



Support your local charities this Christmas!

Cowgirl Spirit is joining forces with Hope For Horses & the Maltby Food Bank to raise funds at an event hosted by Horse Haven at Bear Creek!

Cowgirl Spirit is proud to join two other local charities, Hope for Horses & the Maltby Food Bank in this Christmas season charity event hosted by Horse Haven at Bear Creek in Bothell, WA on Saturday, December 6th from 10am-4pm! We are excited by this wonderful opportunity to have fun while supporting horses and humans in need throughout our local community. 100% of all proceeds collected will be directed to each of the charities. There will be pony rides, chair massages, Santa pony holiday photos, a tack sale, a silent auction, raffles, games, prizes and much, much more! So grab a few non-perishable food items and come on over for a day of fun-filled activities for adults and kids of all ages. We look forward to seeing you!



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Grace attends the Jon Ensign Colt Starting Clinic



CSRDT rescue, Grace with member Jenny and clinician Jon Ensign, November 2008

Grace, who was recently started under saddle, was in need of a little extra help due to her fears and jumpiness. After a couple mishaps under saddle, it was decided that she would highly benefit from attending the intensive 4-day Colt Starting clinic. She was exposed to multiple desensitization tools and techniques to help get her over her insecurities.

By the end of clinic, Grace had improved a great deal and was very at ease with tarps, flags, and the large bouncy ball, and had become very relaxed with the basics of hindquarter and shoulder yielding. Most of all, she got over her biggest fears: mounting and dismounting! We are eager to see how she progresses!

PRACTICES START!

We will be starting our practices at noon on Saturday, January 3rd, 2009 at the Fall City arena, commencing each Saturday from there on after!

If you are interested in performing with our rescue horses, please come to one of our practices! We are now accepting new members for the 2009 competition season and we'd love to have you be a part of our team!

JOIN US TODAY!

NEED A TIP?

Have a training question you'd like the Cowgirl Spirit team to answer? Submit one at team@csrdt.org and it may be featured in our next newsletter!

Girl Scouts come to visit Cowgirl Spirit rescues!

In November, the Cowgirl Spirit rescues were treated to a visit from a local Girl Scout troop! The tour consisted of horse introductions, a story of how Cowgirl Spirit came about and why we follow our mission, as well as individual treat time with each horse.

Dollar, in particular, was the most infatuated with his newest admirers and spent extra time with each little girl as they petted him, talked gently to him and fed him carrots!

Towards the end of the tour, we had trivia questions

about horses, their anatomy and physiology. In an effort to better describe what makes Cowgirl Spirit Rescue Drill Team different from other rescues in the Northwest, we introduced the girls to drill team maneuvers.



Dollar was the Girl Scout troop's favorite rescue!

Within moments, the girls were putting on their own (horseless) drill team show, including a Salute to the parents standing on the sidelines.

We were delighted with the interest and community support from the Girl Scouts and are looking forward to a visit from a local Boy Scout Troop in December!



Please join in to help sell quilt squares for our new fundraiser!

We are excited to announce that Cowgirl Spirit member, Teri, has offered to make our very first quilt featuring our Cowgirl Spirit Rescue Drill Team logo embroidered on the center square and pictures of our six rescue horses bordering the center. The rescue horses featured, from both the past as well as present, are Shakirah, Dollar, Zoe, Shine, Casper & Class. The rest of the 52 squares are made up of the team colors: red, white & blue, with stars, stripes and four eight-point, blue corner-square stars. We have the potential to raise \$1030.00 through this quilt! That's almost 3 tons of hay for our horses to eat this winter!

The 52 plain squares sell for \$15.00 each, the rescue horse pictures and corner stars sell for \$25.00 each, and the center square is available for \$50.00. As each square is sold we will list that person's name on the website next to the quilt, as well as in our newsletter! We do, of course, welcome larger donations than those specified per square!

Once we have reached our goal of selling all the squares, we will donate the quilt to Children's Hospital. Your donation will not only help Cowgirl Spirit, but it will also help a very lucky child at Children's Hospital! Remember, we are a 501(c)3 charity and all donations are tax deductible!

Please help spread the word, and be sure to check out our quilt on the website. Donations for the quilt can be made through any member or volunteer of CSRDT and on our website using PayPal. We will also be bringing our quilt to upcoming fundraisers to help spread the word about our mission! The sooner we sell all of our squares the sooner we will brighten some child's day!

Please contact us and purchase one of our quilt squares!



