



## Local 4H team holds benefit performance

### Midnight Riders show off their skills at Bridle Trails park for friends & family while raising money for Cowgirl Spirit Rescue Drill Team

A 4-H team based out of Fall City, Washington, recently held a fundraising performance for their friends and family in an effort to raise money for Cowgirl Spirit. We were invited to attend the performance with one or two of our adoptable horses.

Upon arrival, we quickly went to work displaying the best attributes of two of our horses, Class and Prince Caspian, while also mingling with the crowd. Our booth was set up to offer interested parties with any information needed about our mission, available horses and performance schedule.

We were particularly thrilled and impressed with how well the Midnight Riders displayed their skills during their drill performance. Their spacing and alignment was very good, while their speed was brisk and matched their music perfectly.



Midnight Riders 4H drill team displays proper spacing & alignment in this pinwheel maneuver. 8/27/08



8/27/08 Allyson Petrenko, accepts benefit funds from 4-H Midnight Riders team captain, Danielle Perkins

After the performance, many of the 4H riders took turns trying out our rescues, Class and Caspian. We stood by, proudly watching our horses blend in with the other 4H horses in the arena. Both horses would be an excellent match for any of the skilled, young riders.

At the end of the event, Cowgirl Spirit was presented with over \$500 in funds raised by the Midnight Riders 4H drill team. This will help CSRDT immensely as we prepare for winter horse keeping practices! We give our sincere thanks to the Midnight Riders for their generous fundraising benefit ride, as well as welcoming us into their extended family!

## SAFE's Benefit Show is a success for rescues!

### Cowgirl Spirit is grateful for the opportunity to show off our rescues!

Save A Forgotten Equine (SAFE) rescue held their 2nd Annual benefit horse show at Bridle Trails Arena in Kirkland on August 23rd, inviting Cowgirl Spirit Rescue Drill Team to perform during their lunch hour. What a spectacular performance it was! Cowgirl Spirit was able to display the skills of our rescues to many potential adopters!

In addition to the lunch hour performance, some of our current rescues, Prince Caspian and Class, were entered in both English and Western classes, showing their diverse ability as a performance horse.

Way to go, Prince Caspian and Class! Thank you SAFE for giving us this wonderful opportunity!



Cowgirl Spirit rescues show off at the SAFE Benefit horse show, 8/23/08.

### INSIDE THIS ISSUE:

Salsa's Adopted!	2
Spotlight Rider	2
Our Winter Wish List	2
Beat The Fly Season!	3
Fancy Begins Training	4
Caspian's Progress	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](mailto:team@csrdt.org) and it may be featured in our next newsletter!



## Congratulations to Salsa & Vicki

### Salsa finally has finally found her very own partner!



Salsa in her new home, with her adoptive owner, Vicki, 8/26/08

Salsa has proven to be one of our more challenging horses to work with since Cowgirl Spirit started back in 2005. With a very strong mind and independent nature, Cowgirl Spirit trainers often found themselves scratching their heads in an attempt to figure out what else would help in her training. We did it though, and many thanks goes out to those of you who took the time to put your training touch on Salsa.

Salsa is a unique mare who originally came from the Yakima Feedlot in March 2006, with an over extreme aggressive personality. Through that, Cowgirl Spirit could see the potential that Salsa held inside of her, as well as

the gentle nature, and never gave up on her.

Under the training of Juliane Hanley, Salsa was started under saddle and her training quickly progressed. Salsa attended many drill competitions this year, one being the SAFE 2nd Annual Benefit Horse Show, ridden by one of our youth members.

We received a call in mid-August from a very excited hopeful adoptee, Vicki Becker. Upon the first visit, it was clearly seen that these two had just the connection we were hoping to find. Vicki is a very talented rider with just the right balance of personality for Salsa, a match and bond that will undoubtedly grow as time passes.

Congratulations to both Salsa and Vicki!

## Cowgirl Spirit Spotlight Rider of the Month!

**Sandra Fullerton is in the Spotlight this month—please read on to get to know our valued team member!**

**Name:** Sandra Fullerton

**Hometown:** Fall City, Washington

**About Sandra:** When Sandra was a young teen, her best girlfriend had a couple of horses. She had always loved horses and this was her opportunity to get involved with riding, caring and living in the horse world. Then she became a typical teenager and horses took the back seat.

When she married, her family moved to Oregon, where she was able to come back to her love of horses. Her first horse was an AQHA broodmare. She continued to have horses, where her daughter, CSRDT President Juliane Hanley, got involved with riding, caring and showing them. As life changes came and the family moved to Southern California, the horses were re-homed.

