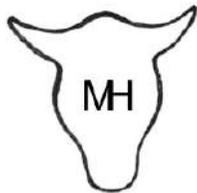


# Medicine Hat Cowboy Life

Sept 2020

Official Newsletter for Medicine Hat Cowboy Poetry Foundation



## Live Medicine Hat Cowboy Poetry Show on Sunday, September 27!

*by Shelley Goldbeck*

The Medicine Cowboy Poetry Foundation is thrilled to announce that in partnership with the Medicine Hat Public Library, we will be hosting a Cowboy Poetry show at Kin Coulee on September 27 at 12:30PM.

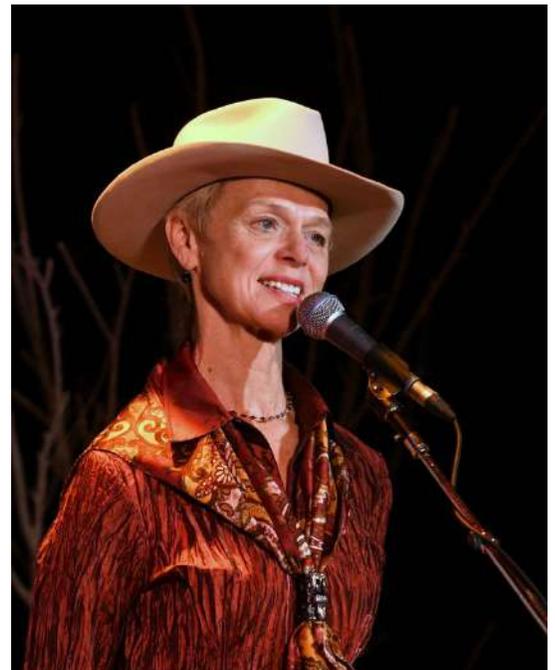
Covid-19 assured the cancellation of most 2020 Cowboy Poetry gatherings in North America. Our audiences are starved for entertainment and connection so finding a way to hold a live show is a real coup for the newly formed Medicine Hat Cowboy Poetry Foundation.

Headlining our show is Cowboy Poetry "royalty", Doris Daley. Doris has been a prominent feature entertainer at the National Cowboy Poetry Gathering in Elko, NV for several years. She takes her craft seriously, is always prepared and professional and her poetry is clever, poignant, humorous and representative of the best of this unique genre. She even has her own TED Talk: See link on Page 2.

Also on the program is Doc Mehl, a singer-songwriter-performer who happens to be married to Doris. (We couldn't resist getting the "package deal!") Doc's CD titled "The Great

Divide, was named 2013 "Cowboy Poetry CD of the Year" by both the Western Music Association and the Academy of Western Artists. In the words of Rick Huff (The Western Way magazine), "There's a unique mind at work here that may be one of a kind in the Western Music arena...He'll make you laugh and then suddenly think, laugh some more, and then cry!"

*Continued on Page 2*



Doris Daley, Cowboy Poet



# Medicine Hat Cowboy Life

Page 2



Jessica Schnell

*continued from page 1*

Building bridges between young people and seniors is part of the mandate of the Medicine Hat Cowboy Poetry Foundation so we are pleased to have two young performers, Jessica Schnell, a lovely young singer from Medicine Hat and Kimberley Straub, a 10-year-old 4H student from Medicine Hat, who will recite a poem based her spring 4-H competition speech.

Shelley Goldbeck, DTM, Cowboy Poet and Musician will be the emcee for the event and she will present some of her original cowboy poetry and music. Medicine Hat Cowboy Poetry Foundation Founder and President, Jen Zollner, will also perform.

The program will include a live auction, message (and poem) from the mayor, and the usual Sunday Food Truck Frenzy is on at Kin Coulee from 11-3PM. Bring your lawn chairs and come enjoy the second annual Medicine Hat Cowboy Poetry and Western Music Show. See poster on Page 10.

