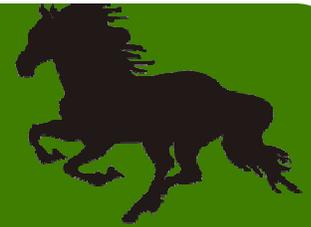


MEADOW MUFFIN



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SEPTEMBER 1, 2019

SPECIAL POINTS OF INTEREST:

- **NACMO A word from your editor**
- **NEW RIDE MANAGERS**



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NACMO

Hello everyone, I want to introduce myself and give you some background, as well as some updates.

The infamous Dodie Sable. This is how I am known here in the east.

I have written three books, mentored many new people into the sport of endurance, run my own business, spent seven years as an ambassador for a world renowned networking group, became a ride manager for AERC, joined NACMO, became a ride manager for NACMO, became the editor for Meadow Muffin and then ... yes ... I became a director for NACMO.

Whew ... but wait, there's more.

I have four children, eight grandchildren, one husband, two house cats, two chicken coop cats, three dogs, two horses, numerous chickens, two guinea pigs, two parakeets and four fish tanks.

When I am not grooming, farriering, babysitting, cleaning stalls or coops, I am riding my horse in AERC events, ECTRA events, and NACMO events.

Enough?

My days are filled, my evenings are filled and my

nights are filled ... and I truly wouldn't have it any other way. I usually get grumpy if I have nothing to do and will "make up" stuff to do.

Mostly, I enjoy life and living it to it's fullest. This month's NACMO is about that ... living to the fullest, even when things seem like they are taking over or out of control.

Mostly, it's just about having fun and knowing when to forget about all the other things while you race out into the woods on your horse to find some paper plates that someone hid for you.

ENJOY!

NEW RIDE MANAGERS (Highlights)

REGIONAL DIRECTORS! PLEASE submit your new ride manager information to the Meadow Muffin so we can praise these hard working volunteers.

Upcoming new ride managers—**NACMO 2019**

NJ-PA-NY—looking forward to riding in Marie Brady and Janet Citron's ride. (July 2019)

NJ-PA-NY—new ride manager Mechele Albright and Lindsay Kearn (October 2019)

We hope to see more NACMO members step up to try their hand at being a Ride Manager in 2019. Without the hard work of the Ride managers, there would not be rides for us to participate in!

NACMO Near Disasters —

BY VICKI HORSLEY: Under the Sea ride planning went off without a hitch. We used seashells from Ft. Myers, Florida as our confidence ribbons. As we were placing them, we realized how similar they look to the shelf fungus that grows in our area. A competitor commented that some of them also looked similar to the petals of the dog wood trees.

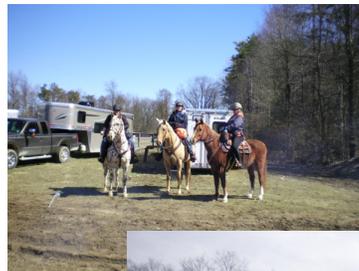
Weekend arrived with a threat of rain as usual for this ride. Saturday ride brought 43 riders to the trails. Several of them were caught out on the trail during the afternoon thunderstorm. Sue and I were a little uneasy for a while not knowing where exactly our riders were. We had a horse get loose during the storm luckily to be recovered by another team. No harm to horse or rider, but the saddle will need some repair work. Saturday night pot luck was cloud free which helped all attendees to enjoy a delicious variety of food. More rain Saturday evening.

Sunday we all woke to the worrisome news from a competitor that her horse was missing from his highline. Not a good way to start the day. With some quick action from fellow competitors and other campers, we soon learned that the horse was safe and a report had been filed with the local authorities. By road he was 9 miles from camp!!! Thank you to the other competitor who took her small trailer and picked him up. 38 riders took to the trails for a beautiful day of riding.

**“RIDE
MANAGERS!
Please submit
your ride stories
so that we may
share your
experiences”**



Photos from the spring ride. This below photo of Evie is my favorite. I love the children engaging in this sport!