Then Sandra's youngest daughter, Krystal, got involved with horses which increased her opportunity to again get involved in the horse world. She obtained a horse from someone she knew who no longer had time to care for the horse. This is CSRDT Alumni Sadi. Juliane came down to Oregon to pick up Sadi and restart him through Cowgirl Spirit's drill training program. After Sadi finished the 2005 competition season, he went back to live with Sandra, where Krystal used him for the high school equestrian team and 4-H. He has become a completely safe horse who has not one mean bone in his body. He has a heart of gold and is a completely safe "Grandma" horse, that will have a forever home with Sandra.

Sandra is excited to become a riding member of the drill team, which is something she's always wanted to do! We are thrilled to have her as a part of our team!

## Cowgirl Spirit's Wish List:

### How you can help our rescues!

We use our newsletter to inform and educate about our program's successes and operations and keep you all up to date on the latest events and adoption success stories. This year has been a whirlwind of activity, changes and goal achieving success. We now must look to the remainder of the year and where we are going.

With fall almost here and the winter looming large we need your help more than ever to ensure a safe and productive winter for our rescues. We will soon be taking in new rescues as two are moving on to their forever homes. We have a number of fundraisers scheduled but we need your help!

Below is a list of things that will help Cowgirl Spirit achieve our on-going goals. Please let us know if you can help with any of these items.

1. Volunteers to help clean stalls, groom and feed horses at our Fall City location. Adults only please.
2. Hay—we are always in need of good quality hay!
3. Fencing
4. Shelters
5. Donations

We are hard at work ensuring that our rescues have a supportive home and a great new start. Giving your support makes all the difference. Thank you!!



Sandra & Sadi swimming in the river, 8/24/08

## Buzz off! Tips for helping your horse beat the fly season.

As you know, September is fly season for us in the Pacific Northwest. Fly sprays and masks both offer immediate relief for the horse & protect from disease carrying insects. But what good are they if your horse is afraid of them? Many of our rescues come in with these fears, and as such, we've collected many tips for teaching horses how to tolerate the de-bugging process.

### Fly Spray:

**Tools:** Spray bottle filled with water (so as not to waste the fly spray), fly spray bottle, halter & lead.

Step 1: With your horse haltered, and lead in hand, show him the water bottle. Let him sniff it.

Step 2: While walking away, with the horse trailing behind, spray the air in front of you with water. Keep doing this until the horse shows a sign of relaxing. Don't stop while he is showing signs of fear- that will reinforce his reaction. Once you stop spraying, give the horse a chance to process what happened, and then repeat until your horse is not afraid to follow the water spraying in front of him.

Step 3: From a distance, face your horse and spray the water either to the left or the right of you. Keep doing so until he shows signs of relaxing. Keep doing this while inching closer to the horse. Some horses will require more time than others.

Step 4: Rub the horse with the water bottle. Start near the shoulder. Try to keep the water bottle next to the horse even if he moves away. Allow him to drift, but keep up with him. When he stops, take the bottle away. Repeat until he can be touched all over with the bottle.

Step 5: By now, your horse should be able stand while tolerating the air sprayed around him, as well as the bottle touching his body. Now it is time to merge the two together. In a rhythmic pattern, rub your horse with the bottle as well and occasionally squirt some water out. Keep this up until you are successfully spraying the horse with the water.

Step 6: Time for the real stuff! using the fly spray bottle - let the horse smell it. You may need to review some of steps 1-4 with the fly spray before getting to 5. But by now the horse should be able to stand relaxed while being sprayed.

*Remember: Don't rush. At any time, go back to the previous steps until your horse is comfortable, before continuing. Each horse is different and thus has a different level of fear. Success is a fearless horse, willing to be sprayed anywhere on his body. Be polite and do not spray his face. Fly spray stings! Instead, if you must use spray on his face, spray a cloth and wipe his face, keeping away from the eyes.*

### Fly Masks:

**Tools:** Fly mask, halter & lead.

Prior preparation: Your horse should be able to lower his head on command as well as allow his face and ears to be touched. Do not proceed until he is OK with both of these.

Step 1: With the horse haltered, let him sniff the mask. Allow him to hear the velcro pull apart several times until he is OK with the noise.

Step 2: Walk forward, and have the horse follow the mask. This will give him time to assess the foreign object. You can pull apart the velcro during this time.

Step 3: Once your horse is comfortable with the mask in front of him, it is time to try to touch his body with it. Start at the neck/ shoulder. At first you may not even be able to touch the horse, you may just be near it. That is ok, go at the pace of the horse. Let him drift, but keep following him with the mask. Once he shows a sign of acceptance by relaxing, take the mask away. Repeat this until you can successfully touch him all over with the mask.

Step 4: Bring the mask up to his face, and repeat step 3. Work on this until you can slide the mask up over the ears. For some very scared horses, sometimes working from the back and pulling the mask over the ears to the front works better. Repeat until horse is comfortable.

