

Happy New Year!

January 2012 Newsletter

Hoofprint Monthly

Back Country Horsemen of New Mexico Pecos Chapter

P.O. Box 2706

Edgewood, NM 87015

www.bchnm.org

President's Corral

Cheryl Nigg

Home phone: 384-2558

E-mail: threepaws2@earthlink.net

Happy New Year everyone! Our first general membership meeting was held on January 4th, at the Kingsbury's residence, in Edgewood. We had 27 members in attendance and the Pecos Chapter Board of Directors provided food for everyone. Members were provided with an overview of the scheduled clinics and events for the up coming season, including several planned volunteer pack support trips for the Forest Service.



Our next meeting is scheduled for Wednesday, February 1st. We will be at the Kingsbury's again with potluck at 6:30 p.m. and meeting at 7:00. Our scheduled guest speaker is Jennifer Sublett, Volunteer Coordinator for the Trails Program, with the Santa Fe National Forest. Jennifer will be discussing trail building and maintenance. A map with directions is included with this newsletter. Hope to see everyone there.

Also at our February meeting, we will begin scheduling spring training rides. Dates for our packing clinic and trailer inspection will be available and sign up sheets will be circulated during the meeting. Remember to bring your calendars and let's get our 2012 season off to a great start.

With the holidays behind us, this is a good time to start getting ready for another active riding season. Check your tack for repairs, re-supply your first-aid kits and be sure your saddlebags are ready for the trail. In addition, remember that both you and your equine can start working now to get conditioned physically for trail riding and work projects. Several helpful articles are available on our BCH-NM web site (EDITOR'S NOTE: Please read Lisa Kazmar's article in this newsletter, page 4).

Our 2011 season ended with a total of 1,900 volunteer hours! Congratulations to all our Pecos Chapter members who participated. Thank you for your continued support. Lets all look forward to another great season.

UPCOMING EVENTS

JANUARY 25, WEDNESDAY: PECOS BCH BOD MEETING AT SANDY EDMISTON'S, 7:00PM. CONTACT CHERYL (384-2558) -6233 IF YOU'D LIKE TO ATTEND. CALL SANDY (286-6233) IF YOU NEED DIRECTIONS.

JANUARY 28, SATURDAY: BCHNM BOD MEETING AT KIVA RV PARK AND HORSE MOTEL IN BERNARDO WITH POTLUCK AT NOON AND MEETING AT 1:00PM. CONTACT DICK RAHAL (286-1978) FOR MORE INFO.

FEBRUARY 4, WEDNESDAY: PECOS BCH GENERAL MEETING AT KINGSBURY'S. POTLUCK STARTS AT 6:30PM AND MEETING FOLLOWS IMMEDIATELY AFTER. PLEASE BRING YOUR OWN CHAIR! PLEASE CALL AMBER (269-7773) IF YOU HAVE ANY QUESTIONS OR GET LOST!

ACROSS THE PASTURES 2011 IN REVIEW

Forest Service Will Reimburse Mileage

If you drove to the Pecos for a trail project or event in 2011, you may be able to recoup some of your expenses. Call Richard Kingsbury (559-3426) if you think you want to get your share of the funds awarded to us from the Santa Fe National Forest. The total reimbursement was a whopping \$368.20 for 2630 miles combined. This isn't much to distribute, but if you would like your refund, please let Richard know. Otherwise, the money will remain in the Pecos Chapter's bank account to use for future needs. The deadline to submit a refund request is February 1st at the next meeting.

2011 Christmas Party a Holiday Success Story!

If you didn't make it to the party held 10 December, you missed a great time. Held at the BCH Event Center (AKA the Kingsbury's shop), the party started with an awesome dinner. Our illustrious president, Cheryl, provided the Christmas turkey, which was roasted to perfection by Linda Sofia and Vicky Anderson. Vice-President Richard K. provided the Holiday ham and everyone ate until they popped! Thank you to everyone who provided side dishes, desserts, etc., they were delicious! Dinner was followed by a Chapter sponsored raffle and then we had a very lively gift exchange. A great big "THANK YOU!" to Kit Weidner for planning, organizing, and coordinating the festivities, and for supervising the decorating. Thank you to everyone that helped in cleaning and decorating the shop.



