

October 2009

The OBR Voice



Outback Riders of Wisconsin – Oconto County



Wedding Anniversaries!

Congrats to...

*Gail & Steve Stranz
27 years*

*Carrie Quatsoe
28 years*

*Bonnie & Bob King
30 years*

First Things, First!

The Outback Riders would like to **WELCOME** our New Members: Debbie Rogier and Jim Lane!

IN THE NEWS!

Congratulations Krissi Stranz & her equine partner "Jac"! After 2700 barrel runs in 5 days, with over 600 entries in the Open Class – Krissi & Jac

Placed 5th in the Open 4-D National Finals. Can we get a BIG YEEHAW!!!!



Thank you! To ALL that helped in the rescue of the (2) missing horses this year. Although OBR does not officially have a search and rescue team, our club members came together to successfully bring the lost horse's home. An OBR Emergency Phone Tree will be available and in effect for the 2010 riding season. *Stay tuned for details...*

DO NO HARM

The horse I had that led me to the path of DO NO HARM was a 15 year old broodmare.

After I experienced two concussions in one summer with her, I set out on the path of finding a way to better control her, but found a profound way to communicate and be safer with her instead. She became the safest and loving friend I always wanted, but as she aged I knew she couldn't run the hills anymore and needed a new job.

A lovely woman bought her for her 11 year old daughter and I said goodbye as she was loaded up and slowly driven away.

It has been over 5 years since I said goodbye, but

she had been on my mind and in conversations the last month wondering how she was.

A woman came to one of my clinics a couple weeks ago and signed up for a 1-day Intensive for her horse and mentioned the name of a woman who gave lessons with horses for kids in her area.

Yesterday I traveled to my student's barn to perform the 1-day Intensive and after lunch we went to visit my old mare that lived just across the street.

We ventured out behind the barn and found the old girl dosing under the tree while it rained.

Her owner called out the name she has known for the last 5 years. She casually glanced at us.

Then I called her by the name she knew when she lived with me. She looked again and slowly moved towards us then her pace quickened and she softly nickered with a deep voice resonating through her nostrils in recognition.

She came right up to me as a long time friend. I bent down to breath in her smell and we exchanged breathe. A deep abiding closeness fell between us as a lump swelled in my throat in the realization of how much I had missed my beautiful mare.

It was a moment I will have with me forever.

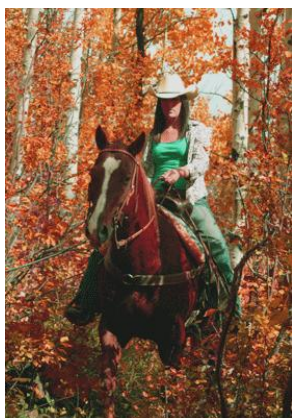
For this horse led me to the profound and abiding path of DO NO HARM....

*True Story Shared by:
Missy Wryn – Portland, OR*

October 20th Meeting Minutes

ONLY 16 responses have been received for the club questionnaire.

PLEASE, PLEASE
Fill them out and have your voice heard!



The two photos on this page were submitted by visiting trail riders.

“Good friends.
English or Western
Does NOT matter!”

NEW Business:

34 members were in attendance.

*** *Corrections:* During the last meeting there was some confusion of when club elections are held. Elections for President and Secretary will be held in April of 2010. Board Members will also be elected at that time. On Tuesday, October 27 the board and officers met to discuss the yearly rotation. It was decided...The OBR bylaws will be changed for the 2011 year. The change will be made that officers and board members will serve for a true calendar year: i.e. January to December

Nancy Raabe has sent OBR a \$100 donation in gratitude for the wonderful people that help find her equine friend over Labor Day weekend.

Treasurer Report

presented by Cindy Couillard.

Balance as of 10/20/09
\$3291.00



OBR CLUB MEETING!

