



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

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## FEBRUARY 2014 NEWSLETTER

HC 64 Box 6015  
West Plains, MO 65775

### Greetings from Flying R Ranch

Welcome, it's almost Spring!

Finally the days are getting warmer! The weekends are filling up fast, so make sure to call for your reservations.

2014 will be full of challenging, educational and entertaining event weekends and we are very happy to include RFDTV-Best of America By Horseback in September with their Back Country Horsemen show. More details inside this newsletter.

Dust off that saddle and we will see you soon!

*Terry & Pam Carroll*

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*Gourmet Meal packages  
Open Year Round  
Miles and miles of trails*



# **RFDTV-Best of America by Horseback and Back Country Horsemen at Flying R Ranch in September 2014**



**We are excited to announce that Best of America by Horseback will be returning to Flying R Ranch for their Back Country Horsemen ride September 18 through 21, 2014.**



There will be pack trips and campouts on Thursday and Friday and filmed trail rides with Best of America by Horseback, musical entertainment with Del Shields around the campfire, vendors, concessions, SpecTACKular modeling show, Leave No Trace and Beginners Pack Clinic, Colt Starting/Horsemanship demonstration with trainer Tim Brock and more are planned for this special weekend.. There will be a banquet on Saturday night, preregistration is required and meal fees will apply. Lodging reservations must be made with Flying R Ranch. Go to [www.bestofamericabyhorseback.com](http://www.bestofamericabyhorseback.com) to register with Best of America by Horseback.

The Back Country Horsemen mission statement is: To perpetuate the common sense use and enjoyment of horses in America's back country and wilderness. To work to insure that public lands remain open to recreational stock use. To assist the various government and private agencies in their maintenance and management of said resource. To educate, encourage and solicit active participation in the wise use of the back country resource by horsemen and the general public commensurate with our heritage. To foster and encourage the formation of new state Back Country Horsemen's organizations.



The focus of Back Country Horsemen's training and education activities is the Leave No Trace Principles. Plan and prepare. Travel and camp on durable surfaces. Dispose of waste properly. Leave what you find. Minimize campfire impacts. Respect wildlife. Be considerate of other visitors.

If you have ever wanted to experience camping out on the trail with your horse and friends, this is the perfect opportunity to learn how to prepare, what to take, how to set up camp and cook great food after a day in the saddle. Come on out and join us by the campfire for campfire food, music and storytelling. Learn about this organization and all the wonderful things they do to help keep recreational trails available for all of us.



## SPRING IS COMING!

Yep, it's about time for another riding season. It's been a long cold winter and we are all ready to get back in the saddle and enjoy warmer temperatures and sunshine.

Here are a few suggestions to get ready to hit the trail:

Get your horse ready by having their feet checked and trimmed and re-shod. This is a good time for dental checkups and vaccinations and worming. Give those "pasture potatoes" some workouts in the round pen to check how spiffy they're going to be that first time out. Take them on some short trail rides and work you way up to longer rides to get them back in top riding condition.

Go over all of your tack for any repairs needed and clean everything. Organize your gear so you are ready to pack it all up in the trailer at the first opportunity to get out of the house.

Have your truck and trailer checked out for regular maintenance such as oil changes, tire checks, and brake pads.

Come see us! We are ready to welcome everyone back to the Flying R Ranch. Call us for reservations at 417-469-2267.



# UPCOMING EVENTS

March

7, 8 & 9

## Illinois Horse Fair - Springfield, IL

The Illinois Horse Fair is one of the biggest horse expos. Come by and visit us at Booth 1108 in the main level by the north entrance of the Expo Building. Sign up for our Grand Prize Giveaway. At this convention there will be the inaugural Heartland Horsemen's Challenge, giving rescued horses a new start, and more great clinicians.

For more information about this convention go to: [www.horsemencouncil.org/horsefair](http://www.horsemencouncil.org/horsefair).

## St. Patrick's Day Pot O' Gold Ride and Gaited Clinic

Search for pots of gold and shamrocks on the trail to win great prizes. We will host a Gaited Clinic with trainer Mike Meizler. Clinic starts at 9:00am on Saturday, break for lunch and continues with a trail ride in the afternoon with the trainer to implement all you learned that morning. Fee: \$75.00, call to reserve your spot in this great clinic. Learn more about Mike Meizler at: [www.raftermtrainingstables.com](http://www.raftermtrainingstables.com). Join us for a traditional Irish dinner on Saturday of Corned Beef & Cabbage. Get into the wearing o' the green in our Green Contest for you or your horse. Sing Karaoke and earn extra points with your Irish accent. Win prizes for the best St. Paddy's campsite decoration.