Everyone anxiously anticipated a chance at picking a gift or "stealing" one. Linda, did you eat too much or are you just sleepy?



Kit didn't just work; she actually got to pick a gift too.

Photos by Cheryl Nigg

If you have pictures that you would like to have included in the next newsletter, please send them to Amber Kingsbury, amazonaalk@earthlink.net and she will be sure to get them in!

If you have pictures that you would like to share with everyone in New Mexico Backcountry Horsemen, please send them to Paul Noble, screechowl@earthlink.net and he will forward them to the State website!

~~~~~  
**Two Thousand Eleven Has Almost Gone Now**

**By Patty Wilber**

Two thousand eleven has almost gone now.  
I think I will call it The Year of the Cow.  
Twas March when I went out and got my first  
bunch.  
About the time and the work, I hadn't a hunch.  
  
I checked 'em each week by horseback or car.  
I bought 'em some feed, which didn't go far.  
They sure didn't drop when they were supposed to,  
But four out of five popped calves that did moo.  
  
I had 'em at Pozzi's and then on to The Farm,  
And when I went out there, it never was warm.  
The wind was a howlin' like some ol' torture test,  
But my ponies, they handled it, cuz they are the  
best.  
  
There wasn't much rain, so North we did go.  
Twas June, but we scouted through mud and deep  
snow.  
The drifts were chest high and the bogs were hock  
deep.  
Three horses lost shoes on their left front feet.  
  
We were first up country, twas like the old west.  
We saw elk, deer and pronghorn, and I do not jest.  
They were there in the hundreds, just like on TV.  
But it weren't no film, it was re-al-i-tee!  
  
The cabin was cozy and the wood did burn warm,  
Which was kinda nice, since there was sorta a  
storm.  
We checked out the fence lines and put up some  
wire.  
We looked out around us, and it did inspire.  
  
We branded and castrated and gave 'em their  
shots.  
Some people, they like this, and some, they do not.  
But to me it's just grand, always wanted to do it.  
I got my chance and there's sure somethin' to it.  
  
We trucked beeves to Llaves and some to the Pens,  
And we moved 'em by horseback, like they did  
back then.  
We 'most lost an ol' boy when his mare came  
unglued,  
And from his groin to his knee, it was midnight  
blued.

We rode up the mountain with the wind in our  
face.  
We moved the whole herd, but it was a slow pace.  
We went through a river and escaped the peat  
bogs.  
It might a gone faster if we'd had some good dogs.  
  
We had steady horses, 'cept T was a butt,  
He loves Alameda-- makes him think he's in rut.  
But other than that, it went really slick.  
If I never came back, it would be too quick.  
  
Summer went fast and the cows did grow fat  
We lost several calves to sickness or cats.  
Our trips sometimes were in 24 hours  
Cuz at the home place some things were quite  
dour.  
  
At the end of September we moved 'em back  
south.  
The aspens were turning. I was down in the mouth.  
The land was so dry and scarce was the hay.  
So we brewed us some coffee and pondered all day.  
  
There just was no forage, down in the low.  
There was only one choice, and it was a blow.  
We called up the trucker and loaded them all.  
They went East to Roswell; the auctioneer called.  
  
So that is my tale as a cattle baroness.  
Twas the best ever, as I think you have guessed.  
