



SPRUCE CREEK TRAILS ASSOCIATION NEWSLETTER

August/September 2009

THE "THANK YOU" PAGE



STRAIGHT FROM THE HEART

Wayne and I would like to thank everyone in this great neighborhood for all their loving, caring support through this trying time. We were so touched by the turnout at the benefit. Thanks to all who worked so hard putting it on. We won't thank individuals because we're afraid we will forget someone, but you know who you are. Thanks to all those who worked to add on the handicapped bathroom...again, you know who you are. Thanks to all who have given of their time to stay with Wayne so I could get away for a while. This is such a great place to live!

Wayne goes to Knoxville now three days a week for physical therapy. We are at the Patricia Neal Rehabilitation Center, which occupies the third and fourth floors at Fort Sanders Hospital, on Tuesday, Wednesday and Thursday. The "turtle vest" that protected his torso while broken bones healed has finally been removed as has the neck brace. After wearing them for several months, this left him very weak so he works hard on upper body strengthening exercises. He also spends some time in the E-Z-Stand, which puts him in an upright position and develops muscle memory. It's exhausting but very rewarding.

We're grateful to the many people who have stopped by the house with flowers and vegetables from their gardens, baked goods and treats, games and books and enjoyable conversation...all are welcome!

Irene & Wayne Howell

THANKS TO ALL TRAIL PARTICIPANTS

Larry McMillan at Southeast Pack Trips solicited donations from Saddle Valley, True West, Robert Livingston, Ricky Rains and discounted dozer work from Rick Terry. Larry also made a donation himself and arranged for rock delivery and the dozer work from Rick on bad sections of the trail from Taft Story Road to Cumberland Valley Trailhead. Larry and Tom Pickard moved gravel onto the trail once it was delivered.

Thanks to all who turned out for the trail work day on Saturday, July 11th. Workers included Cathy and Alan Roberts, Ron Brinkerhoff, Ricky Rains Sr., Brian and Claudia Matchette, Sharon and Hal Vaughn, Lowell Ensinger, Tracey Hatcher, Renee Pearce, Leslie Helm, Janice and Bryan Brenner. Crews were dispatched to work on sections of the trail between Spruce Creek Drive and Crockett Creek, between Spruce Creek Drive and Dorothy Drive in Tanglewood and along the section of trail between Trailhead Lane and the Cumberland Trailhead.



Left to Right: Rick Terry's 'dozer scraped the trail smooth. Larry transports gravel down the trail. Trail volunteers assemble at 8am. on 7/11 for a trail work day. Renee Pearce and Janice Brenner dig deep while Bryan Brenner stands around. Uh-oh, not for long; he gets to lay in the ditch and scrape dirt out of a culvert!

www.sprucecreektrails.com

Photo by: www.sprucecreektrails.com

PRODUCT REVIEW

When I lived in Vermont, ground nests of bees were a problem in September so I bought this product one year when I saw it at the Boston Flower Show and have used it ever since. Since bees are such a problem here in the fall months, I thought you all would like to know about it, especially those who are allergic.

Bee Safe is an environmentally safe insect repellent developed primarily to help provide safety and comfort for humans, without causing harm to pets or the environment. Bee Safe helps to protect you from bees, wasps, yellow jackets, hornets, ground wasps, black flies, mosquitoes and most flying insects. It is made from natural ingredients in an herbal base, with different aromas that are pleasant to the sense of smell. Bee Safe is safe enough to spray your picnic table. The crystal clear Bee Safe solution is not harmful to plant or animal life, but certain insects are susceptible to its effects. When the insect breathes the sprayed particles from Bee Safe, the insect's respiratory system is disrupted. Instinctively, the insect senses danger and flies away. Since bees, wasps and yellow jackets are social insects, they have a unique communication system. The insect communicates the danger to other insects and they stay away. The effective duration of the spray is dictated by weather conditions - wind and rain. It costs about \$ 15 plus shipping and you can get it online at www.blossomland.com or call 269-695-2310.



