



Cowgirl Spirit Rescue Drill Team



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Thank you to our generous sponsors!

It has been an amazing year for Cowgirl Spirit, and we couldn't have gotten where we are with out the unbelievable support of our sponsors and donors. We are constantly amazed by the generosity of our supporters and people in our community.

We are excited about our new headquarters in Carnation, and we are so grateful to Meadow Lake Farms, LLC for making this next step for Cowgirl Spirit possible. It is such a pleasure working with them, and we so appreciate their flexibility and helpfulness! Their generosity is overwhelming and is so greatly appreciated by our members, volunteers, supporters and rescue horses.

Cowgirl Spirit is extremely grateful to Elite Excavation's recent donation of their services to improve our new headquarters' property. Our rescues now have a safe area to get out of the inclement weather thanks to Travis and his crew! If you need any excavation work done, please contact Elite Excavation Services at (425) 367-4038.

Staples Business Advantage generously donated a large lot of Cowgirl Spirit T-shirts to our organization! These T-shirts have not only been a great way to thank our volunteers and members for all their hard work, but they have been a great income generator for us as well. The T-shirts have been offered in exchange for a minimum donation at our events and competitions throughout the summer. Please contact us at team@csrdt.org if you would like to make a donation and get your own Cowgirl Spirit T-shirt!

Lazy K's Pizza and Pasta in Carnation, WA has been an amazing champion for our group. From bringing us pizzas and soft drinks at our work parties, to covering our fees for the Carnation 4th of July parade, to being a sustaining donor with her regular contributions, Kirsten has been an amazing supporter. Visit www.lazyks.com for more info and to view their scrumptious menu.

We also want to send out a big thanks to Sign Pros in Redmond, WA. They have generously donated a large banner which represents Cowgirl Spirit at all of our events. The banner is currently proudly displayed at our new headquarters in Carnation. If you ever need banners or signs, we highly recommend their quality work: www.signpros.net.

Of course we cannot forget our longstanding supporters, whose help has brought Cowgirl Spirit to where it is today...

Edith Bowler has provided legal advice and support that is above and beyond anything we could have imagined (www.bowlerlawoffice.com).

Evergreen Holistic Veterinary Care Inc. of Monroe, WA is always there whenever we need them, and has gone above and beyond in helping our rescue horses and contributing to our organization. Dr. Hannah's and Dr. Kelli's compassion and integrity have meant so much to the success of our group and the care of our horses (www.evergreenholisticvet.com).

Tracy's Clothesline has been invaluable to us by donating their time in cleaning, repairing and storing all of our rescues' blankets (www.tracysclothesline.com).

Grange Supply in Issaquah has supported our fundraisers for years, and spread the word of our organization to the Issaquah and Sammamish equestrian community (www.grangesupplyinc.com).

Finally, we wish to thank all our supporters, donors, members and volunteers. Every minute of time you've contributed and every cent that has been donated has added up to make Cowgirl Spirit the successful horse rescue organization it is today. We owe our success to all of you.

As always, please help thank our sponsors for their support of Cowgirl Spirit by patronizing their establishments whenever possible.

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PRACTICES START!

We have started preparing for the 2010 competition season! Practices have begun! If you are interested in performing with our rescue horses, just come to one of our practices!

We are now accepting new members for this year's competition season and we'd love to have you be a part of our team! No experience required - if you're dependable and committed to horses we have a place for you! E-mail questions about membership and practice times to us at

team@csrdt.org
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!



Five Rescue Horses Find Their Forever Homes in 2009

2009 was a very successful adoption year for Cowgirl Spirit. We adopted out five of our rescue horses during the competition season. Pele was the first CSRDT horse of the year to find a new home. He is now happy in his forever home in Gig Harbor. A large appy/draft cross, Pele was a favorite to ride by our team members, even though his size didn't make him an ideal drill horse. A flashy gray Arab named Banner was the next to find a new home. He found a wonderful home with Dan and Jody who traveled all the way from Oregon to meet their new gelding.

Catcher, another Arab gelding, was with Cowgirl Spirit for just one week when his performance at a competition caught the eye of a member of the Rein n' Rowdies Drill Team. We look forward to seeing him at future drill competitions! Casper, a cute tobiano paint mare also found her new home at a competition. She was adopted by the Drill Master of the Latigo n' Lace Drill Team at the State Drill Competition. This prestigious drill team is consistently one of the top finishers at the state competition each year. Way to go Casper! We can't wait to see you compete in 2010! Class was the last horse to leave Cowgirl Spirit in 2009. While being fostered at one of our members barns, another rider at the barn fell in love with her. She went to her new home in Monroe in November.

Congratulations to everyone who adopted a Cowgirl Spirit horse this year. We are so happy to have found the horses such amazing homes.



Cowgirl Spirit found wonderful homes for Pele, Banner, Catcher, Casper and Class during the 2009 competition season!