*\*\*\*\*In case of inclement weather the show will be held in the Medicine Hat Library theatre with limited seating.\*\*\*\**

## Important Links:

Doris Daley's Ted Talk:

<https://www.bing.com/videos/search?q=doris+daley+ted+talk&docid=608039903244845427&mid=5EF492EF4924C6980FC95EF492EF4924C6980FC9&view=detail&FORM=VIRE>

Doris Daley's Web Site:

[www.dorisdaley.com/](http://www.dorisdaley.com/)

Doc Mehl's Web Site:

<https://docmehl.com/who-is-doc>

Shelley Goldbeck's Web Site

[www.ShelleyGoldbeck.com](http://www.ShelleyGoldbeck.com)

Medicine Hat Cowboy Poetry web site:

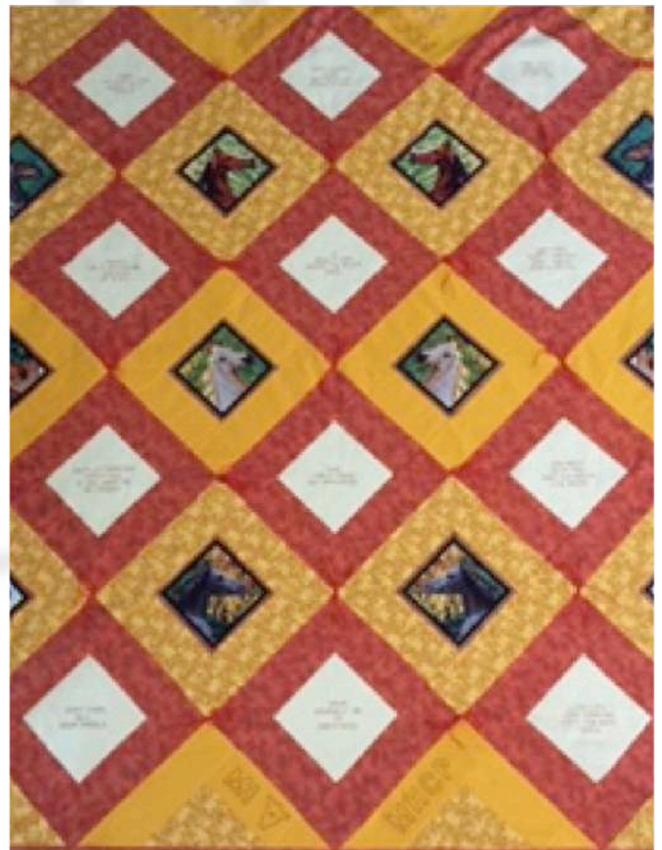
[www.MHCowboyLife.com](http://www.MHCowboyLife.com)

Medicine Hat Public Library web site:

<https://mhpl.shortgrass.ca/>

Bid on this Horse Wisdom Quilt, handmade by MHCP Foundation President, Jen Zollner.

Each of the white squares has a nugget of wisdom from the horse's mouth!



[www.MHCowboyLife.com](http://www.MHCowboyLife.com)



# Medicine Hat Cowboy Life

## From My perch on the Corral: President's Message

by Jen Zollner

Here at the Medicine Hat Cowboy Poetry Foundation, 2020 has been both challenging and exciting. It has been a year of firsts and many steep learning curves. We've had to make unexpected adjustments, and through change, we found new avenues to be true to our mandate: to promote cowboy poetry and rural life, both the present day and that of the past.

In January 2020 we incorporated as a society. We learned to use Zoom for our monthly meetings because board members, Shelley Goldbeck and Cheryl Dust, live up Calgary way. The lessons continued with how to write official tax receipts, how to do e-transfers with the bank, and how to set up an e-mail address, etc. Our treasurer, Carol Eisenbarth found e-banking a stretch but she's mastered it now.

None of that, not even Covid-19 deterred us. Shelley and I developed a set of virtual workshops to offer youth and adults guidance in writing and presenting cowboy poetry. We made connections with all the 4-H clubs in the area, offering instruction and poetry demos. As a result, I'm a 4-H Cowboy Poetry project leader this coming year for the region!

We discussed what service we could provide during the isolation, especially for seniors. We teamed up with a seniors residence to collect and present seniors' country living stories. Read all about this program on Page X.

