FROM THE EDITOR
This will be my second year of doing the newsletter for the Spruce Creek Trails Association. I would like to reiterate that it is YOUR newsletter, not mine; again, the more information you send, the more it will be yours. A big thanks to all who sent materials in 2009!

If you have an article that you think would be of interest to the membership or pictures that you have taken in and around Spruce Creek, please do send them.

If you have concerns about anything pertaining to Spruce Creek or would like to express an opinion, you are welcome to submit a "Letter To The Editor."

NEW YEAR’S RESOLUTION!
With some decent days, weather-wise, in January when it’s a little too brisk to actually ride, you may want to spend some time cleaning and organizing your barn. Replace any broken or chewed boards, put a coat of fresh paint on any surface that looks dingy or worn. If you have a cement floor, put a coat of fresh floor paint on that, too. Lime your stalls or any area that might smell of urine. Knock down old cobwebs with a broom or use a shop vac to suck them up. Sweep up old hay. Replace any burned out light bulbs. Rake the gravel outside. Make sure your fencelines aren’t sagging and keep the pasture mowed. Here’s a "Before and After" that says it all!

FROM THE PRESIDENT
The pavilion is available for the members’ personal use, for your parties or other events. There is a 2010 calendar, located near the door to the rest rooms at the pavilion, for scheduling the day you would like to reserve. Please write your name, phone number and the time you need on the day you would like to use it. Remember to bring your own pen because there probably won’t be one available at the pavilion. Of course, the Trail Association uses the pavilion for the potluck dinners (last Saturday of each month May-Oct) and during holidays such as Memorial Day, the Fourth of July, and the following weekends so please don’t plan to use the pavilion during those times. You may get a key to the restrooms from me, Roy Sillman, or Tom Pickard (our phone numbers are listed at the end of the newsletter). We ask that you leave the pavilion in the same condition that you found it.

We hope to get some estimates for finishing our restrooms after the first of the year and expect to be starting that project soon.

BOARD POSITIONS AVAILABLE
New SCTA members may indicate interest in running for a position on the Board of Directors on the membership form. Any current member interested in a board position may contact a current board member and have their name added to the ballot for the May election. The annual members’ meeting traditionally has been held 30 minutes before the May potluck. During that meeting the new board members election is held, if necessary. If there are no more than three nominees then the three will be appointed and no election will be needed.

This year, there will be three Board positions available as the 2007-2010 terms of Sharon Vaughn, Ricky Rains and Tom Pickard are due to expire.

TRAIL WORK
It’s hard to name a trail section that doesn’t need attention. At this time, the trail to the Cumberland Valley Trailhead is next to be worked on when weather permits. We have a load of rock ready to be taken to a particularly bad place. Then the Willie Lee trail is in need of attention, on one of the hills.

Don’t forget to use the special email address to bring unsafe trail conditions to the attention of Brian Matchette, Chairman of the Trail Committee.

sprucecreektrails@yahoo.com
Sharon Vaughn

www.sprucecreektrails.com
WELCOME, NEW NEIGHBORS

There has been a lot of construction in Spruce Creek in recent months, and there probably will be a lot more!

Gwen and Nick Frangias built this cabin on Evergreen, which they will be using until it sells. They plan to build on their beautiful parcel in Rockhouse, so they'll be just across the road.

This cabin on Spruce Creek Drive seemed to spring up almost overnight. Lisa and Todd Hollandsworth and 10-year-old Zachary, from Warsaw KY, are very pleased with their new accommodations and we'll be seeing a lot more of them.

Diana Mills' new cabin at the end of Wildcat is nearly done. You may remember that her sister, Barbara Mills, bought Ruthann and Bob Watson's cabin at 707 Deer Haven Trail and her mother, Joan Mills, bought Laurie and Paul Leroy's cabin at 670 Spruce Creek Drive earlier in the year and are quite settled here in Spruce Creek. Diana has been living with Joan for a few months while her construction is in process.

Teresa and Joseph Russell from Caryville TN own this cute cabin, nearing completion, on Wildcat Road.

Janet and Anthony Beauchemin, from Ontario Canada, have a new little cabin and barn at the intersection of Crockett Creek and Spruce Creek Drive.

