

FROM THE EDITOR

This info that Jaime Whitacre emailed exemplifies how I want the newsletter to serve the membership. I am delighted that you all are sending in information and articles. Keep it coming! *Leslie*

"Just wanted to let anyone who may be in need of hay over the coming weeks know... Through my work in Pineville KY, I met a very nice family who has about 2,000 square bales of clean grass left. They are big bales, 60-70 lbs. It's \$5 a bale delivered and stacked...minimum 100 bales a trip. If you're interested, call my cell 941-416-3935 and I'll be glad to share their phone number."

WELCOME, NEW NEIGHBORS

A warm welcome to Kathy Kunkle and Scott Kwierant who bought Jennifer and Rodney Rosenboom's cabarn at 3130 Leatherwood Ford Road, right at the end of the Evergreen Trail. They'll be coming up often from their home in Franklin, Tennessee to ride in Big South Fork.



You'll also be seeing Carolyn and Jeff Leeke, here from Ohio. They bought Lot #207, up at the top of Spruce Creek Drive near Wayne Conard, and have put a little shed on it. They'll be doing some clearing and fencing, getting ready for horse camping. Welcome!

THINK SPRING!



FROM THE PRESIDENT

This will be one spring that is more welcome than any other I can remember, after the winter we've just had! One of our full-time residents, Brenda Lawson, had told me not too long ago that she was able to ride all but a few days during the winter several years ago, but these last two have made it hard to ride as much as she would like.

As spring arrives, please give some thought to becoming a member of the Board of Directors of the the Spruce Creek Trails Association, which will have three vacancies when elections are held in May. It's a pretty informal group but we do try to address the issues of our trails. The meetings aren't long, about one hour, and you can feel good about helping out. If you would like to be considered for the board, please notify one of the current members or officers (we are listed at the end of the newsletter). We will have your name put on the ballot for the May elections. I hope to see you on the trails very soon!

Sharon

DUES ARE DUE!!!

There's a membership application on the last page of this newsletter, which you can use for annual renewal and dues payment.

Print it out and mail it with your check to:

SCTA

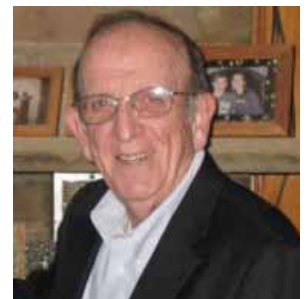
PO Box 564

Jamestown TN 38556

Don't forget that you can report problems requiring attention to the Trail Committee by emailing sprucecreektrails@yahoo.com

A NEW VOICE...A NEW VISION

Many of you have received a group email sent by Donna Kiser, President of Best Friends Animal Sanctuary, endorsing Walt Page in his decision to seek elected office. He'll be running for County Commissioner in District 4 in the August, 2010 elections.



He is well known to many Jamestown residents as President of the Fentress County Chamber of Commerce, a position he has held since July of 2007.

He has been a great supporter of Best Friends and Donna says he'll have her vote and hopes that he'll have yours, too.

GOOD ADVICE



Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies. **It's a security alarm system that you probably already have and requires no installation.** If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds all the neighbors will be looking out their windows to see who is out there and, sure enough, the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm

can work the same way there.

Thanks to Bev Bailey for sending this information

HELPFUL HINTS



For those who haven't seen this, here are some wonderful "household hints." And you can buy 1,000 of these coffee filters at The Dollar Store for almost nothing, even the large ones!

1. Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.
2. Clean windows, mirrors, and chrome. Coffee filters are lint-free so they'll leave windows sparkling.
3. Protect China by separating your good dishes with a coffee filter between each dish.
4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
6. Apply shoe polish. Ball up a lint-free coffee filter.
7. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
8. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
9. Hold tacos. Coffee filters make convenient wrappers for messy foods.
10. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.
11. Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.
12. Put a few on a plate and put your fried bacon, French fries, chicken fingers, etc on them. It soaks out all the grease.
13. Keep in the bathroom. They make great "razor nick fixers."
14. As a sewing backing. Use a filter as an easy-to-tear backing for embroidering or appliqueing soft fabrics.
15. Put baking soda into a coffee filter and insert into shoes or a closet to absorb or prevent odors.
16. Use them to strain soup stock and to tie fresh herbs in to put in soups and stews.
17. Use a coffee filter to prevent spilling when you add fluids to your car.
18. Use them as a spoon rest while cooking and clean up small counter spills.
19. Can use to hold dry ingredients when baking or when cutting a piece of fruit or veggies. Saves on having extra bowls to wash.
20. Use them to wrap Christmas ornaments for storage.
21. Use them to remove fingernail polish when out of cotton balls.
22. Use them to sprout seeds. Simply dampen the coffee filter, place seeds inside, fold it and place it into a plastic baggie until they sprout.
23. Use coffee filters as blotting paper for pressed flowers. Place the flowers between two coffee filters and put the coffee filters in phone book.
24. Use as a disposable "snack bowl" for popcorn, chips, etc.

