

ALL CLUBS BEACH RIDE:

Saturday, August 22nd, was the All Clubs Beach Ride, hosted by Bonita Valley Horsemen. This was, once again, a terrific annual event where everyone was welcome from all horse clubs across San Diego County. There were about 28 horses total, and we had a good LFR turnout this year. Our LFR members that rode were:



Karen, Sherry, Nancy, Bree, Patti, Julie Meyers, Barbara and Sandy, and Cyndi and Steve joined everyone for the pot-luck after the ride.

They staged at the Hollister Staging area, rode all the way to the beach and came on back after enjoying riding in the surf. It is a fun ride winding your way through the canopy-covered trails until you



reach close to the ocean and you can smell the salt air and hear the waves, and the horses then know something is quite different from the normal ride out here in the east county.



If you missed this year, plan on going next year. If you don't know the trails, it is a great way to follow along and enjoy the ride while learning the trails and not getting lost!!



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Visit us at www.lakesidefrontierriders.com

Email us at lakesidefrontierriders@gmail.com



Sign up for Horse Camp!!!!

October 1st to 5th will be at Los Vaqueros Horse Camp

The cost per corral is \$80. Camping without a horse is \$25/night. Day rides are \$10.

We started sign ups for camp at our general meeting of August 20th, but we are still taking sign ups. Just mail your check to LFR at PO Box 572, Lakeside, CA 92040, but email Karen ahead of time at karenensall@yahoo.com so we can save a corral for your horse.



Don't delay, sign up today!

Garry McClintock Memorial Service

On August 16th Garry McClintock passed away at his home in Descanso after a courageous battle against cancer and a long recovery after a car accident last fall. Garry was a master saddlemaker starting in 1973 in Oregon and eventually settling in Descanso at his McClintock Saddle Works shop that we all know so well. Garry was the founder of the annual Vaquero Days which honored the ranching heritage on both sides of the border. Memorial Services will be held at the Jehovah's Witness Kingdom Hall in Alpine, 3408 East Victoria Dr, Alpine, 91901, on **Saturday, September 26th, at 10:00 a.m.** A ride and BBQ are planned for a future date to celebrate Garry's life. More information will be provided once the organizers set their plans, probably 70 max, so rsvp's will be necessary.



September Club Ride

Our club ride for this month will be **September 19th**. We will be riding the river bottom. Staging is at Tumbleweed Arena. We will be riding out at 8:30 a.m. so that we can beat the heat!!!



LFR Trail Clean-Up Day

We will be clearing the trails in the river bottom on **October 17th**. A lot of the trails have been cleared already by Theresa....thank you....and other trails users, but now we can really get them in great shape before our poker ride. You can walk or ride your horse. Tumbleweed Arena is letting us stage at their facility. Bring hand clippers, loppers, and/or bow saws, whatever you have, and of course, gloves and water. If you are not riding, you can also start on your own closer to Ashwood or over by the Dairy Road. For more details contact Karen at karenensall@yahoo.com.

November Club Ride with Guests

Please join us for our 2nd Annual November Ride with Guests on **November 21st**. It is a great opportunity to bring your horsey friends along on a club ride. We are riding in the Cuyamaca Mountains, staging at Sweetwater Bridge. We will ride out at 10:00 and ride for about two hours and then have lunch afterwards. LFR is providing lunch, yummy sandwiches, chips, cookies, and drinks. Please rsvp Karen so we know how many lunches to purchase. Email Karen at karenensall@yahoo.com.

Braggs:

Julie Murphy's grand daughter, Brooke, 5 1/2 years old, recently was in a gymkhana show and won Reserve Champion in the Future Champions of America!! Whoo hooo!!



OH, yippie!! I'll buy something special for my horse....oh, I mean my husband...Nah....my horse!!!

Raffle:

Pattii Karcher won the raffle prize at



August's meeting!!! \$32 big ones

Birthdays:

Please wish a big Happy Birthday to our members with September Birthdays:



3rd, Heidi Karcher; 5th, Dawn Barker; 7th, Barbara Hughes; 16th, Denise Gerken and Don Trent (twins, if ya' didn't know); 23rd, Maggie Brown and Lizzie Dapp; 27th, Jim Greagery; and 29th, Steve Denny.



West Nile Virus Update

A record number of dead birds across San Diego have tested positive for West Nile Virus. As of the week of August 24th the total is 95 birds and 18 batches of mosquitos. Just last week a dead crow was found in a Santee yard which tested positive for West Nile Virus. One local man has just been diagnosed and hospitalized for West Nile Virus.

As a comparison, last year in 2014 San Diego County had only 41 dead birds and six mosquito batches test positive.

West Nile Virus is spread by mosquitos. It is important to take these simple steps to protect yourself: Eliminate standing water, wear clothing that covers your arms and legs or use repellent.

It is import for horses to be vaccinated against West Nile Virus. Protect your horses and make sure they are current on their vaccinations!



Special Presentation for our September Meeting

We will have a special presentation by two of our LFR members, Sherry Carr and Nancy Sumerel, at our September meeting, **September 17th**. Sherry and Nancy went on a week-long horseback adventure this summer in Scotland. They went on an unbelievable coast-to-coast ride!! They will tell us about their adventure along with an beautiful slide show presentation. Please join us for the meeting. You'll be glad you did.