Tommi and Ben Gurule's house at 663 Spruce Creek Drive is well underway. They are renting right across the road from Valerie and Bill Rice at 552 Spruce Creek Drive but are looking forward to having their furniture shipped from Santa Fe and getting settled here.

Diana Mills' new cabin at the end of Wildcat is nearly done. You may remember that her sister, Barbara Mills, bought Ruthann and Bob Watson's cabin at 707 Deer Haven Trail and her mother, Joan Mills, bought Laurie and Paul Leroy's cabin at 670 Spruce Creek Drive earlier in the year and are quite settled here in Spruce Creek. Diana has been living with Joan for a few months while her construction is in process.

Betsey Knight's new barn at the end of Taft Story Road has been completed and put to good use! Betsey is an instructor at the STAR Therapeutic Riding Center in Lenoir City and she comes to Big South Fork often to ride on trails.

Lea Valentine on Crockett Crest has a new little barn and it looks like a little cabin is next. Lea is a senior Vet Tech at the University of Tennessee in Knoxville.

www.sprucecreektrails.com
NINE QUESTIONS TO ASK BEFORE YOU SET OUT ON A TRAIL RIDE

Big South Fork is rugged country and there are a variety of trails which range from easy, relatively level ones like Jack's Ridge Loop and the White Oak, but many are more challenging and more remote. In case you missed this article in Horse and Rider magazine by Juli Thorsen, here it is. Before you head out, she advises, make sure you're well-prepared for weather, terrain and other trail variables. No one likes to go trail riding in the name of fun, only to suffer injuries and other problems that could have been avoided. Add some be-prepared insurance to your next trail outing by asking these questions, and preparing accordingly:

1. What potential weather or terrain hazards might we encounter (precipitation, altitude change, cold, wind exposure, rocky terrain, etc.)?
2. What mishaps might these cause to horses and/or riders?
3. How well supplied and experienced are we, in order to cope with these issues?
4. What are the unique dangers of our destination (wild animals, roadway traffic, insects, remoteness, etc.)?
5. What problems might these cause to horses and/or riders?
6. What gear and strategies would we need for coping?
7. Who in our party is responsible for the first-aid supplies, and who knows how to use them?
8. How would searchers know when and where to start looking for us, if we're lost or detained?
9. What would we do if a horse were unable to continue the ride, and had to be treated, hauled out, or—worse-case scenario—put down?

CONSIDER "SPOT," GPS PERSONAL TRACKER

The SPOT Satellite GPS Messenger provides a vital line of communication with friends and family when you want it, and emergency assistance when you need it. Using 100% satellite technology, SPOT works virtually anywhere in the world, even where cell phones don’t — all with the push of a button.

SOS / 911: Use this function in the event of a life threatening or other critical emergency to notify emergency services of your GPS location and that you need assistance. The GEOS International Emergency Response Center alerts the appropriate agencies, contacting 911 responders in North America.

Help: In the event of a non-life threatening emergency, you can use this function to notify your personal contacts that you need assistance. Additional SPOT Assist services can be purchased and programmed to your Help button as well. When activated with SPOT Assist, the Help button will notify professional services either on the land or water. SPOT has partnered with national service providers to offer non-life threatening assistance.

Check-in/OK: This feature allows you to let your friends and family know that all is OK with a pre-programmed message along with your GPS location. With a push of a button a message is sent via email or SMS to up to 10 pre-determined contacts and your waypoint is stored in your SPOT account for later reference.

Track Progress: This feature allows you to send and save your location and allow contacts to track your progress in near real time using Google Maps. With your SPOT account you have the ability to set up a SPOT Shared Page which allows you to show your SPOT GPS locations to others on a Google Map.

SPOT is only 3½" high, 2½" wide, 1" thick and it weighs 5 ounces.

www.sprucecreektrails.com
TWO DACHSHUND PUPPIES NEED GOOD HOMES
How can you resist these little faces??
East Tennessee Dachshund Rescue has two 12 week old pups! They are 3/4 dachshund and ?; cuter than buttons! They need a snuggly home with a fence or some way to keep them safe because they are hounds and will follow their noses! If you would love to have a bed warmer and help these little guys out (they are not puppy mill puppies), call Connie Ross at (931)752-8920. The honey-and-white is male and the black-and-white is also a little male. They are housebroken, respectful around horses and good with cats....couldn't be better!