I loved every minute and I'm glad I was there  
If I could do it again, you betcha, I'm goin' for  
bear!

**Become a columnist!**

Have it published in the Monthly Hoofprint:  
Articles with pictures (please provide captions!),  
stories of interest to BCH members, trivia, funnies,  
camping recipes, etc. Send to Amber at  
[amazonaalk@earthlink.net](mailto:amazonaalk@earthlink.net).

**ACROSS THE PASTURES**

**2012... HERE WE COME!**

**Getting Ready For The 2012 Riding Season**

**By Lisa Kazmar**

Getting your horse fit is always the number one thing on everyone's mind when preparing for a new season of riding. We have training rides; you dust off your equipment from the winter, clean tack, groom etc... *but what about the rider?* It is equally important to get yourself prepared too! You will have less potential for injuries and will feel a whole lot better after the first long ride of the year (even the short training rides can remind you of the muscles that you haven't been using through the winter). Your horse will also feel better as you will be more relaxed and balanced as you ride... makes for a more enjoyable day all around!

Ways to get started if you are not an avid exerciser is to start slow and build up to a program that you will stick to. Pick exercises that you find more enjoyable and you will be able to make it into a habit. For example, do not start running if you hate this activity because it will be a dreadful feeling when it is time to exercise.

**Examples for a basic program:**

- Mini squats
- Lunges
- Toe raises
- Bicep curls
- Triceps presses
- Push ups
- Sit-ups
- Stretching
- Cardio activity: walking, running, biking, elliptical, hiking.

Make sure you concentrate on major muscle groups. If you have any questions on specific exercises or stretches please contact me 917-3631 or see me at one of our meetings and I would love to give you any help you may need.

**Fun facts:**

**Burning calories in the barn for an average 150 pound person...**

- Loading/unloading horse stuff from your trailer or vehicle, 5 minutes=18 calories
- Walking to get horse from paddock/pasture, 5 min=15 calories
- Grooming your horse, 10 min=68 calories
- Riding horse at a walk, 10 min=29 calories
- Riding horse at a trot 20 min=147 calories
- Riding a horse at the canter, 5 min=45 calories
- Loading/unloading horse from trailer, 5 min=18 calories
- Mucking, 5 Min=35 calories
- Feeding horses, 10 min=54 calories
- Grand total from 1 hour, 10 min riding +horse related activities=444 calories

So there you have it... Good luck and wishes for a safe, happy, and exciting New Year with the BCH!

Lisa

Lisa is now offering 1<sup>st</sup> Aid classes to BCH members, other horse groups, etc.

*LISA C. KAZMAR*  
*Certified CPR/First Aid*

**INSTRUCTOR - NM161**

*Phone: 505-917-3631*

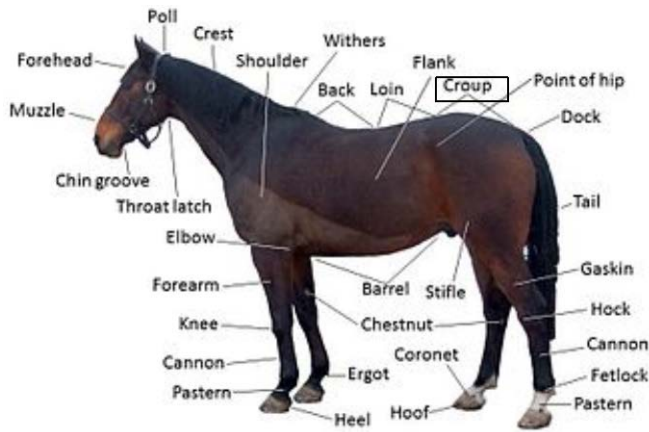
**Email: [lskazmar@yahoo.com](mailto:lskazmar@yahoo.com)**

*Member of BCHA since 2009*



## TRIVIA

Last Month's Question: **One of the 'points' of the horse in this picture has been hidden. What is that point called?**



Answer: Croup. Sandy Edmiston was the winner and received her prize at the January 2012 meeting. Congratulations and thanks for playing!

This month's trivia question: Can you tell me what four horse breeds are best suited to perform "airs above the ground?"



The answer will appear in the next Hoofprint. First winning guess receives a prize at next meeting.