MONEY RAISED SO FAR:	\$520.00
Tambi Wille	\$30.00
Samantha Gustafson	\$30.00
Omar Rivas	\$20.00
Art Bender	\$20.00
Paul Jensen	\$20.00
Ken Dorn	\$20.00
Cori Wolkey	\$15.00
The Holistic Hoof	\$15.00
Bothell Fire Dept. Union	\$150.00
Teri Gustafson	\$100.00
Juliane Hanley	\$100.00

Cowgirl Spirit Spotlight Rider of the Month!

Juliane Hanley is in the Spotlight this month—please read on to get to know our valued team member!

Name: Juliane Hanley

Hometown: Fall City, WA

About Juliane: Juliane grew up surrounded by horses, getting her first pony, a dapple grey Shetland named Biscuit, when she was just 8 years old. When she was 19, she bought her Arabian gelding, Whiskey. As an unbroke 3 year old, he taught Juliane many things about horsemanship. They have an incredible bond to this day that anyone can see. Juliane joined a drill team at the barn where she boarded Whiskey and was soon addicted to the sport of drill!

When her career in web design moved her north to the state of Washington, she decided to start her own drill team, hence the birth of Cowgirl Spirit. After many weeks of recruiting only turned up riders without horses, she attended the Enumclaw Livestock Auction, where she purchased Cowgirl Spirit's first 2 rescues, Buster & Sadie. This was her first look into the world of slaughter and kill buyers. From there, it was quickly decided by the team to try and help horses by training them in the sport of drill and then offering them up for adoption to other drill teams.

Juliane has spent the last three years rescuing slaughter-bound horses, rehabilitating and training them, then offering them for adoption. She continues to run the organizational processes of Cowgirl Spirit, as well as coaching the drill team. She is very passionate about Cowgirl Spirit's mission and can be found attending any and all related functions! She certainly wouldn't be the person she is today if Cowgirl Spirit weren't in existence!



Juliane & previous CSRDT rescue, Dandy, proudly display the Cowgirl Spirit colors, May 2008

Training Tip of the Month...Artificial Aids: Tools vs. Gadgets

The mission of Cowgirl Spirit is to rehabilitate and train rescues through the sport of drill. Like you might assume, a lot of training goes in to each horse before they are able to practice and perform on the team. In order to get each horse adequately prepared for their first team experience, we have to spend some time covering the basics of horsemanship and the beginnings of riding. Our horses go into the drill arena as diamonds in the rough, learning new skills as they progress through the season.

A lot of thought is put in to each horse's training. We all come from various training backgrounds, and each brings a unique perspective to the arena. However, what we have in common is our devotion to educating the horse correctly from the start. We know our supporters feel the same, and are busy working with their own diamonds in the rough. So it is with this inspiration that this month's article is written.

When starting a horse, he will tell you which direction you need to go in order to advance through training. Each horse has a specific set of needs, and is trained with those needs in mind. As such, we use specific equipment to help the horse.

We are often asked why we choose to use the equipment we do, and do not, use. It often turns into a discussion of tool vs. gadget. So, what is the difference? Aren't bits, spurs, whips, side reins & draw reins all artificial aids? Here is the difference: A tool is an artificial aid that positively enhances the horse's training experience. A gadget is a piece of equipment to provide a quick fix in attempt at masking a performance problem.

Here is a great example: Last summer, the question of martingales came up. Many of our horses perform with heads held high. This makes it much harder to take good pictures, and is quite distracting from the overall performance - our scorecards told us that. So why didn't we use the martingales suggested to us by the judges?

It isn't that martingales are bad, because they are not. It is just that martingales would fit in the "gadget" column for the horses in this situation. Each horse was brand new to drill. They were all off balance, and when off balance, heads go high. To add a martingale would be a quick fix, and would be to the detriment of the horse, who was depending on its forehead for balance. It would have caused claustrophobia and dependence on a piece of equipment, which goes against our basic training principles.

A happy update on CSRDT rescue, Salsa, and her mom, Vicki!

Last month, some of the Cowgirl Spirit members went on a couple hour trail ride with Vicki and her CSRDT adopted horse, Salsa. This was the first time we were able to see Salsa since her adoption was finalized in August. We were all pleased to see how well adjusted Salsa was! She was extremely quiet and settled and seemed very sure of herself and her surroundings.

