

COOKING LAKE SADDLE CLUB

c/o Rita Power

RR #1 Thorsby AB T0C 2P0

NEWSLETTER WINTER 2018

CLUB GENERAL MEETINGS

Second Monday of each month
(if second Monday is a holiday,
meeting is Tuesday instead)
October through May
7:00 pm at Looma Community
Hall
Visitors welcome

2017 EXECUTIVE

PRESIDENT

Tamara Turgeon 780.221.3028
tturgeon@hotmail.com

PAST PRESIDENT

Barbara Few 780-434-2000
mbfew@planet.eon.net

SECRETARY

Mackenzie Thomas

VICE PRESIDENT

Elana Yule 780.292.2472
elana.yule@hotmail.com

TREASURER

Rita Power 780.720-4341
doodledogs@hotmail.com

MEMBERSHIP

Denise Flower 780.991.8944
deniseflower@xplornet.com

SOCIAL CONVENER

Loretta Martin 780.464.0447

DIRECTORS AT LARGE

Maureen Church 780.986.6291
moec341@hotmail.com
Angie Purves 587.784.7628
ranchpf@yahoo.ca
Jill Donaldson 780.887.1180
jillbillyz3@gmail.com

Executive meetings are usually held
the 3rd Monday of each month.

Any member is welcome to attend.

Call Tamara Turgeon for time,
location and protocol.

Newsletters will only be delivered via e-mail.
Please make sure we have your correct e-mail
address. They will also be posted online.

MEMBERSHIP

CLSC is a non-profit organization
open to all rider disciplines and
breeds of horses.

Memberships are good from the
date obtained to December 31.

In order to be a member, you
MUST also have a current AEF
Membership AEF membership
not required for members who
do not ride.

www.albertaequestrian.com

For insurance purposes, a valid
CLSC membership is required to
participate in trail rides, horse
shows and other CLSC sponsored
events. Guests are welcome.

Membership forms are available at
www.cookinglakesaddleclub.ca
or contact Rita Power at the
above address; 780.720.4341 or
doodledogs@hotmail.com



UPCOMING CLSC EVENTS

Remember to attend a meeting or find a
sponsor to be eligible for year end high point
awards

MARCH 12, 2018 – LOOMA HALL

Equine Body Language with Linda Finstad
Many of you already know Linda as the
photographer from many of the shows.

APRIL 9, 2018 – LOOMA HALL

TACK SALE and talk on Show prep for riders
and families.

MAY 13, 2018 – FULTONVALE ARENA

Show #1 – Invite some friends to come check
out part of the day.

JUNE 17, 2018 – FULTONVALE ARENA

Show #2

JULY 28 – 29, 2018 – FULTONVALE ARENA

CANADIAN COWBOY CHALLENGE

Set up and CLSC members only play on the
28th. Competition on the 29th. Come
help/watch and drag along some friends.

LOOKING FOR A SHOW COMMITTEE and volunteers for the shows.

We are removing the Hunter Hack class in
order to add a Walk/Trot Over 16 division.

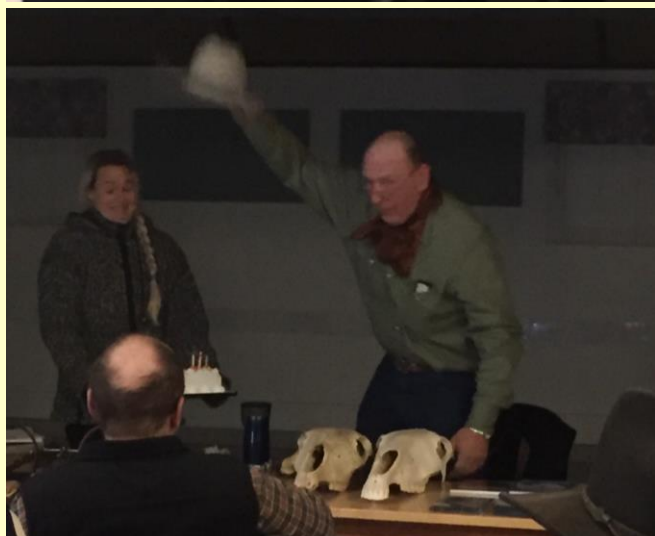
We are always looking for speaker/clinic ideas.
Please contact someone on the executive if
you or someone you know would like to share
anything with our club.

