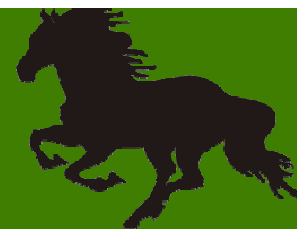


MEADOW MUFFIN



MEADOW MUFFIN
NOVEMBER 1, 2018

SPECIAL POINTS OF INTEREST:

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



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NACMO 2018

Chapter	Number of Members		
	2016	2017	2018
INIL	82	78	77
MNWI	85	60	65
NJNY	32	33	33
MI	69	67	70
WA	128	115	112
IDWA	28	20	15
KY	13	2	2
Total	437	375	374

THIS MONTH let us take the time to reflect on this past year. NACMO has had many new ride managers and new rides throughout the region.

GROWTH was our goal for 2018. Bringing in new members, participating as a ride manager, and attending events around our areas in which we can present NACMO to equestrians.

While we didn't see growth, we also didn't see any loss from 2017, to 2018. We want to continue to expose our sport to

as many horse enthusiasts as we can to continue to grow current chapters and add new chapters. Placing flyers at local feed stores and on bulletin boards of Agway, Tractor Supply and other like minded agricultural stores is a great way to advertise an upcoming ride or clinic.

Here in the Northeast part of the country, you may be aware that we have been under a deluge of rain. In my county, we are over 70" inches of rain since January 1st. What this equated to was a loss of several rides being cancelled due to trails that were destroyed, or weather that was not conducive to competing or a loss of permits because the trail managers didn't want us to add to the stress on the trails due to the weather. We wanted to have 10 rides this year ... and will barely manage to get 6 rides in by year end.

Chapter	Number of Rides/Entries		
	2016	2017	2018
INIL	20/439	26/480	19/344
MNWI	20/315	14/242	14/223
NJNY	9/144	10/118	6/56
MI	18/474	22/544	20/514
WA	26/765	27/707	26/688
IDWA	5/92	5/78	5/71
Total	98/2229	104/2169	90/1896

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 2018

PA-NJ-NY saw a new ride with a new ride manager this year.
THANK YOU Andrea DeVoe.

Dodie's Disasters — by Dodie Sable

Well, I have to admit that my first year as a regional manager for the NJ-PA-NY Region wasn't as glamorous as expected...

Let's start with the weather in the NE section of the country. We have experienced double the rainfall as our average. This resulted in cancelled rides, trails being shut down due to storm damage, loss of riding time due to 28 days out of 30 being rain rain rain.

We lost a couple members due to several factors. We were sad they did not renew and I have kept them in the loop on our chapter's news updates in case they would choose to come back at some later date.

March's ride, cancelled due to a large snow storm. It laid 9 inches of snow over night and covered up all the objectives. We considered having a "Find Elmo ride."

April's ride, cancelled due to a five day rain deluge. The total storm put down 11 inches of rain and the flooding was remarkable.

May's ride was beautiful weather and we had several new people join us to try out the sport. Our mentoring program kicked in and we all had a delightful ride.

June's ride—went well! And we gained two new teams and seven new members to our region. We hoped that our crazy weather was finished for the season.

July's ride, by a new manager, started well but a severe thunderstorm with a potential tornado ripped through the park cutting the ride short. Only one team managed to get all the objectives and get back to the trailers before the sky opened up. Another team got lost on trail when the rain started and they ended up drenched and more than a little frightened. Fortunately, no rider ended up saying "We're not in Kansas anymore"

August's ride was cancelled by the park rangers two weeks before the ride as the trails had sustained a tremendous amount of rain runoff damage. That was a real shame as it was to be our first ever camp over two day ride in New York State.

(Have I mentioned that we have had a lot of rain???? In August, 28 days out of 31 days, it rained in our region.)

September's riders started out in the rain but finished the day with partly sunny skies. The turnout, however, was very low due to the weather. Several riders stated they hesitated to come out and ride on water logged trails, so as not to create even more damage. Kudo's to them for preserving our local trail systems.

October's ride (the original ride) was cancelled due to the park rangers stating the trails were too damaged. So another manager stepped up to hold an secondary October ride and it was a total washout. The day before that ride we had 6.5 inches of rain. No October ride because we didn't have floaties big enough for the horses.

November (we are holding our breath). One of our seasoned ride managers is prepared to put on the ride no matter what .. Rain, snow, sleet, tornado, tsunami, hurricane, cyclone ... she's ready! And we riders have since found floaties for our horses!

