the hair follicle but no longer has a "root" or hair bulb. Hair may appear dryer, or 'dead' at this point.

Hair growth and shedding is controlled by a variety of physiologic factors including photoperiod (hours of daylight), ambient tem-



Cycles of Hair Growth and Shedding. From youtube.com

## HORSE HAIR & SHEDDING (CONT.)

hairs. Tactile sensory hairs are located around the muzzle, eyes and ears.

Individual hairs have a hair shaft that protrudes from the skin (the visible part), and the follicle embedded within the skin. Follicles can be thought of as miniature organs. Each has enzyme systems and a blood supply, and is connected to nerves, an apocrine and sebaceous gland and arrector pili muscle. Contractions of these muscles cause the hair shaft to be raised in response to heat loss, or in association with the fight or flight response to perceived danger. Sebaceous glands exude sebum, which coats the hair and is spread to the skin to generate a barrier that repels water and combats micro-organisms. Apocrine

glands produce a pheromone-containing oily secretion.

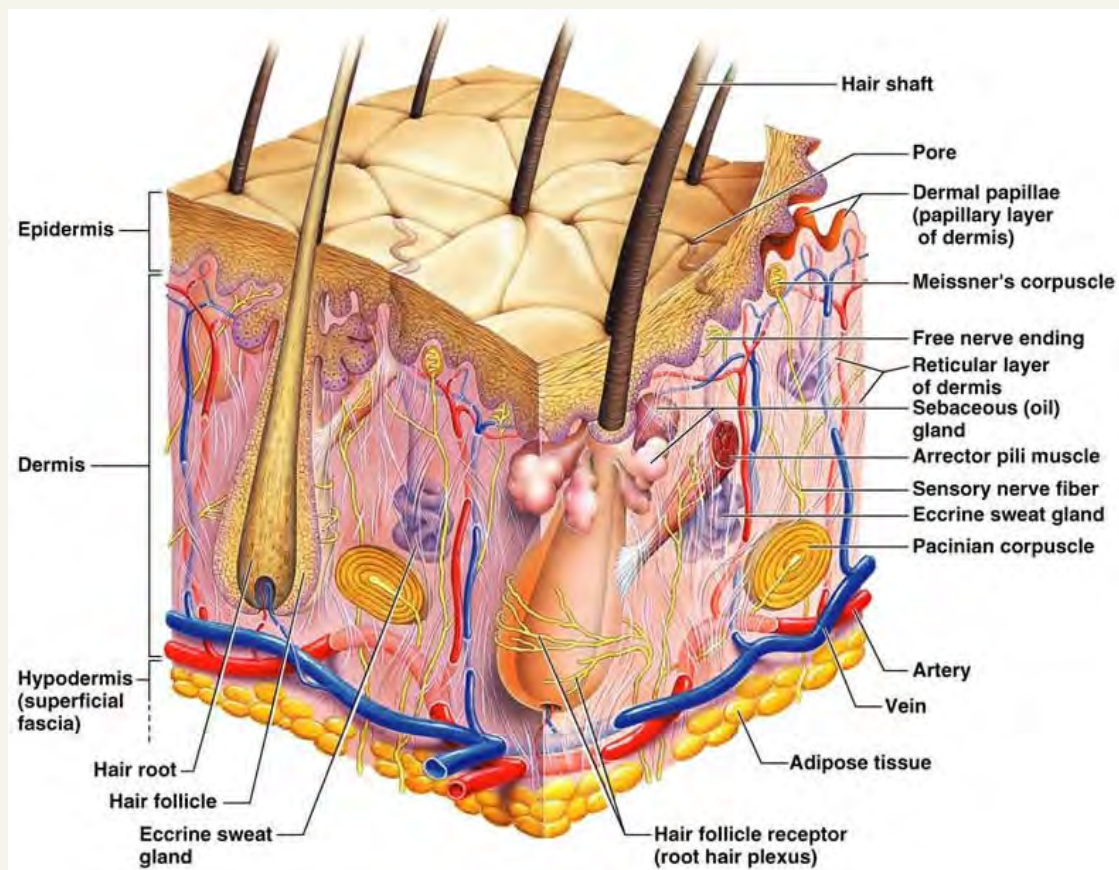
The hair shaft appears as a simple structure but is actually made up of three parts. The outer cuticle is made of interlocking plates that protect the hair against physical and chemical damage. The cortex forms the bulk of the hair, provides the structural strength and is the part that contains the melanin pigments. The longitudinally central medulla is essentially a hollow air canal that improves the insulating capacity of the hair.

Hair is 80-90% protein keratin and 10-20% melanins, fats, minerals and water.

The mane and tail grow between 17mm and 25 mm/month (three-quarters to one inch per month). The

mane near the cranial region grows about 15% faster than that near the withers.

Poor hair quality may be associated with nutritional imbalances (such as Cushings disease) or lack of nutrients in the diet, particularly protein, fats and oils (particularly those containing omega-3 fatty acids), phosphorus, iodine, zinc and vitamins A and E. Diets with too much selenium, iodine and vitamin A will also produce a poor hair coat. Other potential dietary imbalances that can impact on hair growth include levels of biotin and other B vitamins, vitamin C, copper, cobalt deficiency and molybdenum excess.



From <http://classes.midlandstech.edu/carterp/Courses/bio210/chap05/lecture1.htm>



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