

NEXT MEETING

**February 7 at 7pm**  
BCHU Annual Ride &  
Project Planning  
Meeting

[Cottonwood Retirement Center 1245 East Murray-Holladay Road \[4752 South\]](#)



Send in your [Member-ship renewal](#) (back page)

**WHERE DO YOU WANT TO RIDE IN 2013?**

**BCHU [SURVEY](#)**

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P R E S I D E N T ' S M E S S A G E



riding that might be willing to come and share their knowledge with us. I am asking you to help me schedule these experts either by organizing one of our meetings or giving me the name so I can schedule the speakers. I can't do this without your help.

Second I want to schedule and complete some quality service projects. I'm told the county has the needed money to finish the fencing project that we started around the pond at Dimple Dell. We will be scheduling this project when the weather gets better. South Jordan has also contacted us about helping with the Jordan Parkway horse trail. I will have more information about that in the future. I feel strongly that we need to preserve the open spaces for riding, especially those that are so close to our homes.

Greetings my fellow horse and mule lovers. As we begin this new year, I am excited to be serving as the president of our chapter. I have three goals that I want to accomplish over the year; informative monthly meetings, well planned and executed service projects and lots of riding. I know with everyone's help and enthusiasm these goals can be reached.

I want our monthly meetings to be informative and interesting. I want meetings that our members will want to attend and learn from. To accomplish this we need speakers that will discuss topics that are related to overall needs of the horse/mules and riders. Such topics as horse training, saddle making and repair, hat making and veterinarian care come to mind. Many of you have people that you have worked with in the past, and acquaintances from your many years of

Lastly, I want to go ride! In the 3 years that I have been a part of this group, I have been on some wonderful rides. We are able to do this because our good chapter members step up and lead out on these rides. We want to keep up the traditions of riding close to home, as well as going on occasional trips around the state and region like: Bryce, Yellowstone, Logan Canyon, Robbers Roost. If you ask me, nothing --I mean nothing, is as enjoyable as riding a horse. So lets get out and ride!

Please come to our meeting on February 7<sup>th</sup> to plan our year. (This meeting will be a week earlier than regular meetings due to Valentine's Day.)

— Perry White  
2013 President

**FEBRUARY 7  
TRAIL &  
PROJECT  
PLANNING  
MEETING**

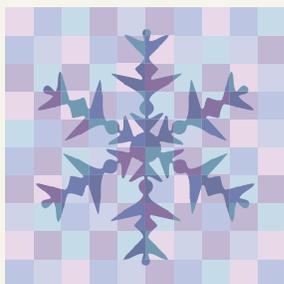
Each year we get together and decide what projects we want to work on and what trails we want to ride. Please give some thought to what you would like to join in on in the coming year. If you would like to lead a ride or host a project, have an idea for a meeting or article request for the newsletter, fill out the quick online survey, or contact Perry. And then everyone, please plan to attend the :

**2013 Planning Meeting  
Feb. 7 at 7pm**

[Cottonwood Retirement Center  
1245 East Murray-Holladay Road  
\[4752 South\]](#)

Bring your ideas to the meeting. If you can't attend, share your ideas with Perry White [whitemt@aol.com](mailto:whitemt@aol.com) 254-8798(H); 594-2495(W)

**FEB. 25 -  
SNOW MOON**



Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full Moon the Full Snow Moon. Some tribes also referred to this Moon as the Full Hunger Moon, since harsh weather conditions in their areas made hunting very difficult.