Board of Directors — and Members

We will be sending out changes to the current bylaws and voting ballots via email this winter.

PLEASE PLEASE PLEASE

Go out to the www.nacmo.org website and verify that your email address is correct for receiving this information. We require 2/3 of the members to vote in order to make the changes.

The changes are mostly housekeeping issues, verbiage and what have you. Two big changes are (1) the Individual Rider awards and (2) The Assistant Manager wording.

Many of the changes we are making came from you, the members! Your input is always welcomed and we appreciate your involvement.

Many times, as members, we forget that it is up to us to grow the sport and encourage new riders to come and try an event.

Here are some quick tips from NACMO riders about how they encouraged people to come and try a ride.

FACEBOOK—share your local event to your wall. Add pictures and a short message about the fun you have. You never know who will see it.

TWITTER—talk about an upcoming event and put it out there.

Fliers at local feed stores, Tractor Supply, Walmart, etc. Make it fun with photos and times.

Invite your trail riding buddy to tag along, even if it's just to make fun of you while you look for an objective. It works! My "mocking friend" is now a member!

Encouraging people to try our sport is our responsibility.

New Regions ... New Rides

TN started a new region in 2018.

We are working on a new region in Virginia. Unfortunately, timing has been bad for getting a ride scheduled at a location that will allow for overnight camping. We have cancelled this ride twice in 2019 and are now postponing it until spring 2020.

2019 brought two new rides in the NJ.PA.NY region. A weekend camping clinic and two day ride was held in New York State in August and a new park was chosen to hold the October ride at Nockamixon. (this ride is also done by two new ride managers)



Product Spotlight ...



Standard colors available for shipment immediately, call for availability.



The things we find to make our riding life easier!

Let's talk about your horse and your gear on your horse. Many of us carry a lot on our horses and have we sat and considered how it fits and feels to the horse?

Trekk-ETT saddle bags are a truly remarkable product. They are designed to be "no bounce" so when they are fully loaded, nothing is banging on the horse's withers, buttocks, back, sides, etc. Their motto? *"So slim & snug, you don't even notice!"*

Jaime Ruff, the owner and designer for the Trek-ETT saddle bags, is a lifetime equestrian. Jaime strives to produce the best quality, using

only USA made materials.

CANTLE- Holds two 20 ounce bottles, middle pouch (5" deep x 9" long x 4" tall) this is a zippered pouch. Fits a variety of saddles. There are (6) O-rings that give you a variety of hook up options where different angles are needed.

POMMEL -Holds two 20 oz bottles, heavy duty fluffy wool backing, large middle pocket that is big enough for most phones, ride card, granola bar and a few other small supplies.

IF YOU NEED A MODIFICATION to the bag, either for custom color combinations or a placement of the O-ring, no problem!

Jaime also makes custom chaps and Wa-Pom bags for holding water bladders. Jaime's information can be found on Facebook at

THE PRODUCTION ROOM

<https://www.facebook.com/Reidstackshop/>

You can also email JaimeRuff@gmail.com

And text 334-518-0322



To the left, I custom ordered a pommel bag in my riding colors—Royal Purple and yellow. Jaime is in the process of making me a matching cantle bag. Working with her on a custom project was easy-peasy!

Stories from members ... Marti Caldwell

We have had a CMO at the popular private campground known as the Midwest Trail Ride for several years now. MTR is nestled in the large trail system of the Hoosier National Forest in South Central Indiana, with access to many miles of trails. MTR has an arrangement with the Hoosier whereby they maintain the trail system closest to them and in return, their riders do not have to pay the HNF usage fees unless they venture out onto the rest of the trails. We have always been able to put on a super ride within the MTR trails, which keeps costs down for our riders.

We chose the weekend after the 4th of July and my husband, Dave, daughter Sara Dick and I headed down there Wednesday the 3rd to get things started. Sara lives with her husband, Larry, in the NW corner of IN where she is a professor of microbiology at Valparaiso University, while Dave and I are on the family farm in East-central IN near the Ohio line. It's enough of a trip for all of us that we planned to set up and run the ride with only one round trip. Larry had broken 8 ribs in a fall from his horse in June and was riding a chair for this event.