BOUNCE THIS ALONG

All this time you've just been putting Bounce in the dryer; well, consider this! The U.S. Postal service advised all letter carriers to put a sheet of Bounce in their uniform pockets to keep yellow-jackets away. It really works. The insects just veer around you.

1. It will chase ants away when you lay a sheet near them. It also repels mice.
2. Spread sheets around foundation areas, or in trailers, or cars that are sitting and it keeps mice from entering your vehicle.
3. It repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season.
4. Wipe TV screens and venetian blinds; Bounce will keep dust from re-settling.
5. To freshen the air in your home, place an individual sheet of Bounce in a drawer or hang in the closet.
6. Put Bounce sheet in vacuum cleaner.
7. Prevent musty suitcases. Place an

individual sheet of Bounce inside empty luggage before storing.

8. To freshen the air in your car - Place a sheet of Bounce under the front seat.
9. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between the food and the pan..
10. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket.
10. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.
12. Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth.
13. Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper.
14. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight.
15. Golfers put a Bounce sheet in their back pocket to keep the bees away.
16. Put a Bounce sheet in your sleeping bag and tent before folding and storing them. It will keep them smelling fresh.
17. Wet a Bounce sheet, hose down your car, and wipe lovebugs off easily with the wet Bounce.

Quick, bounce this on within the next 5 minutes! Nothing will happen if you don't, but your friends will be glad to hear these hints!

ICE IS NICE

You may have a "contact" in your cell phone called "ICE." The letters have become the universal symbol meaning "IN CASE OF EMERGENCY" and allow anyone rendering assistance for any reason to reach your emergency contact without delay. Well, if you are hauling your horse to a trailhead for your ride, do not forget ICE—Information Concerning Emergencies. Law Enforcement agencies are asking folks to do this in order to aid them in helping with search and rescue efforts, should one arise. ICE is simply a piece of paper or large index card with your contact information and itinerary on it. Write your information on one side of the paper (you might even want to include a photo of you and your horse) then write ICE in big bold letters on the other side of the paper. Place the paper on the driver's seat of your vehicle with ICE face up, so that it is visible through the driver's side window.

Does that sound silly? Even experienced riders have accidents! Remember—safety first when it comes to riding! Taking a little precaution at the beginning of your ride will ensure that you have Happy Trails for many more rides to come!

High Line or Picket Line?



Highline



Picket Line

A highline and picket line are two distinct methods of securing your horse on the trail — however; they both require the same type of gear:

- One-half- to 5/8-inch diameter rope, 40 feet long, made from cotton or nylon
- Two “tree-savers” to protect the trees from rope rub; you can purchase ready-made products designed for this purpose, or you can improvise with burlap bags, towels, etc.

Highline

With a highline, you'll stretch the rope between two trees (or other stable, stationary objects) high enough so that the rope will just clear your horse's ears. For an average-size horse, the line would be about six to seven feet high. (See below for a butterfly knot to create highline loops on which you can tie multiple horses.)

When you use a highline:

- Your horse can walk a complete circle under the highline, so he can move in all directions.
- If your horse panics (and he's tied properly), he can't get away or hurt his neck and spine.

Picket Line

With a picket line, you'll stretch the rope just as you would a high line, but you'll position it so that it's chest high on your horse. For an average-size horse, the line would be about three to four feet high.

When you use a picket line:

- You'll have room to tie more horses than you would on a highline.
- You can tie horses on one side, and feed on the other, or...
- ...you can tie horses alternately along the line, which gives each horse more space.

High Line Butterfly Knot

Use butterfly knots to craft a highline with well-placed loops that will keep horses safely separated. You'll be able to tie multiple horses without worrying about ropes sliding and twisting. Tie a butterfly knot every 10 feet in a strong nylon rope; attach lead lines onto the loops formed.