Thanks to Joan Aery and to Renee Pearce who both sent this information

DON'T FORGET...

One of last year's "helpful hints" was to use a sheet of Bounce to remove dried bugs from your windshield and from the front of your car. It won't scratch and it works like magic!

PRODUCT REVIEW



The Big South Fork National Park is rugged terrain and, in the backcountry, safety is paramount. Riders need to count on their equipment as much as they count on their horse, and the SideStep Safety Stirrup is one of the best pieces of tack you'll ever use. It has a wide, flat base so your foot rests comfortably and the ball of your foot does not develop a painful "pressure point" after long hours in the saddle. It hangs from the fender or stirrup

leather in such a way that you don't need to augment it with stirrup straighteners which alleviate the need to twist your stirrup and fender with your foot, eliminating stress on both knees and ankles. Those two reasons alone could convince you to buy a pair!

The best feature is that the design makes it impossible for your foot to become trapped in the stirrup, eliminating the fear that you could get dragged by a frightened, runaway horse. These stirrups aren't cheap but, if you had a problem,

they'd be PRICELESS. The company that originally manufactured them went out of business some years ago and they simply were unavailable. I just saw an ad on page 87 in the latest issue of The Trail Rider magazine, advertising them.

Go to www.sidestepsafetystirrups.com or call 864-431-0393. They could be a lifesaver...



WHAT'S IN THOSE SADDLEBAGS, ANYWAY??

Big South Fork National Park in Jamestown, Tennessee, has 125,000 acres of fabulous trail riding but it is rugged country so most riders carry saddlebags filled with....whatever you might need!

A trail saddle or a Western saddle has a lot of strategically placed D-rings for attaching a variety of bags.

In front, I have a small bag that holds a bottle of water, my Blackberry and a GPS (and a pair of cheap cheater reading glasses so I can SEE them)...items that I want readily accessible.

A flat pouch snapped to the breastplate holds emergency contact info, a copy of my air evac card and a copy of my driver's license, a copy of my horses' Coggins, a small amount of money and a supply of business cards.

A small bag snapped to a D behind the saddle

holds an emergency boot in case the horse loses a shoe on the trail...kind of like a spare tire! We haven't really even gotten to the saddlebags themselves! They hold a waterproof trail map, a tiny roll of campers' biodegradable toilet paper, lipstick and hairbrush (if you had "helmet head," you'd carry a hairbrush too!), lunch and a set of thin, lightweight crossties for securing the horse to hitching rails or between trees. The crossties can double as reins or a lead rope.

I also have one of those "multi-plier" tools with knife, saw blade, screwdriver, wire cutter etc., a couple of plastic tie wraps, some decoy line and a double-ended snap for effecting temporary repairs, firestarter and waterproof matches, a pen and surveyor's tape so I can write a message and tie it to a tree branch, a space blanket, a loud whistle, a signaling mirror, a tiny plastic hooded rain poncho, a nylon windbreaker that folds into a small square, Deep Woods "OFF" towelettes, a hoof pick, a roll of "Vetrap" (useful for splinting or making a sling), a small puffer bottle with powdered coagulant (for veterinary use), a tube of Electrolyte paste and a syringe of Banamine, an anti-spasmodic/pain killer in the dreaded event that a horse colics, or worse, on the trail. I bought a small clear plastic makeup bag at Walmart and filled it with medical supplies, including aspirin/Aleve/Tylenol/Advil, Pepcid, Benadryl, a folding cup, Visine, moleskin, bandaids, AfterBite and StingStopper, a chemical ice pack, iodine wipes, gauze compress and adhesive bandage, a hemostat, tweezers, latex gloves and a CAT scanner (just kidding).

There's a compartment for extra clothing such as a shirt, teeshirt, sweatshirt. I also carry a pair of lightweight cotton sweatpants, a pair of thin socks and two plastic Walmart bags to put on over the socks so you can slip your feet back into wet boots. I myself have never gone overboard but I've seen many riders end up in the river during water crossings!

