It’s hard to believe we’re into the new year already. I hope everyone had a great holiday season.

I thought sure, this past year, we would see more wilderness areas, but the 111th Congress adjourned without taking action on any new wilderness bills. Senator Tester, however, has announced he will be re-introducing the Forest Jobs & Recreation Act in the 112th session of Congress. Take a moment and write your congressmen in favor of this bill.

Please stay on top of the Trail Management Objectives (TMO’s) in your area. The BCHA received information from the Forest Service in 2009 indicating that nearly 60% of the trail system is not being managed for pack and saddle stock. We need to work with our District Rangers, review these TMO’s and make sure Level 3 trails are managed for pack and saddle stock use, not just a trail for hikers.

Many of you are still working on your travel plans. Be diligent and stay focused with this very important task.

(Chairman, continued on Page 2)
This past year we approved a new, sharper looking BCHM logo. We’ve cut the costs of our newsletter by sending an electronic version. Added to our BCHM webpage the Absarokee-Beartooth Foundation and Beaverhead-Deerlodge Partnership to our list of advocacy organizations, and improved the looks of our individual chapter pages. We’ve also added contact names for people looking for places to ride in their respective areas, to name but a few.

I would like to take this time to thank everyone for their support in making my job as chairman a little bit easier. See you at the convention.

John Chepulis
Chairman

“Ready to hit the trail?…”
Submitted by: Wade Murphy
Upper Clark Fork BCH

In a few short months the big thaw will be on and it will be time to hit the trails again. Most of the veterans of the trail know what it takes to get into the back country. For the less experienced horseman this can be pretty intimidating. The first thing you are going to need is a trail horse. Read that again. I did not just say horse. I said “trail horse”. I often hear the term “just a trail horse”. People want to know if a horse is a high dollar, highly trained performance horse or “just a trail horse”. That line of thinking never makes sense to me. We are riding animals into the back country about as far away from medical attention as it gets, often with no communication. To me a “trail horse” should be a well trained, very dependable horse.

Last year I was sitting in the State BCH Convention reading the annual accident report and was a little surprised by the trend that I saw. It seemed like almost all the accidents were from spooked horses. “horse spooked when…, horse bolted when…, horse bucked when…” I actually expected to see a more variety of general accidents. It started making me think about the need for education on horse preparation. I don’t believe in the term “bomb proof” when it comes to horses. Horses are animals after all and they all have a panic button somewhere. I do believe in lots of preparation making my animals ready for as many situations as I can think of. So again, “The first thing you are going to need to head into the back country is a trail horse”. I did not say a performance horse, or beautiful horse, or papered horse, or free horse, or a certain color or breed of horse. A lot of people choose their mount for the wrong reason. A horse physically needs to be able to do what you are going to ask him to do but the most important consideration is what is going on between his ears. If a horse is not mentally ready to be in the back country you have a wreck waiting to happen. In my younger days, when I thought I was bulletproof, I would climb on a strange horse that I knew nothing about and head out into the woods, often with little control over the horse, and hope for best. These days I am the opposite. I want complete control over my horse at all

(See Trail on page 3)
times. I don’t always get that, but that is my goal. So with spring right around the corner I thought I would put together a list of some of the key things I think are important for a “trail horse”.

1) THE YOUNG AND THE RESTLESS

Be very careful about young animals. I always compare horses up to the age of 5 or 6 with teenagers. Some are very calm and dependable but most of them have a hard time thinking clearly, especially when the adrenalin gets going. My wife and I have been in this situation for a few years. We got 3 young colts from her father that are all brothers. We got the horses for an emotional reason not because they were what we really needed. We have had quite a few rides in the hills on these young horses when they had way too much energy and not enough thinking going on, kind of like that teenager with a new driver’s license. So we have been in the training mode for quite a few years now. This year our horses will be 6, 8, and 9 years old and are finally all starting to settle down into nice dependable horses. So think carefully before you take the young animals out into the back country and make sure they are ready to do what you are going to ask them to do.