Poker Ride: Our poker ride is just around the corner. We need every member to step up and help out. Our flyers need to be posted at ranches, feed stores, and tack shops. We need donations for our silent auction and for our raffle items. And don't forget about signing up for helping on the day of the event. We always need lots of help setting up the raffle tables and pop ups, and we also need help with registration, poker cards, selling raffle tickets and t-shirts, and setting up the food and drinks for lunch, and don't forget the clean up afterwards. This is our only fundraiser. Let's make it a success!!!



LAKESIDE FRONTIER RIDERS



ANNUAL POKER RIDE



Saturday - November 7, 2015 - Ride the "River Bottom"

Staging @ Tumbleweed Arena - 13315 Willow Rd, Lakeside

\$150 FIRST, \$75 SECOND, \$50 THIRD PLACE CASH PRIZES

SILENT AUCTION ITEMS & GREAT RAFFLE PRIZES AVAILABLE

Come join us for an Enjoyable, Easy Six-Mile Ride in the Lakeside River Bottom picking up your poker cards along the trail. BBQ pulled pork lunch with dessert and drinks provided after the ride, served 11:00 to 12:30 pm. Silent Auction Items and Raffle Prizes will be drawn at 12:00 noon. Raffle tickets are \$1/each or six for \$5.

All riders under 18 must wear a helmet.



Check-in starting @ 8:00 a.m. - First Riders Out @ 9:00 a.m.

Directions: Turn East on Willow Rd. from Hwy 67. Go approx. 1.2 miles & through intersection of Ashwood/Willow; the arena is down one block on the right. For any questions, contact Karen at (619) 971-0675 or karenensall@yahoo.com. For additional Registration & Release Forms please go to www.lakesidefrontierriders.com.

This form with payment must be postmarked by October 30, 2015 for the pre-registration price of \$25. On-site registration is \$35. There will be a limited number of riders so Pre-Register to Guarantee a Spot!!

For pre-registration please fill out this form and put in the mail/postmarked by Saturday, October 30, 2015.

___ Poker Ride (includes lunch & 1 poker hand) @ \$25 \$ _____	Make check payable to & mail to:
___ Lunch (includes 1 poker hand) @ \$10 \$ _____	Lakeside Frontier Riders
___ Extra poker hand(s) @ \$5/each \$ _____	PO Box 572
___ Raffle tickets @ \$1 each or 6 for \$5 \$ _____	Lakeside, CA 92040
Total enclosed: \$ _____	

Name(s) _____

Address _____ phone _____

_____ email _____

Please check this line if a vegetarian meal is requested: _____

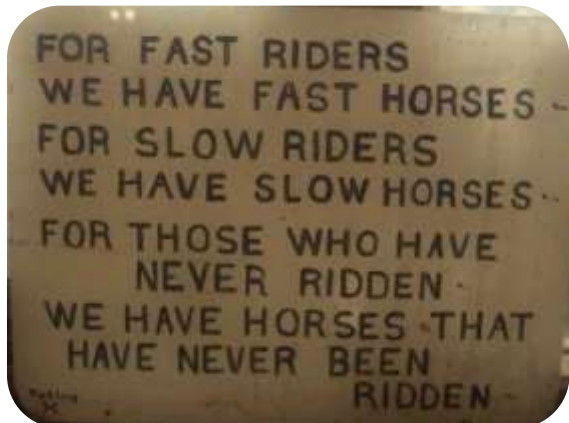
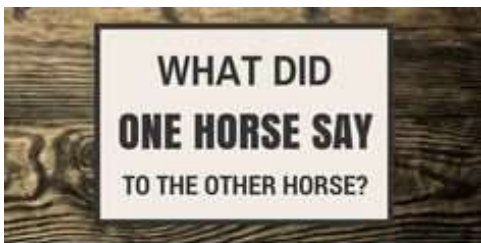
LFR logo T-Shirts are BACK by popular demand!!!



Yes, they are back. We have a new company that we are ordering through, and they offer a greater selection than what was available to us before. So don't wait and order up now your favorite T-shirt style, short sleeve, long sleeve, V neck, polo..... or how about a zip-up hoodie or a tank top? It is your choice of colors and styles. Contact Karen for all the ordering information and prices at karenen-sall@yahoo.com.



Hoof Humor.....



WHAT'S THE CLEAR SLIME LURKING IN THE WATER BOWL?

Ever rub your fingers on the inside of your pet's water bowl and you feel a slippery slime of sorts? Well that invisible goo is called Biofilm.

Biofilm is a collection of organic and inorganic, living and dead materials collected on a surface. It is made up of many different types of bacteria bound together in a thick substance that acts as a glue to both hold the bacteria together and adhere it to a surface.

Bad Biofilms have been found to be involved in a wide variety of microbial infections in the body such as **urinary tract infections, middle-ear infections and bladder infections.**

Remember to always clean your pet's water bowl at least once a week!



LFR Christmas Party

Our party is set for Saturday, December 5th, 5:00 p.m. to 9:00 p.m. It will be held at the Lakeside VFW Hall. We will be having a potluck, so bring it on and come with your best, yummiest dish ever to share. A cash (no host) bar will be available with a bartender provided by the VFW. Don't forget to bring a Secret Santa gift if you want to participate in our always-so-fun gift exchange with the "two steals and then it's dead" rule.

Remember that there is a \$20 maximum, just have it wrapped so we don't know what is inside or who it is from.

