

# MEADOW MUFFIN



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## SPECIAL POINTS OF INTEREST:

- **New Kentucky Chapter**
- **NACMO Behind The Scenes**

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## NACMO Behind The Scenes (Part 1)

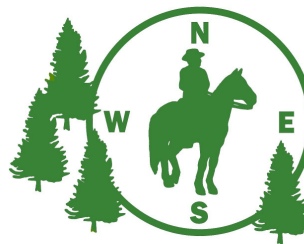
We all know how much fun and enjoyment we have during a weekend CMO'ing with our friends and family. And for those of us that have managed a ride or two, we know the hard work and time needed to make that ride happen. Have you ever wondered what exactly happens at the Chapter level? Or even at the National level?

You probably know, or have met, your local chapter Team leader. They may make their CMO job look easy because their organizational skills and friendly attitude gloss over the hard work and dedication it takes to effectively keep your local chapter running smoothly.

Let's discuss MEMBERSHIPS in Part I. There are three types of

memberships at any ride.

**\*\*A DAY MEMBER.** This member is a "this ride only" member. They have fun, earn ride prizes but their points are not tracked for annual prizes.



**\*\*AN ANNUAL MEMBER** pays for a one year membership, participates in multiple rides during the year and could be part of a CMO Team. They earn ride prizes and ride points which are tracked year to year, as long

as their membership is current. They are then eligible for year end awards and lifetime awards.

**\*\*A LIFETIME MEMBER.** This special membership is earned after managing 20 CMO rides. Your points are active, even in the years you may not be able to compete. You are eligible for annual and lifetime awards.

Becoming a NACMO member is easy and relatively inexpensive. Your membership dollars are used for promoting Mounted orienteering, trails and national year end awards. Time to renew for 2016!

Part 2 will explore Ride management and Chapter Directors.

## NEW NACMO CHAPTER STARTED

With most equestrian sports showing a great decline in members and participants, NACMO is very pleased to announce a new beginning in Kentucky in 2015!

(read Denise's story on Page 4)

The chapter had a rocky start as their first ride was cancelled due to a historic rainfall which washed out the trails and submerged many of those trails for over a month. As a token of appreciation to all the 2015 members that "stayed the course", all memberships

(individuals and families) to KYCMO and NACMO have been renewed for 2016 at no charge, as a thank you to everyone for sticking with KYCMO during the inaugural year for our new chapter.

# Ride Food—Recipe Share Corner



Recently, at The Turkey Trot in Pennsylvania, the ride managers put on a full all out Thanksgiving Dinner for their riders. They provided the main meat (The Turkey!) and the riders all brought their favorite Thanksgiving side dish.

One dish, in particular, was a smashing hit and the recipe was asked for by just about everyone that tasted it. We have created this Share Corner to provide riders to share their favorite food from

the rides!

## CORN PUDDING

- 1 stick butter
- 1 can whole corn
- 1 can creamed corn
- 1 box Jiffy Cornbread Mix
- 8 oz sour cream
- Skillet
- Casserole dish

(I prepped mine in a cast iron skillet and simply put the whole skillet in the oven to bake)

Preheat oven to 400. Melt the butter and add the whole corn (drained) and creamed corn. Mix in well over medium heat and then add the sour cream. Mix well then add the box of Jiffy Cornbread mix and stir. Put into a buttered casserole dish and bake 30 minutes.

Mmmm Mmmm Good!

*“What was your favorite ride of 2015? Tell us about your experience!”*

## Finding new members!

How can you encourage your riding buddies to come and try out a CMO ride? Easy! Just ask!

Many times I hear how a new member would have come along much sooner had their friend asked them sooner! You'd be surprised how many of your friends and family that you ride with would actually come if you just ask!

Another way you can help get new riders is to post a seasonal flier with ride dates and locations. with your contact information, at local feed stores and boarding facilities. Make your poster colorful and fun, because that is what this sport is all about! Being colorful ... and having fun.

Lastly, do you Facebook? Take photos during your CMO adventure and post profusely on Facebook. Someone is bound to see your posts and ask about it. Also invite your Facebook friends that ride to come and join you on a CMO adventure. Be clear on dates, times and always be available to answer questions.

## ID Yourself (and your horse)

This story could be you one day. You're out riding and your horse gets spooked by a blowing bag and takes off for parts unknown. You have no

ID on your horse ... and he's found by

a neighbor. The neighbor reports him to the local police who put out a half hearted attempt at visiting local farms. Your horse misses you and no one knows who you are. Road ID makes a wide line of identifications to adorn your bridle, saddle, breast collar, etc as well as most excellent

quality wrist bands for yourself. Be wise and ID yourself and your horse. Because one never knows when a killer attack bag will blow by when you're out riding.



# ASK MUFFIN

*your "Go To" for more information*



Dear Muffin:

It is my understanding that the ride manager has the authority to issue rulings on situations that might occur at their ride and can also make additional rules that apply during a ride that they manage. Is

this correct? And if so, how much authority does the ride manager actually have? **Curious Rider**

Dear Curious Rider!

This is correct! RM's have full authority to rule over situations at their ride and they are able to enact additional rules they may find necessary for their particular ride. The NACMO rules and by-laws are the basis of the sport and are very general so that individual chapters and RM's have leeway to interpret

or change them to fit their circumstances. Most times these changes are due to safety reasons, or to comply with particular park rules, or to address special weather needs.

