

WNRDC Calendar of Events

October 2008



West Newbury Riding and Driving Club POST

Trail Rides and Picnic Lunch **Contact:** nadyrp@yahoo.com

Let's get together for a casual trail ride! Come whenever you want and bring a lunch item to share with others. You can ride alone or join others. We will plan on a lunch at 12pm back at the trailers, so plan your ride accordingly. Drivers welcome too. We will meet on the following dates at these parks:

**Sunday November 2, 2008
Winnekenni Park Conservation
Area (Kenoza Lake), Haverhill,
MA**

In this newsletter:

Read about our Annual Meeting, the Adventure Trail Day, Members news, Herbs for horses, Hunting season, riding on the Beach and more!

End of Year Party and Yankee Swap

**Saturday, December 6, 2008 7PM
Contact: Karen Sherman 978-255-2637**

Location: Home of Karen Sherman, 110 Indian Hill Street, West Newbury
Bring an appetizer or dessert and a small wrapped gift (limit of \$10).

Other winter meetings

A Tack Sale/Swap is a possibility. More information forthcoming as planning gets further along.

If you have any ideas or requests for winter activities or meeting discussion topics, please contact Nady at wnrdcnewsletter@yahoo.com

Upcoming in the next newsletter:
A little history on the club.....!

**Like to write? Please join the
WNRDC Newsletter Crew! If you
are interested, contact Nady at
wnrdcnewsletter@yahoo.com**

Club Contacts

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Board of Directors

Joan Carlson Kathy Feehery Cindy Foote
Deborah Hamilton Judy Wright
Kathryn West McLeod (outgoing)
Mary Lee Mahoney Camp, Ex Officio President

Bernadette Hamilton— Membership Secretary

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WNRDC Annual Meeting

Nady Peters

Amy Bresky welcomed everyone to the Annual General Meeting of the Club, held at the home of Judy Wright.

Treasurer's Report for the year 1/1/08 through 10/1/08 was presented by Karen Sherman. This showed a current balance of \$8,200 before allocation of funds and charitable donations.

Donations: It was agreed to make donations (total of \$2,000) as follows:

WN Strays in Need \$500; Essex County Greenbelt \$350; WN Police Dept/Gift fund \$100; WN Fire Company \$100; WN G.A.R. Library \$100; Windrush Therapeutic Equitation \$200; The F.A.R.M. \$100; Children's Equitation Center \$100; Juvenile Diabetes Foundation \$100; Maudslay State Park \$150; Women's Crisis Center \$100, New England Equine Rescue \$100.

Board and Officers: Membership Secretary Suzy Winsor is retiring and Bernadette Hamilton is taking on that role. Kathryn West McLeod will be retiring from the Board and joining the Board are Deborah Hamilton, Cindy Foote, and Joan Carlson. Amy Bresky and Nady Peters are switching positions with Nady becoming President and Amy Vice President.

We thank both Suzy and Kathryn for their commitment to WNRDC and the many hours they volunteered!

Bylaw Change: A change to the Bylaws was approved to allow mail-in voting for subsequent elections (prior to this change voting could only be done at the Annual Meeting).

Volunteer of the Year: For details see below

Thank you Amy Bresky: We closed the meeting with a big THANK YOU to Amy Bresky as our outgoing President. She has dedicated many hours to the WNRDC and has run the Pipestave Horse Trials for over 15 years! We presented her with a beautiful Waterford Crystal Vase bought with the donations we received from Club Members for this gift. Thanks everyone!

The Meeting was adjourned

Amy opening her present



Volunteer of the Year Award

Kathryn West McLeod

In 2008, the WNRDC Board of Directors wanted to recognize the many hours of hard work put in by our adult volunteers. This organization runs entirely on volunteer power and we could not offer the variety of horse events and member activities without our volunteers. Each year there are a few people who step up to the plate numerous times and deserve special recognition. The nominees for the 2008 WNRDC Adult Volunteer of the Year were ...