Still Available For Adoption

For those looking for a horse, we still have two beautiful steeds available. Both of these rescues were members of our competition drill team in 2009.



Casanova was rescued from the Enumclaw auction in February of 2009. He is a beautiful rose grey, 9 year old, 15hh Registered 1/2 Arabian gelding. He is well trained, level headed and is easy to ride. He competed with the drill team for the 2009 season. He has recently been diagnosed with beginning stages of DSLD, so can only handle a light rider and light riding schedule. He is an excellent babysitter and would be a perfect beginner's kid horse.

Grace is a breathtaking 6 year old, 15.1hh Paint mare with loads of potential. She was started under saddle in October 2008 and competed with the drill team during the 2009 season. Grace tries very hard to do what is asked of her, but is also very sensitive. She requires a calm, quiet rider and a consistent work program. We are looking for an experienced home for Grace so that she can reach her full potential.



New headquarters in Carnation

It's been a wild ride and we are finally settling in to our new home. CSRDT has a new headquarters at last! After losing our Fall City lease in July it has been a crazy Fall for us trying to find a new home. We had a short stay at the Andreali property in Carnation, thanks to the generosity of the family of "Tractor Bob" Andreali. The property later changed hands, so our rescue horses were dispersed among our members for fostering until we could find a property that would fill our needs.

We are happy to announce that we are now located at Meadow Lake Farms at 8718 Ames Lake Carnation Rd NE in Carnation, WA. With over 15 beautiful acres, we are so excited about the potential of our new headquarters! We are planning some great projects: we plan to enclose the loafing shed to provide more shelter for our rescues, put up new, safer fencing, and we plan to install a roundpen. If you have any construction materials you would like to donate to our cause, or if you are interested in helping with the development of our new home please contact Teri Gustafson at team@csrdt.org.

We are very grateful to have a long term, affordable headquarters for Cowgirl Spirit. We look forward to many fun work parties with our amazing team of members and volunteers!!

Show your Cowgirl Spirit pride! Just make a donation of \$15 or more, and we'll send you a Cowgirl Spirit T-Shirt as a thanks for your support!

Write to team@csrdt.org for information on getting a T-shirt when you donate.



Cowgirl Spirit's Training Tip of the Month: Trailer Loading

In late winter, everyone seems to come down with a case of cabin fever; we all can't wait to get outside and enjoy the sunshine with our beloved horse friends! Most often, those plans involve trailering, and unfortunately, horses are not born knowing how to trailer. Whether it be to shows, trails, or even to the emergency vet, trailer loading is an essential skill all horses must learn and keep. Use these bleak winter months to set you and your horse up for success when you are ready to leave your property.

One of the first and most important skills our rescue horses must learn is how to trailer load. Often times, these horses have had little to no exposure to traveling. In order to become performing members of our drill team, this is a skill they must learn, and quickly!

Here are some tips for teaching your horse how to load reliably each time:

Time: The absolute worst time to teach a horse how to load is on the day you need to travel. The best time to teach is when the pressure is off. Give yourself and your horse time to learn. Spanning the training over a few weeks or even months (for the difficult cases) is a great strategy.

Attitude: You must always remain relaxed and matter-of-fact. Horses perceive rushing and stress as danger- thus will often not load when we're in a hurry and feeling anxious. Keep an even keel, and a positive attitude. You are trying to help your horse learn a new skill!

Preparation: Before asking your horse to step into a small, dark tin box, it is advisable to ensure he has certain skills. He must know how to lead, that is, respond to forward pressure on a lead rope. A horse who pulls against such pressure is not a horse who should attempt loading! In addition, establishing a "go forward" cue is important. This can be as simple as a cluck and tap with a dressage whip, but the horse must go forward when asked.

Imagination: A trailer looks like a trailer only to us humans. For horses, it can be a very scary object. In order to prepare them for the experience, test his leading and "go forward" skills by asking him to do so in many different situations. For example, ask him to step over a log. Or through a trail car wash, or over a bridge. You can set up obstacles that will help desensitize your horse and prepare him for the noises and feelings he'll experience in the trailer.

Size: If possible, try to teach how to load in an open, large, airy trailer. As you continue to train this skill, you can move to smaller trailers. The goal is always to get a horse to go where you put him, but it does help to start big and gradually reduce the trailer size. Teaching a horse how to load into a small straight-load is much more challenging than getting him into a large stock trailer. Use the tools you have, but take your trailer's size into consideration.



Cowgirl Spirit rescue, Class, shows how to load into a horse trailer with her handler at her side.



Class is loaded into the horse trailer by 'sending' in the direction desired.



Class is asked to load while her handler stands in the trailer ahead of her.

Footings: A slippery, wet trailer floor is dangerous and scary for first time loaders. Keep the floor of the trailer clean and bedded. Also, the footing outside of the trailer is equally as important. Be sure to park where it is level, with safe footing. If on an incline, make sure it is still safe and that the horse doesn't have to step too high to get into the trailer.