WHAT WOULD YOU LIKE TO DO?

Let us know!



BOWLING WAS FUN!!!



Ken showed us his way to blow out birthday candles

BEEN THERE DONE THAT

MARCH 4, 2017 – TRAIL RIDE

Blackfoot – Waskahegan staging area
Ride out at 11 am. Bring a bag lunch.
Cancelled due to bad weather.

MARCH 13, 2017 – LOOMA HALL

Country Heat fitness and rhythm for riders. You need to have rhythm to ride well. Check this out.

APRIL 10, 2017 – LOOMA HALL

Visit from the Brain Trauma Centre

MAY 8, 2017 – LOOMA HALL

Show etiquette – frequently also applies to Trail riding.

MAY 19, 2017 HORSE CREEK RANCH

Contact Barb Few 780-434-2000

JUNE 4, 2017 – FULTONVALE ARENA

Open Show

JUNE 18, 2017 – FULTONVALE ARENA

Show rainout day

JULY 16, 2017 – FULTONVALE ARENA

Open Show – please pre-register

JULY 30, 2017 – FULTONVALE ARENA

No volunteers came forward to organize a games day.

SEPTEMBER 16, 2017 – FULTONVALE ARENA

Open Show

SEPTEMBER 24, 2017 – MINISTIK SANCTUARY

STARS FUNDRAISING RIDE

OCTOBER 10, 2017 – LOOMA HALL

Evidence Based Horsemanship – Physiology and Psychology of the horse.

OCTOBER 28, 2017 – LOOMA HALL

Hallowe'en Dance - cancelled due to lack of RSVP

NOVEMBER 13, 2017 – LOOMA HALL

Canadian Cowboy Challenge – come see what it is all about.

DECEMBER 9, 2017 – LOOMA HALL

Christmas Potluck, SILENT AUCTION and Awards night – YES it was not the second Monday

The Silent Auction raised over \$400 – THANK YOU TO ALL THE DONORS and HAPPY PURCHASERS!!!!

JANUARY 2018 – LOOMA HALL

Annual General Meeting with elections

PIZZA was served after the meeting and everyone at the meeting who had paid for their 2018 membership was entered for a draw to win back their membership fee for the year.

FEBRUARY 3, 2018 – BOWLING NIGHT

Contact Loretta Martin 780.464.0447

FEBRUARY 12, 2018 – LOOMA HALL

Horsemanship – Ken Schmuland

SILENT AUCTION AND DANCE

March 17, 2018 - Hosted by LOOMA LIGHTS 4H

This is one of their major fundraisers and is a fun evening with lots of GOOD DEALS

See Loretta Martin 780-464-0447

Cooking Lake Saddle Club Meeting Minutes

January 8, 2018

Meeting called to order by Tamara Turgeon at 7:35 pm.

1. Additions to the Agenda

- 1.1. There were no additions to the agenda.

2. Reports

- 2.1. Rita Power reported that the account currently has a balance of \$9,129.17. Rita makes a motion that the balance be accepted, seconded by Loretta Martin.
- 2.2. Mackenzie Thomas moves that her meeting minutes be adopted as printed in the newsletter, seconded by Barb Few.

3. Old Business

- 3.1. ATRA is hosting a Large Animal Emergency Rescue Clinic on February 17 & 18 at Paint's Plus.
 - 3.1.1. The clinician will also be speaking about Large Animal Emergency Rescue at the ATRA meeting on February 15.
- 3.2. Membership cards will be given out at the February meeting.

