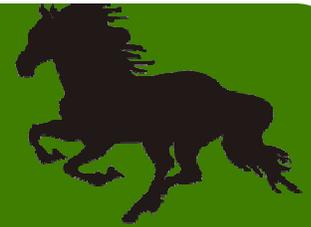


# MEADOW MUFFIN



MEADOW MUFFIN

APRIL 1, 2019

## SPECIAL POINTS OF INTEREST:

- **NACMO A Year In Review**
- **NEW RIDE MANAGERS**



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## NACMO 2018

Chapter	Number of Members Per Chapter, 2019			
	# Members	# Single Memberships	# Family Memberships	# Lifetime Memberships
Indiana/Illinois	46	7	8	10
Minnesota/Wisconsin	55	5	4	13
NJ-PA-NY	26	16	3	1
Michigan	21	10	2	2
Oregon, Western Washington	29	11	4	4
Selkirk (Idaho/East WA)	17	2	5	0
Kentucky/Tennessee	1	1	0	0
<b>Total</b>	<b>195</b>	<b>52</b>	<b>26</b>	<b>30</b>

**THIS MONTH** let us take the time to salute to various regions on their continued growth. Our goals for 2019 is to increase membership across the country and continue to provide excellent education and mentorship to new riders.

**MENTORSHIP** was our goal for 2018. Many of the regions already had some type of

mentorship program loosely in place. At our annual board meeting, we all shared our various programs with the goal to try and set a standard across the regions. At this time, our mentoring program will remain at the regional level. We felt that due to the sizes of some of the regions, taking the mentoring program to a national level would not be "fair" to some of

the smaller regions. **HOWEVER!** It was decided that each region should be offering awards for their mentors that excel at bringing new members into the organization and if we have a bonus year for NACMO, we could be allotted some funding at year end to support the awards for those mentors!

Board meeting notes can be found on page 3.

## 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.

*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!*

# Dodie's Disasters — by Dodie Sable

This section was well received last year so I will continue to provide you all with some entertainment. In my world, there are lots of entertaining moments! Let's talk about being a ride manager in my region. We had such bad weather, I was pretty convinced by the end of the year that Mother Nature had it in for our region.

We had 10 rides scheduled for 2018 but only managed to get in 6 rides.

Jen planned a ride in March 2018. We had a snow storm the week before her ride, dumping 9 inches of white ground cover three days before her ride. We rescheduled her ride to April. In April, we had 27 days of rain out of 30. Trail systems were under water or had sustained extensive damage and our permit to compete at the State Gamelands was revoked. Jen is a beef cattle farmer and May is the height of their calving. May was not an option for her, so we moved her ride to June.

An experienced ride manager, LeeAnne, stepped up for an emergency ride setup in May. With only two weeks to plan, prepare and setup, she pulled off a marvelous ride with 14 people in attendance. Two of those being new riders. Thankfully, although the weather forecast called for rain on her ride date, it held off until later that evening.

So June is here, with May bringing more rain and more trail damage. Jen did get her ride done in June, with an attendance of 23, nine of those being new riders and eight of those new riders joined NACMO in the spot. They were hooked. The weather was brilliant, sunny and 70, not too hot, not too cold. It was a great day. Shortly after her ride, Mother Nature brought us more rain and damaging winds for the remainder of June.

We had a new ride manager, Andrea, give it her all for the July ride. Unfortunately, Mother Nature once again put her spoon into the pot to stir up some trouble. Andrea's ride was quickly cut short when a sudden thunderstorm, accompanied by a small tornado, ripped through the trail system in July. That was exciting (NOT!) Unfortunately for the teams that were unable to complete the course, there was one team that DID manage to find all the plates before scurrying back to their trailer for cover from the storm so the ride manager had to give them the win.

July brought extreme heat to the Northeast, keeping us hunkered down in the shade and inside in the air conditioning. I had a ride planned for a new trail system in August. Although we had heat and dry conditioning in July, August brought more rain and wind and flooding to the Northeast. On the weekend of my scheduled ride, we received a little over 12 inches of rain over a three day period. Yes, August's ride was cancelled!