As for my December ride, I have asked the park permission to hold it every weekend (chuckle) ... so we have weather "rain-dates" ... just in case. Of course, now that I put this into print, we will get a blizzard on December 1st that lasts until December 31st and puts 19 feet of snow on the ground. I'm hoping our riders have sleds big enough for their horses.

Okay, we did lose a couple members, but we also gained some new members. I am still learning how to manage the paperwork for the rides and not drive Marti crazy with all my questions. And, I am holding my own with being a good ambassador for the sport. I have reached out to all our members and asked for their feedback, the good, the bad and the ugly so I can do what makes them the happiest.

Hmm, I guess it really wasn't as bad as all that, my first year as a director. I am looking forward to another year serving my region in 2019 and am crossing my fingers that it will be a better one (without floaties).

"RIDE MANAGERS!"

Please submit
your ride stories
so that we may
share your
experiences"

HOW DO I ?????

I want to be a ride manager and give back to my region. What do I need to do?

Easy peasy!

- 1) Use a trail system that you know best.
- 2) Choose a date, reach out to your regional director for help in choosing a date.
- 3) Reach out to the park managers for permission (in some areas, there is a fee to hold an event and a special permit is required)
- 4) File a sanctioning form with your regional director. (Found on the NACMO website)
- 5) ADVERTISE! Put it out on Facebook, put up flyers in local

- 6) Choose a "theme" for your ride. This is not a requirement, but does make it more fun for the riders!
- 7) Prepare your plates. You have ridden the rides, you know how to make a plate!!!
- 8) Make your map. Remember, the more detail you have on your map, the easier it is for your riders to find their way around and enjoy themselves. Not everyone knows you have to turn left at the crooked tree or you end up in a farmer's field.
- 9) Set out your course well in advance. I like to ride mine two weeks in a row, making sure that

everything I have on the map is still on the trail.

- 10) HAVE FUN!
- 11) During the ride there is a form to track riders times out and back in. If it seems confusing, reach out to your regional director for assistance in understanding how that form works for you.
- 12) After the ride there will be some forms to complete and submit to NACMO. Each region has different forms for the local chapter clubs, reach out to your regional director for assistance.
- 13) HAVE FUN!



What kind of horse do I need ...

Funny ... I usually respond, "One with four legs."

CMO is like any other equine sport, you and your horse need a partnership. Any horse, mule, pony or donkey can compete in CMO events, but they need to understand their job.

Training a horse for overnight camping should start at home, not a first time event for the horse. If you will be using a portable corral for over night containment, then teach him

how to sleep in it at home. If you'll be using an electric tape fence, teach him at home. If you'll be using a high-tie on your trailer. (Say it with me...teach him at home.)

As for his job on trail. Keep in mind that you will be riding along then suddenly stopping to check your compass and mill around looking for an objective. He/she may not understand this at first. When you are out doing a normal trail ride, make frequent stops and poke around in the woods to get

your horse accustomed to doing that at an event.

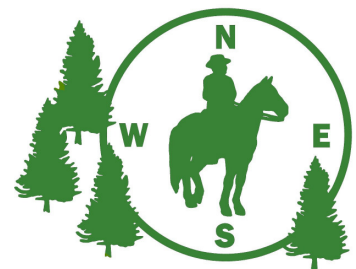
As for your job, keep your equine well hydrated during the event and allow him/her the opportunity to graze while out on trail so the tummy stays full and the horse stays content.

ANY HORSE!

"Being a ride manager is rewarding (as well as scary) and full of adventure!"

New Regions upcoming in 2018...

We're hoping to see a new chapter get started in TN. Stay tuned for more exciting news from that area of the country.





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

NEW CHAPTER STARTING!

Some stories from members...

ROXIE. I meant to tell you I really enjoyed reading the Meadow Muffin, you're doing a fine job. My friend, Cecelia and I were the first members of the IN/IL chapter. I had called Marti about a horse trailer she had for sale, they had just moved here from MN. So before we hung up, she says, "Do I know anyone that might be interested in CMO" and bingo, we've been doing it ever since. We had actually been talking about it that winter but it hadn't gotten established here yet, talk about a coincidence! So I tell

everyone, that Cecelia and I are charter members, lol, but to be honest I had a husband and wife team from my other club ride at the first one ever, so they too have been in it since the very first ride. John and Kathy Haas, Cecelia Wozniak and Roxie Bank. Our first official ride was at the Kankakee River State park and it was cold and raining... ugh, what a day. Maybe Marti or I can write a little about that first ride for the Meadow Muffin. I know Cecelia and I sure have a lot to tell. We have changed

our team name several times during the years to fit the circumstances, We started out as the Draught Busters, because it poured rain everywhere we went, then we went to Sunshine Girls for a little while, then we became Gallopin Grannies, that didn't last because we ended up with C's daughter and granddaughters on the team and didn't want to be known as Grannies. So on a trip to Eminence a girl called Me and Cecelia "The Wild Mares" so that's now our name for the last few years. LOL, Don't figure on changing anymore.