We are connecting those stories with young performers, which circles us back to the 4-H clubs.

The cancellation of all social commitments gave me time to compile a 'dictionary' of colourful western lingo. We're editing it now and plan to self-publish, with all proceeds going to our Foundation to promote cowboy stories. See our Illustration Contest information on Page 5.

All this wouldn't be possible without Shelley's internet, computer and photography expertise. She set up our website, does our PR, has been a phenomenal coach for Cheryl, and seems to have back-up knowledge in every field, including editing and publishing.

What a blessing to be partnered with the Medicine Hat Library and have Ken Feser, the Chief Librarian on our board! We are privileged to be part of their Culture Days with a live Cowboy Poetry and Western Music Show on Sunday, September 27. (Check out their Pecha Kucha event and Doreen Vanderstoop's talk about her book. I really related to her farm family struggles.)



Jen Zollner, President Medicine Hat Cowboy Poetry Foundation

I'm thrilled we were able to get Doris and Doc to perform. They would otherwise be on the road! Small COVID blessings! In addition to top-notch entertainment, we'll have a live auction and the Food Truck Frenzy. Bring your lawn chairs!

It seems I've introduced you to our Board: Carol, Shelley, Cheryl and Ken. Thanks so much to the board for all you have done to make Medicine hat Cowboy Poetry a reality. Thanks as well to our outreach volunteers.

But we need more volunteers. This is a local foundation, focusing on local people and history and giving voice to local stories from the old, the young and the in-betweens. We need your support: Medicine Hat and district folks coming to our shows, visiting our website, registering for our newsletter and becoming members of our energetic team.

Visit our website to learn more about our team, to find our membership form and more.  
[www.MHCowboyLife.com](http://www.MHCowboyLife.com)



# Medicine Hat Cowboy Life

## Our Partner: Medicine Hat Public Library

The Medicine Hat Public Library serves as a community hub, providing equitable and convenient access to books, media, information, and Programs that help to educate, enrich, entertain, and inform.

Anyone can use the library and its resources. During library opening hours, you are welcome to read, listen to music, access your e-mail and search the library's online magazines and newspapers. If you become a library member, your library card allows you to take home books, e-books, magazines, DVDs, CDs, and audio books.

**Current Library Hours Monday to Friday: 10am-6pm**

### Upcoming Events

**Author Talk:** Doreen Vanderstoop

Saturday, September 12, 2:00 pm, Kin Coulee Band Shelter

Doreen, shortlisted for Alberta Reads Provincial Book Club for her book Watershed, is holding an Author Talk at the Kin Coulee Band Shelter as part of our Culture Days celebration. 1:00 pm: informal book discussion. Please bring a lawn chair. A recorded version will be on our social media pages (@MHPublicLibrary) on Sept 26.

**Albert Culture Days September 25<sup>th</sup> to 27<sup>th</sup>**

Pecha Kucha Vol. 25: Virtual

Friday, September 25, 8:20 pm Facebook (@PKNMedHat)

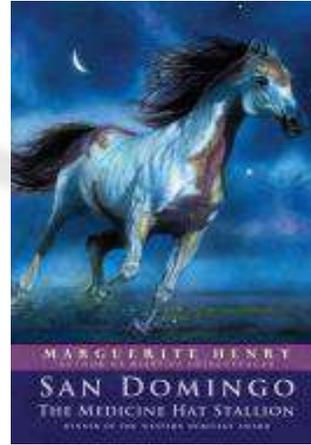
Join us for our first-ever virtual event! We have a great line-up of diverse speakers from our community. Find the Facebook event and mark yourself as 'going' now!

**Cowboy Poetry**

Sunday, September 27, 12:30 pm, Kin Coulee Band Shelter

Featuring Doris Daley, Cowboy Poet and Doc Mehl, Poet-Singer-Songwriter, locals Jessica Schnell and Jen Zollner, and 4H young poet, Kimberley Straub, with a message from the Mayor and emceed by Shelley Goldbeck, DTM, Cowboy Poet and Musician. Food Truck Frenzy from 11-3pm. Bring your lawn chairs and wear your cowboy hats!