Another very experienced and long time ride manager, Sandy, planned her ride in September, hoping for better weather. Unfortunately, the week leading into the ride was rainy, and the day of the ride was showers and misty conditions. While her ride was poorly attended, she did have three teams in attendance to compete, and one team came out to support her in the rain. They chose not to compete to preserve the trail system.

Rain and rain and rain continued throughout September into October. I had moved my August ride to October and guess what? Yep! Rain. Once again, my ride was washed out. The new trail system I wanted to get my riders onto allowed for over night camping so I was hoping to pull in riders from farther away. Mother Nature definitely has it in for me this year.

November started to dry out a little bit. By the time of LeeAnne's second ride of the season, we had experienced 68" of rain since January 1st 2018. Yes, that is a correct number and I have the documentation to prove that. November in our area can be cold, hot or just right. It was overcast, a bit on the cooler side, but we had no rain for a week leading up to her ride so it was well attended by all but one of our region's teams.

Oh yes, I have a December ride scheduled. I hold one every December on a trail system that is mostly truck service road so if it does snow, we can still have the ride. I had my fingers crossed, my toes crossed, and prayed to every weather god I knew about that we would not have ice. Why? Because at the end of November, our rainy season changed to icy season. My ride went off, it was bitter cold with a daytime high of 28 degrees. I about froze to death sitting and waiting on my riders, but we had a very good turnout and finished our ride season with 6 competed rides.

(and then Mother Nature blasted the NE all winter with snow to ice in storm after storm....2019 ride season didn't start out so well as March saw all the trails under about three inches of ice.—oof)

"RIDE

MANAGERS!

Please submit

your ride stories

so that we may

share your

experiences"

# Board of Directors meeting March 2019 ...

We held our annual BoD meeting using a new forum, Discord. We found it to be easy and very effective for multiple people on a conversation. We would like to thank Sean Campbell (Dodie's son) for showing us "the way"

We had several discussions via email prior to the meeting so we could swiftly move through the concerns of our members. We will be doing a little revamping of the By-Laws during the course of this year. Reach out to your regional director if there is something in the By-Laws that needs clarification, change or something you feel should be added or removed. It is a long process to make changes to the By-Laws, so please be serious in your opinions.

A) Change the individual placings from two categories (male and female) and merging that into one category. There will be high point individual and runner up.

B) we should change the designation of "assistant RM" to Co - RM. I don't think either RM should have to be considered an assistant since most are equal partners in the process.

C) Marti is currently filling two positions. "Our bylaws call for an Executive Director and a President and their duties are outlined. I have been filling both offices since Walt died. I don't mind doing both and I don't think we can get anyone else on the board to take on either one to the extent that I still wouldn't have to pester that person to do it. If we are going to continue to have these two offices, they should be filled. I am happy to be listed in both offices, or we can change the bylaws to remove the executive director position and have all those duties changed over to the president - or vice versa "

**Wouldn 't you like to be involved on our BoD? We would love you to send us a**

**quick email letting us know if you want one of these positions!**

D) f) We will be changing the bylaw date as listing the annual board meeting to be first week of March to read during the month of March.

*"Being on the National Board of Directors has made me a better member!"*

# New Regions upcoming in 2019...

TN started a new region in 2018. In 2019





Sit for a cup of coffee and read what NACMO members are saying...

**NEW CHAPTER  
STARTING!**

## Member Spotlight ...

**SELKIRK CMO-  
Eastern  
Washington**  
By Kellie Booher

I met Gary Sipe and his daughter Jeannie Payton when I tried my first CMO. Six years later, I find myself the Director of this great little NACMO Chapter. When President Marti Caldwell tasked all the Chapter Directors at our recent meeting to submit an article for Meadow Muffin, I thought I would write about one of our Chapter's seasoned and treasured members.

Gary has been a horseman since the early 80's. He bought some horses for moving cattle around and teaching his two daughters to ride and learn about horsemanship. Back then it wasn't about competing, just good old fashioned ranch work.