- * for putting in a full day on Adventure Trail while still on crutches: **Chris Phaneuf**
- * for Saturday set up for Adventure Trail, and assisting at Foote's Fun Field all day: **Edie McKinnon**
- * for her work at the Pleasure Show trail ring, mowing duties at Pipestave, adopting a cross country jump, Adventure Trail Saturday night moon light set-up, and providing Foote's Fun Field at Adventure Trail: **Cindy Foote**
- * For being our Social Secretary, a faithful fence judge and our town watchdog and bulldog on issues around Pipestave, trails and open space: **Ellen Alden**
- * for Pleasure Show set up, July Horse Trials stadium clean up, adopting a cross country jump, and many, many hours for Adventure Trail course clearing, set up, and clean up; and acting as Adventure Trail Secretary: **Paul Beech**
- * for building a new cross country jump at Pipestave in June; for Pleasure Show set up and clean up; filling

- in at the last minute as Pleasure Show announcer; assembling new PVC standards for the Stadium course; and for moving the stadium jump trailer back and forth to Pipestave all season: **Gordon McLeod**
- * not only did this person adopt a cross country jump, they are nominated for designing the Excel computer program used for scoring at the Pipestave Horse Trials, putting in many emergency trips to my house to get me up to speed and then problem solve, and for being Chief Scorer this year: **Melissa Maina**
 - * for Pleasure Show parking and clean up; at the July Horse Trials, worked morning parking and stayed to scribe for the stadium judge, and helped with stadium clean up; and for putting in a full day on the Adventure Trail: **Deb Hamilton**

Our **Volunteer of the Year** put in more than a day on the Adventure Trail; has never missed a Pipestave Horse Trials in 15 years; filled in at last minute to help with secretarial duties at the Pleasure Show; puts in untold hours mowing and maintaining the course and the rings at Pipestave, including adopted a cross country jump; and organizes not only the March potluck supper but the summer BBQ as well: **Jill Hazard**

As the WNRDC 2008 Adult Volunteer of the Year, Jill received a lovely plaque, a flowering plant and a gift certificate to Dover's Saddlery! The Board plans to make this an annual award.

Other WNRDC News

Pleasure Show – 2009

Due to personal and professional commitments, neither Chris Phaneuf nor Kathryn West McLeod are not able to run the Pleasure Show in 2009. If any member is interested in taking on the management and planning of this event, Chris and Kathryn are happy to pass on their knowledge and experience this winter. Please note that the first step will be securing a date, and a judge for that date, which must be completed by January 31, 2009. Please contact Chris, Kathryn or Amy Bresky if you are interested in continuing the WNRDC Pleasure Show in 2009.

Deer Hunting Season Underway

Kathryn West McLeod

Bow hunting (archery) season is already underway for deer. While hunting is not allowed on any West Newbury town owned properties, private landowners may allow hunting on their land. Ask the owners of land where you ride if they allow hunting. If you board your horses at home, check with your neighbors as well. The Trustees of Reservations website says it best:

*"Hunting is permitted on some reservations, subject to specific permit requirements and other management regulations. Signs are posted during the hunting season. Where hunting is permitted in the vicinity of a reservation, but not permitted on the reservation itself, the potential exists for trespassing by hunters from adjacent hunted land. **During hunting season, wear bright orange or red clothing, hike only on clearly marked trails, and avoid reservation boundaries. Report any violations to The Trustees, local police, or state environmental police.**"*

Hunting is allowed sunrise to sunset, except for raccoon and opossum hunting which is permitted at night. No hunting is permitted on Sundays. Report violations to Massachusetts Environmental Police Radio Room at **1-800-632-8075** at any hour of the day. The Environmental Police (game wardens) are the officers with the authority and expertise in fish and wildlife law as well as boating, ATV and

other environmental laws.

We have gathered information from public web sites on hunting. This is a reference. Call the land owner for detailed information before riding.