2) SPOOKY

Sack out, desensitize, what ever you choose to call it. This is probably the highest on my list of importance. Make sure your animal is not afraid of what you are going to ask him to do before you get into the woods. There are also all the things that you don’t plan on coming face to face with that you need to think about and prepare for. You should be able to touch them everywhere, flip ropes all over and around then, pull ropes around their belly, legs and tail. Get them used to tarps, pack boxes, manties, vehicles, bicycles, atvs, dead animals, loud noises…. The list is endless. The more prepared your horse is before you head out the safer you will be.

3) WHOA BIG FELLA!!

Maybe this one is highest on my list of importance. Your horse must have a good emergency break. Like I said above, I don’t believe in a “bomb proof” animal. They all have a panic button some-where. When a hiker’s huge black lab comes running down the trail at you and your horse thinks he is about to get eaten by a bear, can you get him shut down? When a panicky horse feels both reins get pulled tight they often get more claustrophobic. The harder you pull the worse it gets. I like using a one rein stop for an emergency break. Every horse I start is taught first from the ground and then from the saddle that if I pull his head around to the stirrup on either side that he must stop and stand still. I do not release until he stops and stands calm. Otherwise I pull him around again until he does. I teach them this at all gaits. This is also something I remind them of every spring and many times throughout the riding season. I want to know that I can shut my horse down when I need to.

4) FITNESS

You wouldn’t ask some guy shaped like a pear to run the Boston marathon. Don’t ask your horse to do what he is not in shape to do, especially on multi-day outings. Get them conditioned first.

5) “WE’LL CROSS THAT BRIDGE WHEN WE GET THERE”…. I HOPE!

Bridges are scary for most horses. Horses are programmed to have their feet on solid ground, out in the open prairie, not some clunky hollow sounding bridge suspended high over a noisy creek in the bottom of a dark canyon. I train my horses on safe, heavy duty, over sized pallets or shipping crates. I make them cross over and over them and stop and back up until they are bored with the task. This pays off big when you start crossing bridges in the woods. Things can get dangerous quick when an animal gets panicked on a bridge.

6) SPLISH SPLASH

If you are riding in the back country you are going to have to cross water. To a horse all, water is not the same. There are puddles and small springs, creeks and rivers, muddy water, clear water, loud water, still water, deep water and shallow water. Make sure you work with your horse crossing as many different types of water as you can. Force him to walk through the puddles. Don’t let him jump the creeks. Get him so he crosses the water calmly and with confidence. With some animals this is easy, for

(See Trail on page 5)
Date: July 9, 2011
Registration: 8:00 am to 10:00 am
Place: Gold Creek, MT
(Exit 166 of I-90, follow the signs, 5 ½ miles)

Approximately 4 hour Ride. You can ride through a Historic Ghost Town and past a Gold Dredge.

Ride & BBQ .......... $20.00/rider
BBQ only .......... $10.00/person
Ride & BBQ .......... $ 7.00/Children under 12
BBQ only .......... $ 5.00/Children under 12

Poker Hands (18 yrs & over)............. $5.00 each
50/50 Tickets................................. $1.00 each or 6 for $5.00

BBQ starts at 3:00 pm and Drawings for Door Prizes to follow.

Everyone Bring Your Horse or Mule and Have Fun!
Camping Available
Enjoy evening campfires
Absolutely NO Dogs on Ride!
Dogs in Camp must be on leash!

For More Information Please Contact:

Wade and Lonnie Murphy – 431-1717
(Trail continued from page 3)

some it takes time. Calm water crossing means safe water crossing.

These are just a few of the things that come to mind when I think about what I expect from a trail horse. The list could go on and on and I’m sure you have some things in mind as you read this that I did not mention. Not everybody has skills at training horses. If you aren’t sure how to move forward with your horse, find a trainer or maybe someone in your club that can help. There are also tons of great videos, books and clinics where you can learn anything you want to know about horses. The important thing is to be ready before you get on the trail. Most of this training can be done at home or in the safety of a riding arena. Spring is right around the corner. Start now. Don’t wait for club rides or group rides to start training your horse. This can be frustrating for everyone. It’s so much better to have your animal ready go so you can enjoy the back country that you are headed into.

