



Winter Preparations

Cowgirl Spirit members & volunteers worked to build a temporary winter shelter for our rescues to get out of the rain!

The shift to the cooler area brings thick and fluffier coats on horses, and a reminder to all that it is time to prepare our equine friends for winter. Cowgirl Spirit's rescue horses are no exception. We have been very busy working to get our winter paddocks and shelter set up. We had an impromptu work



CSRDT rescues enjoy their first night in their new winter accommodations, October 2008

party at the CSRDT Headquarters located at the old Wells Nursery property on October 12th and were able to relocate the paddocks under the permanent structure at the front of property. We are extremely grateful to Blue Hill LLC for providing the perfect winter shelter for our horses! It was great to see our new members and volunteers gather together and work as a team to get some great work done.

Using round pen panels we secured the paddocks to the pole building and created 4 large paddocks. Our newest & amazingly resourceful member, Gina, was able to comb the landscape

and drum up extra stall mats from Cowgirl Spirit supporters to make the concrete pads more comfortable. We are still in need of at least 12 more stalls mats to finish the project. We also had lights installed for night time/early morning feedings and we created an aisle way where the horses can be fed

undercover. At half day we had a little make shift BBQ to top off the working crew and keep us going well into the night.

So far all of the rescues seem very comfortable in their new shelters. Depending on the intensity of the winter wind we may still need to tarp one side of the structure to provide a wind break. We are also still in need of: stall mats, paddock forks, muck buckets, wheelbarrows and, of course, hay. Please contact us with what you can give and we will be happy to come and get it. As always, a huge thank you to our supporters, volunteers and staff!

Congratulations to Shine & Michaela!

This month we celebrate the adoption of Shine to one of our members, Michaela Richter. When Michaela's elderly Palomino passed away last year, she decided that if she ever got another horse, it would be either Palomino or a mustang like her current gaming horse. So, when Juliane asked Michaela to begin working with Shine, Michaela jumped at the opportunity. After a few training sessions, it was determined that Shine needed more one-on-one time, at a pace decided by the horse, rather than having to meet expectations of the humans around her. So, Michaela agreed to foster Shine, so that the two would have more time together. Right away, Michaela decided she wanted to make this permanent, so contracts were signed, and Michaela is now the new owner of Shine.



Shine & Michaela enjoy a quiet moment together, October 2008

Shine started out being very stand-offish while in the pasture with other horses. After just a few hours at Michaela's property, Shine was cuddling with anyone who would pay attention to her. Her attitude has done a complete 180. Her ground manners are greatly improved, and Michaela has plans to start riding bareback before starting under saddle.

INSIDE THIS ISSUE:

Grace Joins CSRDT	2
Spotlight Rider	2
Longeing Tips	3
Farewell to Sandi!	3
Casper's Progress	4
Word Puzzle	4

COWGIRLS WANTED!

Committed? Dedicated? Love horses? Want to help save, train and perform on slaughter bound rescues? If so, then we NEED you! 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@csrdr.org and it may be featured in our next newsletter!



A New Rescue Joins Cowgirl Spirit - Grace

Cowgirl Spirit welcomes Grace into our training & rehabilitation program (and our hearts)!

Cowgirl Spirit's most recent rescue is a breathtaking 5 year old 15.1 hh APHA mare named Grace. Grace joined us in early October and quickly became a team favorite. While often quiet and shy at first, Grace has recently started coming out of her shell and is one of the first horses to approach you in the pasture to seek out attention.

Grace was originally rescued from an animal hoarder a couple years ago, by one of Cowgirl Spirit's long time honorary members, Jenny. Jenny has spent the last two years gentling and halter breaking Grace. She has done an exceptional job of completing Grace's groundwork and preparing her to be started under saddle.

Due to the changing economy, Jenny quickly realized that she could no longer afford to keep rehabilitating and training Grace. After multiple attempts to re-home Grace, Jenny came to Cowgirl Spirit and asked us to take Grace, knowing that she would receive plenty of training and experiences to create an all around equine athlete.



Grace is started under saddle, October 2008



Grace joins Cowgirl Spirit's rescues, October 2008

Once Grace arrived at Cowgirl Spirit's headquarters, we immediately got started on her training. Within the first week, Grace was started under saddle and on her 4th ride, joined the group on a trail ride. Grace is now in consistent training and has been a complete joy to work with.

