

# Full Cry



January 2011

## View From The President's Den

*By Jay Young  
President*

As we bid a fond farewell to 2010, we also sadly say good bye for the last time to several members and several of the faithful four footed friends that carry us unconditionally in the pursuit of our sport. Space prevents me from mentioning all of the horses and friends we have lost.

However, because it is close in time and candidly, close in emotion for me (having lost a horse while hunting under similar circumstances), I want to express my heartfelt condolences to John Almond on the loss of his horse Henry. In previous articles I have recalled conversations with my non-riding, dog owning friends who have asked me to explain the unusual bond riders seem to have with their horses. There is something about the fact that they carry us on their backs over dangerous ground conditions, often at high speed and over very stiff, unforgiving obstacles for hours and miles just creates a special bond. You have heard me say you feel like kissing them on the lips when they deliver you safely back to the barn at the end of an exhausting day. In the case of Henry, he was privileged to have one of the most giving, caring, warm and wonderful pilots I have ever known. My heart goes out to our dear friend John, who predictably was concerned primarily with the horse. He was happy that Henry was happily and playfully bucking just moments before and that he went quietly doing what he loved. I would also be remiss in not thanking all who helped but especially Joe Davies and our perennial rescuer David Rose for their efforts in helping Johnny after Henry's death. That's what I love about this club. The members always rally to help one another when needed most.

Of course the new year tradition wouldn't be complete if there was not some discussion of resolutions. This year one of my resolutions is to pay more attention to the rules of hunting. We are very forgiving at EHC and Mary Shaffer is very considerate in making quiet suggestions about rule compliance. I am not suggesting we change any of that from the standpoint of club governance or enforcement. I am suggesting that I am going to try to be better about rule compliance and that the club would benefit by a similar effort by all of us. My last time out I noticed a slew of things that could be improved upon. Remember saddle pads should be white and conform to the shape of the saddle - not square or a color. Only members with colors are supposed to wear club buttons or boots with brown tops. When we have a joint meet or guests, members are supposed to yield to our guests. Members without colors are supposed to yield to those with colors. Those two may qualify as the most violated, although smoking during hunting might run close. Stuff happens to cause people to be late occasionally but if that is a habit of yours, it might be time to include that on your list of resolutions. And if you are late, like any line, you need to go to the back of it. Giving that tack and that hunt coat an extra rub is also always a good idea. It is also worth repeating for the sake of emphasis that the club rules require you to wear an ASTM approved helmet with a chin strap. The rules and our releases also provide that if you ignore that rule you are assuming all risk of injury. It's what the law calls contributory negligence. Maybe 2011 is a good time to get that new helmet. Please don't misunderstand me - I am not suggesting that the club intends to beef up enforcement or issue citations; we are not that kind of organization. I am just suggesting that we might each try harder to comply with well-reasoned rules or time-honored traditions. Please put reading the rules located in the revised handbook on your resolution list.

## 2011 Hunt for Blood

*By Bill Pearce*

It is that time of year again when I ask everyone to please mark your calendar for our annual blood drive. The Hunt For Blood 2011 will be held at the club on February 20<sup>th</sup>. This has become a very successful blood drive and I want to thank all of our donors for making it that way.

While we have great group of repeat donors I would like to ask that if you have not donated in the past please consider becoming one of the regulars. This truly is a cause that helps everyone. In our life time we all will either know a person who has required blood or needed it ourselves due to an accident or a surgical procedure. So please mark your calendar for February 20<sup>th</sup> and become a blood donor.

I will start taking appointment times in the third week of January. Anyone with questions about eligibility may contact the Red Cross at 800-733-2767.

Many Thanks

Please feel free to give me a call on my cell - 627-5200

## Landowners Party

*By Tammy McGuinn*

Cold temperatures and piercing rain did little to hamper the enthusiasm surrounding the Annual Landowners Christmas Party. Attendance was high despite the weather, as nearly 240 people came to enjoy cocktails, hors d'oeuvres, and a sumptuous buffet prepared by the EHC members in order to honor landowners and supporters of the club. This party is one that the club's guests look forward to each December, and their appreciation is heartfelt.

Thanks to the efforts of Debbie McClees and her daughter Lindsey, the club was decorated in festive greens and garlands of magnolia from the Williams farm. Ellie Russell created the front door wreath, and the tree was again donated by Farmington Nursery.

Of course, all the generous donations by the members make this party the success that it is, but special gratitude is owed to a few. Thanks to Marion Hamilton for helping with organization the day of the party and Peggy Smalley who, not only provided the spectacular centerpiece, but also came through with some extra last minute food preparation. Eileen Poole was the official greeter and assured that everyone was given a proper name tag and, in dependable Eileen form, stayed around to help with clean-up.

Once again, thank you to all the members who graciously prepared or provided items for this event or came through with a monetary donation. Your generosity makes EHC the special club that it is!



## “The Impressions of a Junior Hunt Participant”

*An Interview By Bob Kinsley*

Two days after the Thanksgiving Children's Hunt Cap I received this magnificent drawing of what Maggie Kinsley experienced in the hunt field, 1<sup>st</sup> grade, age seven. Racing across the fields, jumping fences, hearing the sounds of Geoff's horn and viewing our Query and loving the experience and of course the hunt tea.

Upon receiving this very descriptive work of art, I found it only proper and fitting that I contact the artist and memorialize the thoughts behind this work, just maybe EHC will have a 21<sup>st</sup> Century Franklin or Ed Voss. It was difficult, but I finally was able to secure a time slot in Maggie's busy schedule for an interview, with rolling eyes she poured out the information I was seeking.

Maggie related that she lives on a farm with chickens, from which she collects their beautiful brown tasty eggs, bees that produce honey to spread on her toast, a few sheep for wool, 4 new kittens, 2 very large dogs, Leo a St. Bernard and Lucy a Great Dane and her special favorite, "Libby" a white pony with gray polka dots, she guessed his age to be 12 or something, close enough! Libby and Maggie go to riding lessons twice a week and now have graduated to jumping 3 poles, and they love every minute of it. She stated early on in the interview that feeding, brushing and petting animals is fun and that if you love animals they will love you. This kid has her head screwed on right, don't you agree?

With all that being said we began to discuss foxhunting, just Maggie, myself and her kitten "Luna" who participated diligently in and on the interview. She started out by saying that you can't be too young or too old to ride and that she actually dreams of the day when she can jump up front with her Grandpa. Maggie then noted that watching hounds was her favorite because they are really cool and they run fast after the fox, of course she added that she hoped the fox, would out run the hounds and get away, what else would you expect from an animal lover?

Next, she stated that she enjoyed the jumping and riding across the beautiful country as well as the social aspects of her friends being in the field. Then we delved into the hunt tea, where she enjoyed spending more time with her friends drinking hot chocolate and eating cookies, a place where each kid told of their experience in the hunting field.

After the tea Maggie asked if she could ride back with me and the horses in the van. As we drove down Pocock Road on our way to Hanlon House, her eyes still rolling with excitement and expression, we discussed the day and where we had been and what we had seen, she said it was the "funnest" day of her life!

I then I told her that the club was considering a Children's New Year's Eve Hunt, she asked, can "Libby" and I go?

Now you know why we must preserve our precious country side, so these cherished moments can continue and our children and their children can enjoy into perpetuity what many of us take for granted.

## EHHC SOCIAL CALENDAR 2010-2011

### CHAIRMAN

#### JANUARY

Fri., Jan 14, 2011	Pot Luck Dinner	Kelly Baxter, Stacey Eggleton, Mary Shaffer
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#### FEBRUARY

Sat., Feb 12, 2011	Valentine Party	E. Williams, etc.
Sat., Feb. 26, 2011	Dinner/Auction	O.Young, P. Smalley A. Kinsley

#### MARCH

Sun., Mar. 20, 2011	Hunter Pace	Tbd
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#### APRIL

Sat., Apr. 2, 2011	EHHC Point to Point Race Members and Landowners Appreciation Party	O. Young
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### "THANKS' AGAIN TO JIM MONIE"

*By Mary Shaffer*

Jim Monie, an ardent car-follower of the ElkrIDGE-Harford Hunt, the friend who left us cookies and gave people rides back to their trailers passed away in September, 2009 at the age of 90. He rode most of his life and was a recognized horse show judge. He was always giving to the members of the club and in his passing his nieces, Alison Schunk and Debby Lally, generously gave to EHC, in Jim's memory, a sound system. Bill Minor very graciously took up the challenge of finding the right system (as he is our resident expert on same). Please keep in mind that Bill Minor and Rick Hyman are willing to set it up when it is needed and we thank them for that. Jim has been missed since his passing and this new sound system will remind us again of his wonderful smile and his generosity to our Club.

## Christmas Donor List

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|---|--|
| <p><b>Fisher, Jack and Sheila</b><br/> <b>Griswold, Ben and Wendy</b><br/> <b>Huber, Tom and Annie</b><br/> <b>Kinsley, Bob and Anne</b><br/> <b>McKnight, Liz and Turney</b><br/> <b>Noell, Charlie and Barbara</b><br/> <b>Pickett, Taylor and Laura</b><br/> <b>Smyth, Bob and Kerri</b><br/> <b>Voss, Tom and Mimi</b><br/> <b>Young, Orsia and Jay</b></p> <p>Asdourian, Paul and Nina<br/>         Baxter, Kelly<br/>         Bell, John and Kate<br/>         Boyce, Lambert and L.B.<br/>         Brown, Skip and Chris<br/>         Bruner, Gem<br/>         Cain, John and Molly<br/> <b>Class, Jonathan and Danielle*</b><br/>         Class, Jean<br/> <b>Cook, Bill and Catherine*</b><br/> <b>Copeland, Carol E.*</b><br/> <b>Cornell, Tom and Katie*</b><br/>         Davies, Joe and Blythe<br/>         Davis, Ridgely and Georgene<br/>         Dolmetsch, Scott and Liz<br/>         Dukes, Larry and Kathy<br/>         Durkee, Frank and Kathy<br/> <b>Elkins, Marshall and Melissa*</b><br/>         Fenton, Sally and Ferguson,<br/>         Barbara<br/>         Gittings, Chuck and Carrie<br/> <b>Gould, Thorne and Hannah*</b><br/>         Haislip, Larry and Carol<br/>         Hamilton, Chris and Marian<br/> <b>Hawks, John and Faith*</b><br/>         Hyman, Rick and Dotty<br/>         Iglehart, Harriet<br/>         Jackson, Catherine E.<br/>         Jordan, Kent and Millicent</p> | <p>Knight, Andrea Seefelt<br/>         Lancaster, Candida<br/>         Maher, Jamie<br/>         Maher, Nancy<br/>         Martin, Alex and Serena<br/>         McClees, Govane and Debbie<br/>         McLaughlin, Ed<br/>         Mitcherling, John and Paula<br/>         Mowl, Karol<br/>         Nicholson, Bob and Paula<br/>         Pearce, Bill<br/>         Pitts, Poppet<br/>         Powers, Susan T.<br/>         Reeves, Charles B<br/>         Reichert, Chip and Susie<br/>         Reynolds, Walt and Linda<br/> <b>Ricklefs, Steve and Liz*</b><br/>         Rose, David and Nancy<br/> <b>Rosenkilde, Jeff and Michelle*</b><br/> <b>Russell, Harry and Ellie*</b><br/> <b>Scarborough, Dick and Tudie*</b><br/>         Schwartz, Fritz and Kathy<br/>         Shaffer, Mary<br/> <b>Smalley, Jed and Peggy*</b><br/> <b>Smith, Jim and Julie*</b><br/>         Smithwick, Patrick and Ansley<br/>         Spector, Len<br/>         Stautberg, Caroline<br/>         Strakes, Gus and Kathleen<br/>         Stumpp, George and Margaret<br/>         Taliaferro, Wilson and Ann<br/> <b>Tanzola, Jim and Carol*</b><br/> <b>Tydings, Joe*</b><br/>         Verzi, Doug and Nancy<br/>         Voss, Jen<br/>         Walter, Jean<br/>         Williams, Charles and Margie<br/>         Williams, Matt and Ellie</p> |
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The first ten donors listed are recognized specially for very generous donations. **Bold\*** indicates donations of \$200.00 or more.

## ELKRIDGE-HARFORD HUNT PONY CLUB

*A message from Karen Bennett, DC*

Members of Elkridge Harford Hunt Pony Club enjoyed a wonderful Children's Hunt on 26th November. It was a super turn out of Children and young adults. We would like to thank the Hunt Club staff and Club Members for this opportunity to Hunt with them, and for all their assistance and 'minding' of the smallies on this Hunt. Pony Club put on a lovely Tea in the Club after, thank you to Louise Doherty for coordinating this.



*Julia Dukes, Josie Bennett, Ashton Williams, Ainslie Martin (our Scottish Pony Club Instructor) & Emily Fox, ready for the off!*

We look forward to an exciting 2011 and we would like to congratulate Louise Gill in taking over as our new DC.

We would like to wish a very **Happy New Year** to you all from Pony Club!

## Sports Psychology: Overcoming Anxiety and Fear on the Hunt Field

By Dotty Hyman, Ph.D.

Sports psychology is the study of the circular influence of the mind and body and its effects on physical performance. Two of the most frequent obstacles athletes in every sport face are fear and its manifestation as anxiety. Fox hunters are no different. The first step for overcoming fear and anxiety is recognizing why you are afraid. A leading sports psychologist, Endler, suggests the following categories encompass our fears:

Physical danger – the threat of personal harm  
 Ambiguity – unpredictability and the fear of the unknown  
 Disruption of daily routine – fear caused by change  
 Interpersonal ego-threat – threat to self esteem caused by fear of failure or failure itself  
 Social evaluation – fear of what others will think or say

All are quite obviously present on a hunt field. So why are some foxhunters overwhelmed by anxiety while others are not? Are some of us more imaginative or wiser and recognize the dangers we face while others are seemingly oblivious? Perhaps, but more likely those who appear calm and relaxed have developed coping mechanisms.

When we are anxious, two of the most common physical responses are faster breathing and tense muscles. So to cope with these it is important to consciously slow your breathing down beginning with a deep breath. Yes, taking a deep breath actually works for some very specific physiological reasons rather complicated for this article. Next, use a muscular relaxation technique for those tense muscles. If you are already at the meet and on your horse, concentrate on your most tense muscles – shoulders and legs. Then warm up. Geoff and our whips always warm up. Simply raising your body temperature will help relax those tense muscles for both you and your horse.

Well that seems easy enough, but how do we cope with debilitating thoughts? The answer is to simply stop them. There are athletes who are adept at compartmentalizing their thoughts, focusing on what they need to do to succeed at their current task, and living completely in the present moment. For most of us it is not quite so simple. We have a tendency to remember frightening moments and worry about what is going to happen next. There are several solutions. The first is to visualize or imagine yourself successfully doing what scares you – jumping that jump, galloping flat out across that field and down that hill, or whatever else is on your mind. The second is to use positive self-talk – tell yourself you can do it. The third solution is to reframe the thought from a fear to a challenge, from scary to exciting, from “OMG” to “this is fun!” Take a deep breath and look at the beauty around you. When all else fails, put a smile on your face, and feel your thoughts lift and the tension leave your body. Finally, fill your mind with performance cues – heels down, eyes up – ride the rhythm and kick on! Perhaps the best way to overcome fear and anxiety is to develop confidence in yourself and your horse. Find out how in the next *Full Cry*.

## Scottish Tale

Submitted by Eileen Poole

The horse and mare live 30 years  
 And do not know of wine and beers  
 The goat and sheep at 20 die  
 And never taste or scotch and rye  
 The cow drinks water by the ton  
 At 15 life is almost done  
 The dog at 14 years packs in  
 Without the aid of rum and gin  
 The modest sober bone dry hen  
 Lays eggs for years and dies at 10  
 But sinful ginful rum soaked men  
 Survive till 3 score years and 10  
 And some of us – the mighty few  
 Stay pickled till we're 92

## Elkridge-Harford Hounds

### January 2011

Fri. 31 <sup>st</sup>	Andor Farm-Children's Hunt
Sat. 1 <sup>st</sup>	*The Club-New Years Day-12:00
Mon. 3 <sup>rd</sup>	*South Branch Farm -12:00
Weds. 5 <sup>th</sup>	Manor Hill Farm
Sat. 8 <sup>th</sup>	*Autumn Ridge-12:00
Mon. 10 <sup>th</sup>	Foxharbor
Weds. 12 <sup>th</sup>	*Tranquility Manor Farm- 12:00
Sat. 15 <sup>th</sup>	*Manor Glen-12:00
Mon. 17 <sup>th</sup>	The White Farm
Weds. 19 <sup>th</sup>	Carroll Branch
Sat. 22 <sup>nd</sup>	*The Club-Carol Copeland and Julie Smith invite the field to tea -12:00
Mon. 24 <sup>th</sup>	*Hanlon House-1:00
Weds. 26 <sup>th</sup>	John Bell's Gate
Sat. 29 <sup>th</sup>	Atlanta Hall
Mon. 31 <sup>st</sup>	Greenwood Manor

Meets 11:00 A.M. unless noted otherwise  
 \*Note Time Change

In case of inclement weather or to inquire about bye days call  
 410-692-5441

See next month's card earlier [www.ehhounds.com](http://www.ehhounds.com)

### Joint Masters

Mrs. H. Turney McKnight      Mr. Thomas H. Voss  
 Mr. Robert A. Kinsley  
Hon. Hunt Sect'y  
 Mrs. Carl Shaffer

## Dinner and Silent Auction

*Submitted By Bill Pearce*

The Maryland Horse Council is pleased to recognize Camp Puh'Tok patriarch, equestrian artist and former *Maryland Horse* magazine Managing Editor Bob Eldredge for his long and outstanding career in the Maryland horse industry, and for the inspiration and guidance that he has provided to generations of young Marylanders. All Maryland horsemen and Camp Puh'Tok alumni are encouraged to attend this evening filled with memories and old friends. Evening events will include a retrospective show of Bob Eldredge's art and a silent auction. If you own any original Bob Eldredge art that you would be willing to loan for the show, or if you would like to contribute to the silent auction, please contact Camp Puh'Tok at 410-329-6590 or [info@camppuhtok.com](mailto:info@camppuhtok.com). Camp Puh'Tok is a 501(c)(3).



**Dinner and Silent Auction**  
**Saturday, January 29, 2011 at 7PM**  
**At The Warehouse at Camden Yards (Oriole Park)**  
**333 West Camden—Baltimore, Maryland**

**Guest Speakers:**

Lou Kousouris, Vice President, The Orioles

Ross Peddicord, Executive Director, Maryland Horse Industry Board

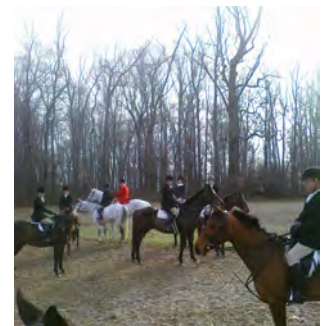
Dress: Cocktail or Business Attire—Complimentary Valet Parking Available

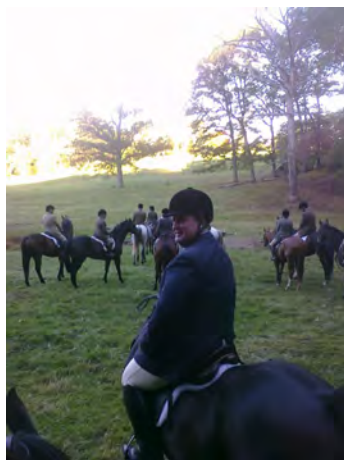
Reserve Your Seat or Table by 1/22/2011

Purchase online at [www.mhc-eldredge.eventbrite.com](http://www.mhc-eldredge.eventbrite.com) or call 410-489-7826 x102 and ask for Carolyn

Prior to the event, please send your memories and or photos of Bob Eldredge to [editor@equiry.com](mailto:editor@equiry.com)

# Please Enjoy the Next Two Pages of the 2010-2011 Hunt Pictures To Date





Happy New Year! Can you identify the hunt?  
See you next month—keep your articles,  
pictures and ads coming—Julie Smith