Happy and safe trails in 2011!!

You can also read your newsletter on-line at www.bchmt.org.
Increasing the viable life span of our horses is more important to us today than it was 25 - 30 years ago. This shift in attitude results from economic concerns in addition to closer emotional attachments and concerns for our equine partners. For example, with proper care into their upper 20's while others have to be retired at much younger ages due to structural insufficiencies. Even after retirement, things that can be done to ensure that horses remain comfortable and healthy during their last years on earth.

As horses age they commonly develop special dietary needs associated with behavior, dentition, glandular function, digestion and/or musculo-skeletal conditions. Many older horses have a calmer disposition simply because they have been exposed to more things and have grown used to dealing with daily variations in their immediate surroundings and activities. However, many older horses are not as quick to adapt to major changes in their environment or physical surroundings and suffer a loss of appetite and/or condition when exposed to such changes. When mixed with other horses, senior horses often have difficulty competing with younger and more agile horses for available forage and feed. These basic factors must be taken into consideration if the health and condition of senior horses is to be optimized.

The horse is a herd animal and a very social being. Regardless of age or condition, horses will usually thrive better when appropriate equine company is provided. Matching older horses up with horses of similar temperament allows them the emotional security of the herd and contributes to their overall well being. Group numbers should be kept small however, in order to reduce competition for available forage and water.

Conformational and metabolic faults all too often cause the early demise of many horses; the loss of Secretariat to laminitis for example. Conformational faults, primarily those associated with the horse's lower limbs often place excess strain on the horse's ligaments, tendons and joints. The long-term affect of this strain can be osteoarthritis or other bone anomalies that can be severe enough to end an active career or create a condition of great discomfort and lameness. Proper trimming and an appropriate selection of equine careers based on conformation and temperament early on and continuing throughout the horse's life can go a long way to extending the individual horse's productive life and lessening discomfort during the final retirement years. The proper use of nutraceutical components known to support healthy joints such as glucosamine, chondroitin, hyluronic acid, MSM and others have provided substantial benefit to many horses exhibiting joint pain. Which one individual product or combination of products that will provide the greatest benefit can differ substantially from horse to horse and sometimes a certain amount of trial and error is required to find the best mix for your individual horse. This is due to the fact that while these compounds are all reported to support joint health, they all have a different mode of action. Depending upon the specific problem your individual horse has, one compound or combination of compounds will usually work better for one horse compared to another.

The most common metabolic defect that can be life threatening is obesity. Metabolic syndrome anoma-
lies such as Cushing’s syndrome, hypothyroidism and insulin resistance exhibit themselves once a horse gets a bit older. Many mature horses with metabolic issues develop a metabolism that allows them to seemingly exist on air and water. Many horses that easily become fat are overfed protein and/or energy and underfed minerals and vitamins predisposing them to laminitis and other structural problems. It is imperative that "easy keepers" receive an adequate intake of minerals and vitamins in order to guard against structural disorders. The use of organic zinc, copper, manganese, selenium and chromium is especially effective at helping these horses maintain normal protein and energy metabolism and to provide the constituents needed to maintain structural integrity. Recommended nutrient intakes of senior horses of average size are listed in table 1. One of the worst things you can do to a mature horse that tends towards obesity is to over feed grain (starch) and protein. Over feeding grain has a much greater effect on metabolic hormone production, secretion and activity than any other dietary constituent. Excessive protein intakes have been shown to reduce thyroid activity exacerbating the tendency towards obesity. Excessive grain intakes can actually impair energy metabolism and predispose the horse to laminitis. Mature horses that easily maintain condition and/or trend towards obesity should be fed a minimal amount of grain, if any. The diet should be forage based and properly fortified or supplemented with minerals and vitamins. If additional energy is required, fat sources should be used in combination with forage and a minimum amount of grain to supply the extra energy needed to maintain a moderate body condition score. Adequate chromium intake will help normalize insulin activity and thereby reduce complications associated with obesity. Triple Crown has developed several products that are suited for horses that are easy keepers or horses exhibiting metabolic syndrome; these include: Triple Crown Senior, Triple Crown Lite, Triple Crown Lo Starch and Triple Crown Safe Starch Forage.