Small Pieces: Breaking things down into small increments of learning will ensure success. Think of it like a child learning how to read. First the alphabet, then small words, then phrases, then sentences, and so on. Once you feel adequately prepared, you can begin by having a nervous horse just stand near the trailer. Don't skip steps. Make sure they can stand and face directly into the trailer. Then ask for one hoof. Be sure to reward the try, by giving them a break. With enough small increments broken apart over several days/weeks/months, your horse's experience will remain positive. Soon your horse will be able to stand in the trailer in a relaxed manner. Never try to pull a horse into a trailer- it doesn't ever work. For help, please schedule lessons with a competent, experienced trainer. Never try to load a horse on your own for the first time.

The Friend Factor: Some horses respond positively to having experienced horses load before them. At Cowgirl Spirit, we often load our experienced horses first, and have the green ones follow on. Because they are taught as a herd, they tend to follow their leaders. In addition, having an extra human hand to hold a loose door, or treats, is also very useful!

Food: It is a good idea for the first time and troubled loaders to be rewarded with food once in the trailer. This can be as simple as a hay net filled with fresh hay.

Never try to bribe a horse into a trailer- it is dangerous and rarely has positive, lasting effects.

Equipment: Be absolutely certain that your trailer is in proper shape for supporting a horse. Weak floor boards, and ripped metal are not only dangerous, but can also scare horses.

Drive Safely & Respectfully: Once in the trailer, remember that you need to travel slower with greater stopping distances. Make sure your tow vehicle is in good shape and can handle stopping the load behind it. Some horses are reluctant to load simply because they have experienced rough rides. So, be respectful!

Best of luck! Remember, it is always safer and quicker to work with a knowledgeable, qualified trainer. If you run into problems loading your horse, it is best for the both of you to get help from a qualified trainer.

Happy Travels!

Feel the Spirit...

Keep on Riding

Subscribe to Cowgirl Spirit's quarterly newsletter and have a copy e-mailed to you four times per year!

See our booth at the NW Women's Show, March 5-7 at the Quest Field Event Center!

Cowgirl Spirit Rescue Drill Team

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From the race track, to the auction yard, to CSRDT!

Not long after securing a new property, Cowgirl Spirit got right back to what we do best, rescuing horses from the auction yard! Our officers got wind of the story of a thoroughbred stallion who was taken to the auction yard just a week after his last race. They acted quickly to bring Ready Say Go into the Cowgirl Spirit family.



Ready Say Go enjoys his first turn out after joining Cowgirl Spirit.

Turns out, RSG's trip to the auction yard was unbeknownst to the his former owner who was horrified at what had happened to him once he was out of her care. We are so happy he has become part of Cowgirl Spirit. He is currently enjoying some extra care and rehabilitation with one of our members. Soon he will be training for his new career as a drill team horse!

After Ready Say Go's rescue, we received word about another horse that was rescued from the same auction, whose original rescuers were not able to obtain transportation to their headquarters in the eastern part of the country. Cowgirl Spirit jumped in to assist, and now has a new registered Arabian gelding on the team. Be sure to read Baskheno DaVinci's story in our next newsletter!

Upcoming work parties

Now that we have our new headquarters, there is a lot of work to be done. So we need YOUR help! In addition to horse grooming, feeding and watering we can also use help getting our new property in working order. If you have any experience in construction, blackberry bush removal, or fencing repair we would be thrilled to hear from you.

Our next Volunteer Orientation Day is Saturday, January 30th at 10 AM at our headquarters in Carnation. For more information on volunteering email our Vice President of Membership, Gina Salmeri at volunteer@csrddt.org. We are currently having work parties every Saturday from 10 AM to noon at the Carnation property, typically followed by a visit to our favorite Carnation restaurant, Lazy K's!

Partnering with NW Equine Stewardship Center



Not all rescues are able to find a new career as a drill horse. This year we had one such horse who was diagnosed with Navicular disease after becoming part of Cowgirl Spirit. After trying many different types of shoeing and other methods to cure Dollar's lameness from the degenerative disorder, we were running out of options.

Just when we thought we'd never find a new home for Dollar, we were approached with a new option from our veterinarian Dr. Hannah. Dollar could find a new home as therapy horse. His personality and pasture antics make him a perfect candidate. In exchange, Cowgirl Spirit will take in a young thoroughbred mare to train and use as part of our program. We are thrilled to have a home for Dollar and the chance to give Paprika a new career and home.

Cowgirl Spirit's 2010 Competition Schedule

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

5/1/10	Show N Shine	Salkum, WA
5/8/10	Eastside Round Up	Ellensburg, WA
5/22/10	Spring Classic	Vancouver, WA
6/5/10	CC Riders Annual Competition	Salkum, WA
6/19-20/10	PNWDTA Regional Competition	Spanaway, WA
7/16-18/10	WLRC State Competition	Spanaway, WA