### Book Review



**San Domingo, The Medicine Hat Stallion** by Marguerite Henry.

This is the story of a boy growing up in the West just before the Civil War, of his embittered, seemingly rejecting father and the gentle mother who it turns out only married Peter's father for the baby's sake after his

real mother died of cholera. His father sells the "Indian gentled" San Domingo when Peter, its real owner, is off on an errand, but boy and horse meet up again when Peter is a Pony Express rider rushing to California with an urgent message from President Lincoln...Kirkus Reviews

### WESTERN WISDOM:

*(straight from the horse's mouth)*

- keeps the burrs from under your saddle
- don't pet what's sweaty, don't sweat what's petty
- a ride a day keeps the blues away
- ride for a cause, not applause
- spur yourself on to greatness
- live life like someone left the gate open
- don't ever sell your saddle

**DON'T SELL YOUR SADDLE:** by Don Bilup  
Don't give up on dreams.  
Take time to see them through.  
There is no magic recipe,  
Hard work makes 'em come true.

Even when you're struggling,  
True friends will stick like glue.  
Don't ever sell your saddle,  
Your dreams won't give up on you.



# Medicine Hat Cowboy Life

Attention Doodlers of All Ages!  
Enter MHCP Illustration Contest



Do you like doodling with pen & ink? Charcoal? Or maybe you do half-page drawings. Are you good at drawing animals, people and country/rural topics?

Enter our contest. The Medicine Hat Cowboy Poetry Foundation is creating a cowboy vernacular 'dictionary' and we need illustrations for it. You could win a prize and be one of our official illustrators.

We will credit each artist of the illustrations we use wherever we use them. Let us help you build your following. Contest winners may be featured on our website and in future newsletters and events.

To enter, email your illustrations with your name, age: (optional if over 18), address, telephone number and e-mail address with the subject line: Contest. Email to: [MHCowboyLife@gmail.com](mailto:MHCowboyLife@gmail.com).

Enter as many drawings as you wish.

Here are some topics suitable for our dictionary:

1. anything horse, ranch and cattle related, from the first cattle trails to today's horse-sports like rodeo
2. anything pioneer/farming, then and now
3. farm animals and wildlife
4. farm scenes, farm buildings,
5. country idioms and lingo: example: see Cattle Trail Food Lingo sidebar. →

Deadline for entries is September 30<sup>th</sup>, 2020,

For more specific drawing ideas, feel free to call Jen: Ph: 403-529-6384 Text: 403-548-1526

## Cowboy Vernacular

*Each issue we'll feature excerpts from our upcoming Cowboy Dictionary.*

### CATTLE TRAIL FOOD LINGO

Here are but a few of the colourful words cowboys had for their food:

- all day sucker: long lasting candy
- bee sweetening: honey-brown
- gargle: coffee
- boggy top: a pie without a top crust
- canned cow: canned milk
- cow juice: milk
- dough gods: a cowboy term for doughnuts made while out on the range. A cook who could and would make them was almost as highly regarded as a god.
- hen fruit: a chicken egg
- lick: molasses or syrup
- hot rock or sinker: a biscuit
- mysteries: sausages (so called because it was a mystery as to what was in them!)
- prairie bread: bread soaked in fat juices left after cooking meat
- prairie oysters: fried calf testicles
- shivering Liz: a gelatin dessert-sipper or sop: gravy
- skunk eggs: onions
- sow belly or overland trout: bacon
- splatter dabs: pancakes
- spotted pup: concoction of raisins and rice
- wasp nest: light bread
- whistle berries: beans



# Medicine Hat Cowboy Life

Page 6

## Medicine Hat Horse

By Jen Zollner

*I was excited to learn that there is a horse breed named the Medicine Hat Horse! First nations revered these magical white horses that appeared to be wearing hats and often had one or two blue eyes. I was inspired to write a poem about them.*

Did you know that Medicine Hat is a horse, a pinto breed?  
Also there's a legend in our city's name, we read.