Older horses and horses that may be slightly debilitated are more susceptible to mycotoxin and bacterial ingestion than horses with stronger immune systems. Long-term exposure to mycotoxins can cause liver damage in young viable horses. In a horse with compromised liver function due to age, mycotoxin ingestion can accelerate liver failure and thereby impair normal metabolism. The result is a weakened and debilitated horse. Mycotoxin ingestion can also trigger colic in a normal healthy horse; in older horses, it can be deadly. Given the fact that low levels of mycotoxins are commonly found in hay and grain mixtures for horses, the addition of recently developed mycotoxin binders to your horse’s diet to prevent metabolic and intestinal damage from mycotoxins is prudent. Triple Crown includes mycotoxin binders in all of its products.

Disease causing bacteria such as E. Coli and Salmonella are everywhere. Ingestion of high doses of these bacteria will make a strong horse sick; it can be fatal to an older horse. Similar to preventative measures taken for human health, mannanooligosaccharides (MOS) can now be used to improve equine health. MOS has the ability to bind many of the common disease causing bacteria to itself thereby preventing infection in the horse. Once bound to MOS, the MOS-bacteria combination is
After the corrals were staked out, a bobcat, provided by the National Forest Service, and operated by Rudy, began digging holes for the fence posts.

Posts begin to go into place while crew members work like gophers to dig holes for awaiting posts.

While holes were being dug, logs were prepared or peeled for use as rails in the corrals, Kay Tate & Sherrie White work together.

Wally Becker measures a peeled timber that will be used as a rail.

Once the holes were started by the bobcat, each one had to be completed by hand. Above Henry Glenn watches as Larry Thomas begins a hole.

Others who dug in, were (left to right): Dick Haines, Ron White, Swep Davis and Don Drake.
Ron Rassley, Kay Tate and Bonnie Hammer cut additional timbers needed to repair existing feed bunks and tie rails. Above Kay and Ron hooks up Sport.

Ron Rassley drives Sport who tows three logs to replace rails in feed bunks and tie rails.

Dan Porter (right), watches as Dick Haines and Dan Marsh mount rails.

Mike Haugen and Ed Long put a rail in place.

Michael Harney dispenses lunch, courtesy of Pickle Barrel of Belgrade, to Rich Inman and the entire crew.
(Feeding, continued from page 7)

excreted in the horse's feces where it will do no harm. The addition of MOS to all equine diets is beneficial, however, it is especially useful in older horses and horses that tend to have sensitive digestive systems as a means of reducing the incidence and/or severity of colic. In addition to its bacterial binding properties, MOS has also been shown to positively stimulate the immune system. Ensuring that nutrients responsible for optimal immune system function such as vitamin E and zinc are supplied in adequate quantities is also critical for longevity.

Poor dentition is a common cause of poor condition in senior horses. Loss of teeth, damaged or worn teeth and severe tooth angle either singularly or combined make it difficult for horses to adequately chew and grind forage and feed. Some older horses have such great difficulty with dentition that they cannot chew hay adequately enough to facilitate swallowing it without choking. These horses must be fed an alternative forage source that is easily swallowed, yet provides the fiber and "bulk factor" so important for intestinal function; a pulp is a favorite forage substitute for this purpose. In addition to poor tooth condition, many older horses lose the sensitivity in their lips making it more difficult for them to pick up food or to selectively graze when out on pasture. This results in slow intake and/or reduced intake and a subsequent reduction in body condition. Reduced salivation also makes it more difficult to chew and swallow various foodstuffs. Therefore, providing a diet that is easy to ingest and swallow such as one of the many shredded beet pulp based feeds (Triple Crown Senior, Triple Crown Complete) or chopped forage products (Triple Crown Safe Starch Forage) will help older horses obtain their required "bulk factor" and nutrients in sufficient quantities.