Salsa was one of our tougher rescues during the 2008 competition season, and many of us wondered if she'd ever find the right home. While Salsa is incredibly beautiful, she can also be very hot and anxious. To our delight, under Vicki's loving hand, Salsa was as quiet as we've ever seen her. Vicki and Salsa led our group of green rescues through the beautiful trails at the Redmond Watershed, displaying a strong sense of confidence in each other. We are so proud of this obvious match made in heaven! Congratulations Vicki & Salsa!



CSRDT rescue, Class, sans martingale, learns how to soften & give to the bit, November 2008

During our practices, we work with the horses to help them learn how to balance and begin to power themselves from behind. But as any trainer will tell you, that is a long and progressive process. The correct use of martingales would have had to begun there, interspersed with correct and frequent training. Our drill schedule did not allow for such luxury. And so, the decision to ride without martingales was made.

This doesn't mean that we will never use a martingale, or any specialized equipment on a horse. It just means that each training issue is fully evaluated on each horse before additional training and equipment is prescribed. To properly utilize a tool is to know how to use it correctly, and in what circumstances.

When faced with a difficult training situation, we encourage you to fully evaluate why the horse is reacting the way it is. If not for medical reasons, try to find the real issue. Most often, you can diagnose and fix the problem without having to mask it. Understanding and properly using the equipment available to you will ensure the best outcome for your relationship with the horse.

Happy Training!



Vicki & Salsa enjoying a sunny autumn trail ride

Feel the Spirit...

Keep on Riding

Subscribe to Cowgirl Spirit's
monthly newsletter and have a
copy mailed directly to your home!

Check out our website!
<http://www.csrddt.org>

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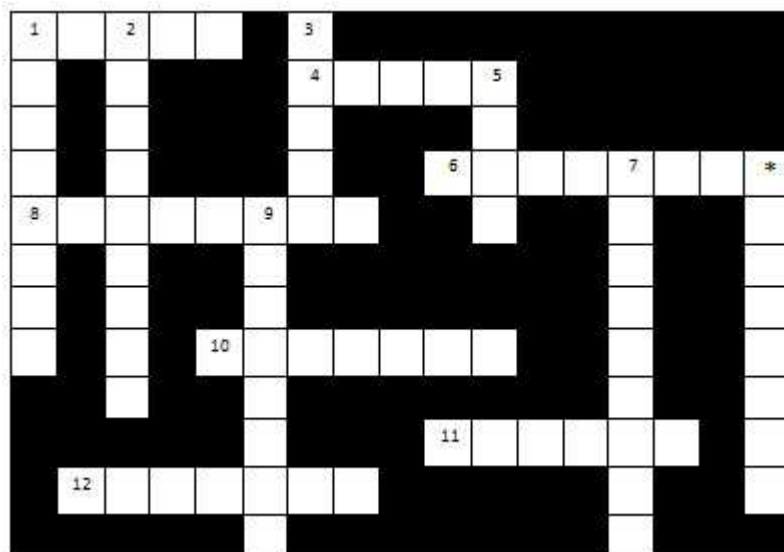


CSRDT would like to extend a grateful "Thank You" to the following people & businesses.

We could not do this without your generous support and donations.

Blue Hill, LLC	Arciniega Stables	Don & Dottie Monroe
Grange Supply	Dwight Jarvis	Robert Lorence
Tracey's Clothesline	Kristen Jarvis	Sharlet Driggs
Images Plus	Trish Moore	Miska Salemann
Bothell Feed	Libby & Steve Miller	

Cowgirl Spirit's Crossword Puzzle!



Across

1. A female horse under 4 years old
4. The horizontal bars that make up a jump
6. Chewing on wood
8. To train or exercise a horse with a long rope
10. A castrated male horse
11. The fastest a horse can travel

Down

1. The part of the mane that lays on the forehead
2. Another word for founder
3. A type of feed
5. Father of a horse
7. A horse that doesn't spook
9. When a mare is in heat

Bonus * - Rodeo events made up of games such as pole bending and barrel racing

Cowgirl Spirit's 2009 Competition Schedule

Be sure to mark our competition schedule on your calendar! We enjoy meeting our supporters and fans and love to show off our rescues!!

5/3/09	<i>Show N Shine</i>	<i>Salkum, WA</i>
5/23/09	<i>Quicksilver Spring Classic</i>	<i>Vancouver, WA</i>
6/6/09	<i>CC Riders Annual Competition</i>	<i>Salkum, WA</i>
6/27-28/09	<i>PNWDTA Competition</i>	<i>Albany, OR</i>
7/17-19/09	<i>WLRCA State Competition</i>	<i>Spanaway, WA</i>