BATTLING ALGAE

(It's that time of year again, as the weather warms up)

Algae seems to thrive in almost any wet environment and once you scrub it away, it reappears days later. What are the best ways to control algae growth in your water buckets, troughs and ponds? To understand how best to control algae, it will help to know exactly what species you are battling. For water buckets and troughs, the container has water that is fairly temporary so you would be limited in the types of algae you find. Typically, you'd encounter two types of algae. The first is filamentous algae, which are microscopic units of cells joined to form strings, which in mass appears as a slimy mat of algae or stringy strands. The other is unicellular (also referred to as planktonic). Although you can't see it with the naked eye, it makes your water look green. What makes algae thrive in your water? The key conditions are nutrients, warmth and moisture. Warmth can be provided by the heat of the sun which is why algae in troughs out in a pasture grows faster than in a bucket in the barn. Nutrients can come from horse droppings in the water as well as hay, feed or leaves left in the water. Horses on pasture will also frequently come to a water trough with pieces of grass in their mouths. Nutrients from these plant parts are then released into the water. Also, if your water comes from a spring, or pumped from a pond or any other natural setting, it is more likely to have algae growth than water that is coming from a city water system. The pond water usually has nutrients in it to feed the algae whereas the city water will take a little longer time to accumulate enough nutrients to support significant algae growth.

Another ideal condition that buckets and troughs offer is that the water is stagnant. Algae grows better in stagnant than fast moving water. So if you have a pond, consider installing an aerator in the form of a fountain or bubbler to reduce chances of an algae bloom. Occurrence of algae problems also depends on the management style of upstream properties. Over fertilized lawns or pastures are major sources of pollutants that support algae in ponds.

BUCKET & TROUGH SOLUTIONS

When algae first begins to grow, it isn't a problem. Horses can drink the water without any adverse effects. But all algae goes through a cycle, first of growing, and then dying and decomposing. Usually, the die-off will occur two to three weeks after the first appearance of green. As the algae decomposes, it gives off harmful toxins that if ingested, may cause a horse to colic. There is an odor the algae gives off when it is decomposing, but it is too subtle for humans to notice. Horses, however, will detect it and may sometimes hesitate or refuse to drink such water. If you have algae growing in your buckets and troughs, then your watering system is not good enough for horses. Good management requires that you keep your water as clean as possible and change it every two to three days. If you change it that frequently, then there is little chance of algae establishing itself. You need to empty the bucket or trough and scrub it to remove any budding growth. However, if you just top off the container, you will have problems with algae because the remaining water may contain cells, younger growth or fragments of algae that will readily establish a new colony. People who use large tubs frequently just top them off because it is time-consuming and messy to empty. No matter what the containment is, it is imperative that you dump the water out, scrub, and re-fill with fresh water. Again, you need to do this every few days for buckets and at least once a week for large troughs.

What if you still can't get rid of the algae? Many people report success by adding apple cider vinegar to the water, which works by dropping the pH. But that can get expensive. Instead, you can clean your buckets and troughs with chlorine. Research shows that household bleach (unscented is best) at 2 to 3 fluid ounces per 50 gallons of water every 7 days is effective in killing algae.

POND PROBLEMS

Many farms use ponds to water their pastured horses. How do you control algae in such a large span of water? First, be sure that there is no runoff from your manure pile that is leaching into the pond. Manure will provide much needed nutrients for the algae. Keep your manure in a protected structure, build a berm around it to keep rainwater from leaching its nutrients and keep it far away from the pond.



Most chemical treatments are copper based and sold under different trade names. It is copper that gives ponds that tell-tale turquoise look, which you'll see quite commonly in this area. The water becomes opaque, not allowing sunlight to penetrate its depths, thus retarding algae growth. Your extension agent should have a manual to identify the different types of algae. Once the algae is identified, your agent can give you a list of appropriate algicides and rate them for you, from excellent to good to fair. If any chemical control is used, it is very important to determine how long such water bodies should be kept without being used as watering sources for your horses. For those who prefer a non-chemical solution, there are several options. The first is the use of grass carp. These large (up to 50 pounds), long-lived herbivorous from the minnow family are vegetarians with enormous appetites; and they love algae. Be aware that because these are non-native fish, a special permit may be required before releasing them in your pond. To prevent spread of the carp to other water supplies, there is a sterile triploid form of grass carp now available.