Step 1: Drape the rope over your right hand, so that it lays in the “L” between your thumb and index finger. With your left hand, loop the loose end of the rope around your hand two more times, so that you have three coils wrapping up toward your fingertips.

Step 2: Pick up the top loop (closest to your fingers), and pull it down over the other coils.

Step 3: Now another coil is at the top, closest to your fingers. Pick up that coil, pull it down toward the base of your hand, and push it through the opening between your right hand and the two other coils.

Step 4: Continue to pull the last coil tightly to form a loop with coils at the base. You just formed the loop where you'll attach other ropes so you can tie your horse.

Step 5: Adjust the rope as needed to create your desired loop size.

Step 6: Pull tight to finish the knot.



For more knot-tying information, visit www.iwillknot.com

YOU KNOW MARTHA STEWART HAS BEEN IN YOUR BARN WHEN...
Your horses' hooves have been trimmed with pinking shears!

QUOTE OF THE MONTH

“Riding a horse is not a gentle hobby, to be picked up and laid down like a game of solitaire. It is a grand passion. It seizes a person whole and, once it has done so, he will have to accept that his life will be radically changed.” *Ralph Waldo Emerson*

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HELPING THE ECONOMY MEMO

TO: President Barack Obama
RE: Economic Recovery Stimulus Ideas

Mr. President, it has come to my attention that you're having some challenges with the economy. If I understand things correctly, we're in a recession, consumer confidence and spending is down, credit is tight, investors are spooked, we need renewable energy, and health care costs are through the roof. Trillions of dollars, not to mention our future, are at stake. Mr. President, I'm just a regular citizen, but I think I have a solution.

Give every American a horse.

My proposal may not make sense to you at first, but let me give you a little background. First of all, horses in the U.S. are a multi-billion dollar industry, and that's just at my house. I suggest you have your economic advisors do a little research on the spending around horse ownership. You'd be surprised, Mr. President.

Start by visiting the tack and clothing retailers like State Line or Dover. Look at the variety of goods available there. Now take into account that every horse owner, especially if it's a woman, is buying not just one or two, but tons of these items. Believe me.

So my thinking is that if you give every American a horse, starting when they reach the horse-receptive age of 10, you're going to do two things: boost consumer confidence and boost spending immediately. Horses make us feel good, and once Americans all own horses (at the government's expense, of course), they will all logically fall into the pattern that every horse owner succumbs to: accessorizing. For starters, we need horse-care implements like buckets and muck rakes, hoof picks and curry combs. And we need at least basic tack, halter, leadline, saddle, saddle pad, bridle and bit. But then the fun begins.

Zebra print leg wraps. Neon bright fly masks. An assortment of sheets and blankets for all seasons; you've got your cooler, your lightweight blanket, your medium blanket, your heavy blanket. Then there is your stable sheet and your pasture sheet. Also your hoodie, and tail wrap items.

And that's just the clothing for the horse. Don't get me started on the clothing for the rider, even if he or she doesn't show. Since most Americans don't have a basic riding wardrobe, the stores would be swamped for jeans, boots, breeches, T-shirts, dozens of pairs of cute boot socks, and the ubiquitous ball cap. Tell the retailers to get ready. It'll be Christmas all year long.

Now let's talk about support industries. In addition to the usual veterinarian and farrier expenditures, people also give their horses chiropractic, massage and acupuncture, not to mention buying more beauty products for their horses than they do for themselves. All those professions and industries will benefit. And of course there will be a big spike in hay and grain demand, so the farmers will be happy too.

You see, that's the secret to jump-starting consumer spending through my stimulus package. People will spend money on their horses when they won't spend money on anything else. But, your advisors might say, there's a catch. Aren't we paying the price, in global warming, of the large number of livestock animals we currently have? They produce all that methane!