TANYA—regarding a new chapter to be started.

The Intro Clinic/Demo Ride will be Saturday, December 1st at Crossroads Natural Horsemanship in Nolensville, TN. Located on over 70 acres in the heart of middle Tennessee, Crossroads Ranch has 4 miles of scenic riding trails with creeks and ponds, a large riding arena, obstacle courses, training

pens and more.

Owner Josh Guin is a widely respected trainer who also teaches trail and survival skills and regularly organizes horse camping events.

The event will begin with instruction how rides are organized, what riders can expect, and a little training with a compass if necessary. Lunch will be provided, so participants

can relax and enjoy getting to know each other. After lunch, participants will have the opportunity to experience a short demonstration ride.

MICHELLE: I was looking for something to do with my horse that didn't involve a ton of expensive clothes, or special saddles, or anything crazy. I saw a flyer at my local tack shop for a CMO ride and I tore off the little tab with the number on it. A couple months later, I found that little tab in my car. I was getting quite bored with my local trails system so I called the number. While that particular

ride was over and done with, I was invited to join in another ride. She even offered to pick me and my horse up in her trailer and help me with learning to camp for the weekend. I have the absolute best time and can't wait to for the next ride. I now know I need to buy a good rain coat and water proof boots, but other than that and a good quality compass, I already had everything I needed to be a

CMO competitor. I can honestly say this is going to be like Christmas every month!

More stories from members ...

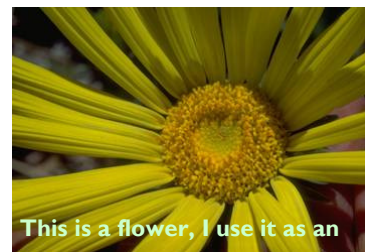
STEVE: Thank you so much for inviting me to ride at the NACMO event. I found that I enjoyed it very much, especially when I actually found an objective on my own. I did learn, however, that my saddle is not as comfortable as I thought it would be over the 18 mile ride and it's time to go shopping for a better one. I also found that jeans in a western saddle make terrible rub marks on my thighs. I saw all you wearing these neat looking riding pants and I wonder if you can share with me where I can find a pair for

myself. Lastly, my horse loved loved loved riding all day in a group. We did a lot more than we normally do and he handled it very well. I cannot wait for the next ride (after I find a saddle)

*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



Camp Fire Potatoes

Four russet potatoes
Jar of Ranch Dressing
Extra crispy bacon, or
bacon bits
Chopped onions
Garlic
Salt/pepper

Use aluminum foil,
doubled, to make a bag.
Slice potatoes into the

bag, add onions, garlic, salt and pepper. Seal bag and throw into the camp fire for an hour. (Use hot pads or a tong) Remove bag from the fire and open. (Watch out for the steam). Add ranch dressing and ready to serve. Simple and easy.

*“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 or TUNA CASSEROLE IN A SKILLET

Pre diced chicken breast (or large
can of tuna)
Egg noodles
Can of mushroom soup
Shredded or grated parmesan
cheese
(add peas and/or shredded
carrots for color and texture)

In your skillet, boil the noodles

until not quite done. Drain and
add diced chicken (or can of
tuna). Stir in can of soup, adding
only 1/2 can of water to the mix.
Stir and heat. Add parmesan
cheese and VOILA! Dinner is
served.



QUICK AND EASY STIR FRY



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

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

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

ASK MUFFIN

your “Go To” for more information



Dear Muffin:

I wanted to know if I can leave my current team and start a new team and how will that affect any rides I already did this season.

Dear JUMPER:

Switching teams is totally allowed and will not affect the team standings, of the team you left, nor the team you join. If you are starting a new team, their points will be earned going forward, you cannot transfer rides you already did with another team. Your own personal points will not be affected at all. Keep in mind that a team is two to six riders so if the team you are leaving does not have the minimum number of people, any

future rides will not be counted towards the team points.

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.

Team Jumper

(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 ... free for the members



Please submit ads with photos, contact information, price and quantity.

Cleaning out the tack room? Make a list and send it to Meadow Muffin.



\$50, rain winter 72"

I have several winter blankets for sale, priced \$50 or under. Contact me via email for photos and sizes. dodie@newpromisefarms.com

Looking for something? Send a request and we'll post it for you.

Do you know your local regional members? Have you visited their Facebook Page? At this time, all the chapters now have an official Facebook page. Go join and stay current with your local members!