*Remember: Don't rush, go at the horse's pace. Make sure your fly mask is in good repair and fits well, allowing no flies to creep under the mask. Make sure the eye darts of the mask are pushed out so that nothing is touching the horse's eyeball.*

Finally, combating flies requires more than just masks and sprays; farm management plays a big role as well. Keep your stalls, paddocks, and pastures free of manure. Haul away your manure pile, and make sure your horse is up to date on his de-worming.

Good luck! Be safe & have fun!

### **VOLUNTEER**

Many of our rescues simply need the basic reassurances of daily brushing and grooming as they learn to trust humans again. If you are looking for a way to fulfill your passion for horses, you can volunteer your time to work with our rescues, clean their stalls, feed and exercise them.

### **How you can help...**

*Your support helps us to continue our efforts to raise awareness of equine slaughter in America through the transformation of "worthless" horses into athletes trained in the sport of equestrian drill.*

**If have, or know someone who has the resources to contribute to Cowgirl Spirit Rescue Drill Team, please contact us at:**

**<http://www.csrtdt.org>**

### **DONATE**

Most of our rescues come to us with needs beyond those of the average horse. Your donation of services, products as well as monetary donations help us meet the physical needs of our rescues and keep them healthy and happy!

### **INDOOR ARENA**

Cowgirl Spirit is still in search of an indoor arena close to Fall City which can accommodate 10-12 horses for our weekly practice/training sessions.

### **FOSTER HOMES**

We wouldn't be able to help as many horses as we do without the generous donations of foster homes. We are incredibly grateful to each family that donates their pasture to our rescues. We are always looking for new foster homes to accommodate our constantly growing group of rescues.

### **EQUESTRIAN FACILITY**

*Thank you to Blue Hill LLC & Wells Nursery in Fall City for providing us with the much needed land, giving us the opportunity to house all of our horses in one area. Stop by sometime and visit us!*

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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## Fancy begins basic training by joining team horses.

While Miss Fancy Sunshine is only 2 years old, she is most definitely ready for a job! She is young and full of energy. She is the type of horse that needs to be mentally challenged, otherwise she gets bored. Some young horses can sit in a pasture and 'grow up'. However, Fancy is not one of those horses. So, to keep her engaged, we have started taking her places when we have the space and ability. Just a couple weeks ago, Fancy was ponied on a trail ride, which included highway crossings, steep



Fancy is ponied on a trail ride, 8/24/08

inclines, logs to jump over and even a deep river to swim in. Fancy sported a saddle and even carried a bit for the first time. You could see the pride in her expression at being one of the team horses. She seemed to take her job seriously. She will be incredibly easy to start under saddle, once she is mature enough. She would also be an excellent horse for a youth 4-Her to continue her training. Watch for more updates and Fancy continues to mature into the beautiful, young filly she is!

## Caspian's Training Progress & 1st Competition!

Walking off of the trailer on that warm afternoon of July 26th, Caspian stepped into a new chance and direction in life. As he spent the next week settling in, it gave his trainers the opportunity to watch how he interacted with the other horses, with people, and the best direction to go with his training to help each session be as successful as possible.

No time was wasted in starting him towards becoming a riding horse. He already had a pretty good foundation of ground manners, thanks to his previous owner, which made things much easier. Prince Caspian joined his main trainer, Juliane Hanley, out on the trails being ponied from her horse and Cowgirl Spirit Alumni rescue, Dandy. With the help of fellow youth member Elisabeth Escobar, Caspian was started under saddle at a drill practice in early August.



Caspian at the SAFE show, 8/23/08

Being ponied, ridden, trail riding, and joining in during drill practices, Caspian took in everything he could and progressed extremely quickly. The riding members questioned if he'd be ready for the SAFE show on August 23rd, and how he'd handle all the people, change in atmosphere, and new sights. We had nothing to worry about though, as Caspian was the highlight of the show! Being his 7th ride, and first show, Caspian competed in English and Western classes, as well as a Trail class where he was challenged with even more new items, sights and smells. Always trusting his rider and never baulking. In addition to his 7th ride, Caspian had the opportunity to show that he could successfully compete in many disciplines regardless of who's riding him

since three different riders showed him in different classes that day.

What an incredible horse! In less than a month, to go from unbroke to a competing horse in multiple disciplines with multiple riders. To love to be ridden and to learn. Caspian has a new chance at life now, and hopefully soon a new home to call his own.

## Cowgirl Spirit's Upcoming Fundraisers

Be sure to stop by one of our upcoming fundraisers this fall! We enjoy meeting our supporters and fans and love to talk about our rescues!!

9/6/08—Grange Customer Appreciation Day, Issaquah, WA

9/26/08—Microsoft's "At The Hop" Fundraiser Party, Sammamish, WA

Check out our website for more details!

<http://www.csrtd.org>