Could there be something magical about a Medicine Hat horse?  
Just ask a Blackfoot, Cheyenne, Sioux, they'd tell you, "Yes, of course!"

Its sacred powers start with eyes when one or both are blue,  
Its ghostly coat to match the eyes is kind of like voodoo.

The coloured hat upon the ears and also on the head,  
Pigmented patch upon the chest gave protection, it was said.

Unique the markings on this horse, the number of them rare,  
Good omens on the tribe with one, especially a mare.

The hunter who was riding it found game in all terrain,  
Its supernatural power made sure warriors were not slain.

In fact there is a legend: when in battle Medicine Hat Horse appears,  
The rival tribe flee just because its sacredness they fear.

Their white hides were the canvas for luck symbols to be painted,  
Like an arrow in a line, it meant victory, sure as sainted.

Tribes would try to steal the Medicine Hat Horse from another tribe,  
So the horse was closely guarded; exceptional treatment they'd prescribe.

Only the bravest warriors and the medicine men got to ride 'em,  
And the chief at ceremonies got to ride or walk beside 'em.

What do you think of this myth and the specialness on them showered?  
Could the colours and their placement really give a horse such power?

Because our city and this horse are both named Medicine Hat,  
Let's get one as our mascot! Who couldn't use good luck like that!

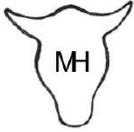
*A couple of the many sites on the Medicine Hat horse: [post.mybreyerheart.com](http://post.mybreyerheart.com) and [joyvspicer.com](http://joyvspicer.com).*

*There's book about a Medicine Hat Horse: San Domingo, [The Medicine Hat Stallion](#) by Marguerite Henry (Review Page X)*



A perfect example of  
a Medicine Hat Horse:  
white, wearing a "hat"  
and blue-eyed.

Image from Wikipedia.com



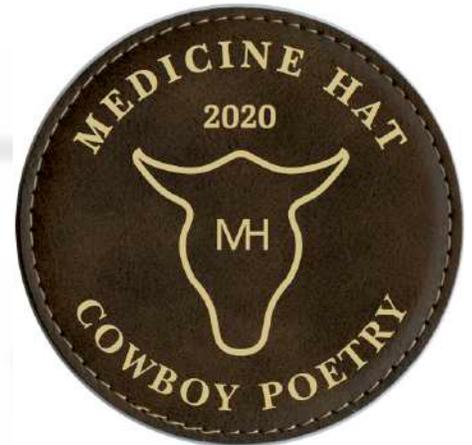
# Medicine Hat Cowboy Life

## WHY BE A SPONSOR OR BUY A MEMBERSHIP to the Medicine Hat Cowboy Poetry Foundation?

1. You'll get a tax receipt and a bonus souvenir leather coaster
2. You'll get our e-newsletter "MH Cowboy Life" with:
  - our activities and photos of local people involved
  - notice of when the next cowboy gatherings are
  - internet links and library resources of interest to country folk
  - the most recent mini-documentaries of 'Stories From Seniors'
  - a link our website with archived material etc.
3. You're supporting our 'Stories From Seniors' program:
  - during the COVID-19 isolation, we've been phoning with seniors
  - we've been putting their stories to poetry
  - we'll be videoing them and a family member with their bio
  - we'll be posting their mini-documentary
4. You're supporting cowboy poetry workshops:
  - for adults, & for youth (who get an honorarium if chosen for show
  - as a project for 4-H members
5. You might even have country crafts to display on our website?
6. You'll know how to connect with us: (mhcowboypoetry@gmail.com)
  - if you or your neighbor want to add their brand or ranch/farm history to our collection
  - if you, your parents or grandparents have a story to feature
  - if you have questions or comments
7. You're proud to be part of a foundation that:
  - brings country folk together
  - brings the young and old together
  - actively promotes a wholesome genre of country entertainment
  - keeps the history of our area alive through story

Annual Membership: Only \$20, (\$15 tax receipt).

Donations gratefully appreciated and receipted.



