



Volunteers Needed at CSRDT Headquarters!

We are currently preparing winter paddocks and shelters for our rescues and really need your help!

We all know that the rainy season is fast approaching and here at Cowgirl Spirit we are eager to get our paddocks winterized. We are looking for volunteers who are willing to help us dig in (literally) and move our paddocks to a spot on the property with better gravel footing for our winter location. This will involve taking down and re setting t-posts and electrical tape, moving round pen panels, getting lighting set up for dark feedings, installing shelters and enabling winter water supplies.



Member Sandi feeds dinner to the CSRDT rescues

where we need your help! Join us in celebrating these amazing creatures by offering your love and support as well a little sweat equity.

There are many volunteer opportunities available for the ongoing care and maintenance of our horses. We need volunteers who are willing to

groom, lead, bathe and love on the horses as well as feed, and pick the paddocks. Caring for these wonderful rescues requires a lot of hands on work. With your help we can keep this organization thriving and also focus our energies on training these athletes and finding them the forever homes they need.

If you aren't particularly horse savvy, but would still like to help Cowgirl Spirit achieve our mission and goals, we can also use help with fundraising, marketing, communication and coordinating volunteer efforts. We are a 100% volunteer run charity and rely on the public's generosity and funding to continue our work. Your help is much appreciated.

If you have time or resources to give please email us at: team@csrdt.org.

Being a part of Cowgirl Spirit Rescue Drill Team is an extremely rewarding experience. We have tangible goals that we all work toward and dreams to accomplish. Watching our rescues turn around and have these productive, safe lives is truly a thrill. When our rescues ride into the arena in formation we can be so proud of the work we do. There is much work that goes into providing for our rescues and this is

Fall Practice Begins for the 2009 Season!

It is that time of year again! Time for saddles and bridles to be polished, time to get out the boots, and start practicing drill again! Rein & Rowdies, our sister team, has welcomed the riding members of Cowgirl Spirit to join them in their riding practices, which began in September. While it won't be until January before Cowgirl Spirit members begin practicing our own drills, we welcome the opportunity to learn new techniques and maneuvers alongside the girls of Rein & Rowdies, and relearn some forgotten things!

Our first competition is in May, so we have several months to perfect our techniques, and train or retrain our horses. We have a few new additions this year, including Pele & Dollar. We can't wait to see what these young beauties are capable of!

If you are interested in riding with Cowgirl Spirit, please feel free to contact us! We always welcome new people, and would love to have you come see our rescues, and decide if this is right for you!



CSRDT members practice at the WLRC State Competition in July 2008

INSIDE THIS ISSUE:

2 Rescues Join CSRDT	2
Spotlight Rider	2
Blanketing 101	3
Caspian's Adopted!	3
Bake Sale Fundraiser	4
Foster Homes Needed!	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@csrdt.org and it may be featured in our next newsletter!



Two New Rescues Join Cowgirl Spirit, Dollar & Pele

Cowgirl Spirit welcomes two new rescues into our one-of-a-kind training & rehabilitation program!

Please join us in welcoming our newest rescues, Dollar & Pele!

Dollar is a 12 year old Quarter Horse gelding that comes to us with possible training and/or pain issues. It is said that Dollar will buck his rider off when ridden in an arena, but is fine out on the trails. We have not yet had a chance to assess him under saddle, but our first evaluation of him makes us think he is in some sort of pain. He is sometimes intermittently off in his front legs, and also appears to be back sore. He is also a bit on the chubby side. We have an appointment with our amazing equine veterinarian, Dr. Hannah Evergreen, scheduled to come see him as soon as possible to see what can be done to make him more comfortable.

Once Dollar is declared pain free and fully sound, we will re-start him under saddle. We are extremely eager to work with Dollar, as he is the most personable horse at the CSRDT headquarters! He is routinely in your pocket!



Dollar, hanging out in his new pasture, 9/19/2008



Pele, playing at CSRDT's headquarters, 9/19/2008

Pele is an extremely large, mellow 4 year old gelding (standing at a whopping 17.3 hh tall) that was originally rescued from an Appaloosa breeding farm in Eastern Oregon that was starving their horses. While many of Pele's pasture mates died of starvation, Pele was able to be rescued and properly rehabilitated.

Pele has had 60 days of professional training with a local trainer in Renton, WA. He has only been assessed once under saddle and it was quickly found that he has some insecurity issues and needs some confidence building exercises in order to continue his training under saddle.