**WHAT RIDES DO YOU WANT  
TO DO IN 2013?**



Please Fill out the [RIDE SURVEY](#): [CLICK HERE!](#)

Or contact Perry White 801-254-8798(H); 801-594-2495 (W) [whitemt@aol.com](mailto:whitemt@aol.com) if you have requests / ideas / can volunteer to help

**Local SL Valley:**

- Yellow Fork or 'Mustang Pen's (Herriman)
- Corner Canyon (Draper)
- Hemangog (above Corner Canyon)
- Jordan River Parkway (W.Jordan)
- Dimple Dell (Sandy)

**South:**

- American Fork
- Payson Canyon (Blackhawk, etc.)
- Spanish Fork Canyon
- Utah Lake
- Provo Canyon (Vivian Park)
- Deer Creek (up Provo Canyon)

**East:**

- Strawberry (several trails)
- Sheep Creek
- Woodland
- Park City Rail Trail (other Park City Trails)
- Midway / Dutch Hollow
- High Uintas
- Jordanelle
- Nobleetts

**West:**

- Mile Marker 10
- Simpson Springs / Lookout Pass
- Stansbury Island
- Stockton Canyon
- Puddle valley
- Settlement Canyon
- Pegasus Obstacle / Training Course
- S & N Willow

**North:**

- Antelope Island
- Ogden Canyon
- Logan Canyon
- Bear Lake



**Listening to YOU!**

Contact Perry White  
801-254-8798(H)  
801-594-2495(W)  
[whitemt@aol.com](mailto:whitemt@aol.com)

## COLD WEATHER RIDING GEAR

Brrr! With temperatures like this, we need some warm gear to go riding. Here are several ideas, hints, and gear recommended by BCHU members.



**Cozy Toes by Cashel** (Carol Bartos). These handy little stirrup covers keep your toes warm. They Velcro onto a regular stirrup, and have a pocket where you can put a hand

Boots should have at least 1 finger on each side of stirrup and should NOT have tread to catch in stirrup. These boots are too wide and have heavy tread. Not good. At least I use a breakaway stirrup. Hmm...



A Headband under your hat sure helps the ears (Cheryl Smith)



Handwarmers! Put them inside mittens, use extra liner if necessary. (Sue Hall) Likes 'HotHands' brand better than 'Little Hotties'. They stay hot longer. Toe warmers are great too. Handwarmers do NOT work as toe warmers (need more oxygen).



warmer for extra heat.



Fleece Helmet Cover (Carol Lang). This nice fleece covers your whole helmet. It velcros under your chin.

Bareback is warmer. The heated leather seat is awesome. The lap rug keeps the thighs toasty, and it can cover hands on the reins too. It's also great to sit on to eat lunch. Thick merino wool socks and Sorel boots actually keep my feet WARM (and no stirrups to get them stuck in.) Layers of coats — the duster makes a big difference, since it covers the thighs. It also helps if there is a breeze. Headband under the helmet for the ears. Mittens are MUCH warmer than gloves, especially with hand warmers in them. I love these thin leather ones from the Mt.Man Rendevous, good feel on the reins. The scarf helps. I like the scarf better than a neck gaiter, because I can undo it when I get too hot. I like wrap around sunglasses for winter (esp. when breezy) (Cindy Furse)

## EXTREME COLD WEATHER GEAR BY CINDY FURSE

While we are on the topic of cold weather gear, I thought I'd share the 'theory' of the gear we used in Antarctica. The goal was to keep you dry, and use multiple layers of loft with a 'locking' layer between each to keep the heat in. For more details and video, click [here](#).



Goal: wick moisture away from skin (polypro or merino wool underwear), deposit it in second layer (fleece/ jacket & pants). Thick merino wool socks.



Goal: Additional loft/warmth (fleece jacket), waterproof overalls. The first layers need to be snug so you don't get too bulky. Notice no cotton (no warmth when wet). 'Cotton Kills'



Gloves were our biggest deal. We needed to be able to do precise work, and still have warm hands. 1) Wind/waterproof gloves (my FAVORITE), 2) polypro liners (under 1, was marginally warm enough, change several times /day, as they soaked through, 3) wool gloves (ok as liners for 6 but not alone), 4) wool mittens (hard to work in and not thick enough, doubled them up and that was OK), 5) heavy gloves (for snowmobiling or taking a wam break), 6) rubber gloves (wet work), 7) Kinkos lined leather gloves, LOVE THESE)



Windproof jacket (waterproof shell could go over the top.) High collar helped a lot. Boots were either Sorel Caribou (left and right) or heavy arctic boots (center). The more insulation under your foot, the better. Dry liners after each day's use. **If your feet are cold, it is because your core is getting cold. Put on a hat.**



Headgear mattered. Most heat is lost through your head. Hat with windproof cover (left), baklava (ctr), neck gaiter and headband (right). My vote for best gear: Neck gaiter/headband plus hood of the jacket. Hood was easy to put up and down, gaiter was easier to work in than a scarf but worked the same way.