WAYNE HOWELL UPDATE
Wayne was badly injured in an ATV accident last spring and he is undergoing a long recovery. He is making tremendous progress and actually walked two weeks ago, with the aid of leg braces, during a physical therapy session at the Patricia Neal Rehab Center in Knoxville. Here he's "back in the saddle" at STAR, a wonderful therapeutic riding facility in Lenoir City.

BARBECUE IS A WAY OF LIFE HERE
Well, not just here in Tennessee; it’s a southern tradition, and a way of life all over the south. Barbecue is both a noun and a verb. You barbecue the meat to produce barbecue and you invite friends over for a barbecue...see what I mean? There’s a barbecue joint in every town (and usually more than one), where you can enjoy a side of ribs or a pulled-pork sandwich. The best way of summing up the experience is this: "Your fingers are your fork!" The closest thing Yankees had was "Sloppy Joes." I say "had" because barbecue is now an American tradition, with barbecue championships held across the country. Barbecue has been embraced worldwide. If you don’t believe it, go look at the proliferation of barbecue cookbooks at amazon.com or type the word "barbecue" into Google! North Carolina considers itself "the cradle of cue," the Barbecue Capital of the World. Vinegar is the secret ingredient of Carolina Barbecue, particularly apple cider vinegar, because the gentle acid tenderizes the meat during the slow-cooking process, making it "pull-apart perfect." Curiously, North Carolina is divided on the issue of sauce and as you travel farther west, barbecue sauce moves from the thin-vinegar based variety particular to the eastern part of the state to the thicker tomato-based sauces in western North Carolina. The North Carolina Barbecue Sauce Feud has been...smokin'...since the early 1800’s. Memphis dominates the culture of Tennessee barbecue and the Memphis in May's World Championship Barbecue Cooking Contest is world renowned, with 30 tons of meat cooked in that three-day period as hundreds of teams compete for prize money and supreme bragging rights. If you have a hankering for barbecue, you won’t go hungry in St Louis or Kansas City, either! Texas is also famous for its barbecue. In Texas, the meat used most often is beef, as you’d expect, and among the various beef cuts, brisket is the most popular. Texas BBQ sauce is also unique, sweet and spicy, tomato based, with regional “Tex-Mex” spices and seasonings. If you’re coming through Jamestown on your way to Spruce Creek, you might want to stop at KC’s Barbecue in Grimsley or you'll find the Pork Ryans trailer at the Henbo's BP station on Route 52 near Walmart.
With 205 bones and 700 muscles the horse is a challenging animal for anatomy students to study. That was until champion rider Gillian Higgins came up with the novel idea of showing people how it all works. Rather than bog them down with dusty diagrams and skeletal sketches, she hit upon the idea of painting the inner workings of the horse on the beast itself. Now veterinary students, race horse trainers, eventers, pony club members and dressage judges are flocking to her lectures to see the horse painting in action. Ms. Higgins uses water-based hypoallergenic paints which are easy to wash off afterwards. She takes four hours to apply the equine make-up, painting the skeletal structure on one side and the multi-coloured musculature on the other.

Many thanks to Donna Kiser for submitting this!

Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat.  
- Anonymous

www.sprucecreektrails.com
Riders were out today, in spite of the cold weather! Here are Brenda Lawson, Linda Brinkerhoff and Hugh Lawson, dressed warmly and starting up Spruce Creek Drive and a group with Larry McMillan, turning onto the trail off Crockett Creek Drive.

**JANUARY 1, 2010**
**IN SPITE OF FRIGID TEMPS**

Internal parasites are the most common disease of horses today, and are also one of the most costly and damaging to horses. Learning more about the different types of equine parasites, and the proper way to deworm your horse using rotational deworming, can help to protect and maintain your horse's health and give you added peace of mind.