Controlling algae is a constant struggle. But with good management practices, it can be controlled and even eliminated.



This is Brown Recluse country and as you may know, the bite is extremely nasty. The Brown Recluse is perhaps the most venomous spider in the U.S. As its name indicates, it tends to hide in and around homes, in the darkest and smallest places it can find. The spider commonly lives in basements and garages of houses and often hides behind boards and boxes. Bites often occur when the spiders hide in towels or old clothes left in those areas. It is not aggressive but will bite when threatened or accidentally touched. Brown Recluse spiders are found primarily in the south and in the midwest, with many cases of bites reported in Florida, Texas, Kansas, Missouri, Arkansas, Louisiana and Oklahoma.

Generally, the bite produces a reaction that is very severe. Often there is a systemic reaction within 24-36 hours characterized by restlessness, fever, chills, nausea, weakness and joint pain. Where the bite occurs there is often tissue death and skin will turn black as cells die. This skin is sloughed off and, eventually, the necrotic core falls away, leaving a deep pit that gradually fills with scar tissue. Better safe than sorry, so BE CAREFUL!



Day 3



Day 4



Day 5



Day 6



Day 9



Day 10

FYI...CHECK OUT THESE WEBSITES

Here are two new horse-related websites that may interest you:

<http://www.tennessee-trailriders.com>

<http://www.trailtownusa.com>



The Fabulous Floating Horses

A Comprehensive Guide to 30 Soft-Gaited Breeds

BOOK REVIEW

Jaime Whitacre recommends a wonderful book that she happened upon from author Barbara Weatherwax. The title is The Fabulous Floating Horses. She says it's a great book about thirty "soft gaited breeds," with their history, origin, characteristics, etc and it has wonderful pictures. Since so many SCTA members own gaited horses, they would find this a most enjoyable book..or what a nice gift it would make for a riding buddy. It's available from the publisher, Markwin Press in Arizona. They will ship directly. Here's the hyperlink to the website: <http://www.thefabulousfloatinghorses.com/>

IS THIS 2010'S FIRST FOAL?



Here's JAG'S NASHVILLE STAR. This picture was taken when she was less than 24 hours old. She's the latest offspring of Jaime Whitacre's "chocolate" Missouri Foxtrotter stallion, Jag, that you see in the front pasture at Heavens Gait Farm. The mare was shipped to Ocala early in December since she was expecting a mid-February foal. Given the harsh winter we have had here in TN, it was a good decision to send her to a foaling center in Florida! In other news at 977 Spruce Creek Drive, Jaime is eagerly awaiting the arrival of her new MFT stallion, The Chocolatier, whose stable name will be "Dove." Weather permitting, he should be home from Missouri home by late March, pending the completion of the stud suite. Dove is a rare MFT that DNA color tested black silver dapple. He is dappled chocolate with a very light mane and tail and, when bred to Jaime's red Foxtrotter mares,

he will produce only black or black silver dapple.

GOOD NEWS FROM GOOGLE

Commit this number to memory or put it on your speed dial: **1-800-goog411** (1-800-466-4411)

This is an awesome service from Google, and it's free -- great when you are driving on the road with no pen, pencil or paper handy. Don't waste your money on information calls and don't waste your time manually dialing the number. Let's say you're driving along, you decide to order a pizza and you don't know the number offhand. Use the number you've programmed into your speed dial or voice recognition. You'll hear, "City and State." You say, "Jamestown, Tennessee." He says, "Business, Name or Type of Service." You say, "Wild Horse General Store." He says, "Connecting" and the clerk at The Wild Horse answers the phone.

How great is that? This is nationwide and it is absolutely free!

www.sprucecreektrails.com

Best Friends Sanctuary, Inc. (Community Pet Advocates) 2009 Accomplishments



It is important to reflect on our accomplishments, as there is an endless number of dogs, cats and puppies in need....and we need encouragement to keep our organization going.

In 2009, we transported 850 (our largest amount per year yet!) canines to our no kill sister shelter in Ohio where they find loving indoor homes. This is 2,715 since we began this in April of 2006. We have issued 73 vouchers last year for low income spay or neuters. That is a total of 375 issued since we reorganized in 2006. We are also spaying the mother dog of any litter that we take to our sister shelter. This is a great service to Fentress County as we are greatly reducing the stray population. Please spay or neuter your pets to help the community.

We have received grant funds from Animal Friendly (from our license plates). This amount was very low for 2009 so we are blessed to receive more grant money from new sources for the low income spay neuter programs. Our volunteers must apply for these and then administer the funds, phone calls, and the paperwork.