Tuesday, NOVEMBER 17th
Chase Town Hall at 7pm

OBR has updated the information listed for Oconto County Tourism. The Machickanee Trail Systems has been revised, changing the miles, parking & camping. The Annual OBR Show is advertised

for the first weekend in August 2010. Thank you, Sara Vanden Elzen and Jackie Novitski for completing this request.

The 2009 Trail Grant information has been completed and sent into WI State Horse Council.

Now on to planning for the 2010 Trail Grant requests.

Please Contact: Patty Wisneski with your Trail Grant ideas
920.680.6668



Preparing for Winter

Are you prepared for “Jack Frost” to visit? Begin by making a checklist of tasks to complete as you prepare for winter.

Check your fences: look for protruding nails, loose wires and safety hazards

Test your gates: oil hinges and make sure posts are secure

Rest your pasture: over grazed pastures are vulnerable to winter damage

Assess your water supply: sanitize and inspect your water sources, install heaters or check ground insulation on pipes

Prepare your barn & shelters: clear rain gutters, inspect wiring, repair structural damage, store freezable items

Organize your barn: nothing is more frustrating than searching for tools and equipment in winter let alone subzero temperatures

Prepare your horse: clip fetlock area, pull shoes if possible, update vaccination & parasite programs, clean blankets and check fit.

Plan for ice: prepare a bucket of salt, sand or kitty litter near entrances

Fire prevention: inspect fire extinguishers, smoke alarms, clean trash and store flammable materials away from the barn.

IN PURSUIT OF PROGRESS

OBR has established club teams to help keep our club organized and continue to grow. This change for 2009 was very successful. *Thank you to everyone who volunteered for a team and put many valuable hours into each club success.*

The present team member's sessions will end in December 2009.

OBR members can volunteer and select a new team leader for the 2010 year. Teams will be established at the November meeting.

Which team would you like to volunteer for?

DONATIONS TEAM

is responsible for filtering all charitable donation requests for the club to review and complete.

FUN TEAM

is responsible for the planning of club events other than the show. The team will assume responsibility for facilitating the events, including soliciting adequate coverage for all approved events.

PARADE TEAM

is responsible for the coordination of club approved parades. The team leader will assume responsibility for the club flags and sashes for the horses.

RAFFLE TEAM

is responsible for ordering and distributing raffle tickets to the membership at least 5 months prior to the drawing. It is the teams priority to record the numbers of the tickets that are distributed to each individual, collects all tickets and moneys from the membership at least one week prior to the drawing. The team leader is responsible for maintaining the file pertaining to all aspects of the raffle.

X-MAS PARTY TEAM

is responsible for planning and arranging the Christmas Party.

NOVEMBER 11th X-Mas Team Meeting

Starts at 6 pm
Location: Gwen Kanies Home on County C
Gwen: 920-621-1124

SHOW TEAM

is responsible for the planning and completion of the show. The team leader will assume primary responsibility for scheduling membership help available during the show and maintain the file pertaining to all aspects of the show.

TRAIL TEAM

is responsible for facilitating the Trail Grant, with one team member appointed as the contact

for the grant. This team member will maintain the Trail Grant file. The team takes primary responsibility for the planning of trail cleaning and maintenance. One team member will keep a log of hours spent on trail maintenance by all members and be the exclusive contact.

WELCOME TEAM

is responsible for welcoming all new members, either in person or by telephone, within two weeks of them joining. This is the opportunity for the Welcome Team to answer any questions the new member may have about the club, explain the various teams and their functions and verify the new members contact information. All new members will be recognized by the Welcome Team in their reports to the membership. A welcome packet should be given to the new members by the next scheduled meeting. If the new member is not contacted in person the packet should be mailed. Welcome packets should include: Welcome to OBR Questionnaire, Website Information, Trail Map, Membership Contact List, Apparel Order Form, Calendar of Events, Emergency Phone Tree, Club Bylaws, etc... The team is responsible for the name cards of the membership for the meetings. * All new memberships should be given to the Treasurer first, and then passed on to a team member to keep in the team binder.