- * Town of West Newbury: no hunting on town owned land.
- * Groveland: no hunting on town owned land.
- * Essex County Greenbelt: allows hunting with express written permission. Call their office at (978) 768-7241 for information on specific properties.
- * Trustees of Reservations: Hunting is permitted on some reservations. For more information, contact the northeast Regional Office: (978) 921-1944.
- * Mass State Forests and Reservations: Hunting permitted with restrictions. Includes Sandy Point, Salisbury Beach, Georgetown-Rowley, Willowdale, and Crane Pond Reservation in West Newbury. Call Mass Division of Fisheries and Wildlife for more information, 508-792-7270.
- * Mass Wildlife Management Areas – Hunting is permitted. Some local WMA's are stocked with pheasant. Includes Crane Pond, Martin Burns, & William Forward. FMI (508) 389-6300

Hunting Con't

Zone 10 Hunting dates (NE Mass including West Newbury)

- * Deer – Archery: Oct 13 – Nov 22
- * Deer – Shotgun: Dec 1 – Dec 13
- * Deer – Primitive firearms & archery: Dec 15 – Dec 31
- * Pheasant, Quail, Ruffed Grouse: Oct 18 – Nov 29
- * Turkey: no fall season in Zone 10. Spring: Apr 28 – May 24
- * Black Bear: Nov 3 – Nov 22
- * Coyote: Oct 18 – Mar 7, 2009
- * Fox: Nov 1 – Feb 28, 2009
- * Opossum, Raccoon: Oct 1 – Jan 31, 2009

Adventure Trail Day

Felicity Beech

“Today was fun!! A great little trail ride with lots of fun little/big obstacles. And so nice that each of us could be as competitive as we chose to be. What a great idea for an event. Thanks for organizing this - everything seemed to be just perfect. And I was happy to see so many participants.”
Joanne Smith, WNRDC member. 8/10/08

Just wanted to say THANK YOU for a great wonderful day. We had never been to anything like this before and it was wonderful. I hope that you will be able to many more... I was the one that went swimming with my horse and he got stuck in the mud and then I lost my stirrups and leathers in the water. Even after trying to find them with no luck we all just laughed and still had a great time. It was so much fun and great for all types of horses.

Can not thank you enough for putting something like this together. Please thank all of the volunteers and home owners for me. Thank you again. Suzanne Hibbard, Weare, NH

“I just want to thank you so much. We have 4 teenage girls and they are ALL happy and saying how cool this was, which NEVER happens!” Reported by Chris Phaneuf. (Chris spent the day handing out ribbons, despite her crutches and a major fracture from a jumping mishap.)

These were just three responses to the Adventure Trail Day on August 17!

Vital statistics from the day:

- * Of the 86 riders: 24 were juniors. 12 were from W.N.; 14 from neighboring towns; 45 from MA, mostly N. Shore. 12 from NH, two from ME and one from CT. 14 were members of ECTA, 18 were WNRDC members.
- * The event was run with 29 volunteers.
- * \$1,000 donated to Essex County Trail Association to improve W.N. trails.

The designers and organizers, Felicity Beech and Kathryn West McLeod are very grateful to everyone who helped make the event such a success



Riders navigating “Carriage Alley” and other obstacles



“A participant at Foote’s Fun field is watched by Ann Bachellor as she reaches for a raincoat to put on while carrying a stuffed animal.”



Herbs for Horses

Christine Skibbee

"A horse! A horse! My kingdom for a horse!" Shakespeare

There's no doubt most of us horse enthusiasts want the best for our horses. Buying the best hay and grain and providing lush pastures and quality medical care takes priority in our lives (perhaps much to the chagrin of our families)! But when horses are left to their own doing they can fair pretty well when given enough land to roam. They've had 20,000 years of experience! They work out the pecking order, determine the leader, raise their young, defend themselves, find food and heal themselves. Heal themselves you may say? How can they possibly heal themselves without Banamine, Bute, Doxycycline, Vetrap, wormers, mineral oil, supplements...? If horses could talk they would probably teach us a great deal about the plant world.