Whatever the special rules are, they must be presented to all riders attending the ride, preferably in the ride announcement sent out via email or snail mail and again reiterated at the ride briefing before the ride.

*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. Please submit questions for "Ask Muffin" to your state Director, or via email to: askmuffinCMO@gmail.com*

## How To File A PROTEST

O-1 Any protest must first be brought to the attention of the ride management. The RM may initiate an action including reducing points, disqualification, or other remedy as deemed fit. The RM may consult with the State Director for advice and rule clarifications. A rider may protest the action of a RM under this rule, subject to O-2

O-2 All protest sent to NACMO require a \$20 filing fee and must be mailed and postmarked within eight (8) days of the ride. Protests should be sent through the state director of the state where the ride was held. If sending to the state director is not appropriate, protests may be sent to the national board president. The fee will be returned if the protest is upheld.

O-4 Any state may enact additional rules they deem necessary for their areas. Ride Managers may enact additional rules they deem necessary for their specific rides. These rules must be presented to all riders before they begin their ride.

## Classified Ads ... Free!

Meadow Muffin is offering members a venue to place a free ad. Submit a photo and text, include the state, price, details on the item, email contact information and shipping costs.



# CHAPTER STORIES—Kentucky

In November 2014, our leader Marti Caldwell sounded out the call to arms. There was a group of folks in Kentucky who wondered what CMO was all about. Marti offered to put on a demo ride. Several members in the IN/IL Chapter made plans and set a date at Taylorsville Lake State Park (KY). Mother Nature played a joke and sent a Polar Vortex to greet the demo riders. It was cold on Friday when they unloaded their horses. A bonfire and extra layers of clothes were called for.



Saturday morning arrived with more cold and no sunshine. The fire and coffee were started and they waited for the KY riders to arrive. Although many people cancelled due to the bitter cold, some brave riders did show up and the demo ride was on! At the first plate, the NACMO members demonstrated how to find a plate and let the demo riders try their hand at compass reading. BY the third plate the demo riders were working alone and having a lot of fun. MISSION ACCOMPLISHED! The day ended with lots of smiles. None of the Saturday riders wanted to camp, due to the frigid temperatures and the NACMO riders were concerned they would not have any riders for Sunday.

Sunday brought more cold and more curious riders! The sun peeked out during the day and the cold didn't seem as bad. The NACMO riders encountered the same enthusiasm with Sunday's demo rider group as they did on Saturday. And many people that were supposed to come didn't due to the temperatures. With such an overwhelming number of people interested in being part of NACMO, the Kentucky Chapter was formed—despite Mother Nature!

**“Contact your local Chapter Director and ask how YOU can manage a NACMO ride. It’s easy, fun and very rewarding—plus your Chapter members will love you for giving them a new ride venue!”**



## BOARD MEMBER PROFILE

*NACMO - WI State Director, Lisa Kaiser*

I was introduced to the sport through my office receptionist, Jacque Overholt. I knew that she was into horses as was I. She would tell me about the competitions that she would do that were more than just trail riding. This intrigued me as it was on the competitive side which I have a tendency to be. Jacque actually was able to help me find “my first real horse” Copper. She introduced me to the group in 1994. I have been very active since that time and am grateful for her sharing that with me. Jacque was the Wisconsin Chapter president for a period of time before she moved to Illinois. Professionally I have been a chiropractor for 26 years working in the home town but I grew up in. I have had the opportunity to own 3 clinics and currently am working 3-1/2 days per week and a slight semi-retired state.

I have 4 wonderful kids. 3 girls and one boy. They are all adults and currently with significant others however there are no marriages yet or grandchildren, but I

am looking forward to that. Samantha is 28, Sarah is 26, Casey is 22 and Allison is 21. My grandchildren currently consist of one dog and five cats. The 2 oldest girls live in the Duluth area and the 2 younger children are close to home. We have 4 horses consisting of Copper who is going to be 33 years old in May and is a registered quarter horse. Skeeter is a half arab/half quarter and is 20. Nizzon is a gray arab and is 16 and then Winston who is a mix of something but mainly thoroughbred and my estimation of age is 8. He was a rescue horse. In reference to board activities, I do enjoy working on board as I have been with the school board system for 12 years. I do enjoy the process associated with board activity and do understand protocols. In reference to the NACMO board activity I am glad to be able to help promote our sport as best I can. Even though there is not a significant amount of activity with the board itself, the ability to engage people and try to excite them about our sport and how fun it can be whether you choose to go slow or fast. I always tell people that the MN/WI group is

my extended family and we truly get along well and enjoy each other's company around the campfire and pot lucks. If I am not at work, I do enjoy remodeling jobs, building things and fixing things that need to be taken care of. I have initials and a name (WB) given to me by the CMO group in reference to all the things that I performed, fix, make etc.. I can be an electrician, carpenter, landscaper, fire tender [according to the CMO group, they missed my fires when I'm not there]. The thing that I could not give up is the ability to find projects or things to do that demonstrate progress and forward motion in life. I thoroughly enjoy starting with something, no matter what it is, be it physical, emotional or mental and trying to get it to its absolute potential.