All horses develop parasites in their digestive systems. But, by administering a systematic, seasonal deworming program, these harmful parasites can be controlled. Experts agree that you should deworm horses six times a year, rotating different compounds (such as ivermectin, fenbendazole and pyrantel pamoate) based on seasonal parasite prevalence. Certain compounds combat specific parasites more effectively than others. But, when parasites are repeatedly exposed to the same compounds, they can develop resistances. Only correct rotation discourages resistance build-up and ensures optimum protection of the horse.

Best scientific practice recommends deworming horses every 60-days, rotating among the three main chemical classes of compounds available (ivermectin, fenbendazole and pyrantel pamoate) to combat the parasites that are prevalent in that season.

Parasite infection may represent the biggest health risk to your horse, but with the right program, it's easy to control. This is an easy-to-use Rotational Deworming Barn Chart that you can post in your barn, and know exactly when to deworm and what type of dewormer you should be using every 60 days in order to simplify the process of rotational deworming.

Intervet, the makers of Safe-Guard® Paste and Granules, offers a free copy of their laminated Rotational Deworming Barn Chart. Here is the link: simply fill out the form and your chart should arrive in 3-6 weeks: [http://www.getrotationright.com/barnchartform.asp](http://www.getrotationright.com/barnchartform.asp)
**CLASSIFIEDS**

**WANTED:** Barcalounger or recliner. Ned Helm 931-752-8102 or email ned@wingset.com

**FOR SALE:** Stubben gaited trail saddle. 18" seat. Black leather, asking $1,600 Call Renee Pearce at (931) 879-4450.

**HORSE FOR SALE:** Registered Missouri Foxtrotter, black 9 yo gelding. Flatwalks, smooth single foot, and canter. Athletic on trails. Best ground manners. Forward on the trails. UTD on shots, worming, shoes. $3,500 to good home Please email jaimelwhiteaker@aol.com Can be seen on www.heavensgaitfoxtrotter.com. Under Geldings.

**FOR SALE:** Kawasaki Bayou 220 Four Wheeler. Red. Has approximately 50 miles on it; kept garaged and in excellent condition. Asking $1,600. Judy Ashley (931) 879-0719.

**FOR SALE:** 1999 Silver Nissan extended cab truck with matching camper top. 4WD. New Michelin tires. Asking $17,800. Judy Ashley (931) 879-0719.

**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

**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.

**SERVICES**

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

**CABIN CLEANING** on a one time basis, weekly, bi-weekly, monthly,...can open and close your cabin or clean after you leave. Honest, reliable and affordable. References available. Call Claudia Matchette 931-879-5312 or cell (931) 704-3679.

**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.

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

**CABIN CLEANING/YARD WORK:** Rhonda Rudd is available for cleaning services and yard work. Schedule your fall projects and arrange to have your eaves raked now. (931)879-9994.

**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.

**BUSH HOGGING, POSTHOLE DIGGING AND LIGHT TRACTOR WORK:** Tom Jancek (931) 879-0508 Home or (931) 704-0500 Cell.

**HAPPY VALENTINES DAY** SINCE THIS ISSUE INCLUDES FEBRUARY

**FOR SALE:** 1999 Silver Nissan extended cab truck with matching camper top. 4WD. New Michelin tires. Asking $17,800. Judy Ashley (931) 879-0719.
2010 Membership Application Form

Mission Statement: The Spruce Creek Trails Association (SCTA) is chartered for the sole purpose of the creation, development & maintenance of horse trails in the Spruce Creek Acres development.

NAME:______________________________________________________________

ADDRESS:__________________________________________________________

CITY:_________________________STATE, ZIP_______

PHONE:_______________________E-MAIL_______________________________

DUES and/or DONATION:___________________________________________

($35.00/YEAR if Newsletter sent via e-mail.  $39.00/YEAR if Newsletter sent by US Mail.)

Send Check to: SCTA, PO Box 564, Jamestown TN 38556

Class Applying For:

Property Owner______Commercial_______

Lot Number:________

QUESTIONS:

▪ Would you like to receive the Newsletter via E-mail? Yes_____No______

▪ Do you use the Web Site? Yes_____No______

▪ Would you be willing to serve on the Board of Directors? Yes_____No______

▪ Would you be willing to serve on a Committee? Yes_____No______