4. New Business

- 4.1. Bowling Night
 - 4.1.1. 6:00 pm on Feb. 3 @ the Sherwood Park bowling lanes
 - 4.1.2. Pizza will be provided afterwards
 - 4.1.3. There will be prizes!
 - 4.1.4. Will need to R.S.V.P. to attend
- 4.2. Horse Shows
 - 4.2.1. Horse shows are booked for May 13, June 17, and Sept. 15.
 - 4.2.2. July 15 is a rain out date
 - 4.2.2.1. If not used as a rain out, can be used for a fun gymkhana day.
 - 4.2.3. Looma Lights will run the June 17 concession and Rafter Ruff Ryderz will run the May and September concessions.
 - 4.2.4. We will be looking into different options for buying ribbons, including offering to pay people at the end of the show day \$1/ribbon.
 - 4.2.5. If we don't get volunteers than we may have to start paying people to help out, especially with gymkhana set up.
- 4.3. Canadian Cowboy Challenge
 - 4.3.1. July 28 and 29, 2018 at Fultonvale Arena
 - 4.3.2. Set up in the morning of the 28th and have a play day in the afternoon.
 - 4.3.3. Competition will be held on the 29th
 - 4.3.3.1. Must have a Canadian Cowboy Challenge membership to compete.
- 4.4. May Long Trail Ride
 - 4.4.1. Looking into various venues.
 - 4.4.2. Consider co-hosting with ATRA again this year.
 - 4.4.3. Please bring ideas to the February meeting!
- 4.5. Equine Wellness Getaway at Birch Bay Ranch - March 24 & 25
 - 4.5.1. There will be vendors, clinicians, massage, yoga, etc.
 - 4.5.2. There are various packages, including just auditing the clinics.

Cooking Lake Saddle Club Meeting Minutes

January 8, 2018 continued

- 4.5.3. Email ashleyrose0916@gmail.com for more information.
- 4.6. 2018 Executive
 - 4.6.1.1. Tamara Turgeon is willing to stay on for another two year term as President.
 - 4.6.1.2. Elana Yule is willing to do a one year term as Vice-President.
 - 4.6.1.3. Rita Power is willing to stay on for another term as Treasurer.
 - 4.6.1.4. Mackenzie Thomas is going to continue her two year term as Secretary.
 - 4.6.1.5. Denise Flower will continue as the Membership Coordinator.
 - 4.6.1.6. Loretta Martin will continue as Social Convener.
 - 4.6.1.7. Alex Purves, Angela Purves, Mareen Church, and Jill Donaldson will serve as Directors at Large.
- 4.6.2. Barb Few moves that the executive be accepted as presented. Seconded by Maureen Church.
- 4.6.3. We will look at starting a horse show committee for this year - will be discussed at the February meeting.
- 4.7. Maureen Church is willing to audit again this year.
- 4.8. Maureen Church drew the name for the free membership draw. Maureen Church is the winner.
- 4.8.1. Anyone who renews by March 31, will be entered into the second draw at the April meeting.
- 4.9. Remember to renew both your AEF and CLSC memberships!
- 4.10. Upcoming Events
 - 4.10.1. February 3 - Bowling Night - Please R.S.V.P.!
 - 4.10.2. February 12 - Club Meeting (Speaker: Ken Schmuland on Foundational Horsemanship and Bit Mechanics)
 - 4.10.3. March 12 - Club Meeting (Speaker: Linda Finstad)
 - 4.10.4. March 17 - Looma Lights Silent Auction and Dance
 - 4.10.5. April 9 - Club Meeting (Topic: Show Info. & Tack Sale)

Meeting adjourned at 8:15 pm.

Next meeting is February 12, 2018.

NO OFFICIAL MINUTES FOR THE FEBRUARY MEETING AS IT WAS VERY SHORT

We briefly confirmed the events coming up for the next few months before breaking to celebrate with Birthday cake and then have a Horsemanship discussion with Ken. Highlights below in Equine Insights and PowerPoint slides will be included with the Newsletter email.


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DID YOU KNOW?

Canadians consume several hundred millions of litres of motor oil every year.

Over 2 Million Litres & Counting

Since 1995 Kwik Lube has poured over 2 million litres of motor oil, changed more than 400,000 oil filters and served up (and consumed) over 65,000 cups of coffee.

Wonder how many times we've bumped our noggins down below...

Why Mobil?