March

14, 15 & 16



March

21, 22 & 23

## Horsefest - Springfield, MO

This Horsefest promises to be entertaining with Australian horseman Guy McLean. We will be at Booth 130 in the E-Plex East Hall. Sign up for our Grand Prize Giveaway. Tim Brock will be one of the clinicians at this convention and he will also be at Flying R Ranch for some of our future events. For more information about this convention go to: [www.horsefest.net](http://www.horsefest.net). For more information about Tim Brock go to: [www.bcstablesandtrainingcenter.com](http://www.bcstablesandtrainingcenter.com).

## Cowgirl Getaway Weekend

Join us for some quality time for you and your horse. Cowboys are welcome too! Make an appointment for both of you to have a massage. Human massages by Linda Stoffel, [www.yourhealingspirit.net](http://www.yourhealingspirit.net) and equine massages by Doris Lipke, CEMT. Make reservations for both through Flying R Ranch. Music and dancing at the lodge on Friday and Saturday nights. On Saturday morning at 9:00am start the day right with yoga on the ground and on horseback. Head out at 10:00am on a trail ride, at 12:00 enjoy a Cowgirl picnic out on the trail and then ride back to the lodge. Preregistration is required and meal fees will apply. Cowgirl Costume contest at 7:00pm after dinner to be followed by music and dancing.

April

4, 5 & 6



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

# CHEF CHRIS'S

## Recipe of the Month

### Navy Bean Cassoulet Soup



#### Ingredients

- 2lb bag Navy Beans
- 1 gallon chicken stock(home made is best)
- 1 lb bacon diced
- 1 lb diced ham or leftover roast pork
- 2 yellow onions diced
- 8 cloves fresh garlic minced
- 4 lg carrots sliced
- 4 stalks of celery sliced
- 2/3 cup of your favorite BBQ sauce
- 1 T Italian seasonings
- 3 T Dijon mustard
- 1 cup white wine
- salt and pepper to taste

#### Directions

Soak the beans over night in a large stockpot.

Drain the beans and set aside. In the stockpot fry the bacon on medium to medium high heat until slightly crispy and then add all the vegetables and cook until the onions are translucent. Then add the Italian seasonings and the mustard. Stir and add the beans and the chicken stock to cover. Turn the heat down to medium low. Then add the BBQ sauce, wine, salt and pepper and let simmer for about 2 hours. If the stock boils out add more. If you run out of stock you can add water or even more wine but make sure that you stir every 10 minutes scraping the bottom. Make sure that there is always enough liquid so the beans don't burn. Check the beans to see if they are the right consistency. If they are still crunchy after 2 hours turn the heat up slightly and simmer until nice and soft. Serve in Earthenware bowls for the Casserole experience and enjoy.

*I whisper but my Horse doesn't listen.  
...Anonymous Cowboy*

## **Flying R Testimonials**

Let other campers know what you think about us here at Flying R Ranch. Go to [www.horsetraildirectory.com](http://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](mailto:info@flying-r-ranch.com) and on our Facebook page.

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

*Testimonail excerpt:*

*We first learned about Flying R Ranch from the TV show America by Horseback. We were so happy to learn that it was only about 3 hours from us so we decided we would make it our summer trip. We were so pleased with how your staff was so eager to please and make our stay so nice. The pull throughs and stalls are so well planned out and the bunk house rooms and new shower room sure made it easy for us to stay and play.*

*On our second trip (our fall trip) we felt like we had a feel for the place and a sense of direction we rode both on the ranch and in Mark Twain National Forest and we were so pleased that we were able to experience all different types of riding. flats, steeps, wooded, open, water crossings and for all levels of riding.*

*Terry, we both appreciated how you would visit all the campers and just check in to see if we had a good ride and if you (The Owner) could be of any assistance. There are so many nice people that stay there and it's a great quiet family atmosphere.*

*We are looking forward to coming back in the spring, until then, Happy Trails.*

*Phil and Janet*

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](mailto:info@flying-r-ranch.com).

and request your email address be removed from our files. Thank you.

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