

# Delmarva Driving Lines

November 2003

Newsletter of the Delmarva Driving  
Club, Inc.  
<http://www.delmarvadrivingclub.com>  
35913 Fall Harvest Dr.  
Laurel, DE 19956

## Meeting Schedule

November 5 DDC Business  
meeting 7:00 pm Redden  
Forest Carriage House

December 3 DDC Business  
meeting 7:00 pm Redden  
Forest Carriage House  
**Election of 2004 Officers**

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Michael Beesley

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## Fall Harvest at Pepperbox

Wow, can you believe the wonderful weather we were blessed with this year? I think we must have had near record attendance and we certainly sold a lot of FOOD! The kitchen was a complete sellout this year!

There were antique tractors, autos, trucks, hit-and-miss engines, a portable sawmill, equine and ox-drawn shuttles, horse and pony rides, horse drawn farm equipment actually WORKING in the fields, lots of vendors, a blacksmith, chair caning demos, wood carving, rope making, wool spinning demos, a civil war reenactment, the Evans museums (next year Ed promises he will remember to open the new exhibit of children's 'transportation toys') and just a lot of things going on! Music was provided by Dove and Lacey and Friends.

Food was great and sold fast!

A rough count of cash shows that we made somewhere in the area of \$1700 ! Way to go friends of Fall Harvest!

We want to sincerely thank each and every person who helped out with set up, cleanup, cooking, selling, rides, food and other donations, music, demos, vendors, and attendance on this wonderful warm October day! THANK YOU!

Can't wait for NEXT year.



DELMARVA



DRIVING CLUB INC.

# Delmarva Driving Lines

## Information Please!

Do you have any driving or horse related articles, stories, quotes, pictures, web pages of interest, jokes or other information, including notice of events, you'd like to share with the DDC members through the newsletter? If so, please send them to:

Martie Bolinski  
986 Irishtown Rd.  
North East, MD 21901  
bolinsj@dol.net

## Delmarva Driving Club Meeting Minutes October/1/2003 Meeting

President John Bolinski called Oct/1/2003 meeting to order at 7:00 PM at Redden Forest Carriage House. There were 12 members present.

**Secretary Report:** Sept/3/2003 minutes were approved as read.

### Treasury Report:

Checking account balance, as of Oct/1/2003 for \$4,494.37  
\$3000.00 of this balance is earmarked for deposit into an investment account.  
\$694.94 of this balance is earmarked for return to investment if not used by Dec.5th/2003.  
\$799.43 is actual amount available in checking account.

Income: \$4,102.94

Expenses: \$473.43

CD#1 no activity

CD#2--\$3812.21

The 3rd Quarter Financial Report Income from July/2nd/2003 to October/1/2003 Total Funds available are \$8,320.90  
Motion by Ed Evans to accept treasure report as read. Seconded by Bud Speakman.

**Sunshine:** Lois reported \$32.80 and cards were sent to Otis Marine and Iola

**Membership:** No new memberships.

### Old Business:

*20th DDC Anniversary Celebration up-date:*

There were 32 members and 28 guests. We had a very nice drive on Saturday, and some folks camped out for the weekend. Many reported on what a beautiful place the LSF 's have. Cyndi Wolfe motioned to send a donation check in the amount of \$100.00 to LSF's plus our fee. All members present approved that motion.

*Christmas Dinner:*

After a discussion on the dates 2003---2004---2005.

On 2003 Cyndi Wolfe motioned to have Christmas Dinner at the Lodge on December/17th and that Jimmy's would cater and we would each pay for our own dinner.

On 2004 Christmas Dinner would be December 11th at Nutter Marvel in Georgetown.

NewYears Eve/Day drive and sleep over Dec 31 2004 and Jan 01 2005 at Redden Lodge

On 2005 Christmas Dinner would be Dec 9th at Redden Lodge

*Fall Harvest:* Lois gave a report on what was needed and how things are to be set up. Work day will be October/19th.

Advertising has been done. Plaques have been ordered. We need bake goods. Kay will take care of kitchen.

### New Business:

*Slate of Officer's for 2004*

President---John Bolinski

V. President---Heidi Ferguson

Secretary---Kay Mildon

Treasurer---Pam Savage

Joe Paul and Sherri Harris for Director

There will also be nominations from the floor.