We have also received grant money from Sam's Club, The Greg Biffle Foundation, Two Mauds, and Petco. Memorial contributions and personal contributions have helped and are greatly appreciated.

We have been blessed to receive pet food donations from Nutro, Tractor Supply Co., Food Lion, and Wal-Mart. This food greatly helps our foster homes feed the unwanted pets under their care.

We assisted the sheriff and local judicial personnel successfully prosecute a horrible animal abuse / abandonment case. This beautiful Great Dane was nursed back to health from near death by one of our members and adopted to a loving home. See pictures on our website.

We are members of UCAN, Upper Cumberland Animal Networking. The small animal rescue groups in the surrounding counties meet once a month for discussion, exchange of information, and support.

Our fund raisers consisted of The Dinner/Auction at Pine Haven Community Center, Traffic Stops, Book Sales, Horse Show, Etc. We thank each and every one of our members who contributed time, energy, ideas, and funds to help to make these a success. We also thank the Fentress County citizens and businesses who helped to support our cause. The poor economy has not stopped the people from Fentress County from supporting us and we are very blessed and grateful.

If you see a stray animal, and you feel a tug on your heart, please remember us. We are the only organization in Fentress County that focuses on eliminating the stray population by rescue, spay/neuter, and education. We are a 501 C3 organization and all donations are tax deductible. We do not receive any funding from the city, county, state. If you have been contributing to a national humane organization, please consider donating your funds locally as we do not receive any of their funds.

The annual Best Friends Dinner/Auction will be held on March 6th at 5 P.M. at Pine Haven Community Center. Please join us!

We are looking for quality item donations to auction. Any donation is greatly appreciated and tax deductible. Please call 931-879-6806.

Best Friends Sanctuary, Inc. P.O. Box 1038, Jamestown, TN 38556 931-879-6806. Please visit our website www.bestfriendssanctuarytn.com for more information on our group. We also welcome new members and look forward to meeting them and hearing their new ideas. Thank you.

In Spruce Creek, Donna Drochak is a point of contact for anyone wanting to adopt. Her phone number is 752-8388. And, don't forget to donate your aluminum cans; there's a bag for collection in the Spruce Creek pavilion.

Donna Kiser
President

www.sprucecreektrails.com

CLASSIFIEDS

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

WANTED: Wooden bunk beds for bunkroom in barn Call Renee Pearce at (931) 879-4450.

FOR SALE: 2003 Yamaha Kodiak 4-wheeler, automatic, red, \$ 3000. Please call Carolyn phone # 812-340-5927.

HORSE TRAILER FOR SALE: 2007 American Spirit LQ three-horse trailer. Excellent condition. Can be seen where it is parked at the end of Walking Horse Drive. Property also for sale (2.3 acres with water and electric). Meriwether Montgomery (256) 497-6180.

FOR SALE: Pair of Easy Boots, size 2. Never used. Paid \$ 150; will take \$ 100.

Meriwether Montgomery (256) 497-6180.

FOR SALE: TREK 4600 mountain bike, 19½-inch super light aluminum frame and SRAM shifters. Has about 100 miles on it. \$ 300. Ned Helm, (931) 752-8102.

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 \$ 35 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. To check on availability or to make a reservation, call Brenda at (931) 879-1958.

SERVICES

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.

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

CABIN CLEANING/YARD WORK: Rhonda Rudd is available for cleaning services and yard work. Schedule your spring projects! (931)879-9994.

RESIDENTIAL CONSTRUCTION Darren Rudd is now back in the residential building business. He has over 25 years experience in residential and commercial building and comes from a family of builders. He would love to talk to anyone who is planning upcoming projects. He can be reached at home at 931-879-9994 or cell 931-260-9047. References available.

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

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

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.

DIRECTORS

Laurie Leroy, (931) 752-7716, leroy.laurie@gmail.com

Beverly Chase, (931) 752-5355, gaitinlady@yahoo.com

Tracey Hatcher, (931) 4549, macygypsy@aol.com

Brian Matchette, (931) 879-5312, azarsranger@aol.com

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Cathy Roberts, (931) 879-2002, alcat@twlakes.net

Ricky Rains, (931) 397-4626, rrains@hotmail.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

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 _____
- What is your email address (please print)? _____
- 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 _____

Mail this form with your check to :
Roy Sillman, SCTA Treasurer
PO Box 564
Jamestown TN 38556