

LAKESIDE FRONTIER RIDERS



Lakeside Frontier Riders, Inc. Newsletter

January 2016



J anuary 21st meeting,

Please attend our monthly meeting on January 21st so that your voice will be heard regarding which charities we should donate to this year. Every year LFR donates our poker ride fundraiser's profits to local San Diego charities. Beneficiaries in the past have included our local Scout groups, the Lakeside River Park Conservancy, the East County

Equestrian Foundation, Challenge Ranch, equine therapy programs for kids or military, and many local horse rescues.

At our meeting we will be discussing how much to donate and to which groups we will donate to. This is your opportunity to give your input, so please make an effort to attend the meeting to express your opinion.



LFR Officers:

Karen Ensall, President

Barbara Hughes, Vice President

Joyce Jewell, Treasurer

Deborah Montgomery, Secretary

Board of Directors:

Judy Clark

Cyndi Denny

Howard Hughes

Patti Karcher

Bobbi Remnant

LFR T-Shirts and Hats

We have LFR logo t-shirts and baseball hats embroidered with LFR available to purchase. Please contact Karen at karenensall@yahoo.com. We will be putting in

an order soon for more items, so don't delay and make sure to get your order in. We now have a lot more choices available, not just t-shirts, so how about a new hoodie sweatshirt for this winter?



Save the Date:

May 26th to 31st are our dates for camping at Los Vaqueros Horse Camp during the Memorial Day holiday weekend. Save the date on your calendars. Sign ups will begin at our March meeting.

Catching up on club events:

LFR has been busy for the last six weeks of the year, so since our last newsletter in mid-November we have had our November club ride, the La Jolla Christmas Parade, and our LFR Christmas party. Here are photos of all the events.

November 21st, Club Ride with Guests

We had 26 riders, LFR members and friends, attend our



2nd Annual November Club Ride with Guests in the Cuyamaca Mountains. We staged out of the Sweetwater Bridge which provided for plenty of easy parking for all our trailers. Everyone had a great ride. It was “picture perfect” weather for riding. After our two-hour-long ride among the beautiful pines and mountains, we all were very hungry and looked forward to lunch provided by the club which was yummy sandwiches, chips, and cookies.



La Jolla Christmas Parade

Billi-Jo, Chelleen, and Denise participated in the December 6th La Jolla Christmas Parade, doing an awesome job of representing LFR. You can tell from the big smiles on their faces that they had a fun time at the parade.



LFR Christmas Party, December 5th:

Thank you Jan and Glenn Morgan for hosting this year's party!!!!



Upcoming Events:

Jan 16 - (cancelled, to be rescheduled) Trail Clean up, Oakszanita Ranch, Blue Ribbon trail

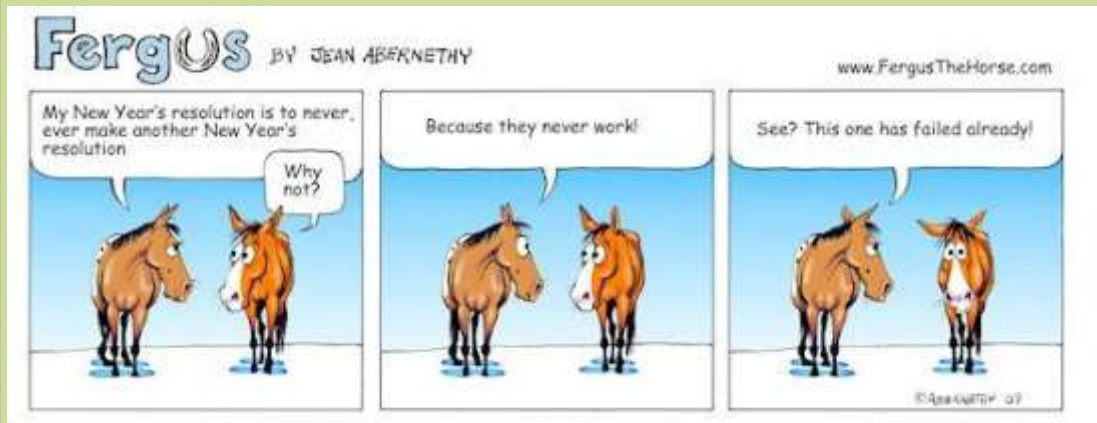
Feb 11th to 15th - President's Day weekend campout, Stagecoach Trails RV Park, Anza Borrego desert. Make your reservations directly with Stagecoach at (760) 765-3765

Mar 17th to 21st - (tentative dates), Vern Whitaker Horse Camp, Anza Borrego State Park, (more details to come)

May 26th to 31st, Los Vaqueros Horse Camp, Memorial Day weekend.

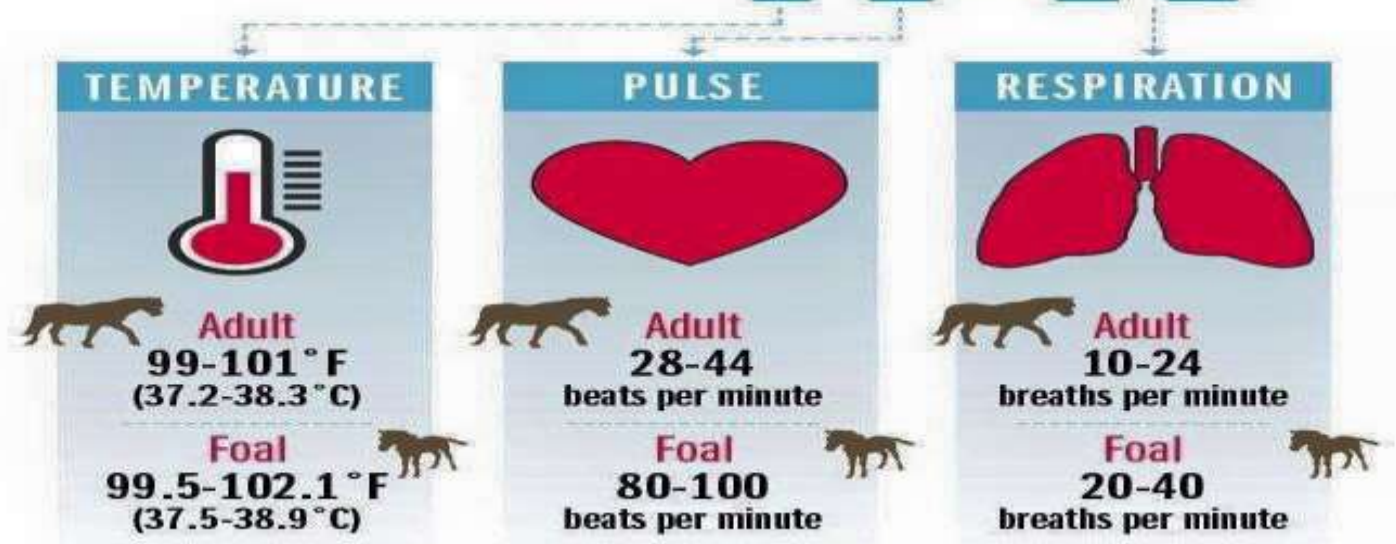
*** Watch your emails for notifications of added monthly club rides ***

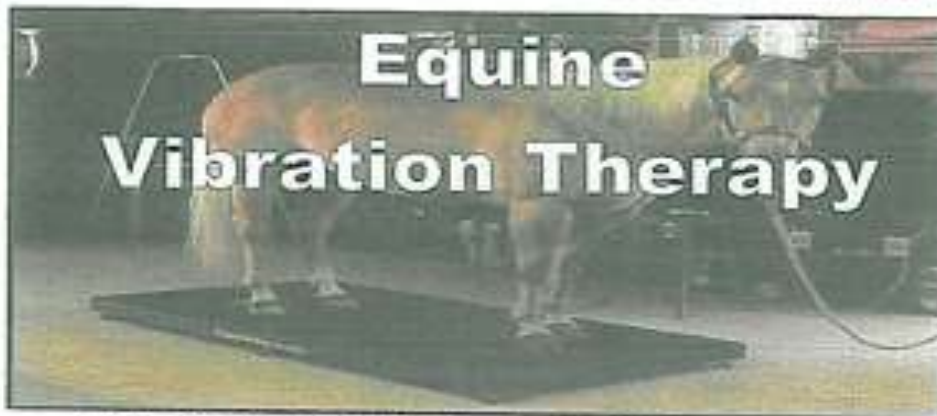
Hoof Humor



Good to know.....

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- ❖ Cushing's
- ❖ Equine Bleeder
- ❖ Fetlock/Sesamoid / Pastern Area
- ❖ Hip Area
- ❖ Hocks (Acute and Chronic)
- ❖ Hoof Issues- Navicular, Bruised Feet, Heel Pain, Thin Soles, Hoof Growth, Under Run Heals
- ❖ Knee Injuries
- ❖ Laminitis, Founder
- ❖ Muscle Atrophy
- ❖ Navicular Region Pain & Deep Digital Flexor Injuries
- ❖ Scar Tissue, Adhesions
- ❖ Pre performance warm up
- ❖ Shoulder Joint Injuries
- ❖ Sore Back, Overall Muscle Soreness
- ❖ Stifle Joint Injuries
- ❖ Suspensory Ligament Injuries
- ❖ Wound Healing

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As with all Serious Injuries or Ailments, consult your Veterinarian

January Birthdays:

2nd, Elizabeth Corso

7th, Eric Solberg

13th, Carolyn Knowlton, Marge Riding, and Erica Reynolds

14th, Marge Pachon

23rd, Sandy Jones

24th, Lisa Wood

26th, Gloria Collins and Tara Pohlson

28th, Judie Clifford



Braggs:



Cyndi Denny completed 10 years of employment with Barona Casino. While attending her 10-year awards dinner, Cyndi won \$100 for answering a Harry Potter trivia question!!



Kim Orser's adorable little girl, Faith, costumed for the Kroc Center's Fall/Winter program guide. Maybe she'll be a child modeling star!!



was in several feature photos wearing her little cowgirl costume for the Kroc Center's Fall/Winter program guide. Maybe she'll be a child modeling star!!



Judy Clark sold her horse trailer to LFR member Daniela Cartwright.

Raffle:

The winner of our raffle at our November meeting was Dawn Barker. She won \$31.



2016 LFR Membership

It is time again to renew your membership. Go to our website to download the form. Send it in by the end of the month so you don't miss out on the next exciting issue of our newsletter!!!



Start the year off right, come to our January meeting!!