Visit our fellow members
Scott & Lynn Glover of
Horse Power Feed &
Nutrition, Abrams



Please be sure to contact Patty to order your club apparel!

www.celtichorse.net

Outback Riders

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1equus@msn.com

We're on the Web!

See us at:
www.outbackriderswi.org

Guess who my mom is?



Tips for a Better Trail Ride

Physical Fitness- The trail has a specific function that the arena doesn't, and that is the actual purpose of truly riding a horse. By riding on the trail, you engage the same discipline and form as you would in the arena, but it allows you to utilize different terrain. When using muscles for climbing and descending, you're still training, but on the trail, sessions can be more fun to do with the change of routine and pace. There is no rail or confined space to make lap after lap in. Here, you are an explorer again and so is your horse. Besides the ever changing scenery and terrain, you are also riding in an environment surrounded by new sights and smells. Instead of orange cones to weave in and out of, you can use trees or rocks to perform the same moves. When you want to do some technical maneuvers like jumping, as long as you're safe and have the skill level, then use fallen trees or even creek crossings as a training aid. This is using the trail wisely and effectively while benefiting from the physical challenges and mental concentration. If you feel exhausted, slow down, take breaks and use the trail as your equine health club.

Mental Freshness- It seems that no matter how large an arena is - it's never big enough for a horse. Confinement is confinement and while we do need to utilize the structure of refining our horsemanship skills in an arena, horses can benefit from life outside the school room. Many times when horses start to act grouchy or even lame, what he really needs is a free ride just to break the monotony. It's amazing to see the difference when they do get a chance to just walk down a trail or out in a pasture. These perks extend to your rides as well, and when you use trail riding for wellness adventures as well as fine tuning, you're motivated to do it more often. That's what trail riding is, motivating without aggravating.

Don't forget that it's not all about riding. If you find a spot that looks good for grazing, use that as a place to stretch your legs, and let your horse eat some lush grass. Still keep yourself alert and connected to your horse and the environment and if you can, use a halter bridle so he can graze without the bit in his mouth.

Nurturing the Soul- This is a part of the trail riding experience that can bring out all of what being with horses so meaningful. Owning, leasing or purchasing lessons can be expensive and along with all the other costs involved to keep your life running smoothly it's easy to get stressed and lose sight of the simple joys of what we pay for. By paying closer attention to what a horse has to offer you that time spent together can be an actual investment with a positive payoff better than any lottery could offer.

We can be in tune with a horse so accurately on one ride that it may feel mystical or magical, and yet on another day, the same ride on the same horse may feel difficult and feel of opposition. Why does this occur when sometimes it's calm and other times it's stormy? A big reason has to do with where we are focusing our attention that particular day at that particular time. More than we realize we determine how the ride turns out. Many riders expect their horses to read their minds, and they can't understand that the root cause of many difficult rides is due mainly to what the rider is focusing on at the time. If you are looking for the stress relieving trail ride but are so stressed out that your tension is carrying over to how you tack-up, mount and hold the reins, don't expect much different from your horse. They will operate true to form by who is sitting on their backs. Ordinary riders often don't give much thought to these factors because it is often the belief that horses must submit to the rider's requests, but often those requests are in the form of senseless demands and no horse can be expected to ever relinquish his own set of priorities when he's under stress. Many horsemen will tell you that whatever you expect from your horse you must first ask from yourself.

If you make the decision to become a conscious horseman, dedicate yourself to nurturing your horse by being open to change not only on the trail but in your life as well. Your horsemanship is a part of a bigger piece of your universe than most people realize. It brings balance to your life. Horsemanship can be full of many complex things that can be different for many riders to embrace. Strive for balance in all areas of your life and you might be amazed at what a difference you'll see in your horse. A truly fun trail ride is always a safe ride. So in the pursuit of helping your horse move freer mentally and physically, don't forget to ride with a purpose. That means stay alert. Stay alive. Stay astride.

Look at the deep side of the trail and let your horse find his way with your guidance.

God Bless ~AB