We are not sure how Pele will fit into our drill team, as most of our horses are approximately 15hh tall, however, we feel that the basic drill exercises that horses must go through in order to 'do drill' will benefit any horse, no matter what their discipline. We are eager to watch this boy transform into the athletic equestrian star that we know he will be! Be sure to keep an eye on him as his training advances!

Cowgirl Spirit Spotlight Rider of the Month!

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

Name: Jennifer Maesner

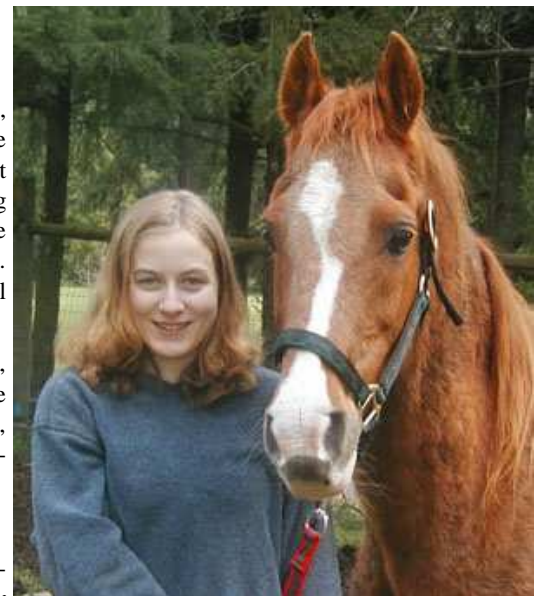
Hometown: Carnation, Washington

About Jennifer: Jennifer has always had a special place in her heart for horses, but due to having to move around quite a lot as a child, was never able to be around them. At the age of 12, she was introduced to English riding, by her aunt in Oregon. Love of riding blossomed, but again, she was unable to do anything about it. Finally, in her late teens, she was in a position to have a horse, and while searching on Craigslist, found a horse that she wanted, but could not afford. Then, she came upon an add calling for all "Horseless Cowgirls" to ride on a drill team. She thought this had merit, and contacted the group immediately.

Beyond belief, not only was she accepted into Cowgirl Spirit Rescue Drill Team, but the ladies were going to rescue a horse from Craigslist—the very same horse Jennifer had wanted but could not save. Just after a month, she adopted the horse, George, from Cowgirl Spirit and had much fun with him until his passing in February of 2007.

Jennifer took a brief hiatus from drill, marrying her fiancé and having a baby.

When asked to come back to Cowgirl Spirit Rescue Drill Team in 2008, she readily agreed. She is now the Treasurer of the team, and while she rides occasionally with the team, she enjoys just being around the horses and doing her job behind the scenes.



Jennifer & CSRDT rescue George, March 2005

Winterizing your Horse: Blanketing 101

By comparison to the rest of our country, the Western Washington experiences a fairly mild winter. While we are often spared the below freezing temps and piles of snow, we still have unique weather conditions we must deal with. As owners and rescuers, preparing our horses is key to ensuring they stay healthy all winter long.

Aside from providing adequate hay, shelter, and mud-free conditions, you may also consider blanketing your horse. Even though it doesn't often dip below freezing, the cold, drenching wind and rain is often more brutal than cold temperatures alone. Horses' coats are meant to fluff up, which traps warmth from their bodies, keeping cold at bay. Rain soaks the coat and prevents this from happening. Blanketing will not only keep your horse dry, it will also help him better utilize his calories from food, and prevent skin infections such as rain rot.

Here are some tips on selecting a blanket:

Size: Measure your horse. using a string, measure from the center of the chest, horizontally to the middle of the tail. This will give you your average blanket size. Note that some manufacturer's blankets will run larger or smaller.

Conformation: Is your horse bulky? Does he have big shoulders? Or is he long and lean, with sharp withers? Different manufacturers cater to different horse shapes. Any tack store should be able to help you select the appropriate blanket for your horse.

Coat thickness: Is your horse clipped? Does he normally grow a thick coat on his own? Some horses are naturally more thin skinned thus requiring a more insulated turnout blanket. Others can get by with a simple sheet with little to no insulation.

Pasture mates: Is your horse low on the pecking order? Does he play hard with others? Depending on your answer, you want to select the appropriate durability for your turnout blanket. In general the greater the durability, the more expensive the blanket. Look for a minimum of 1200 denier. 1680 denier ballistic nylon is one of the best materials you can purchase.