Mobil isn't the ONLY product we offer, it just happens to be the one we feel is best for our customers. Because we're not tied to some franchise business model we're free to make choices like these without the influence of big ticket volumes and pressures. Just one more reason to shop local.

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Photos



RAFTER DIAMOND K LIVESTOCK

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Ken Schmuland with quarter horse gelding Storm Sundancer

Demonstrating the partnership that can be developed with your horse when you take a few minutes to establish that connection with just a bit of groundwork whenever you and your horse are together



Kerri-Lee Schmuland with Canadian Pinto Supreme

CREATING QUALITY HORSES WITH QUALITY MINDS

We will work with you to create one of your own, or you can purchase one we have already started.

HELPING YOU TO UNDERSTAND WHY

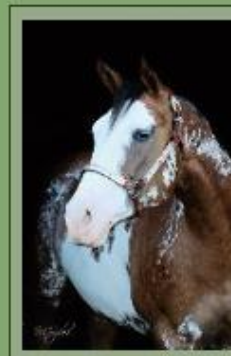
- ▶ why does knowing why even matter
- ▶ why is my horse heavy on the forehead
- ▶ why does my horse pull/chew on the bit
- ▶ why won't my horse stand still when I mount
- ▶ why is it important to know what his feet are doing
- ▶ why work at the walk can improve movement at the lope/canter
- ▶ why does how I dance make a difference to my horse
- ▶ and lots more

FEEL, TIMING, BALANCE AND RHYTHM

Only time and experience with horses can help you be your best, but we can help you understand the meaning of these 4 critical words and how they will help you to create a horse that is soft, willing to please and happy to perform with you.

SERVICES WE OFFER:

- ▶ Horse boarding - short or long term
- ▶ Horse training, colt starting
- ▶ Problem horse assistance, remedial re-training
- ▶ Coaching, lessons



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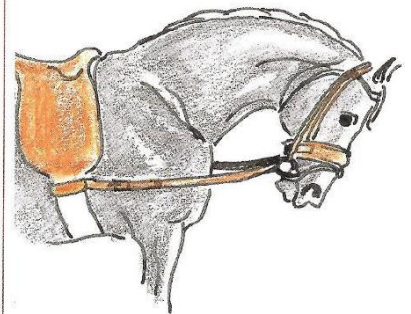
Our website is under re-construction, so you will

EQUINE INSIGHTS: HORSEMANSHIP by Ken Schmuland

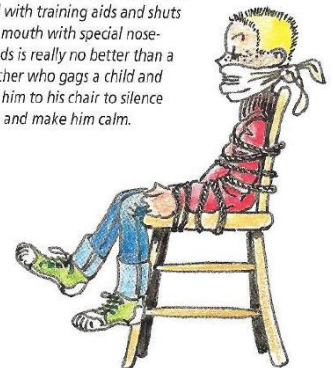
- The ability to listen to your horse and understand his needs;
- To be able to give him those needs so that he become respectful which then turns into trust;
- To be able to give him the ability to think and not be fearful when new things come up;
- He looks to me for support because I have told him I will never let anything bad happen to him when he is with me;
- I will allow him the time to hunt and search for the answer to my questions;
- I will allow him to make mistakes so he can learn from his mistakes;
- He understands he is accountable for his decisions in a way that he learns from;
- I give him the “best deal” to move his feet – and then I do whatever I have to - to get him to move his feet;
- What I have to do for one horse is different than what I have to do for another horse;
- The experiences I expose him to might lead him to be fearful in the beginning - I allow him to work through his fears so he comes out with a good experience;
- With those good experiences his awareness and judgement becomes elevated.

Horsemanship is not about the tack you use - or the clothes you wear

- It is about the respect you have for your horse and his needs
- It is about the respect and trust your horse develops in you as you become a better rider
- Amateurs practice until they can do it right
Professionals practice until they can't do it wrong
- The basic foundation applies to every horse, every breed, every discipline



A rider who forces flexion of the poll with training aids and shuts the mouth with special nose-bands is really no better than a teacher who gags a child and ties him to his chair to silence him and make him calm.