She might say that meadowsweet helps calm my upset stomach and relieves the pain of the kick in the stifle I got the other day (meadowsweet contains salicylic acid, the component in aspirin). He would ask us to give more red clover to the hyper 1 year old out in the paddock as red clover has a calming action as well as an excellent alternative (renews tissues and blood). She would say her coat, mane and tail are so shiny when eating nettles (nettles is an excellent conditioner as well as an overall tonic). He would tell us to not eradicate the dandelions, they help to clear my skin rashes, detoxify my blood and provide lots of vitamin A. She would say it's ok for me to eat goldenrod,

it's good for my kidneys and prevents colic. He would tell us the reason he's eating plantain is to heal the punctured tendon sheath inflicted from a nail while cast and thrashing in my stall (as I observed my horse doing after his injury). As you can see horses are quite intuitive....as well as the plants and together can have amazing, beneficial outcomes.

Conventional medicine has its many benefits as well, especially within the realms of heroic medicine. From the administration of a strong analgesic in a horse crazed in pain to colic surgery. Herbal medicine can fit nicely alongside allopathic medicine with its gentleness and ability to work holistically in the horse. At times it provides the cure when all else has failed. The plants and horses have a long history together but with domestication horses no longer have access to their medicine cabinet and have to rely on us to help them heal. Bringing back herbs in the horses diet, I believe, will help best serve our horses and give them access to their natural medicines.

"Whoever said a horse was dumb was dumb." Will Rogers

Written by Christine Skibbee, RD. Chrissy practices nutrition and herbs in West Newbury with her two boys Treasure and LB Shadow.

A Riverbend Update

Amy Bresky

The Riverbend property, the 68 acre Town- owned piece which extends from close to Main St. by the Page School down to the Merrimack River, has been the center of a lot of activity, both on paper and on the ground this summer and fall. The town purchased the property about 10 years ago and it has been under the supervision of the Con Com but there has been no organized plan to maintain and improve trails, etc. until now.

A committee was formed this year, thanks to the impetus of the town's financial planner, Tracy Blais, to create a Management Plan for the property. Three members of the WNRDC have been involved, Amy Bresky, Felicity Beech and Deb Hamilton, and the plan is nearly done and about to be presented at the Fall Town Meeting. Don Bourgard, who has always been a friend to West Newbury trails, has done extensive scouting and mapping, and there will be a map of the trails and signage as well. The committee has had important help from Kate Walton of Essex County Greenbelt Association who attended all the meetings and has provided important guidance and details, as well as computer map-

ping. This was a cooperative effort with representation and involvement of Jack Duggan of Parks and Rec and Judy Mizner from the Con Com as well. The Plan also includes a time line for improvements to the property to protect its fragile areas and improve its passive recreation use.

In addition to the Plan, which provides a framework for trail maintenance and development, parking and other details, work has been done this fall by the Essex County Trails Association (ECTA) to open the Link Trail which connects the Page School to Riverbend Trail to the trails behind the Page School and the Myopia Trail. The WNRDC donated \$1100 to the ECTA to help with this effort. We are very lucky to have the support of the ECTA, as they bring both the additional finances and the physical labor and skills to get these trails open and enjoyable. With the plan and the help of ECTA, the Town's DPW and hardworking trail clearing volunteers like Alex Hamilton, we can look forward to enjoying this area more in the future.

Members News, Announcements, Classifieds and More

Full, rough and training board available at Stone Ridge Farm. The facilities include an indoor and outdoor ring, plenty of jumps and fabulous trails right outside the back door. You won't meet a nicer crew of people and the horses boast about the all day turn out and the heated buckets in the winter! Top notch quality care from a professional with many years of experience. Come see for yourself! Judy Lawless (978) 314-5685

For sale: These things need a new "steward".

- * Super high quality whipping in whip and lash. Staghorn handle with silver. Excellent condition. Made in England. \$350.
- * whip collection including a bullwhip from Spain \$75, a quirt from Morocco \$30, an antique leather covered swagger stick \$50, an antique bat with hand carved horsehead handle \$250 and an antique fly whisk with wooden handle \$30.
- * "Mallory" antique hard hat derby. Beautifully crafted with grosgrain trim. Complete with box. I don't know the value but we can figure it out together.
- * Antique cast iron foxhead boot scraper. Some rust. \$130.
- * Exquisite antique handpainted foxhead stickpin on gold from England. Again, we'd have to figure out the value. For any of these items, call Linda Bennett (603) 778-2353 or email 1lindab@comcast.net

Stall Available: November 1, horse stall available with in/out in 4 stall barn, Georgetown Road, West Newbury. Easy access to trails, no riding ring on property. \$400/month. Contact Bernadette 978-994-9670

C&C Equine Boarding- Lessons- Sales- Summer Camp. Now open to new boarders and clients! Offering a comfortable atmosphere for you and your horse. 24 hour care, all-day turnout, large indoor, two 100X200 outdoors, restroom facility, lounge and large tack room. We are located minutes off of 101 in Stratham NH. 603-489-3584 www.ccequine.com

Stall Available at Jewels Farm. All day turnout, outdoor ring, close access to 50 acres of conservation land for trail riders, owner 20 years of experience, lessons available for all ages, \$500/month call Julie at 978-363-2422 or jewelsfm@comcast.net

Congratulations to Ann O'Brien on her new partner in dressage and jumping Mojave, a 7 year old Hanoverian bay mare.

For Sale or Lease: Bruce – Percheron/Thoroughbred, 16-3, 16 years old. Bare-foot. Leg yields. Loves trails. Loves to go! Natural Horsemanship training. An absolute love. Happiest out 24/7. Lease at Wind Crest Farm. \$200/mo or buy with 4 blankets, saddle, girth, bridle & grooming tools \$1500. Contact Sharon at Sharonswright@comcast.net or 978-462-0251



Good Luck to Gordon McLeod who has started riding lessons with Lidia Taylor in Boxford. He seems hooked. After his first lesson, he bought framing lumber for a 2-horse mini-barn! Kathryn may yet have as many horses as Gordon has automobiles!



Kathryn West McLeod rode Deb Hamilton's Diamond Jack in the Myopia Novice Hunter Trials in September, competing in the Low Adult Novice division. While she does not yet know the official overall results, Kathryn and Jack

did receive a perfect score of 15 on the last fence. They had a great trip over the course which included 12 jumps, a lead-over, and the fox hunting tests "hold hard" (halt from speed) and "gone away" (accelerate to hand gallop and back to canter).

Message from Don Curiale, President of ECTA who suffered a fall while participating in a Myopia Hunt ride: Thank you for making me smile everyday when I look at my beautiful Floral arrangement. I received them this week. You were all so kind to think of me after my little mishap with bees last week. I did come off my horse and break my back but all things considered, I am lucky. I have good friends helping and supporting me. I am feeling better and the pain is lessening. Once again, thank you. Sincerely, Don Curiale, President- ECTA

Winter is the Perfect Time for a Beach Ride!

Kathryn West McLeod

When the footing is frozen and the indoor is driving you crazy, a beach ride is a great antidote. It gets you and your horse out in the fresh air on good footing. There are two local beaches which permit horseback riding: Crane Beach in Ipswich, a Trustees of Reservations property, and Salisbury Beach State Reservation in Salisbury.

If you (or your horse) have never been on a beach ride, here are some pointers:

- * Check the tide! Low tide offers hard-packed sand for trotting and cantering, as well as making the beach bigger and easier to share with walkers and dogs. Plan to arrive 1 to 2 hours before low tide.
- * Dress for wind. Even when the winter air temperature feels mild, it will be colder and windier at the beach. Consider a ski mask or sunglasses for you and an exercise rug for your horse, especially if he is clipped.
- * Be a good citizen and pick up hay, shavings and manure in the parking area.
- * Bring water for your horse, and a thermos of hot chocolate for yourself!
- * Ride with a buddy.
- * Watch the footing. While the low tide hard-packed sand is good footing, the beach is not groomed and the footing will vary from hard to soft. I have seen a horse spook at the change in footing from soft, deep sand to hard pack and vice versa. Pay attention to avoid injuries.
- * Consider using a stronger bit or a martingale if your horse gets "up" in stimulating situations. All that open space is tempting to the horse with indoor fever.
- * Ride in control at all times, being respectful of other beach users, including other riders.

Crane Beach, 400 Argilla Road, Ipswich, MA, (978) 356-4354

A beautiful beach and a favorite of many northeast MA equestrians. Horseback riding is permitted October 1 to March 31. You need a parking sticker for your trailer, and pay a fee per horse per day. Information concerning riding conditions, tides, and the number of pedestrians on the beach can be obtained by calling (978) 356-4354 daily from 8 AM to sunset. Portable toilets. Horse Van Sticker Applications can be obtained at the

entrance ticket booth or by writing to: The Trustees of Reservations, Northeast Regional Office, Castle Hill, 290 Argilla Road, Ipswich, MA 01938, Attn: Horse Van Stickers.

- * **Directions:** From Route 95 south, take exit 54 (Route 133) and follow through downtown Ipswich. Turn left onto Argilla Road and follow to Crane Beach gate house at end of paved road. Horse trailer parking is located in The Trustees' main parking area. Car parking is \$7 non-members; TTOR members \$3.50.
- * **2008-2009 HORSEBACK RIDING FEE SCHEDULE**
Sticker valid 10/1/08 to 3/31/09. 2-horse trailer \$60 TTOR Members/\$75 Non-Members; 3-horse trailer: \$75/\$85; 4-horse trailer: \$80/\$100; 6 or 8-horse trailer: \$100/\$150. ADDITIONAL daily use fee, per horse per day: \$3.50 members, \$7.00 non-members.

Salisbury Beach State Reservation, Beach Rd. Rte. 1A, Salisbury, MA, 978 462-4481

A short drive from West Newbury, Salisbury Beach is 3.8 miles long and a cost effective alternative to Crane Beach. Horseback riding permitted on Labor day until April 30. You can ride north to Seabrook (NH) Beach. Keep track of the time. There is a building built out over the sand which you need to pass going & coming. State Park Parking permit required (\$35 per year), this permit allows you to park at a number of state parks including Maudslay State Park, Portable toilets.

Directions: From Rte. 95: Take exit 58A to Newburyport/Rte. 110 east. Follow Rte. 110 East to Salisbury and the intersection with Rte. 1A North. Turn right on Rte. 1A and follow it 2 miles to the Park entrance on the right. From Rte. 495: Take Rte. 495 to exit 55, Rte. 110. Follow Rte 110 East to Salisbury and the intersection with Rte. 1A north. Follow Rte. 1A north approx. 2 miles to the Park entrance on the right.

WNRDC E-MAIL RULES AND WNRDC YAHOO GROUP

Our rules about the use of Club e-mail have changed, as our organization has grown. Since we now have an active Yahoo group available free to all members, it was decided to have Club members send out all classified (for sale, etc.) materials there, rather than through the Club e-mails. Members are welcome to post any of their classified items there. The Yahoo group is very user-friendly and instructions for signing up and using it are listed below. The Club e-mail will now provide information about WNRDC Club and related topics only.

Through the WNRDC Yahoo Group you can send and receive messages from members on a variety of things such as horses for sale or lease, items for sale, available stalls, trail rides, and share some pictures!

How to join: If you want to join only the mailing list for the group, send a blank email to wnrdc-

subscribe@yahoogroups.com. If you have a yahoo e-mail address, or don't mind creating one to log into the group, send an e-mail to [wnrdnewsletter@yahoo.com](mailto:wnrdcnewsletter@yahoo.com) and request an invitation to join the group.

How to post a message: Send your email to wnrdc@yahoogroups.com and everyone who is subscribed to the group will receive it. Remember to add your name at the bottom of the message as we may not know from your e-mail address who you are.

How to visit the group on the web:

<http://sports.groups.yahoo.com/group/wnrdc/>

NOTE: WNRDC Membership is required to join the group

Don't forget to renew your membership. If you don't know when your membership expires, please contact Bernadette Hamilton at wnrdmembership@yahoo.com

www.wnrdc.com