~~~~~

DUTCH OVEN & CAMP COOKING WITH AMBER

Each month I'm going to include a recipe from my collection that's been garnered over the last 20+ years. Each recipe can be cooked over a campfire, camp stove, or at home. Enjoy!

Pollo al Carbón (Chicken Fajita Tacos)

Ingredients

- 1 Medium red onion, cut in half, then sliced
- 5 Garlic cloves, finely chopped
- 1 Green bell pepper, thinly sliced
- ½ Yellow bell pepper, thinly sliced
- ½ Red or orange bell pepper, thinly sliced
- 4 Tomatoes, chopped (or 2 cups cherry tomatoes, halved)
- 1 ¼ Lbs. boneless, skinless chicken breast, fat removed, cut into 1-inch by 3-inch strips
- 3 Tbsp. olive oil
- 1 Tsp. kosher salt
- ½ Tsp. ground black pepper
- 1 ½ Tsp. chipotle seasoning
- Flour and/or corn tortillas

In a cast iron skillet, frying pan, or Dutch oven, heat 1 Tbsp. olive oil until hot but not smoking. Add sliced onion and cook for 1 minute, stirring constantly. Add the garlic, stir, and then add the three colors of bell peppers and cook until soft, approximately 2 to 3 minutes. Add tomatoes, stir again, then remove from heat and set aside.

In a bowl, combine chicken strips with kosher salt, black pepper, and chipotle seasoning. Dredge meat in the spices until the chicken is completely coated.

In the same skillet, pan or Dutch, over medium to high heat, heat the remaining olive oil until hot but not smoking. Cook the chicken strips for 4 to 5 minutes, stirring constantly to prevent burning and cook meat evenly. Remove from heat.

Serve immediately with warmed tortillas with the sautéed vegetables. I recommend serving this dish with queso fresca, fresh guacamole, pico de gallo, and low-fat sour cream.

If making this dish in camp, pre-slicing meat and veggies is recommended. Place in separate zip-locking bags to conserve space and keep flavors fresh.

CLASSIFIEDS

FOR SALE –

ATTENTION: If you have items to sell that would be of interest to BCH members, send a photo and details to Amber at amazonaalk@earthlink.net and she'll get them in the next Hoofprint!

ATTENTION: If you offer services that would be of interest to BCH members, send details and a business card to Amber at amazonaalk@earthlink.net and she'll get them in the next Hoofprint!



Megan from Town & Country Feed is specializing in stall and paddock cleaning!

Support BCHA with Donations from your online shopping

If you are going shopping online for your horses or pets, go to the [BCHA website](#) and click on the links to:

- Horse.com (Country Supply)
- State Line Tack
- Dog.com
- Amazon.com outdoor gear and apparel

BCHA gets a commission on your purchases and no code or other input is required.

WANTED –

Know anyone who wants to do some work on the trail? Invite them to join our chapter! Hard workers are always welcome! Welcome to our newest members!



Beckah is a member of the 3-Rivers Chapter of Backcountry Horsemen.

Hats off and a big "Thank You!" to our friends at Town and Country Feed and Horse Rentals for their support over the years!



BCH Pecos Chapter Officers for 2012

President:	Cheryl Nigg	384-2558
Vice President:	Richard Kingsbury	559-3426
Secretary:	Linda Sofia	610-4512
Treasurer:	Kit Weidner	603-7360

Board of Directors

Sandy Edmiston	286-6233
Jeannie Greven	281-8925
Peter Harris	450-7500
Lisa Kazmar	917-3631
Patty Wilber	321-1697

State BCHNM Delegates

Mary Ann Ende	281-3722
Amber Kingsbury	269-7773



Map to Kingsbury Home
Wednesday, 1 February @ 6:30pm
Look for the BCH Signs
Please bring a chair!