CLSC VERSATILITY PROGRAM

STARTED OCTOBER 1, 2017 – COME TO A MEETING TO FIND OUT MORE

GOES TO SEPTEMBER 30 each year with each years' successes celebrated at the Christmas Potluck

You can download a pdf copy of this form from the website and it should also be available on Facebook

If you like to create tables or spreadsheets, feel free to create your own that looks like this.

CLSC Versatillity Program

Participants Name:
Membership Number:

Email:
Phone:

Year Submitting:
Clothing Size

[illegible]

* Only actual trail ride miles to be recorded, not miles covered in an arena

Divisions

1 - Driving	5
2 - Clinics with Horse	10
3 - Trail Rides	5
4 - Parades	10
5 - Club/Breed Promotional Events	5
6 - Rodeo Events (participant)	5
7 - 3 Day Eventing	10
8 - Horse Shows	10
9 - Gymkhana Events	5
10 - Ski Joring	5
11 - Lessons (teaching or taking)	2
12 - Free Rides	2
13 - Ground Work with Horse	2
14 - Club Meetings	2
15 - Spectating Equine Events	2

(hours not eligible for spectating)

Versatility Points Awards

Certificate	150
Bronze	300
Silver	500
Gold	700
Platinum	1400

Miles Awards

Certificate	300
Bronze	500
Silver	1000
Gold	2000
Platinum	4000

Hours Awards

Patch & Pin	50
Key-Chain	100
Body Brush	200
Mug/Glass	400
Water Bottle	800
Halter	1600
Horse Cooler	3200
Jacket	4000

Welcome to the Canadian Cowboy Challenge!

Proudly Canadian - Proudly Your National Association

The Canadian Cowboy Challenge is founded on the horsemanship and camaraderie found in ranch-based activities and trail riding. Riders demonstrate their skills and those of their horse as they undertake a series of obstacles. All the while having a great time!

Our mission statement: To support a safe and encouraging environment where riders can develop a soft feel, fluid movement, speed and courage along with a willingness to move forward in a true partnership between horse and rider.

A Sport for the Whole Family: With divisions for all ages and every skill level of rider and horse, you can bring your whole family out to ride or cheer each other on!



Alberta Equestrian Federation

Dec 4 at 9:20am • 🌐

Ever thought about taking an online course? Winter is the perfect time to try out a short course! Info:
<https://thehorseportal.ca/partner/aef/>

SHORT ONLINE COURSES Winter 2018

- **Gut Health & Colic Prevention**
Jan 22 – Feb 11
- **Sickness Prevention in Horses**
Feb 19 – Mar 11
- **Horse Behaviour & Safety (Adult)**
Mar 26 – Apr 13
- **Horse Behaviour & Safety (Youth)**

CLASSIFIED ADS

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For members only

Contact Kerri-Lee at horses@rafterdiamondk.com



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Kerri-Lee or Ken at 780.449.0749 – www.rafterdiamondk.com

Any members' horses or tack for sale out there? Let me know so I can post it here.

OTHER EVENTS OR HAPPENINGS

THE ALBERTA TRAIL RIDING ASSOCIATION (ATRA)

Meets at 7 PM on the 3rd Thursday of each month

LOCATION: Kirk United Church, 13535-122 Avenue, Edmonton

STRATHCONA ALL BREED HORSE ASSOCIATION (SAHA)

Meets at Ardrossan Community Hall the first Thursday of every month except July and August.

SAHA Mothers' Day Show on Saturday the day before Mother's Day – Fultonvale Arena

If you know of another equine event you believe would be of interest to CLSC members, please send Kerri-Lee an e-mail at horses@rafterdiamondk.com

RECOMMENDED READING/VIEWING

Eclectic Horseman Magazine

Excellent articles for all disciplines from such authors as Dr. Deb Bennett, Wendy Murdoch, Martin Black, Tom Moates, Gwynne Turnbull Weaver and many others.

eclectic-horseman.com

If you have read or seen something horse related that you think other CLSC members would appreciate, please send Kerri-Lee an e-mail at horses@rafterdiamondk.com

**Thanks for Reading – Feedback and comments always appreciated.
See you at the next meeting.**