*Driving Events:* Watch for all events in your newsletter.

50/50 won by Joe Paul in the amount of \$6.00

*Refreshments:* were served by John and Martie Bolinski/November refreshments Cyndi Wolfe.

*Adjournment:* Hearing no further business everyone adjourned

Respectfully, Submitted  
Kay Mildon  
Secretary

# Delmarva Driving Lines

*(John and I met Michael, an equine therapist, at a recent Fair Hill MD endurance and competitive ride where we volunteered. Although most of his articles pertain specifically to ridden horses, his studies and thoughts bear weight in the driven horse warm up as well. I hope you enjoy the article; we will run followups in future issues. He also had some helpful suggestions for John's backaches: Martie, editor)*

## Pre Training Warm-ups

by Michael Beesely, LMT, CNMT, CEST (reprinted with permission)

The equine athlete will benefit from a thorough but not overdone warm-up routine before training or competition and a cool-down procedure afterwards. A brief palpation of all the stress point areas and the elimination of any overstress before exercise will give the horse a head start on the warm up exercises. Washing with cool water, rubbing out and smoothing down the tissues afterwards will flush out the tissues and return the metabolic waste products to the heart and kidneys.

Study 1. Horses are elite athletes with oxygen uptake of 120-180ml per kg per minute. But they are limited in their thermo-regulatory ability, especially in hot, humid climates. Research from S. Africa indicates that warming up a horse before exercise can aid its ability to eliminate heat produced during performance.

Six Thoroughbred mares between the ages of three and fourteen and weighing an average of 1,152 pounds were conditioned for three months before the study. During the study, the horses were exercised on a treadmill until they fatigued at 105% of their maximum oxygen uptake. Each experiment included a warm-up period, exercise to fatigue period and a twenty minute cool-down and recovery period.

The warm-up periods were: 1, No warm-up; 2, A mild warm-up or 3, a moderate (approx one quarter mile) and then 5 minutes of walking. The moderate warm-up included five minutes of trotting, cantering until the central venous temperature exceeded 103 degree F. and then five minutes of trotting. The active cool-down period consisted of a slow trot on a level treadmill.

Horses that were warmed up before exercising did not fatigue as those not warmed up, and were able to perform longer. Warmed up horses needed less oxygen to perform a brief, high intensity task. When warmed up before exercise, horses produced less heat. They also got rid of heat sooner, especially by sweating.

Horses not warmed up lost more heat by respiration than sweating. Sweating is a more efficient method of cooling than respiratory heat loss. Horses not warmed up produced more lactic acid than those that were warmed up. An increase in lactic acid is associated with fatigue.

Although the core (body) temperature was higher after warm-up, the rate of heat accumulation was not as great during intense exercise. The post-fatigue recovery was quicker.

These results indicate that a mild warm-up is adequate to activate the thermoregulatory mechanisms of the horse that allows it to get rid of body heat easier and sooner. It also reduces the oxygen needs for intense performance. In other words, performance was less stressful on warmed up horses. Horses performed more efficiently after warming up than when they did not warm up. Warming up probably places a horse's cardio-respiratory in a state of readiness; increasing its cardiac output more quickly to accommodate the demand for increased blood circulation to cool the body.

A mild warm-up to the point when horses just start to sweat on their necks is better in hot weather where overheating might be a problem. An intense or long warm-up in hot weather is not a good idea.

A comparison of research done by the Universities of Kentucky and Ohio in differing warm up procedures has shown that intensity specific warm-ups can have a beneficial or detrimental affect on overall performance according to the intensity of the routine and the length of time implemented.

Study 2. The University of Kentucky showed that 13 minutes of intensity-specific warm-up using the walk, trot and canter followed by 20 seconds of gallop showed a lessening of lactic acid build-up. The readings were taken after a high intensity sprint. The acid build up was less than after a moderate exercise of 210 seconds, (both readings were taken after the initial intensity-specific warm-up).

Study 3. The University of Ohio found that a high intensity warm-up of 7 minutes low intensity work followed by three 45 second sprints resulted in earlier fatigue than a ten minute low intensity warm-up. The conclusion is that some warm-up is better than none at all the the best procedure depends on the type of performance needed. A moderate warm-up with a brief sprint may help a short distance racer.

