



Lakeside Frontier Riders

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- Melinda Setterman, Secretary
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- Howard Hughes, Director
- Deborah Montgomery, Director
- Bobbi Remnant, Director



email us at
lakesidefrontierriders@gmail.com
 visit our webpage at
www.lakesidefrontierriders.com

LFR had its second club ride for the year in the Laguna Mountains, meeting at the east side staging area on Morris Ranch Road.

We had 15 riders prepared with water and packed lunches in their saddle bags to head out for a four-hour ride. The weather was perfect, cool and brisk, a beautiful clear blue sky with a little snow on the ground. The staging area was great with plenty of room for all our rigs.

John Fisher led the ride - which actually was sometimes leading from the rear as he made his way from the front to the back checking on all of us ladies. We went along a beautiful trail among the pines with



snow on the ground and eventually wound up on a steep trail with a few moments of "white knuckles" for some, which finally came to the top for the desert overlook. What a fantastic view of the desert, Imperial Valley, and the Salton Sea, and an up-close view of the huge white radar dome (golf ball). Thank goodness there was a watering trough near the top for our horses to rest and hydrate.

The ride eventually looped around to Sunrise Hwy, where we were able to stop in Mt. Laguna Village giving riders a chance to visit the restrooms and get snacks at the little grocery store. We then rode on the trail heading now west of the highway where we came upon a nice treed meadow where we stopped for lunch, using the downed trees as benches.

Some horses enjoyed sticking their heads into their owner's lunches, especially one horse - whose name is withheld to protect the guilty - enjoyed being especially nosy with three riders' separate lunches, with a particular fascination for munchies like chips and cookies!

We continued to the old cemetery where the horses enjoyed munching on the grass at that rest stop. Then we made it up to the west-end staging area on Morris Ranch Road, took a potty break, and then finally we were in the home stretch and rode (some had to walk on foot because their rear was too sore to ride.....no names) to the staging area back to where we started five hours earlier.

John was a great trail leader from both the front and the back of the group. Thank goodness he had a loud and distinctive voice! It was just him and 14 LFR gals.

I'm sure he felt like he was in a harem! He also was so kind to bring an extra horse so our VP Barbara could come join us for this awesome ride.

The club thanks John very much for leading this great ride, and we enjoyed his wonderful sense of humor all along the whole trail.



John
 Our Fearless Trail Leader





Lakeside Frontier Riders

Upcoming Lakeside Events:

Lakeside Optimist Club

34th Annual WESTERN DAYS BBQ DINNER

Menu
Deep Pit BBQ Beef,
Famous (Alvord Style) Beans,
Coleslaw, & Rolls.



When:
Saturday - April 11, 2015
Dinner Served: 5:30pm - 8:00pm

Tickets:
Dinner: \$10
Kids under 6 - FREE!

Tickets available at the door!

Where:
Lakeside Rodeo Grounds
12584 Mapleview St. Lakeside, CA. 92040



For More Information Call: (619) 443-2447 or at bullsonlyrodeo.com

Serving the Youth of Lakeside since 1949

★ **WANTED** ★

YOUR PRESENCE AT THE LAKESIDE...
**COMMUNITY CHUCKWAGON
CELEBRATION**

 **APRIL 15, 2015**

APPEARANCES BY RODEO COWBOYS Rodeo Clowns Lakeside Royalty	STARTING AT 4:00 PM
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★ at LAKESIDE MIDDLE SCHOOL ★

Performances by LUSD school groups & The Singing Cowboys!	BOOTHS SODAS SNOCONES HOTDOGS NACHOS CHURROS POPCORN All proceeds go to district schools
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RODEO TICKETS WILL BE SOLD AT THIS EVENT

Lakeside Western Days

April 17th to 19th

Come on out and support our local community.

The Rodeo starts off on April 17th, 7:30 pm show, Saturday the 18th with a 2:00 and 7:30 pm shows, and the finals on Sunday at 2:00. The Budweiser Clydesdales hitch team will be performing at some of the shows.