Gary and his daughter Jeannie found out about CMO around 2009. They really enjoyed the sport and the competition. When I asked Gary his favorite part of CMO, his response was instant - "Winning." He said there is not better feeling than running across the finish line



first. He also really enjoys setting up the courses. His least favorite part of CMO is "getting lost." I agreed with that, as I think all of us have been in that dreadful situation before.

Gary was the first person to show my daughter and I how to use a compass and read a map, as he has shown many of the people that have tried our sport. He is a true sportsman; showing "newbies" how to CMO (I am one of them) and although very competitive - he would be the first person that would stop and help someone out, even if it was adding time to his ride.

Gary also enjoys riding in the local parades and participating in the SCOPE Mounted Patrol - which is a group comprised of

volunteers that patrol the area parks and introduce the public to the horses, as well as providing a presence to deter any malicious activity. Gary's horse Holly has been with the family since birth. She is coming 13 years old this year, and Gary and Holly have covered a lot of miles together. And she has earned a lot of Horse Points with NACMO over the years.

One of the favorite rides Gary likes to participate in is the Halloween Ride. It's just great fun and he enjoys seeing all the horses and people dressed up for the occasion. Gary and his daughter Jeannie will be managing the Halloween ride again this year, and we are all looking forward to it!

# Stories from members ...

**VICKI:** Leprechaun Leap (MI)

The planning of this ride began during the winter when we came up with the name. Thinking to offer participants to “leap” into Corey Lake. That didn’t become a reality.

(chuckle)

We had warned everyone at our annual banquet that the mud may be so bad that trailer may have to be parked in remote areas of the camp to avoid getting stuck.

We’re sure people thought we

were crazy to host a ride in March in southern Michigan, but Mother Nature was on our side. Sue’s granddog, Irish< joined us for several outings to scour the woods looking for clues and setting plates. We had a good laugh when we found a “bobber tree” We also chuckled about the fact that participants would probably curse us over the mulch pile station.

(P-U)

Event weekend came and the wind had dried most of the mud we had warned people about. We had 41

riders on Saturday and 29 riders on Sunday. We heard a lot of comments pertaining to the icy winter preventing most the riders from brushing their horses, let alone riding them. Many riders coming from the north still had snow and ice in their pastures. Saturday potluck contained many yummy dishes including corned beef and cabbage. The weather was nice enough that we ate outside at the picnic tables. A great (and safe) ride was had by all.

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



# Send your stories

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.



**This is a flower, I use it as an example of “space filling” when I do not get enough stories from the members LOL**

# Ride Food—Recipe Share Corner



## One Pot Lazagna

- 1 lb Ground beef
- 1 lrg Onion
- 1 lrg Bell Pepper
- 1 can mushrooms (opt)
- Italian seasoning
- Garlic, or garlic powder
- 2 cans tomato sauce + 2 cans water
- 1 box campenella noodles
- 12 oz Mozzarella Cheese
- 8 oz Sour Cream

Parmesan cheese

In a cast iron skillet, on the campfire, brown the beef, onion, bell pepper and mushrooms.

Add seasonings and garlic, stir in well.

Add tomato sauce, water and noodles. Bring to a boil. And cook until noodles are almost finished.

Remove from campfire and add the sour cream and mozzarella cheese,

Spoon into a bowl and enjoy.

This is my favorite camping meal and it smells so good, people come from other campsites to have a try!

Sandi

*“Not everyone likes foods spiced up so I always keep that in mind and will make a Spicy batch and a Non-spicy batch.”*

## CHICKEN AND RICE

***1 prep the chicken before I leave to camp and put it in a baggy in my cooler.***

- 2 chicken breasts, diced
- 2 tbs butter
- 1 onion
- 1 garlic clove
- 1 chicken bouillon cube
- 1 cup water.

*Brown the chicken with the onion and garlic in the butter. Add water and bouillon cube and cook*

*on medium until the water is almost all gone. Cool and put in a baggy.*

- 1 sm bag brown or white rice
- 1 boiled egg

*Cook the rice until ready in a skillet over a fire. Chop the boiled egg and add to the rice. Stir in the chicken from the baggy.*

*VOILA~! Excellent meal at a campground!*



## QUICK AND EASY STIR FRY



- Veggies of choice
- Diced chicken or steak
- Egg
- Rice
- Soy Sauce
- Olive oil

In the skillet, cook the rice. Scoop rice into a bowl off to the side. Put a tablespoon of olive oil in the skillet and the chicken or steak. Cook until

seared and add veggies. Cook, stirring so they don't burn and then add the egg, scrambled. Mix it all up together and add some soy sauce to taste.