All MHCP Foundation members receive a handsome souvenir coaster

## Need Purpose?

Do you have unused skills?  
Do you have the desire to contribute?  
Consider joining Medicine Hat Cowboy Poetry Foundation board or as a volunteer committee member. Make a difference and have fun. Contact Jen Zollner to volunteer. [MHCowboyLife@gmail.com](mailto:MHCowboyLife@gmail.com)

*Medicine Hat Cowboy Life is the official newsletter of the Medicine Hat Cowboy Poetry Foundation, (a registered Society in the Province of Alberta), published four times per year. Our mandate is to preserve, promote and celebrate cowboy traditions and country living. If you wish to submit articles or information of interest to our readers, please email [MHCowboyLife@gmail.com](mailto:MHCowboyLife@gmail.com), subject Newsletter.*

[www.MHCowboyLife.com](http://www.MHCowboyLife.com)



# Medicine Hat Cowboy Life



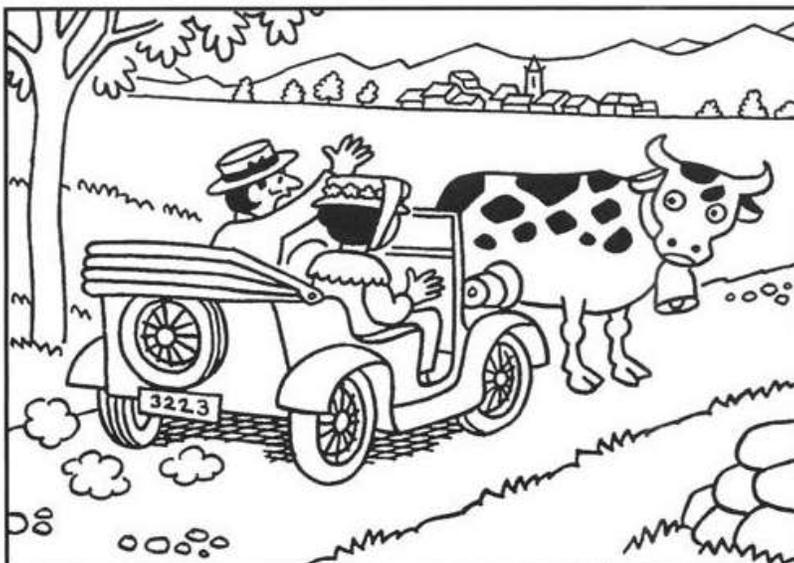
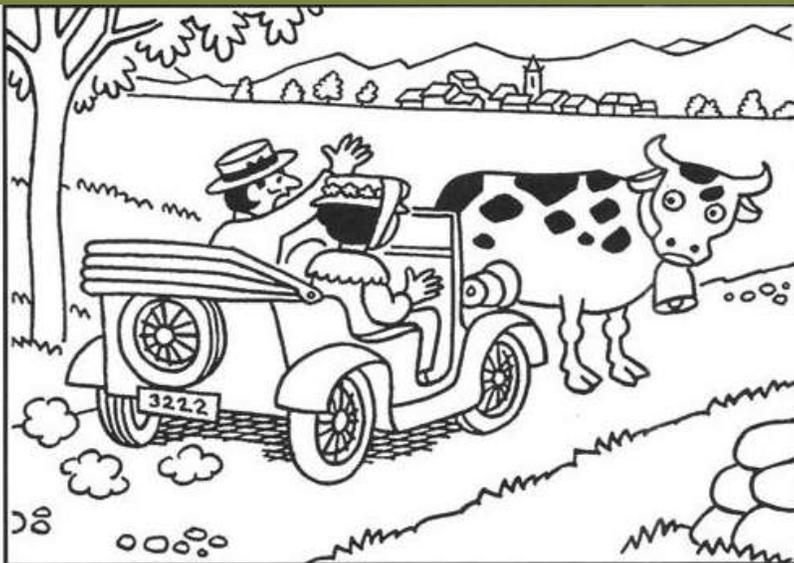
## Stories from Seniors

The isolation necessitated by the COVID-19 crisis has had a profound effect on seniors. We wondered what we could do to alleviate some of their pains and decided to start listening to and collecting their stories.