Ah, Mr. President, here is the real beauty of this idea. When you introduce the Methane-Assisted Natural Unrefined Renewable Energy plan (M.A.N.U.R.E.), you'll be a hero for coming up with an alternative, renewable, home-grown source of clean energy. Just challenge the energy gurus to come up with a methane gas collection system that can harness all the natural resource produced by all those horses to power our cities. Talk about shovel ready-projects: M.A.N.U.R.E. fits the bill!

And you keep stressing how we need new industries for investment; well, under the M.A.N.U.R.E. plan you can sell Petroleum Offset Opportunity units to investors. By buying these units, investors can help us gradually convert from a petroleum-based economy to one based on horse P.O.O. Health care costs will go down, too, as everyone cares for their horses.

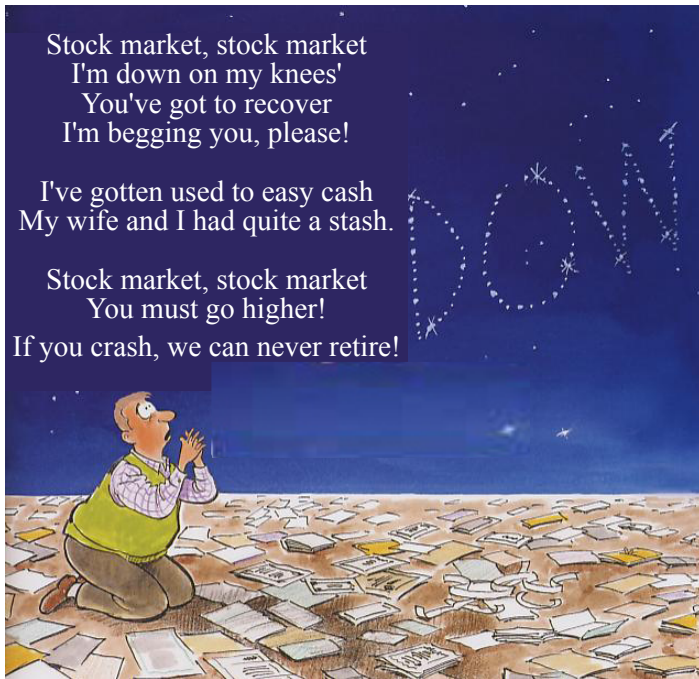
You can give tax credits based on the amount of time people spend working, riding and hanging out with their horses, which will automatically make them healthier. (Don't tell the docs, but most horse owners already get their own basic healthcare from their vet.)

One more thing: everyone is annoyed by these corporate CEOs and their big bonuses in a down economy. So give the executives, say, one horse for every \$100,000 of bonus money they've received. Those bonuses will be plowed back into the economy in no time.

Finally, because you, Mrs. O, and the girls are such role models, you can encourage us all by

getting a pony for Sasha and Malia. It will teach them responsibility, help the First Lady plow the garden, and as a bonus: free fertilizer for the Rose Garden.

If you don't believe me that horse ownership stimulates spending, go ahead, Mr. President. Buy that pony for your girls. You'll see!



Stock market, stock market
I'm down on my knees'
You've got to recover
I'm begging you, please!

I've gotten used to easy cash
My wife and I had quite a stash.

Stock market, stock market
You must go higher!

If you crash, we can never retire!

BABY BRIGADE

There are babies all over the place! Brenda and Hugh Lawson used Danny Hatcher's gorgeous Rocky Mountain stallion, R-U-REDI-FOR-THIS, this year and had three beautiful foals, a black colt, a chocolate colt and a black filly. They are all for sale. Tracy and Danny Hatcher had two foals out of him themselves this year, a dark chocolate with black mane and tail and a chocolate with a white mane and tail, both stud colts and both for sale.

They also had a chocolate filly out of Pence's Blue Boy, chocolate with a white mane and

tail, also for sale. Neighbor JB Griffin had one black foal out of Hatcher's stud. Rhonda and Darren Rudd have had three foals, all out of their cremello-and-white stallion, including a cremello filly, a cremello colt and a cremello-and-white filly.