Intestinal damage due to parasite infestation combined with reduced absorptive capacity due to age make it difficult for older horses to assimilate critical nutrients. Increasing the dietary density of nutrients in order to supply the recommended intakes listed in table 1 helps geriatric horses utilize adequate levels of nutrients even though total feed intake levels and absorption may be reduced. Including digestive and fermentation aids such as yeast cultures, probiotics, yucca extracts and enzymes assists the older horse in improving his/her ability to metabolize the correct amount of nutrients needed to maintain health.

Hair, skin and hoof quality often suffers in older horses due to a combination of reduced ability to assimilate and metabolize nutrients and glandular dysfunction. Pituitary, thyroid, and adrenal problems are common in geriatric horses. Unfortunately, there is often little that can be done nutritionally to counteract these problems, however, the feeding of omega-3 fatty acids and in particular the omega-3’s found in fish oil (DHA and EPA) have shown some promise in regard to normalizing immune function and hormonal activities.

Following a few basic guidelines may help increase your horse's chances of maintaining a healthy appearance and living a comfortable and longer life:

1. Increase mineral and vitamin levels in total diet
2. Ensure mineral and vitamin ratios are within acceptable ranges.
3. Increasing anti-oxidant activity with adequate levels of vitamin E, vitamin C, vitamin A, organic zinc and organic selenium
4. Include a source of omega-3-fatty acids (fish oil, linseed oil) for prostaglandin modulation
5. Provide adequate protein levels, but avoid excessive protein intakes
6. Avoid high starch (grain) intakes
7. Provide easily ingestible and highly digestible fiber source

In summary, the key to developing, feeding and management programs for geriatric horses is to consider their reduced ability to acquire, chew, swallow, absorb and metabolize nutrients. The inclusion of digestive and fermentation aids and organic minerals has proven highly effective in maintaining good health. Incorporation of some of the "high tech" additives such as joint health nutraceuticals, MOS and mycotoxin binders can provide significant improvement in individual horses. The form of the diet must be easy for the

(See Feeding on page 11)
(Feeding, continued from page 10)

horse to ingest and digest. Basic daily care of the
geriatric horse must also be considered since they
then to require more grooming and maintenance
than younger and stronger horses.

Table 1. Recommended Daily Mineral and Vita-
min Intakes for Senior Horses.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Unit</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Gms</td>
<td>50</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>Gms</td>
<td>28</td>
</tr>
<tr>
<td>Iron</td>
<td>Mgs</td>
<td>500</td>
</tr>
<tr>
<td>Zinc</td>
<td>Mgs</td>
<td>600</td>
</tr>
<tr>
<td>Manganese</td>
<td>Mgs</td>
<td>550</td>
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<tr>
<td>Copper</td>
<td>Mgs</td>
<td>175</td>
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<tr>
<td>Iodine</td>
<td>Mgs</td>
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<tr>
<td>Selenium</td>
<td>Mgs</td>
<td>2.0</td>
</tr>
<tr>
<td>Chromium</td>
<td>Mgs</td>
<td>3.0</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>IU's</td>
<td>30,000</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>IU's</td>
<td>2,500</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Mgs</td>
<td>2,500</td>
</tr>
</tbody>
</table>

What is considered a “Low Carb Feed”? (nsc= non structural carbohydrates (sugars + starches))
There are different suggestions for different horses. Consult with your veterinarian on the diet that is
correct for your horse.