Serve over the cooked rice.

Mmmmm

*(I left this recipe from last issue because many people asked me for it again.)*

# ASK MUFFIN

*your “Go To” for more information*



Dear Muffin:

My team has lost members so now we are two. Another team has lost members and they are also two. Can I join more than one team so if one team needs an extra person, I can ride with different teams?

TEAM PLAYER

Dear PLAYER:

*Similar to last month, when a person wanted to change teams in the middle of a season, the answer is YES! You can be on multiple teams.*

*The most difficult part of being a team player would be choosing which team to ride with in the event both teams would only have one rider at the ride. This could cause some hard feelings, or even give you a moment of anxiety trying to choose which team*

*you wanted to compete for that day.*

*However, the rules of NACMO clearly state you may ride on multiple teams in a season but you will only receive awards for one of those teams, so you will need to choose which team is your primary team.*

GOOD QUESTION!

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 R-4

Competitors may ride alone (as individuals), as a declared team of two to six, or as an undeclared group of two or more, (larger groups at the ride manager’s discretion) and are considered herein as competitor(s) or teams for rules clarification.

d. Individuals, declared teams, and groups shall indicate their status as such on their entry forms during pre-ride registration at sanctioned rides.

f. Teams should be officially declared before competing as such to expedite point accumulation.

## 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



# Classified Ads

## A Tale of Two Demos

By Marti Caldwell

“Let’s help the folks in TN get CMO started”, we said. “It’ll be fun”, we said. “We can combine it with a little mini vacation with our little travel trailer”, we said. “It should still be warm and lovely in late November/early December”, we said. So we agreed to put on a “no horses” demo day near Nashville, TN at a location set up by Tanya Garrett. She found a wonderful site – a training and riding barn

owned by the Josh Guin family. They offered to let us plug in our travel trailer in their driveway and said we could use their home for the indoor portion of the demo. We planned a power point presentation with a mini demo of compass work inside and a question and answer period followed by a lunch that Tanya organized. The first weekend in December seemed to be the best shot – after Thanksgiving and not too close to Christmas. We started out on the

Wednesday before, planning to stay overnight with Eric Cogdell and Rena Bartlett at their home and farm in Rineyville, south of Louisville. Rena is the rep for the KY folks and has been working for the past couple years to get an active chapter going in KY. She and her husband, Eric, have attended CMO rides we have managed at our farm and at Midwest Trail Ride in southern IN, and helped with a demo and later a sanctioned ride at Taylorsville State Park. It was a

treat to visit their farm – where they raise alpacas and mohair goats for their fiber.

The next day it was on to TN with a stop at Mammoth Cave for a tour of the cave and then a hike in the woods and trails around the park. Our pup, Karma, loved the trails.

We arrived at Guin's Crossroads Natural Horsemanship home and barn in Nolensville, TN, Thursday evening after spending a couple hours navigating rush hour and construction traffic going through Nashville. Josh's driveway should be only accessed by making a left turn, not the other way – don't ask us how we know, but there's a divot carved in the pavement there by the hitch on our travel trailer!

It was raining lightly and the forecast was for rain most of the next two days – peachy! But it was warmer by far than the snow and below freezing temps we had when we left home.

Friday morning we got some breakfast, walked the dog, and started scoping out the area with an eye to setting up some markers for our demo participants to find with their compasses the next day.

Managing to work between rain squalls, Dave and I set up about 7 objective stations and sketched a map of the barnlot and yard area. We put out the plates, wondering how well they would survive the continuing rain, but figuring we would have time to replace any damaged ones in the morning. We got the maps made, the clues typed up and copied a number of maps off on the copier we brought with us. Josh and Gillian invited us inside to try out the connection between my computer and their smart TV and run through the power point. Josh asked some great questions and got the idea of how the sport works right away.

