



Your Outdoor Experience in the Heart of the Ozarks & Mark Twain National Forest

Volume 2, Issue 5
May 2014

MAY 2014 NEWSLETTER

HC 64 Box 6015
West Plains, MO 65775

Greetings from Flying R Ranch

Welcome!

The Road to the Buckle: Our First Flying R Ranch Trail Challenge Competition weekend was very enjoyable for all of the participants. The next weekend competitions are coming up in July and August, so send in your registration. Due to demand there will be make up days scheduled for June 21st and July 26th, if you couldn't make it for any of the other scheduled days you can still participate for points toward the Championship Buckles. These will be points only days and we need participants to register at least a week ahead of time for scheduling purposes.

This month started out with the Chuck Wagon Cookout at Cane Bottom Hole, yummy Reuben Bratwursts, all the fixin's, sunshine and a dip in the river! A perfect Day!

We hope to see you soon!

Terry & Pam Carroll

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*Gourmet Meal Packages
Open Year Round
Miles and Miles of Trails*



Riding at the Flying R Ranch is always open riding, even on event weekends.
OPEN 365 DAYS A YEAR!

CHUCKWAGON WEEKEND

Beautiful weather, a cookout on the trail, relaxing float trips, an impromptu swim in the river, miles and miles of riding, music and lot's of dancing, wonderful food and company. One of the best weekends yet at the Flying R! Come join us and be part of the fun!



The Gaits of the Missouri Fox Trotter

Although the Missouri Fox Trotting Horse is capable of doing many different gaits, there are three distinct gaits that are considered the standard gaits for the breed:

The Flat Foot Walk

A true flat foot walk is a four-beat gait in which each foot is picked up and set down in an even cadence. The rear end movement should be smooth and close to the ground without any snap or pop. Each stride should reach forward and slide in as it is set down, over striding the track of the front foot. The head shake is in time with its rear feet and should be smooth. The tail should sit still and flow.

The Fox Trot

The fox trot is a broken diagonal gait with a distinctive rhythm that is created by a horse moving its front foot a split second before its opposite rear foot. The fox trot is a smooth gait because the horse is in contact with the ground at all times. A horse that is fox trotting correctly will never have more than two feet off the ground at any given time. On both the front and back ends, the horse will sit one foot down as it picks the other foot up and for a moment both feet will be touching the ground. The exceptional rhythm of the fox trotting horse begins at the tip of the nose with the characteristic headshake and continues back through the ripple of the tail. Old timers often describe the rhythm as “a hunk of meat and two potatoes.” While a strange saying, when said the saying has the rhythm of the gait. The diagonal nature of the gait is also what makes the Fox Trotter extremely sure-footed.

The Canter

The canter is a broken, three-beat gait, and should be performed with collection. The horse should be relaxed and under control, should not crossfire, and should be in the correct lead. In the canter, the outside rear foot hits the ground first, the inside rear and the outside front foot hits last. This produces the broken three-beat cadence. Because of the rocking motion of the canter, the saddle should move smoothly without surging and bouncing. This rocking chair canter allows the horse to have a showy head movement as the head is used as a counter balance to the broken gait. The head will reach its highest point when the outside rear foot hits the ground, and its lowest point when the inside front foot hits the ground. The horse gathers itself on the off-beat and takes another step. The speed of the canter should be near that of the flat foot walk.



~the Monthly HOOT~

Three cowboys of the world are sitting around camp talking about how tough they were and the tales kept getting bigger and bigger. The cowboy from Australia says, “I wrestled a 200 pound crocodile and made it cry like a baby.” The Cowboy from Brazil shakes his head and says, “I killed a 400 pound steer with my bare hands.” The Cowboy from Texas just smiled and kept stirring the campfire with his leg.

UPCOMING EVENTS



Information for everyone:

Riding at the Flying R Ranch is always open riding, even on event weekends.

When we have event weekends the participation is voluntary, our trails are always open to everyone wanting to ride.

None of our rides are “organized”, you may join in the activities or ride with a group or on your own.

Come and see us, you’ll be glad you did!

