



Board of Directors:

President Karen Ensall
Vice President Barbara Hughes
Treasurer Joyce Jewell
Secretary Melinda Setterman
Directors:
Cyndi Denny
Howard Hughes
Deborah Montgomery
Bobbi Remnant

LFR Elections:



Our yearly nominations and elections will be held during our general membership meeting on **June 18th**. Please make a special effort to attend. Your vote counts....let it be known.

We will be nominating/electing all officer positions—president, VP, treasurer, and secretary—and five director positions.

Our membership has surpassed 125 members, so that means that we will be electing five board members instead of four. So if you are interested in getting more involved in the club, now is the time we need you. Please attend the meeting and let your vote be counted.



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News Flash: Help Save El Monte Valley

Lakeside's beautiful El Monte Valley is once again under threat of being destroyed. A controversial proposal for sand mining in scenic El Monte Valley along the San Diego River bed is on the agenda for the Lakeside Planning Group on Wednesday, June 3 at 6:30 p.m. in the Lakeside Community Center. The applicant is the "El Monte Nature Preserve LLC," though residents voice concerns the project will be destructive to nature, not preserve it. A Facebook page, Save El Monte Valley, dedicated to halting the project has been set up. According to the site, the project is "masquerading" as a nature project but would lower the valley's level 30 feet and take 10 to 15 years destroying everything in its way of the sand mining. The sale of the Helix Water District property will affect Tumbleweed, Team Penning, Pillsbury Ranch, the old "Doc Herring" Ranch and will affect all the trails connecting from Ashwood over to El Monte Road, including the "power pole" road.



The El Monte Valley is home to a wide range of threatened and endangered species including golden eagles, horned lizards, Least Bell's vireos and gnat catchers, as well as other wildlife such as deer, bobcat, loggerhead shrike, red headed woodpeckers, and nuthatches. Residents also voice fears over pollution of their drinking water supply in an area dependent on wells. Concerns have also been raised over potential spread of Valley Fever, which has been found in the valley, as well as impacts on the Van Ommering Dairy.

Please attend the Lakeside Community Planning Group meeting this Wednesday, June 3, at 6:30 pm to support the residents and our community and show your opposition to sand mining in El Monte Valley.

June LFR Event:

Our Club ride will be Saturday, **June 6th**, at Eagle Rock, near Warner Springs. Sherry is leading the ride. It will be a beautiful, easy to moderate level, approximately two and a half hour ride. Be in the saddle at 10 am. Please bring water, snacks/lunch and a chair to sit in and relax after the ride. Members, please check your email for detailed directions. Any members interested in joining the fun, please rsvp to Karen at karenensall@yahoo.



Take Highway 79 from Ramona to Warner Springs. Before the town of Warner Springs, slow down when you see the school zone signs, watch for the Cal Fire Station on your right, and across the street on your left is the Resource Center. Park at the Resource Center in the large fenced-in lot. The weather is supposed to great, not too warm. Don't miss this fun and beautiful ride.



JUNE BIRTHDAYS

Happy Birthday to.....

Susan Haubenstein, Jeani Buchanan, Jeanne Abshire, Paul Bitondo, Warren Harvey, Steve Gibson, George Stivers, Wendy Ebster, Joan Shine, Andrea Bennett, Cindy McKievick, and Roger Remnant.



LFR Rides in the Ramona Parade: LFR joined in the 2015 Ramona Parade. Deb and Joyce carrying our banner led the group, followed by Barbara and Karen, Cyndi and Denise, Billi-Jo and Chelleen, Gail and Andrea, Jodi and Marci. Steve and Howard were our outriders for the group, two cowboys on their bikes. Everyone had a good time.



LFR camps at Los Vaqueros

We all survived another weather-challenging horse camp. At times it felt like we were in San Francisco with the rain, fog and heavy mist. After the rain cleared on Saturday afternoon, we all enjoyed the beautiful Cuyamaca Mountains. The trails were perfect with no dust. It was so green and lovely with all the bushes and trees washed off. There were even springtime flowers blooming. We saw lots of deer and turkey that were out grazing and searching for food after the rainstorms. We also all had a fun time at the wine tasting and pot luck. Howard brought his portable fire pit which was used every night by the cabana and was enjoyed by all. We certainly enjoyed the Cowboy Caviar brought by Wendy. The recipe is included on the last page of the newsletter. Enjoy the photos, starting off with Friday's bad weather and dinner at the restaurant.



On Saturday the sunshine came out so we didn't waste any time getting in the saddle!!



More Photos...



Upcoming Events:

June 6, LFR Club Ride at Eagle Rock, ride out 10 AM, rsvp Karen @ karenensall@yahoo.com

June 13-14, ACTHA ride at Hollow Creek Ranch, Ramona, register by June 11. <https://www.actha.us/ride/7587/view>

June 18, LFR general meeting, nominations and elections, 6 PM, @ Ranch House Restaurant

June 20-21, ACTHA ride at Penasquitos Preserve, register by June 18. <https://www.actha.us/aoc/1642/view>

July 4, Crest 4th of July Parade

July 4, ACTHA ride in Temecula, register by July 3. <https://www.actha.us/ride/7669/view>

July 11, Descanso Days and Parade

July 16, LFR general meeting, 6 PM

August 22, All Clubs Beach Ride, ride out 9 AM, potluck after ride, Bonita Valley Horsemen hosting hotdogs, rsvp BVH

October 1-5, LFR campout at Los Vaqueros Horse Camp

Tips and Tricks: This month's tip is to use CedaRest in your corrals at horse camp. Your horse will love you for it. It doesn't make a mess like shavings and doesn't fill up the poop trailers like shavings. It soaks up the pee and keeps the mud away. A happy horse is a happy rider.