Purchase tickets at <http://www.lakesiderodeo.com/lakesiderodeotickets.html> or at the rodeo gates or many local businesses are selling tickets too.

The Lakeside Historical Society proudly presents its **Annual Western Days Breakfast** at Lakeside's Historic Olde Community Church 9906 Maine Avenue **April 18, 2015 7:00 - 9:30AM**, \$5.00, eggs, ham, biscuits, gravy, potatoes, coffee, juice, hot chocolate and milk for kids. For more information, call 561-1886.



The PARADE starts at 9:30 a.m. at Woodside Avenue and Wintergardens. Line up starts at 8:30 at Channel Rd and Industry Rd. The theme this year is "There is no place like home," from the Wizard of Oz. ***** LFR is participating in the parade. Please contact Billi-Jo Swanson at billijoAQHA@hotmail.com for information and questions and to let her know you will be riding with us in the parade.





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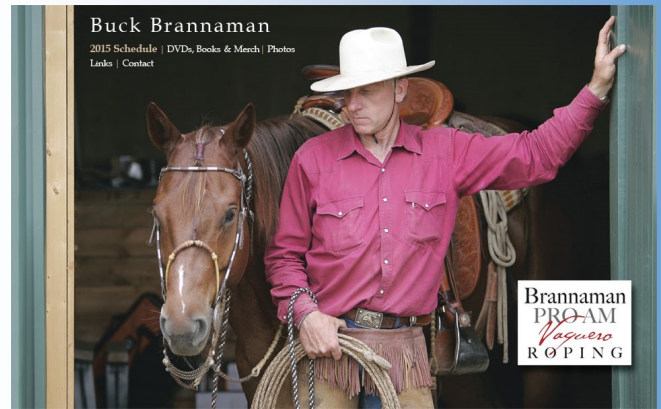
Buck Brannaman is coming to Southern California in April.....

More info at <http://www.brannaman.com/index.html>

Prices

Class participation as a rider= \$700 for four days

Spectating/auditing fee= \$30 a day



Del Mar, California April 10—13th

Classes: Horsemanship 1 (9:00 AM), Cow Working (1:30 PM)

Sponsor: Christian Clews

Phone: 858-755-5022

Email: Bucksclinic@ClewsRanch.com

Facebook: Clews Ranch

Venue: Clews Ranch, 11500 Clews Ranch Road in San Diego, CA

Details: Outdoor arenas. Dining & lodging nearby. Bring your own chairs. NO DOGS.

Riverside, California April 17 —20th

Classes: Horsemanship 1 (9:00 AM) and Ranch Roping (1:30 PM)

Classes have open enrollment

Sponsor names: Don and Val Chase

Phone: 909-289-2485

Email: vchase@rcbos.org

Venue: Chase's Ranch, 19675 Lurin Avenue, Riverside, CA 92508

Details: Plenty of shade for spectators. Bring a chair. Refreshments onsite. Fast food, dining, and hotels close by.

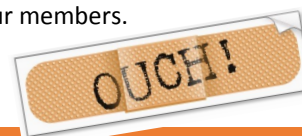
UPCOMING LFR EVENTS:

LFR Club Ride: April 25th, Saturday, Mission Trails Regional Park - West Sycamore. We will be staging out of the NEW staging area which is at the end of Stonebridge Parkway. This is on the west side - not Sycamore Canyon entrance off of Hwy 67 on the east side of the park. Take Scripps Poway Parkway to Pomerado Road to Stonebridge, all the way to the end. Bobbi Remnant will be leading the ride. The time will be determined closer to the date, probably ride out at 9:00 or 10:00, depending on the temperature.