The above studies were conducted on the metabolic responses of the horse and further study should address the effect on the tendons, ligaments, joints and neuromuscular function.

Increases in internal temperature indicate an increase in calorie burn-off. The more calorie use per hour will shorten workout time due to earlier exhaustion.

The air temperature is also important to note. Temperature rise within the animal will impair relative performance. An exercise in 70 degree weather may cause a rise of two degrees whereas higher air temperatures may cause a four-degree rise of the horse's temperature. High relative humidity is also as tiring a weather condition for horses as it is for people.

# Delmarva Driving Lines

## CALENDAR OF EVENTS

Schedule of events for 2003  
New format: DDC items are in  
**BOLD.**

*We will have more information about the activities below in future issues. If you can volunteer for any of these events, or have other events to suggest, please contact Heidi Ferguson. If you know of events of interest that are not DDC sponsored, let Martie know (410-398-0257 bolinsj@dol.net) Don't be bashful - we need your input and your support! There will be no activity unless it has a 'sponsor'. If you can help out, let us know. If you plan to attend PLEASE contact the host at least 2 weeks before the event.*

- Nov 2 - Assateague Drive - Carl Zimmerman
- Nov 5 DDC mtg at Redden 7:00 pm
- November 9, 10 Dave Wilson's Drive and Auction
- Dec 3 DDC mtg Redden 7:00 pm **ELECTIONS!**
- Dec 17 DDC Christmas Party - Redden Lodge 6-10. Heidi, 422-5126.

### **Dave Wilson's Carriage Auction - November 10th.**

DEC will have a booth. Come out and buy! Lots of horse and carriage related items! Fun and Friends!

### **DEC News**

Dues for 2005 are now being accepted. If you join after October, you get November and December 2003 for free. \$10 individual, \$20 Organizational, \$30 business.

**Congratulations** to DDC member, Cecelia Uhlman and "El Destino de La Rosa", 6 yr Paso Fino gelding for their September showing at the Paso Fino Nationals in Perry GA. Cecelia and "El Destino" were pinned Grand National Champion Paso Fino Driving Horse! Way to go Cecelia! (Cecelia has promised photos for next month's newsletter)

## **DDC Christmas Party - MAKE NOTE OF CHANGES**

Our annual Christmas party will be 6-10pm at the Redden Lodge on December 17th. Dinner will be at 7:00 pm. Cost will be \$10 per person this year. Please see the signup sheet in this newsletter. We need a head count by December 3rd.



## **DDC Annual Redden Forest Drive**

Eight equines and their owner/rider/driver/grooms attended the annual Redden Drive at Jester Tract. Heidi and her warmblood paint led the drive and the weather was great, trails were nicely packed and the views were relaxing. A short drive, but a great day out!

New member Edwina brought her pony; my own Kilar put in a shaggy appearance, Wayne and Phyllis drove their Suffolk pair, Joe and Nina; Peg and Paula chose to ride on Many and Applesauce rather than drive. And Ralph Tucker drove his happy Appy.

Lunch in the pavilion after the drive was good, with everyone sharing around their own favorites.



# Delmarva Driving Lines

## **2003 ELECTIONS!**

**In accordance with the DDC bylaws, the following nominations are being presented to the membership as candidates for office in 2004**

We have a full slate of nominations for all open positions. If you would like to run as an officer or director, please contact Sherri Harris ASAP. Additional nominations will be taken from the floor at the December meeting. So far we have:

President - John Bolinski (incumbent)

Vice President - Heidi Ferguson

Secretary - Kay Mildon (incumbent)

Treasurer - Pam Savage (incumbent)

Director - (Cyndi Wolfe vacating) Sherri Harris, Joe Paul

Two remaining directors' terms have one more year to run (Wayne Conner, Martie Bolinski).

Voting will take place at the December business meeting. Anyone wishing to get on the ballot may call Sherri Harris (410-482-2402) or John Bolinski (410-398-0257)

**Come out and vote!**

### **Cedarcrest Driving Show**

I apologize for missing the following information from Cedarcrest in last month's issue.