Isaac Wells at River Ridge Senior Home stepped up to video-interview two of his residents. We created one poem and one song from those stories.

We then created mini-documentaries with the interview and a poem or song based on their stories. We

Find seven differences in these two pictures.



call them our 'Stories From Seniors' series. Our goal is to connect seniors and their stories with younger people so those stories are not lost.

Board member and videographer, Cheryl Dust has taken hundreds of photos and videos around Medicine Hat to add spice to our videos.

If you have (or someone you know has) a story to tell from your country life, I'd love to connect with you. We are interested in using your photos and videos to complement your stories. Watch for new 'Stories From Seniors' on our website every month. See our first mini-documentaries on our web site on Stories for Seniors under Cowboy Stories.

*by Jen Zollner*

Stay informed!  
Subscribe to our newsletter.



Visit our web site or send an email to [MHCowboyLife@gmail.com](mailto:MHCowboyLife@gmail.com)



# Medicine Hat Cowboy Life

## AN IN-HOUSE MUSEUM by Jen Zollner

They couldn't go out to a museum so she brought the museum to them. What a concept!! Another great Covid idea.

This incredible museum at Masterpiece Southlands was the brainchild of Michelle Klimosko and the contributions from staff, residents and other folks. The second floor had just been completed but wasn't occupied by residents yet. So she got management and staff excited about using five different rooms for the month of August, giving each a different theme.

The Western Room was the perfect place for the Medicine Hat Cowboy Poetry to display our silhouette steer heads with brands and brand stories. These older residents knew the history of some of the ranches displayed on wall hangings with twig frames. Folks chuckled at the western food lingo and some learned how to read a brand from another poster. The multitude of colorful bandanas, a saddle and other western gear gave the room a true western feel.

The Vintage Room showcased the early 1900's with shoes and dresses and such; an old items like a Singer sewing machine, typewriter, camera, etc.; as well as heritage photos of family. The Natural Room had rock displays, drift wood, fossils, etc. The Titanic Room had a multitude of pictures and informative story boards. The Elvis and Royal Family Room was the perfect place to display those almost-forgotten scrapbooks and pictures. There was even English dishware. The hallway leading to the In-House Museum provided the wall space for art with flags of the world overhead.

At Masterpiece Southlands, residents were excited to visit 'their' very own museum, and they visited it often. You could hear them laugh and chatter about what they'd seen, what they remembered and what they'd learned. This project shows what an incredible gift one small idea can build into something big.



Above: Medicine Hat Cowboy Poetry Foundation "museum" display, featuring local brands and ranch stories. Right: Resident enjoys the display. Photos courtesy of: Michelle Klimosko.



# Medicine Hat Cowboy Life

## Medicine Hat Cowboy Poetry

Celebrating the traditions of the west through story, music and poetry

Featuring:

September 27, 2020  
Kin Coulee,  
Medicine Hat, AB  
12:30PM

Food Truck Frenzy  
Live Auction



Doc Mehl



Doris Daley

With locals:

Jessica Schnell  
Kimberley Straub  
Jen Zollner

MC: Shelley Goldbeck, DTM



A Free Event,  
Sponsored by the  
Medicine Hat  
Public Library

For More Information, visit [www.MHCowboyLife.com](http://www.MHCowboyLife.com)

Jen: 403.529.6384 [MHCowboyLife@gmail.com](mailto:MHCowboyLife@gmail.com)

### 'Round Medicine Hat, *Featuring a Local Destination*

#### CHAPPICE LAKE: AN IMPORTANT BIRD AREA

Chappice Lake is that saline lake alongside the 41 Highway, 20 km northeast of Medicine Hat.

Did you know it's a critical staging area for an amazing number of shorebirds? As well, it's a nesting area for piping plover and other endangered and rare species. It is part of an international program with organizations in over 100 countries to protect birds and their habitat.

See the article on the conservation plan that dates back to the late 1970s, written by Dawn Dickenson: <https://www.ibacanada.com/documents/conservationplans/abchappicelake.pdf>



Piping Plover

[www.MHCowboyLife.com](http://www.MHCowboyLife.com)