This year, I had been contacted by Kim Macmillan, a freelance journalist, who did an article about our chapter and our sport a few years ago. She had been approached to write about CMO for Horse Illustrated and wondered if we would be interested. Of course, we were! That magazine has national coverage and Kim asked me if our members would be willing to

conform to their rules for the photographs they would accept for use in their issues. We would need to be properly turned out with appropriate gear in good repair, wearing helmets and with clean neatly groomed horses! I said I was sure at least some of our members would clean up their acts if it gave them the chance of being featured in that prestigious magazine! The park had some heavy rains earlier and I told Kim she would have to get pre-ride pictures if she needed the horses to be clean!

MTR had additional plans for the weekend - it is a big place with lots of electric sites, covered stalls, some cabins to rent plus a store and a dining hall with showers, so they can accommodate big crowds. Being a holiday weekend, they had additional activities planned, including an obstacle course, a ranch play day, and a live band and food truck on Saturday evening. Our little group was welcome as usual and invited to participate in whatever additional activities we liked. Several of our members signed up to play with cattle in the ranch play day.

Dave, Sara and I set out to place markers around the trail system and in the campground area for a short course ride on Friday afternoon plus a long and short course ride on both Saturday and Sunday. We had decent weather, although hot, but the trails were shaded and we had the shower house and AC in our trailer to come back to.

Riders started rolling in on Friday and we had a wonderful weekend. Kim and her husband, Allan, arrived, having been given a cabin

in return for writing another article about MTR for the local horse magazine Equine Times. They did a lovely feature about the venue plus a super article about our ride for the September issue of ET which can be found in the files section of the IN/IL CMO Facebook page. The Horse Illustrated article will be published next summer.

We thoroughly enjoyed Kim and Allen and they had a great time visiting and interviewing our members. Dave took Allen up into the trail system by car to wait for some of the competitors to pass by in search of some of the markers near where the trails crossed roads. He was able to get some "action shots" and both he and Kim got to find an in camp marker with borrowed compasses. The rides went well, were well attended and everyone found all the markers - so the RMs were happy! Dave, Sara and I had a great time also and got home Sunday evening tired and dirty. Sara and I participated in the ranch play day and Sara came out with a ribbon!

Check out the Equine Times articles and keep your eyes peeled for Horse Illustrated next summer!

Meadow Muffin belongs to you—THE MEMBERS! - please share your stories, funny, happy or sad.

Send your stories, please!

I sincerely want to hear from each member in NACMO. Your funny story, your happy story, your sad story ... send me an email and let us all share the wonderful camaraderie of this sport.



Ride Food—Recipe Share Corner



S.O.S.

- 1 lb Ground beef
- 1 lrg Onion
- 2 cans mushroom soup
- Salt & pepper to taste

a bisquit, a slice of toast, a bagel, or even noodles.

It is an old favorite, easy to make and my kids always asked for it when we went camping.

June

In a cast iron skillet, on the campfire, brown the beef, onion, add the can of mushroom soup and bring to a near boil while stirring.

It is now ready to spoon over

“When rough camping, with no refrigerator, just a cooler, ice stays longer if in a block so I freeze 1/2 gallon milk containers and line the bottom of my cooler. Keeps cold for three days..”

SKILLET CORNBREAD

- 1 Tbs butter
- 1 cup flour
- 1 cup cornmeal
- 2/3 cup sugar
- 1 tsp salt
- Water or milk

Grease the skillet, mix the ingredients in a bowl until the batter is thick and smooth.

Put in the skillet. Place the skillet 4 to 6 inches over hot coals (no flame) with a lid on. Wait 20 minutes and remove from the heat. Pan cornbread to enjoy!

(or cheat like I do and use Jiffy Cornbread mix—LOL)

My grandmother’s recipe included onions but I do not like onions in my cornbread. Leslie



(this space is for a recipe ... send me your recipes!!!)