Memorial Day Poker Run Weekend

There will be music and dancing in the lodge on Friday and Saturday nights. Enter the Poker Run Trail Ride beginning at 9:00am Saturday morning and search the trails for playing cards. The winners will be the riders with the best four poker hands. Get your team together on Saturday afternoon and join in the Dutch Oven Dessert Cook Off. Each team of cooks will prepare a dessert with provided ingredients. The judges will vote for the best desserts and the winners they choose will be announced at dinner, prizes will be given for participation and winners. Saturday night Karaoke contest. Win prizes for the best Memorial Day campsite decoration.



There have been a couple of cancellations and we have some RV sites and cabins available for Memorial weekend, plus overflow sites and catch pens can be reserved. Come join in the festivities!

DON'T FORGET TO RESERVE YOUR CANOES AND KAYAKS FOR A FLOAT ON THE NORTH FORK

For a complete list of our Calendar of Events go to: [Flying R Ranch 2014 Calendar of Events](#)

CHIEF CHRIS'

Recipe of the Month

Hand Breaded Chicken Fried Steak with caramelized onion Mashed Potatoes and Black Pepper Gravy



Ingredients

1/12 cups buttermilk
4-6 7oz cube steak
1 cup butter
1 3/4 cup flour
1/2 T beef base
2 1/2 cups milk
1 yellow onion
1T bacon fat
1 1/2 sticks butter
8 Yukon Gold potatoes

1/2 cup sour cream
1T fresh minced garlic
1 cups bread crumbs

and some:
lawry's seasoning salt
black pepper
granulated garlic
white pepper
salt

for the dredge
blend together
1 cups flour
1 cups bread crumbs
1 T lawry's salt
1 T black pepper
1/2 T granulated garlic
1/2 T white pepper

Directions

For the steak: Marinate for at least 2 hours in 1/12 cups buttermilk and 1T salt and 1T black pepper. Take 4-6 7oz cube steak and dredge in the flour mix let sit out for 5 min and then dredge again, fry in a deep fryer or skillet on med high heat until golden brown.

For the gravy: In a large saucepan, heat 1/4 cup butter and add 3/4 cup flour, stir until smooth, add 1/2 T lawry's, 1 T Black pepper, add 1/2 T beef base mixed with 1/2 cup hot water, , add 2 cups milk a cup at a time stirring until smooth between each cup, let simmer and thicken for 8 -10 minutes always stirring and scraping the bottom of the pan to prevent burning

For the potatoes: Dice up 1 yellow onion and saute with 1T bacon fat or butter in a skillet on medium heat, stirring frequently to prevent scorching until lite brownish in color. Cut 8 Yukon Gold potatoes into 8 pieces each and boil until you can stick a knife into a piece and it slides right off. Drain off water and add 3T butter,1/2 cup sour cream,1/2 cup milk, 1T fresh minced garlic and the caramelized onions. mash with a potato masher or wooden spoon. Serve and enjoy!

*If you're riding a high horse there's no way to get down gracefully. . .
Anonymous Cowboy*

Flying R Testimonials

Let other campers know what you think about us here at Flying R Ranch. Go to www.horsetraildirectory.com and submit a review. Click on Missouri and scroll down to West Plains-Flying R Ranch then click on Submit Review. If you haven't had a chance to visit us yet, this great website will give you good information from people who have stayed with us. You can also send reviews straight to us at info@flying-r-ranch.com and on our Facebook page.

*We look forward to seeing old friends and welcoming new friends
in the upcoming season.
Don't forget we are open year round.*

Beautiful rolling hills and riding on the North Fork of the White River, this horse camp is one of the nicest in the Midwest. The camp sites are shaded, roomy covered stalls, easy access for your big horse trailers, plus a nice 'bunk house' and riverside cabins for those who don't live in their trailers. The owners are helpful and friendly to everyone, very welcoming as are their staff. This is one of the nicest horse camps we visit.

Sara Cain-Bartlett

This place just keeps getting better and better. We have been coming to the Flying-R-Ranch since August of 2011. The trail system is great and keeps expanding with lots of variety and many interesting things to see. The hospitality from Terry, Pam and the rest of the staff is the best around. Love the new hitching rails near the barns, the obstacle course and large arena. The facilities are always clean and well stocked. Don't leave without getting a root beer float from the Hitch-N-Post!

P Hull

Reservations for camping and trail riding are available year round.

Call or check our website for more information on upcoming rides and clinics.

To unsubscribe to this newsletter please reply to info@flying-r-ranch.com.
and request your email address be removed from our files. Thank you.

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