The inability to readily digest sugar may develop in
aging horses, just as it does in humans. A study of
geriatric horses (Ralston, 1988) found over 70%
over the age of 20 had signs of altered glucose me-
tabolism. In this day of improved health care, and
with many horses considered members of the fami-
ly, the number of geriatric horses is growing. Prob-
lems with bad dentition or impaired absorption of
nutrients used to be common in geriatric horses, but
with frequent worming and dental care all their
lives, many older horses today do not need feeds
that are easier to chew and digest. Is the current fad
of feeding equine ‘senior’ feeds backfiring on us?

There is far too much
anecdotal evidence
linking the introduc-
tion of senior feeds
high in sugar and
starch to laminitis.
The new research
showing that high in-
sulin can cause lami-
nitis now explains this
(Asplin, Sillence,
2007 et al). If feed
manufacturers refuse
to divulge the content
of sugar and starch to inquiring consumers, it may
indicate that it may be a sensitive subject. Call or
e-mail your feed company today and ask them to
give you a sugar and starch level in their feeds.
Compare also, the digestive aids, such as direct fed
microbials (probiotics), live yeast (what amount?
CFU per lb) organic minerals? Do they have other
digestive aids? Yucca, digestive enzymes? Organic
minerals? Mycotoxin binders? Do your home
work, there are many options out there to keep your
horse safe!

Remember that winter is especially hard on your
geriatric horses. If you are beginning to get con-
cerned about their nutritional needs, now would

(See Feeding on page 12)
(Feeding, continued from page 11)

be a good time to start them on a diet designed for seniors. A high fat, beet pulp based diet is an excellent choice for maintaining weight during cold weather. Avoid grain based senior diets. The fiber and fat based ones will help maintain weight more easily.

Always remember to provide plenty of clean fresh water at all times. Water temperature that is too cold will inhibit consumption. Attempt to keep the water in the 45 to 65 degree temperature range.

For more information on this article, contact Shannon M. Keller, Equine Nutrition Specialist Triple Crown Nutrition, at 888-883-5301 sktriplecrown@wildblue.net www.triplecrownfeed.com

(Spanish Peaks continued from page 9)

Gates are installed by Don Drake, Ed Long and Michael Harney.

It's a wrap! Dan Marsh wraps an electrical cord as the project is completed.

"A mule will labor ten years willingly and patiently for you, for the privilege of kicking you once."
William Faulkner

That hoss wasn't built to tread the earth,
He took natural to the air,
And every time he went aloft,
He tried to leave me there.
Anonymous

The commemorative sign was mounted on the south east corner of the corrals to overlook the Spanish Peaks
Just for fun
word search

bear safety
camping
highlines
hobbles
leave no trace
nosebags
pack it in
pack it out

picket ropes
quick release knot
roughage
stock
trail etiquette
tree savers
weed free
About Your Newsletter

*Back Country Horsemen of Montana News* is published three times a year by BCH of MT, PO Box 4864, Butte, MT  59701.

Publication dates are June 1, October 1, February 1. Deadline for submission of advertising and articles is the 10th of the preceding month (May 10, September 10, January 10).

The newsletter has three main emphasis areas: (1) issues (2) chapter activities/volunteer projects (3) light material (i.e. Humor, history, etc.). Please submit a copy that is typewritten, legible handwritten copy or you can submit copy via e-mail. Photos should be prints (no negatives or proofs) or digital photos attached to e-mails. Black & white or color is acceptable.

Submit articles, photos, and advertising to Linda Brewer, 2167 N 4th Rd., Huntley, MT 59037. Phone: (406) 698-5880 e-mail: lbrewer@tctwest.net

BCH Chapters are once again responsible for submitting articles for publication in this newsletter. Chapter divisions and deadline date for articles is as follows:

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A 25% commission will be paid to individuals or chapters.

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<tr>
<td>A 25% commission will be paid to individuals or chapters.</td>
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Cost By Number of Insertions

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Linda Brewer
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lbrewer@tctwest.net
<table>
<thead>
<tr>
<th>Chapter</th>
<th>PO Box/Address</th>
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If you would like to join, please contact a chapter in your area.