ASK MUFFIN

your “Go To” for more information



Dear Muffin:

At a ride recently, one of the objectives was not able to be seen from horseback. The Ride Manager did not notify us that we would have to dismount to find that objective. Is this allowed?

DISMOUNT COUNT

Dear DISMOUNT:

The rules state that objectives must be seen from horseback, however there are situations in which an objective may not be able to be hidden where a horse could ride. In that case, a ride manager may choose to place the objective where a ride-n-tie is necessary.

HOWEVER, the ride manager needs to advertise the ride (prior to the ride) as a ride-n-tie, even if only one objective is a dismount, so that anyone wishing to attend the ride knows they will be required to dismount. As a courtesy, but not

mandatory, the RM could note which objective on the map will need to be a “dismount objective”.

In the event that “dismount objective” is not found by all competing teams, then its point will be automatically awarded to all teams, same as any other objective that is not found by all teams..

One region actually has a set of rules for their rides in the event they must do a ride-n-tie.

Sincerely,
Muffin

Answers to “Ask Muffin” questions are based on NACMO board member opinions and do not constitute a rule-change or addition. Rather, they are suggestive of what the board as a whole, believes proper behavior to be.

(Related to Meadow Muffin from NACMO’s Rule Book)

NACMO RULE M-5

- a) Objective Stations must be placed where they can be read from horseback
- b) To receive credit towards Ride Manager awards,

Objective Stations and access trails must be ridden and safely evaluated from horseback.

Do you have a question for Muffin?

When you send your question to me, I promise to assign it a “funny name” and it will be kept anonymous. You never know what you can learn when you ask a question.

dodie@newpromisefarms.com

Dear Miss Muffin:

Can you post your photo so we know what you look like?

Curious George



Member Stories by Wendy Klein

NATURAL HISTORY OF NATUREL CHARM

In about 1997, our then 17-year-old daughter, Megan, stumbled across an Arab/quarter cross yearling mare for sale. Price was right, so she came to live with us. Her registered name was "Naturel Charm", and we soon found that her favorite napping spot was the warmest, biggest pile of horse droppings that she could find - so the nickname of "Charm" didn't seem to fit very well. She became "Nati".



Megan worked with Nati over the next few years, training and refining both of their CMO skills. Nati and Megan teamed up to find those elusive paper plates.

Following the course of ambitious offspring, Megan went to college, then to vet tech school, and onto jobs and family. Though she didn't move far away from mom and dad, she didn't get to ride as much as she would like; husband and 3 daughters with a variety of interests and activities can keep a family very busy! Nati also became a mom, giving birth to Moose (he was a big foal, and she is a small Arab).



Nati went on to another family for a couple of years, as she needed a job other than being a pasture ornament. As circumstances changed yet again, Nati found her way back to us, and back to her role as pasture ornament. However, Megan's mom, Wendy, soon found herself in need of a ride, and Nati fit the bill. She and Nati have been CMO'ing for several years, sometimes more successful than at other times.



Megan's daughter, Samantha, began competing in CMO's with Grandpa and Grandma when she was 7 years old - about the same age as her mom was when she started CMO'ing. She started riding on a bomb-proof mule, Benny. Although Benny was unflappable, he was also a "steering challenge", so Sam learned some good tactics to deal with a mule with a mind of his own, sometimes figuring it out on the fly!

Unfortunately, over this past winter we lost Benny, leaving Sam, now 10, and the rest of us pretty sad, and trying to figure out how Sam would be able to compete in CMO's with our current herd. No available mount really fit the bill.

The discussion continued throughout the summer. On a recent CMO weekend, Grandma Wendy stayed in camp and Samantha rode Nati for the Deaux Lori-ans CMO. And it went well! Very well! Though Grandma's not ready to give up her horse quite yet, she and Sam will figure out a way to share.

So this cute little mare, purchased before Megan graduated from high school, has now competed in CMO's carrying 3 generations of riders over the course of 20+ years. And she now naps in more appropriate spots - like warm sunshine! With age comes wisdom - even for Arabs.