A Happy Horse!!

Cowboy Caviar

In a large mixing bowl blend:

- 2 tablespoons of red wine vinegar (extra generous is ok)
- 1.5 to 2 teaspoons of hot sauce (any brand)
- 1.5 teaspoon vegetable oil (olive, grape seed, whatever kind you want)
- 1 clove of garlic, minced
- 1/8th teaspoon pepper

Add to bowl:

- 1 avocado, diced small
- 1 can whole kernel corn (drained)
- 1 can black-eyed peas (drained) **OR** black beans (drained)
- 2/3rd cup thinly sliced green onion
- 2/3rd cup chopped fresh cilantro
- 1/2 pound of Roma tomatoes, chopped



Mix well. Let marinate for 30 minutes at least.
Stir it up and serve with chips, Tostitos Scoops preferred.

Recipe by Sue
Knaupp (Wendy
Ebster's mom)

Thank you,
Wendy. We
will miss your
smiling face.
Best of luck in
Oregon.



Rattlesnakes.....eek.....yes, they are out now....

Are you enjoying the warm sunshine now? The rattlesnakes are. They're coming out of hiding to sun themselves, so County Animal Services is giving you a heads up to be careful where you put your foot down.

"Rattlesnake calls are up this year; 332 calls have come in so far compared to 290 during the same time frame last year," said County Animal Services Director Dawn Danielson.

You can discourage rattlers from taking up residence at your home by getting rid of wood piles, fallen fruit, garbage heaps and outdoor dog food bowls. They attract mice and rats, which in turn attract snakes.

If you happen to see a rattlesnake on your property and you live in the County's unincorporated areas or the cities of Carlsbad, Del Mar, Encinitas, San Diego, Santee or Solana Beach, call County Animal Services at (619) 236-2341. If the snake poses an immediate threat, Animal Control Officers will remove it and move it to an area where it won't be a danger to the public. Residents in other parts of the County should call their local animal control departments for help.



What Should You Do If Your Horse Is Bitten By A Rattlesnake?

If your horse is bitten by a rattlesnake, contact your veterinarian as soon as possible. Keep the horse calm and confine its movements as much as possible, as increased heart rate and respiration can help spread the venom through the tissues even faster. If you have a good relationship with your veterinarian, they can help you put together some first aid supplies to keep on hand that will help buy you some time in case you can't get to the vet quickly. Giving an anti-inflammatory drug like Banamine or bute can help with the pain and swelling. Most horse owners have one or both of these drugs available either in the barn, or if traveling, in the tack room of their trailer.

Most treatment plans will include a course of antibiotics, as *risk of secondary infection* is high with rattlesnake bites. The antibiotic of choice is usually penicillin. However, penicillin is notoriously under dosed by horse owners that take it upon themselves to treat their horses without consultation with their veterinarian. The correct dose for an average 1000-pound horse is 30 cc intramuscular twice daily. When administering penicillin injections to your horse, you will want to make sure and rotate the injection site each time to minimize the soreness, alternating between the large gluteal muscles of the rump and the trapezius muscles of the neck. Do not attempt to give the injections yourself unless you are confident that your horse can handle them. Some owners have found out the hard way with a well-placed kick that their horses were not tolerant of the painful injections. Depending on the severity of the bite, your veterinarian may also want to administer a corticosteroid and/or intravenous fluids.

Within a short time of being bitten, swelling will start to appear around the bite area as the venom invades the surrounding tissues. Rattlesnake venom works by *breaking down the tissues*, in effect digesting the tissues. Excess fluids from this breakdown process will quickly begin draining from the bite area. Sometimes they find their way out in the general vicinity of the bite wound, but will generally rely on gravity to find the best exit from the body. You can expect in most cases for these symptoms to begin to subside within the week. Within a few days of the cessation of drainage, the skin will usually start sloughing from around the area of the bite. Due to the risk of secondary infection, it is important to keep the area clean, keeping in mind that the area will be extremely painful to the touch. Warm, soapy water or a mild antiseptic solution should be sufficient to wash the area.

As with medical emergency, symptoms and treatments will vary from case to case. *Always* consult with your veterinarian before starting any treatment plan. Do not wait until it is a life-threatening scenario before you call. The old saying, "the best defense is a good offense" is really quite true. Talk to your veterinarian now, before the emergency arrives, about what kinds of supplies you should have on hand and arm yourself with knowledge. You are your horse's first line of defense in all things.

If you have requests, ideas, information and/or pictures you would like to share in our club newsletter, please forward them to me, and I will be happy to add them to our next newsletter. Send items/pictures to Melinda at melindasetterman@cox.net