Pony Champion - Jr. Moore

JR Yourh to drive - Jr. Moore

Concours D'Elegance - Jr. Moore

Reserve Champion - Deb Dawkins

**Congratulations to all!**

### **SPECIAL NOTICE - COGGINS**

**If you are bringing a horse to a DDC event, please be sure you have your Coggins paperwork with you. If you are asked to produce and do not have it, you WILL be turned away from the event.**

### **President's Message**

At Fall Harvest, we received in our exhibitor's package, a bag of small tokens and a message that I would like to share with all. The following items were in the bag:

Toothpick - to remind you to pick the good qualities in everyone, including yourself.

Rubber Band - to remind you to be flexible. Things might not always go the way we want, but they can be worked out.

Band-Aid - to remind you to heal hurt feelings, either yours or someone else's

Eraser - to remind you that everyone makes mistakes. that's okay! We learn from our mistakes

Hershey Hugs - to remind you everyone needs a hug or a compliment every day.

Bubble Gum - to remind you to stick with it and you can accomplish anything.

Pencil - to remind you to list your blessings every day.

Tea Bag - to remind you to take time to relax each day and go over your list of blessings.

**Think about it.**

thank you to Lois E.

# Delmarva Driving Lines

## Classified Ads

### **DDC Calendars**

3 sizes - large (8.5X11, spiral bound) \$6  
medium (8.5X5.5, center staple) \$4  
small (??, spiral bound) \$2  
contains 13 different watercolors of DDC equines and their people. Shipping and handling extra or can be delivered to DDC meeting or event.

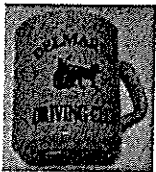
phone Martie 410-398-0257 or email at bolinsj@dol.net

### **Giant Coloring Books**

donation \$10 to DEC, see Peg Koster or Paula Barto

### **DDC 20th Anniversary Mugs**

Beautiful ceramic mugs with the DDC logo and 20th anniversary line in cream (mug) and burgundy (lettering). See Sherri Harris 410-482-2402 \$5 each.



**Carriage and Harness for Sale**  
phone 302-629-5233

## Thank You!

I want to thank each and every one who helped in the Fall Harvest Kitchen, and also the help that was behind the scene that made this all possible.

One think to remember:

Without YOU, it could not have happened. Again, thank you,

Kay Mildon

## **Sunshine September 2003**

Cards went to Joe Monaghan, hospitalized, Helene Paxton, post surgery, Ray Cameron, illness and Marilyn Bergfelder, illness.



## Letters to the Editor

We invite all DDC members to write in to the newsletter to express their thoughts and views. We will print all letters as space allows.

*Christmas  
in  
St. Michaels*

*letter from Mert Jarboe and Tom Campi Jr.*

9/03/03

Dear Friends

As I sit here in this summers' monsoon my thoughts naturally turn to our annual "Christmas in Saint Michaels" parade to be held this year on Saturday, Dec. 13th at 10:30 a.m.. The time of rendezvous will be at Perry Cabin Field at 9:30 am.

Through your past efforts and participation this local parade continues to improve and is fun for both young and old with something for everybody.

The purpose of this letter is to thank those hardy souls who participated in the rain last year. Even though the weather was bitter, the parade was a big success with over 75% participation.

Once again, thank you in advance for your participation and I look forward to meeting you all personally.

My phone # is 410-886-2307. Email is captmert@aol.com. My address is 7529 Sherwood Rd. Sherwood MD 21665. P.O. Box 58

*Wee Willy Sez*



*Happy  
Halloween*

You're embarrassed to be a bat? How would you like to have folks come up and say "look at the cute little fuzzy pumpkin with the face on his butt?"



# 2003 Christmas Party

Date: Wednesday Dec. 17<sup>th</sup>

Place: Redden Lodge

Time: 6-10 p.m. Dinner @ 7:00 p.m.

Cost: \$10 per person (catered meal)

RSVP: by Wednesday December 3<sup>rd</sup>

To Heidi 302-422-5126. Payment is due with RSVP.

Mail to Heidi Ferguson

2686 Canterbury Rd.

Milford, DE 19963

-----Tear off and Submit-----

Name(s) \_\_\_\_\_

No. Attending \_\_\_\_\_

Total Cost \_\_\_\_\_





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