



Silent Auction Success!

Horse Haven hosts fundraiser for Hope for Horses and Cowgirl Spirit!

On December 6th, a fundraising silent auction was held for Cowgirl Spirit and Hope for Horses at Horse Haven in Bothell, WA. The day, while chilly, was dry, and full of exciting events. Our younger guests enjoyed an afternoon full of pony rides, Christmas pony pictures, face painting, and games. For the adults there were hourly raffles, massages, a food stand, and of course, the Silent Auction!

The business owners of our local community, as well as individuals, donated a generous number of goods and services - ranging from fancy Christmas wreaths to handyman work and cake decorating! The silent auction bidding competition was fierce for these items, and as a result, brought in great contributions for both rescues.



Members and volunteers gather together for a commemorative photo shoot with Horse Haven's Santa pony, December 6th, 2008



Special Thanks to Party Ponies, Inc., who donated pony rides to help raise funds for the rescues at this charity event!

We would like to extend a huge Thank You to all who donated their goods and services - without you the event would not have been so successful!

Cowgirl Spirit would like to extend a HUGE Thank you to Horse Haven and Hope for Horses for including us in this event! We'd also like to extend a special thank you to our many supporters, volunteers and team members for offering their time and labor in putting together this wildly successful fundraiser. All efforts paid off and the Silent Auction raised over two thousand dollars for each rescue!

Wild Winter Weather @ CSRDT Headquarters!

The month of December brought some severe winter weather to the Cowgirl Spirit headquarters located in Fall City, WA. We are extremely lucky and grateful for the facility that is donated to our rescues, though we weren't quite prepared for the blizzard-like conditions that arrived last month, which included a couple feet of snow!

For 2-3 weeks, we dealt with extremely cold temperatures, requiring volunteers to break and remove thick ice from water troughs every couple hours to en-

sure our horses had plenty to drink, as well as bucketing hot water to the facility each evening for the 'midnight mash' feeding. When the temperatures drop, it's imperative to increase forage to help horses maintain their body temperature! Each of the horses eagerly awaited their hot, steaming mash of timothy hay pellets, Purina WellSolve L/S complete feed, electrolytes and probiotics.



CSRDT horses frolic and play in the fresh snow, December 2008

While the winter wonderland was beautiful, I think we are all glad that the snow is starting to melt and everything is getting back to normal!

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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!



Riders wanted: 2009 competition season practices start in January!

Cowgirl Spirit Rescue Drill Team is currently seeking riding members for the 2009 drill competition season. As a 501(c)3 charitable rescue organization, we are in need of dedicated, responsible, and motivated women and men to fill positions within our growing team. While we greatly value and appreciate all of our volunteers, one of our greatest needs at this time is for experienced riders capable of taking over the ongoing training of one of Cowgirl Spirit's rescue horses.

On the first Saturday in January, Cowgirl Spirit practices will resume for the upcoming competition season. We will be practicing each Saturday at noon at the Fall City arena through July. It is extremely exciting to see some of our previously unbroke and inexperienced rescue horses now learning the sport of drill as they walk and trot next to more experienced horses in drill formation.

We are hopeful that we will have many new prospective riders attend this season's practices—and while riders may be new to the sport of drill, clear instruction will be provided so that they are easily able to learn how to work together as a team to achieve perfect spacing, alignment and timing.

If you have always wanted a horse to bond with, work and care for on a consistent basis, and learn a new and exciting sport with, Cowgirl Spirit may be the perfect opportunity for you! We would love to meet you and invite you to come out to our headquarters in Fall City or to one of our practices. If you are interested in joining or volunteering for Cowgirl Spirit Rescue Drill Team, email us at team@csrdt.org.

Cowgirl Spirit Volunteer of the Month!

Jessica Rakos is in the Spotlight this month—please read on to get to know our valued volunteer!

Name: Jessica Rakos

Hometown: Orting, WA

About Jessica: I was first introduced to Cowgirl Spirit on a warm July evening, at a state drill competition in Spanaway. I have a good friend on a sister drill team and my mom and I love to check out the performances. What a fun way to spend a summer evening! On the way out, I was wistfully thinking of when I might someday get to own my own horse again. I grew up with an Appaloosa, Chopper, but he passed away in his thirties my senior year in high school. He was such a wonderful companion for me growing up, that I vowed I would someday own a horse again and that my future children would have a chance to grow up the way that I did.

As my mom and I discussed this during our drive home, she asked me if I had ever considered adopting a rescue horse. To be honest, I hadn't really given it much thought, but the idea intrigued me. Then, as fate would have it, Cowgirl Spirit had their horses in the same barn that my friend's horse was in. My mom took me down to the end of the barn where I met Salsa.

What a beautiful horse! My heart started pounding and I got so excited to see her as an example of the type of horse that might be available for adoption. However, I tucked the idea away, as my property was still not fenced at that point and I had quite a few projects that needed finishing before I could even think about fencing! Then, fate stepped in again about a month later when my friend e-mailed me about another horse that was available for adoption. His name was Prince Caspian and after looking at his profile online, I instantly fell in love with him. A week later, I met him, applied for adoption and the rest is history! I cannot wait to see what the future holds for us! He is such a great horse, exactly the type of horse I was hoping for. He even reminds me a little bit of Chopper! Other than the fact that he's missing the spots on his rump, his coloring (and personality!) are very similar. I feel very lucky to have been selected to be his forever mommy.