Saturday morning the brave folks started to arrive, while the rain continued to come down. Our good friends Eric and Rena arrived just in time to be roped into riding our stick horses and finding a marker in the Guin's living room.

Amazingly enough the rains held off just enough for everyone to head outside after the intro talk and power point to find the markers. With Dave, me, Rena and Eric to help out, everyone found the plates, and learned how to work their compasses. We had brought several to loan and many of the attendees brought their own.

We loaded up and headed out that afternoon feeling that we had a new group of folks anxious to attend an actual CMO ride. We stopped overnight at a possible future CMO site right near the TN/KY border, and of course, Sunday morning the sun came out and made the rest of our journey very pleasant.

After such a great time, we were all gung ho to do it again, this time for the folks in eastern TN – and set a date of the first week in March. Our travel trailer was still winterized – we are still having wintery weather even as I type this in late March – so we set off again with no water in our trailer. We again planned to vacation a bit on the way down and back and planned to stop Wednesday evening at the KY Horse Park in Lexington. Short trip from our place – about 3 hours – so we could tour the Horse Park that afternoon. Our truck started vibrating and acting up as we neared Lexington and we weren't sure what might be the problem. We got to the Horse Park campground, checked in, and unhitched the truck. Dave started calling around to diesel repair places. We found one who could look at it first thing Thursday morning. They said it could be a few things and would let us know – it would take most of that day. We rented a car (Enterprise picks you up!!) and headed back to the campground. We toured the horse park and museum – very cool – and awaited the news. Not good. A cylinder wasn't firing and they would have to do some significant engine work to determine the cause and what it would take to fix it. It wasn't going to pull the trailer to TN.

Friday morning we awoke to 4 inches of snow. Enterprise had a truck for us in return for the car, and we were on the road again by noon. We communicated our change in plans with Susan Brown, who was spearheading this demo. Susan had been hosting monthly meetings in a restaurant to tell people about CMO and drum up interest in attending the demo – she did an amazing job – even with the icky weather, we had over 20 attendees.

We got to Winfield Oaks Farm in Greenback TN that afternoon – in the rain – and Jayne Bower Curtis, the barn manager and trainer, with her friends, teenaged deer Walter, and goats, Martini and Olive, greeted us and showed us where we could hook up to electricity. It rained most of the rest of the day, but we managed to set up 5 markers and draw a map of the area. Again, with the help of computer and printer, we soon had 20 maps to give to the participants the next day. Our daughter and son in law, Sara and Larry Dick, arrived later that evening and settled into Susan's LQ trailer that she had just brought to the farm and graciously offered to them for the night. It rained all night and most of the next morning, but again, we were blessed with a great turnout and a dry, airy barn aisle to do our inside program. Sara and Larry mounted their stick horses to give a visual presentation of just how to find a marker. Walter, the deer, wandered in and out, checking out the pot luck lunch table. Another amazing thing then occurred – the rain stopped! We all scurried outside to find the markers around the barn lot area and with Sara and Larry's help, everyone soon got the idea. We continued to get to know each other over a wonderful pot luck lunch. This bunch sure has the right idea about that part of CMO! We had a wonderful time meeting new friends and renewing old friendships. Caroline Pogue, who rode in CMO's in IN and IL in the late 1990s – was a surprise blast from the past and it was wonderful to reconnect with her. She lives in TN now and will be a huge help to the new KY/TN chapter.

It didn't start raining again until we were packing up to leave, Sara and Larry to continue on their vacation and relative visiting trip to Florida and Dave and me to go back to Indiana. Our rental truck got us and our travel trailer safely home through heavy rain, dense fog and more rain. We were glad we weren't pulling the GN horse trailer, and didn't have horses to deal with the truck troubles we had.

Monday, we headed back to Lexington to return the rental truck and make arrangements for the diesel shop there to finish fixing the truck. We have it back now, with an engine rebuild and much lighter pockets. Even that didn't dampen our enthusiasm for sharing our crazy sport with other folks and visiting more beautiful places to ride and camp. In just two trips we have "infected" approximately 40 people with CMO-itis!