20 Truths about Horses

1. People who don't take care of their own horses will be the first ones to tell you how to care for yours.
2. You should never buy a cheap girth!
3. A handsome horse who's badly behaved will become a lot less attractive in about 15 min.
4. People who think they have nothing more to learn about riding, hit the ground the hardest.
5. The richest horse people often look the poorest.
6. The worse a person rides the more likely they are going to blame it on the horse.
7. The best thing about going to the barn first thing in the morning is that horses don't care how you look.
8. If a dealer insists a horse is worth twice what he's asking he's usually worth half that much.
9. The best way to appreciate how another person rides is to get on their horse.
10. I'd rather have a horse with a perfect mind than a perfect head.
11. If you think you have left the water on in the barn you have, if you think you have closed the pasture gate you haven't.
12. When someone asks you if you like their horse always say yes.
13. If you're looking for the perfect horse you will never own one.
14. Owning a horse can either make a marriage or break it.
15. You shouldn't talk about your first place ribbon to someone who came in second.
16. If someone says that horse has a little buck, it has a BIG buck.
17. If we need rain, schedule a show.
18. A FREE horse is not a cheap horse.
19. No matter how badly behaved you are, your horse always gives you a second chance.
20. A expensive horse doesn't make a better horse.

CLASSIFIEDS

BRED MARE Hugh and Brenda Lawson have a chocolate Rocky Mountain broodmare for sale. She is bred to Danny Hatcher's stallion. She's 20 and can still enjoy easy riding. For more info, call 931-879-1958.

AT STUD Our stallion, Insignia's Last Chance, is the direct son of Gold Boy's Gold Insignia. Chance is a beautiful champagne and white stud who has produced 100% Champagne babies, no matter what color the mare. These colts move natural and smooth. Call Darren Rudd at 931-879-9994 for more info.

FOR SALE Stump grinder \$ 1,800; Owens Corning insulation boards \$ 7-\$ 10 each; red flat bed bumper pull trailer, \$ 1,500; rebar and steel, call for price; building (8'x12') \$ 1,800. Call Darren Rudd 931-879-9994.

HORSES FOR SALE 10 yr old black mare with 2 month old champagne colt by her side bred back to our stallion \$ 2800 for mare, \$ 1500 for colt. 4 month old champagne filly (exceptionally friendly), \$ 2500. 4 month old champagne and white filly. \$ 2,000. Two yearling fillies, \$ 1250 each. Call Darren Rudd 931-879-9994.

HORSE WANTED looking for a lesson horse (one I can use to teach beginners with) and another dead broke small horse or pony for my sister-in-law. She wants to trail ride with me but she's tiny (5' maybe) and she is afraid of large horses. Need 14 hands or smaller. Meriwether Montgomery, (256) 338-1280. **HORSE BOOTS** Also have a brand new pair of Easy Mac boots for sale (size 2)..never worn by my horse! \$ 100 obo.

WANTED Rent barn/ stalls pasture for 2 weaning mares mid to late September in Spruce Creek area. Need to rent for 30 days minimum. Please contact Jaime at jaimelwhiteaker@aol.com.

FOR SALE 20.8 cu. ft. GE frig for sale. It has the freezer on top, is self defrosting and ice maker ready, \$ 40. Renee Pearce (931) 879-4450.

FOR SALE 10 inch Delta table saw with mobile base, \$ 175; twin tank DeWalt air compressor, \$ 200; queen-size metal bed frame, \$ 50; Hitachi 10 inch slide compound miter saw with stand, \$ 400. Call Steve Drochak (931) 752-8388.

FOR SALE BY OWNER 5.01 cleared acres, wood fence, very nice 4-stall barn with full bath, tack room, washer & dryer, RV hook-up, fenced, beautiful building site, corner lot, 304 Red Oak Dr., \$ 250,000. Please email cspencer@inh.com, or call Carolyn Spencer 812-325-4098, or Mike Spencer 317-679-5074.