Eye protection also served as wind protection. Generally, wrap around sunglasses were sufficient. Plain glasses got snow stuck behind them. Goggles were good for the highest wind. Anti-fog goggles = happy day. Fluff on hood diffused wind (awesome) Total clothing = about 40 pounds, about 15 minutes to dress.

Comfortable to work all day around 10-20F (with hat and gloves of course)

Colder, windchill or no sun, add parka.

Snowmobile ready! Very cold, windy day.

## C O L D W E A T H E R G E A R ( C O N T I N U E D )



A 'rump rug' provides extra warmth for your horse's largest muscles (the butt) on a cold day. Most rugs have an easy drawstring to pull them close to the saddle when the day warms up. These are commonly used for horse's that are stabled / blanketed.



Chaps keep out the wind and water, and they do make you warmer when you ride. About footing. A lot of times in the winter, the ground is covered with snow, which is often good footing. Even without snow, it is often soft and wet, so many horses go fine without shoes, or with boots only on the fronts. Ice is bad footing for horses, so stay clear (their hooves are like us trying to walk in leather-soled cowboy boots on ice, doesn't work!). If you must cross ice, get off and walk. Where terrain is slick, go straight up or down the hills, not at an angle.

## E M A I L O R S N A I L M A I L ?

Save a tree! Each month it costs just under \$1 to copy and mail this newsletter to you. If you received this newsletter by snail mail, and if you would be happy to save a dollar and save a tree, email [cfurse@ece.utah.edu](mailto:cfurse@ece.utah.edu) to receive future newsletters email only.

Each month I email the color newsletter to everyone with an email on file. If you are NOT receiving this by email, please send me your corrected email address. Thank you! Cindy

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**Don't FORGET!**



**RENEW YOUR MEMBERSHIP TODAY!**

**Mountain Ridge Back Country Horsemen — Chapter Application**  
**Join M.R.B.C.H. and preserve our heritage!**

Name

(s): \_\_\_\_\_

Address: \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

e-mail \_\_\_\_\_ Newsletter by: \_\_\_\_\_ Email \_\_\_\_\_ Regular Mail \_\_\_\_\_ Both

**Liability Release: MUST BE SIGNED**

Recognizing the fact that there is a potential for an accident wherever horse/mule use is involved, which can cause injuries to horse/mules, riders, and spectators and also recognizing the fact that Back Country Horsemen of Utah, including units, officers, directors, or members cannot always know the condition of trails or the experience of riders or horses/mules taking part in trail rides or other BCHU functions, I do hereby release the above named from any claim or right for damages which might occur to me, my minor children or horses/mules.

**By signing this release, I/WE recognize the following Utah State Law, "UCA 78-27b- Limitations on liability for Equine and Livestock Activities."** It shall be presumed that participants in equine or livestock activities are aware of and understand that there are inherent risks associated with these activities. "Inherent risk" with regard to equine or livestock activities means those dangers or conditions, which are an integral part of equine or livestock activities. The equine activity sponsor is not liable for those inherent risks. If you are unwilling to assume these risks for yourself or for those under your supervision, you should not participate in these activities.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Make check payable to Mt. Ridge BCH, individual \$30 year, family \$40 year. New \_\_\_\_\_ Renewal \_\_\_\_\_**  
**Mt Ridge BCH, P O Box 81, Riverton UT 84065**

**VOLUNTEER FOR BCHU**

We still need a secretary, education chair, and service coordinator. Volunteers will receive much good Karma.  
Contact Perry White 254-8798(H); 594-2495(W) [whitemt@aol.com](mailto:whitemt@aol.com)