I am so impressed with Cowgirl Spirit and their positive role in the horse community. It seems that now, more than ever, there is such a need for responsible rescue programs such as theirs. I wanted to find a way to help, and thought maybe I could put my love for all things crafty to good use. At the beginning of December, I participated in a local craft fair, where I set up a booth and supplied information about Cowgirl Spirit to anyone who was interested and sold Christmas crafts, with the profits going to Cowgirl Spirit. My mom also helped out at my booth and it turned into a really fun day! It was very inspiring to see people's genuine interest in the organization. I look forward to participating in more events such as this and hope that I can continue to be a good ambassador for this wonderful organization.



Casper learns how to execute an 'oblique' drill maneuver for the first time, riding next to experienced drill horses, Whiskey & Class—January 2009



Jessica & her mother proudly display craft items at their Cowgirl Spirit fundraiser, December 2008

Training Tip of the Month: The Importance of Cross Training

As humans, we tend to get excited and fixated on single goals. This can sometimes translate to our goals for our horses. For example, we see a horse well built for jumping, and so, fixate on getting that horse into the jumper ring. And often, we begin to see pinned ears, sluggish horses, and even some injuries crop up.

But what if there was a better way to reach our goals — one which keeps the excitement alive, and our horses happy & well rounded? Here's the good news: there is! Cowgirl Spirit horses are trained using a variety of methods, in a variety of disciplines, in a variety of settings.

The key here is, you guessed it, variety. Cross training is an outstanding way to reinvigorate your horse, who may be feeling a bit mentally and physically burned out by his chosen sport. By mixing things up, you get to experience the following benefits:

Exercise: Exercising the same muscles over and over again is great to get them stronger, but what about over-all body strength? Different sports require different muscles to be strengthened, or requires the same muscles to be used differently. As riders, we have all experienced this when having been off a horse. No matter how much one exercises, riding a horse will bring a muscle soreness like no other. Why? It is because the muscles we use for riding are challenged in a unique way not typically encountered in our daily lives. Adding variety will allow an over-all fitness not typically attainable by keeping your horse to one sport.

Mental Health: Just as turn-out is important for horses, so is cross training. Horses are creatures of habit, and if left unchecked, they will easily fall into a routine that is comfortable for them. That means that when expected to perform in a new setting, or in a new way, horses are often seen as sour. By continually adding variety to their routine, you encourage the horse's comfort zone to expand.

Emotional Health: How many horses have you seen at shows that are gate sour? Or those who continually refuse jumps? While there are many reasons for these types of resistances, a lot of them have to do with emotional health. Horses can become soured to their sport if it is continually drilled into them. It becomes a job, rather than a joy. As humans, we have all experienced this. By cross training your horse, you can keep enjoying your discipline of choice, and so can he.

Rider Health: We riders can benefit from all three categories above as well. Sometimes we need a relaxing trail ride, or an exhilarating hunter pace. Variety is the key to life!



Previous CSRDT rescue, Zoe, displays her different levels of training, from English and Western, to carrying the Cowgirl Spirit team flag!

Friends: Both horses and riders can meet new horse people when trying new disciplines. You'll be amazed at what you learn, and who you meet! Friendships that last forever can be formed!

Before you dive head first into a new discipline, it is important to consider these few tips:

Health: Understand the physical requirements for your new interest. A trail-sound horse should probably not try eventing, for example. If you have any question regarding your abilities as well as your horse's, please seek the advice of your physician as well as your trusted vet.

Training: Most disciplines require some sort of formal training in order to be successful (and safe!). Seek out a competent trainer who can help both you and your horse.

Transportation: For many new disciplines, you may need to seek out transportation. Make sure your truck and trailer are in good repair, that your horse can reliably load, and that you have friends who may want to carpool with you! If you don't have a rig, try to get your equestrian friends involved!

Best of luck, and have fun!

Announcing Cowgirl Spirit's new Sponsorship packages!

Cowgirl Spirit is excited to announce our new sponsorship packages to benefit our rescue horses. Now you can easily sign up for one of these packages and quickly see how your contribution will help our organization. You can even select a sponsorship package for a celebration, memorial or gift in another's name! Please be sure to visit our website for more information or to select a package!

Bronze Bit: \$10/month or \$120/yearly

- Letter of thanks - Website mention

Silver Spurs: \$25/month or \$300/yearly

- Photo - Letter of Thanks

- Website mention

Golden Stirrups: \$50/month or \$600/yearly

- Photo - Story

- Letter of thanks - Website mention

Platinum Harness: \$100/month or \$1200/yearly

- Large photo signed by members

- Story

- Letter of thanks

- Small gift

- Website mention

- Logo and link on website

Winner Circle: \$200/month or \$2400/yearly

- Large photo signed by members

- Story

- Small gift

- Letter of thanks

- Website mention, logo & link on website

- Advertising in newsletter

- Logo on stalls at state competition

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.csrtd.org>

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

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Grange Supply	Hannah Evergreen	Corie Wolkey
Tracey's Clothesline	Tim Hoos	Nina Bray
Images Plus	Dave & Elaine Williams	Daniel Byrne
Bothell Feed	Linda Zopfi	Jim Rupert

Cowgirl Spirit's Word Search Puzzle!

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          O V
        S E A L
      U R N R O T
    Y X I O R T N L
  Y F C A R O N E N U
    E R J Y P V W G M G N H
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O I R U L I I E C T W I B C O X N O
B N D F G U S Y R H H S L E E A Z W R N
F F L P O P B K M C W M A N R S P P A F
K E K M M A D D C L N I E E C N S R
Q M T O D S D J Y E I K M O Q E
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        T O C U B L
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Can you find the following drill related words: oblique, chevron, compulsory, parade, spacing, alignment, freestyle, quad, timing, pinwheel, sweep, circle, pairs, box, arrow

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