CABIN RENTALS

KICKING BACK CABIN. Sleeps 6-10, fully-equipped kitchen, washer/dryer, fireplace, Jacuzzi. Very comfortably furnished. See website for pix, availability and rates.

<http://www.kickingbackcabin.com>

Brenda Lawson is renting the cabarn next to her house on Saddle Drive for a VERY reasonable rate. It's \$ 45 one night/\$ 35 multiple nights for the "ca" which is an efficiency with a queen bed and stalls in the "barn" part are included. There are also two RV/LQ hookups for \$ 18 per night. To check on availability or to make a reservation, call Brenda at (931) 879-1958.

SERVICES

LAND CLEARING & SITE PREP Danny Hatcher will clear lots and will do the electric and the water for camp sites, also the septic tanks. References available. (931) 879-4549.

STUMP GRINDING If anyone has stumps to be removed, call Darren Rudd at 931-879-9994.

PROPERTY MANAGEMENT Will handle advertising, scheduling, welcome and check out your guests, manage payment and arrange for cleaning, maintenance and lawn service. Reasonable fees for all services. Storage facilities for your personal items can also be arranged. Contact Lois Schwartz (loisjschwartz39@gmail.com) or 931-879-6613 for details.

CABIN CLEANING on a one time basis, weekly, bi-weekly, monthly....can open and close your cabin clean after you leave. Honest, reliable and affordable. References available. Call Claudia 931-879-5312.

BUSH HOGGING, POSTHOLE DIGGING AND LIGHT TRACTOR WORK; Tom Jancek (931) 879-8660 Home or (931) 704-0500 Cell.

MOWING & WEED EATING. You choose price to fit your budget! JUST RITA; 931-879-6835.

CUSTOM SEWING; Embroidery, slipcovers, curtains and window treatments, cushions, trailer accessories. Call Joan; (931)-752-7643.

PET ADOPTION, Donna Drochak is a volunteer for Best Friends Sanctuary. If you need a barn cat or a new dog, call her at 752-8388.

EMERGENCY HORSESHOEING; 15 years experience. Specializing in gaited horses. Call Rita Rosshirt, (931) 879-6835.

SPRUCE CREEK NOTARIES; Leslie Helm, 752-8102; Connie Ross, 752-8920; Lorrie Sloan, 752-5855.

www.sprucecreektrails.com

DIRECTORS

Ron Brinkerhoff, (931) 752-5169, lanceb11@twlakes.net
Beverly Chase, (931) 752-5355, gaitinlady@yahoo.com
Tracey Hatcher, (931) 4549, macygypsy@aol.com
Brian Matchette, (931) 879-5312
Tom Pickard, (931) 879-6784, tjpickard2001@msn.com
Roy Sillman, (931) 879-0508, rsillman@twlakes.net
Cathy Roberts, (931) 879-2002, c_roberts@gkfclaw.com,

OFFICERS

President: Sharon Vaughn
898 Spruce Creek Dr, Jamestown TN 38556, (931) 879-7537, chvsnv@twlakes.net
Secretary/Treasurer: Roy Sillman
749 Deer Haven Trail, Jamestown TN 38556, (931) 879-0508 rsillman@twlakes.net

NEWSLETTER

Leslie Helm, (931) 752-8102, leslie@wingset.com
Donna Smith, smit1297@bellsouth.net

EDITOR'S NOTE

I sent out an email, advising the membership that I was putting the newsletter together and needed classified ads to fill that space. Well....the response was certainly gratifying! This is the old "Be careful what you wish for!" because I soon had more ads than space...which is why the newsletter spilled over on to this page! It's YOUR newsletter and I am delighted to put in whatever you need, so keep 'em coming! *Leslie*