Los Vaqueros Group Horse Camp, May 21st to 26th, Memorial Day weekend. We have the camp for five nights. Come hang out and relax with camping and riding in the cool mountains. The cost is \$80 per corral. If you have questions and/or to sign up, contact Theresa Bitondo at bitondo5@aol.com. You can send your check in to our post office box at PO Box 572, Lakeside, CA 92040. **We still have corrals available.**



It has been a rough and tumble month for some of our members. Jan Morgan fell off her horse and broke her arm right below the shoulder. She had surgery and is at home slowly mending. Patti Karcher spent three days in the hospital with pancreatitis and has recovered. Jim Greagery recently had surgery and is back home recovering. LeeAnne Bielar took an awful tumble from her new horse and spent a day at the emergency room being x-rayed head to toe. She is also recovering nicely. Please send your well wishes for a speedy recovery to our members.



Birthdays:



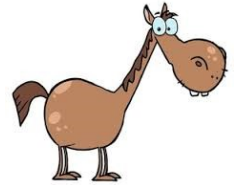
Birthday wishes for this month go out to: Bernie Martin, Cyndi Denny, Gail Greagery, Billi-Jo Swanson, Mike Chambers, Sherry Carr, Diana Conser, and Maryanne Vancio.



Braggs:

Howard Hughes just bought a new horse from Colorado, a Foxtrotter named "Hugh." Barbara is now riding Champ (Howard's old horse) and Rocket is now relaxing and semi-retired.

Barbara and Howard also just sold their aluminum two-horse trailer.



Karen Ensall was appointed to the Lakeside Community Planning Group.



Marilyn Gibson's horse Bentley, finally.... after 18 years of holding it.... finally, finally pee'd on the trail.

Lisa Shearer has just graduated earning her degree of **Masters in Business Administration!!**



Raffle: Charlene and Stu Edleson won, \$40.



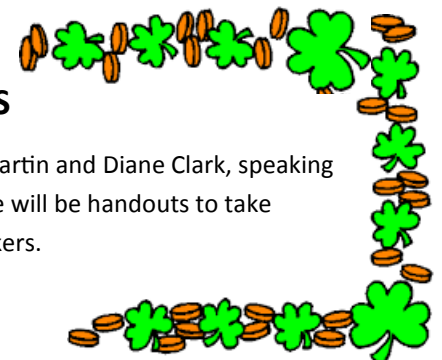


LFR received Thank You cards from Rapture Horse Rescue and from East County Equestrian Foundation acknowledging and thanking LFR for our generous donations to their organizations.



APRIL'S GENERAL MEETING - GUEST SPEAKERS

Please plan on attending our meeting on **April 16th**. We will have two guest speakers, Peggy Martin and Diane Clark, speaking about "Traveling with Horses." This will be very interesting and informative program, and there will be handouts to take home. Our business portion of the meeting will be shortened to accommodate our guest speakers.





Lakeside Frontier Riders

SAVE THE DATE:



October 1st to 5th, 2015

Los Vaqueros Group Horse Camp

Joyce was successful in reserving our camping dates. Thank you, Joyce!!!!

Don't forget to join us for May camp too!!!

Before you share a snack with your horse, find out which ones are truly safe for horses.



By Anna O'Brien, DVM | October 20

Reprinted from Horsechannel.com

Apples are generally considered a safe treat for horses, but what about other fruits and vegetables?

As horse lovers, time isn't the only thing we like to share with our animals. Who hasn't raided her fridge for some spare carrots to share after a trail ride? Or what about those leftover peppermints from the holidays? From sugar cubes to apples, most of the treats we give to our horses on occasion are perfectly fine, but there are items from your kitchen cabinet that shouldn't wind up at the barn. Read on to find out which treats are safe for your horse and which are not.

Fruit

Most fruit makes a great horse treat. Many are naturally sweet and require minimal—if any—preparation. Here is a basic list of horse-safe fruit to get you started:

Apricots (without pit); Apples (without core); Berries (including strawberry, blueberry, blackberry, raspberry, loganberry); Banana; Cantaloupe (without rind); Grapes; Mango; Orange and other citrus; Peach; Pear; Pineapples; Plums (and prunes); Watermelon

Yes, apple seeds do contain the toxic chemical arsenic. However, the greater threat for horses that eat apple cores is choke. Apple slices are the safest way to offer apple treats to your horse.