Turnout blankets come in a variety of shapes, sizes, and thicknesses. One important factor is that any blanket you choose should be waterproof. A horse with a soaked-through turnout blanket is worse off than a horse with no turnout blanket at all. Breathability must also be taken into consideration. Try to select fabrics that will allow air to pass through.

Keep in mind that blankets also require maintenance. You should have your blanket cleaned and waterproofed at least yearly. Mend all snags and tears. By doing so, you will extend the life of your blanket, thus your investment.



Previous CSRDT rescue, *Patience*, stays warm in this turnout blanket

Preparation: Acceptance of the blanket.

Now that you have selected the perfect turnout blanket for your horse, it is important that he can wear it! At Cowgirl Spirit, we often have to teach horses to accept their blankets. Doing so is easy, it just requires patience and a few extra tools.

Before even trying to blanket your horse, the horse should be able to tolerate standing, being touched everywhere including between the hind legs, and having smaller materials such as a towel or fleece throw touch him. Prepare him for the heavier, bigger blanket with these tools. He should be able to accept a rope dangling from his side (do not tie any rope to the horse).

Once this is tolerated, you can attempt blanketing your horse. Be sure to fasten all the straps. Most all belly straps will crisscross under the stomach. They should not be so loose that a hoof or leg could get caught on it. The same goes for the hind leg straps. They too can crisscross. They should be fastened so as to not be loose- but too tight will cause abrasions on the horses' legs. These straps too can be crisscrossed to prevent this from happening. The front straps should be snug but not so much that the blanket pulls across the shoulders or digs into the chest when the horse lowers his head to graze.

Remember to take off your horse's blanket to check his body condition, and to readjust it on his body. A properly fitting blanket will keep your horse protected from the elements while allowing him to move freely all winter long.

Happy Fall!

Congratulations to Prince Caspian and his new owner, Jessica!



Prince Caspian was our fastest adopted horse that we've had at Cowgirl Spirit to date! He was with us for less than a month, where he went through a whirlwind training, competing and showing schedule, before he found his forever home and new mom, Jessica. We first met Jessica at the WLRCA State Competition where she met Salsa and was interested in adopting a rescue horse from us.

Prince Caspian and Jessica have the same spunky, happy-go-lucky personalities that make them a perfect fit for one another! We are happy to report that Prince Caspian is a very loved, adored boy and seems to be settling into his new home with ease! We love hearing updates from Jessica and hope to join them out on the trails soon!

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



Fundraising Efforts: Want to buy a cookie?

Sometimes we are desperate for funds and will try any effort to increase resources for our horses. Just recently, we even tried a bake sale at our local, favorite equine establishment: The Grange Supply in Issaquah, WA. Special thanks to our newest member, Teri, for her admirable baking skills! She provided us with some of the yummiest cookies, brownies & cupcakes to sell! She even put together these gift cookie jar mixes that only required that you mix everything together and bake, complete with adorable Cowgirl Spirit Rescue Drill Team logos! We couldn't have been more proud to display our goods!



CSRDT's bake sale table at The Grange 9/2008

While we didn't raise a lot of funds that day, we did meet many generous individuals and private rescuers. We enjoyed sharing stories about our rescues, along with the trials, tribulations and heart break that often goes hand in hand with the work we do. Thank you to everyone for your support!

Foster Homes Needed!

As the economy changes and more horses are in need, Cowgirl Spirit is limited by the amount of horses that we can care for on our headquarters property. While many of our horses need to stay where we can work and train them within a consistent schedule, we also have a few that just require some time off as they heal.

For example, our recent rescue, Dollar, is a very easy keeper and an extremely sweet gentleman. But as he recovers from his lameness, he would be best suited in a foster home that is willing to open their pasture to a rescue for a few months.

If you, or someone you know, is willing to foster one of our rescue horses, please contact us ASAP at team@csrtd.org. Thank you!!



Trainers & Riders Needed!

We currently have quite a few rescue horses at Cowgirl Spirit that need consistent training rides. Many of them are green and recently started under saddle. While they are all safe, they are still early in their training and will require a confident, clear rider. Individual instruction and assessment is required for the first ride to make sure you and the rescue horse you are riding are a good match.

We are committed to providing excellent training to our horses and want to make sure that they continue to flourish while their training foundation is built. If you are willing to ride and train one of our rescues once or twice a week, please contact us at team@csrtd.org. Thank you!!



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!!

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