As soon as Grace has developed more skills and is more solid under saddle, we will introduce her to the sport of drill. She is very athletic & sensitive and we are positive she is going to be very popular when she is available for adoption!

Be sure to keep an eye on her progress and watch her as she blossoms into an experienced drill horse!

Cowgirl Spirit Spotlight Rider of the Month!

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

Name: Michaela Richter

Hometown: Carnation, Washington

About Michaela: Michaela's first real horse ride other than a pony was with her mom's good friend when she was just 3 years old. Michaela fell instantly in love with horses. When she was 9 years old her parents were able to get her, her own horse. Michaela's first horse was a 30 year old Palomino horse named Daffy that had been used for gaming. Michaela and her family decided to join a riding club where Michaela took up Western Gaming and trail riding with her family. After only one year of riding Daffy, members of the riding club told her mom she needed to get Michaela a faster horse. Michaela and her mom went to a horse trader and looked at several well trained gaming horses but Michaela was drawn to a young pinto mustang named Beau, with very little if any training. Michaela was just 10 years old when she got Beau and started training him. When Michaela was just 13 she was able to ride barrels in her first professional rodeo with Beau. Michaela is now 17 and has established a remarkable bond with Beau. Michaela has taken Beau from a wild little mustang into a very talented gaming horse. Michaela continues to enjoy gaming, trail riding, and working with horses. She recently adopted Shine in hopes to establish the same bond with her. Michaela joined Cowgirl Spirit in August after she worked with one of the rescues and participated in her first drill performance. Michaela is looking forward to see what the future brings with horses in her life. Michaela's goal is to attend Montana State University after she graduates high school to study equine sciences.



Michaela & her beloved mustang Beau gaming in September 2008

Training: Too Cold to Ride? Longeing for a Purpose

Brrr...it's getting cold out there! You may have noticed that your once sluggish horses may have extra pep in their step! With the shortened days and wet weather, finding riding time is often a real challenge. This month we're going to talk about a specific ground exercise that can help both you and your horse keep fit through these tough winter months.

Longeing is an age old practice. Contrary to popular belief, there is a lot more to longeing than just standing in the center of a circle allowing the horse to race around at top speed. Used correctly, longeing can be a valuable training and conditioning tool. Correct longeing can strengthen the horse's topline, instill voice commands, establish the beginnings of contact and rhythm and so much more. The Cowgirl Spirit team uses this method with almost every horse in the program.

Prior to beginning a longeing plan with your horse, it is important for your vet to clear the horse for work. While an effective tool, longeing is not for all horses: younger horses and those with stifle problems are two examples of horses who should not be longed much, if at all.

Don't know how to longe a horse? If you have never longed a horse before, we strongly suggest working with a trainer before trying it on your own. In the mean time, here are some things to consider when starting a winter longeing exercising programme:

Time: Never longe a horse for a long period of time. Longeing is hard on horses, and should be used in small doses. The rule of thumb is to work up to 30 minutes by using 5 minute increments but never exceeding 30 minutes.

Location: Pick a nice flat area with safe footing. Slippery footing is dangerous as the horse has a higher chance of injury working on a relatively small circle. For horses new to longeing, picking an smaller area with fencing on at least 3 sides will help you and the horse balance.

Required Skills: Horses need to know how to properly lead, as well as give to pressure applied to the head. Resistance to such pressure may result in the horse leaning on the line, or worse, bolting.



CSRDT rescue, Pele displays his excellent longeing skills, September 2008

Equipment: While simple, a halter is not the best choice for longeing. A bridle or longeing cavesson is best. A trainer will show you how to properly attach a longe line to either of these head pieces. As the horse advances, adding a surcingle, side reins, and/or a saddle is appropriate.

Speed: Start slow. Teach the horse how to walk the longe circle first. Then teach him how to trot on the circle. Slower is better. It will give the horse confidence as he learns to balance on the circle, as well as keep him in control. If a horse gets too fast you can bring them down and start over. This is where working with a competent trainer will help.

Balance: Keep the circle as big as possible while still maintaining control. Be sure to work the horse equally

in both directions.

Discipline: Longeing is not an effective disciplinary tool to use as a reprimand. Tempers flared high creates nervous horses who can get hurt by moving too quickly on the longe. Also the time it takes between the horse's misbehavior and the time it takes to properly set up the horse for longeing, the horse has already forgotten the infraction- thus angry longeing will not correct the behavior. If a horse misbehaves, action must be taken instantaneously for him to associate the two. Longeing does not fit this bill.

Exercise: Remember, the more you longe, the more fit your horse gets. Using the longe as a way to burn off steam usually only works at the start of a training program, and is quite temporary. The more fit the horse gets, the longer it will take to tire them out. Tired horses can also get easily injured on the longe. However, correct longeing will help your horse tune into you, thus pre-framing a positive riding experience to follow.

There are a ton of resources when it comes to longeing. For those new to learning, or those in need of a refresher course, working with a trainer is best. A great supplement to lessons are books- there are a ton of them out there.

Happy Longeing!

Farewell to former Cowgirl Spirit member, Sandi!



Sandi & Fancy enjoying the water, August 2008

Former member, Sandi, was willing to try something new. She left her home in Oregon to relocate to Washington in order to be closer to her daughter, Juliane and granddaughter, Cassidy. She arrived last July with all of her belongings, four horses, Princess, an adorable Maltese and her beloved cat, Moreena. She quickly became part of the Cowgirl Spirit Rescue Drill Team family. Sandi accompanied the team to many practices and filled in when we were missing a rider. She camped with the "cowgirls" during the State competition in Spanaway. Sandi was our cook and we appreciated her efforts in keeping us fed during such a hectic time. Sandi also helped set up Well's Nursery for our rescues. Sandi enjoyed her experience here in Washington but soon felt homesick for her friends, her children and her familiar life in Oregon. She decided to go back home. Sandi packed up her belongings and animals and returned home. We will miss Sandi and appreciate all that she contributed to our team.

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>

Cowgirl Spirit Rescue Drill Team

P.O. Box 83
Fall City, WA 98024

Phone: 425-214-6518
<http://www.csrtd.org>
Email: team@csrtd.org



Casper's training progress!

Casper has recently returned home from her foster, training home where she continued to advance in her training. Her foster mom, Cathy, has put more than 30 days training on Casper. Casper now easily walks, trots & canters under saddle. She is still young, green and learning to balance herself with the weight of a rider, but she is extremely level headed and quiet.

Casper just recently went on her first trail ride at Mud Mountain, accompanied by other Cowgirl Spirit horses. We were all extremely proud of Casper's willingness to tackle everything on the trail, including walking through fast moving streams, picking her way through haphazard trees and standing quietly as a large Blue Heron flew out from the nearby bushes. Casper has been an absolute joy to work with!



Casper continues under saddle, October 2008

We have had many inquiries about Casper's availability for adoption, and while we would prefer that she finishes her training regimen, including participating in a season of drill, we will not hold back her adoption if the right home comes along. We hope to announce in the next month that she has been adopted, but if not, Casper will start attending drill practices as she learns new social skills, training achievements and becomes a solid equestrian athlete. Please check our forums often for updates on Casper's progress!
<http://www.csrtd.org/forums>

Cowgirl Spirit's Word Puzzle!

A	M	P	G	R	A	C	E	T	R	M	Q	R	S
P	R	U	O	M	L	F	A	P	A	I	N	T	P
P	E	L	E	N	D	H	O	R	S	E	D	Y	A
R	E	R	D	L	Y	B	E	I	A	G	A	A	L
E	R	I	J	O	D	G	D	D	B	W	P	O	
P	S	G	B	E	L	E	V	E	D	B	I	S	M
S	P	W	R	N	P	L	Q	R	L	Z	T	O	I
A	O	O	D	A	P	D	A	M	E	A	H	C	N
C	L	C	S	M	H	I	S	R	L	A	E	N	O
K	L	S	R	D	S	N	T	L	V	W	R	L	P
W	A	A	S	F	H	G	I	C	M	A	S	S	T
L	G	D	M	N	T	O	R	T	D	L	S	F	P
E	T	R	E	T	N	A	C	D	R	K	L	Q	V

Try to find these words:

- Arabian
- Bay
- Canter
- Cowboy hat
- Cowgirl up
- Gallop
- Gelding
- Horse
- Mane
- Mare
- Paint
- Palomino
- Pony
- Rider
- Saddle
- Sidepass
- Stallion

Extra credit if you can find our rescues' names: Casper, Class, Dollar, Grace, Pele

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 | WLRCA State Competition | Spanaway, WA |