Apricot pits are also toxic, and if ingested, produce clinical signs similar to those of cyanide poisoning. As with apples, don't offer whole apricots to your horse—sliced or pitted apricots are the best way to go.

Vegetables

Vegetables aren't quite as benevolent as fruits in terms of potential horse treats. Carrots are great, as are squash of all types, celery, and green beans, but there are a few families of related veggies that shouldn't be given to horses. For example, members of the Brassica family, which includes broccoli, cabbage, cauliflower, kale, and Brussels sprouts, should not be given to horses. Lettuce, however, is horse-safe.

Tomatoes are an interesting option. Tomato plants are toxic to horses; they are in fact members of the nightshade family. However, the tomato fruit itself is not toxic. Horse owners should be advised not to throw old tomato plants from the garden into horse pasture as an unintentionally toxic treat.

Garlic and onions are other vegetables that are toxic to horses and shouldn't be offered as treats. Avocado, too, is another plant that's best to stay away from; the avocado itself isn't toxic, but its skin, pit, and leaves from the plant are poisonous. Cooked versus raw vegetables also make a difference. Cooked potatoes are okay for horses on a limited basis, but raw



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potatoes should never be given to horses.

Sweets and Processed Treats

While the occasional nibble of bread is okay for most horses, certain ingredients in baked goods and other prepared foods can be toxic. Take, for example, chocolate. Just like dogs, horses are sensitive to the chemical theobromine in chocolate and therefore large amounts of chocolate are toxic to horses.

While an occasional stolen Snickers isn't enough to be a problem, there are cases where unintentional exposure to large amounts of cocoa are lethal to horses. Some reports of chocolate toxicity in horses are reported after animals were bedded in stalls with cocoa husks, a by-product of cocoa farming.

Caffeine can also be toxic to horses in large quantities. Similar to chocolate, cases of caffeine toxicity in horses have resulted after horses were bedded with the husks from coffee plants. Examples such as these provide another glimpse into ways horses can inadvertently be poisoned from good intentions. This can act as a helpful reminder to horse owners to be vigilant: "treats" from well-meaning but uninformed neighbors, such as yard and garden clippings, items pulled from the compost bin, or extras from the local bakery should not be given to horses for consumption or used as bedding.

Special Considerations

For certain horses, even non-toxic treats can have a negative affect on health. Horses that are obese, prone to founder, and those who suffer from insulin resistance need to have their diets tightly restricted in terms of sugar and starch intake. For this reason, most fruits are off-limits to these horses. Even the trusty horse-safe stand-bys such as apples and carrots are too sugary. However, apple peels make a great treat for horses with metabolic issues. Banana peels work, too. This way, your horse is getting a sweet treat without the bulk of the sugar, plus some dietary fiber.

For horses with HYPP, stay away from foods containing high levels of potassium. Bananas are a definite no-no for these horses due to their relatively high potassium content, as are apricots and plums, particularly in their dried form as prunes. Another unsuspecting culprit is pumpkin. A great festive snack after Halloween, pumpkin is high in vitamins and has a low glycemic index, so it's safe for our insulin-resistant horses but it does have a large amount of potassium, making it a no-go for those with HYPP.

Senior horses are another group to give careful consideration to when deciding on treats. With poor dentition, older horses are at higher risk for choke. Hard crunchy snacks should be broken into small pieces for easier chewing, or soaked in water to soften. Pits and large seeds should be removed as well as any thick or tough rinds that may require strategic nibbling. Applesauce is a great treat for older horses—all the sweetness of an apple without the hassle of chewing!

Tips and Tricks

Horse Identification Products

These products help identify your horse. Whether missing on a ride, in a fire, flood, tornado, hurricane, earthquake or just escaped from its corral, these Fetlock ID Bands and Evacuation Collars, can give you peace of mind that when your animal is found, someone can call and let you know the location of where to pick your equine up.



www.equestrisafe.com

More Laguna ride pictures:

