

CHECK IT OUT! Learn about the Lakeside Equestrian Center plans!

by Karen Ensall
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2013 OFFICERS

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Top: LFR Board &
Giddyup Gal
Bottom: LFR Officers



Los Vaqueros Horse Camp

October 10-14,
2013

Arrive *after*
2:30pm on
Thursday!

New Business

Los Vaqueros Horse Camp is October 10-14, 2013. We have 32 corrals sold! Do not arrive at camp before 2:30pm on Thursday! Dogs must be on leashes and horses cannot be tied at trailers.

Friday evening we will go to the Fish Fry (optional). Remember to bring cash. It is under new ownership and is \$12.00 for bottomless fish! Saturday night we will have a wine tasting at 4:30pm. Bring a bottle of wine wrapped so we can't see the label. We will also have a potluck at 6:00pm. LFR will provide tri tip. If you need a camp check-list, please email Jacquelynn Holly.

All clubs beach ride was Aug 24th. Six LFR members went. Lots of fun riding on the beach and a great picnic afterwards hosted by Bonita Valley Horsemen.

Trail maintenance day changed to Nov 2nd. This date is still pending confirmation from parks. Meet 7:00 am at park and ride at highway 8 and Lake Jennings Park Rd if you want to car pool. Bring snacks/light lunch and water and gloves.



LFR members participated in the BVH Joint Club Beach Ride August 24, 2013!

Melinda Setterman has an order form for t-shirts. You can buy your own shirt and have it designed the way you want it with LFR logos. The cost is \$10.00 for the first decal and \$5.00 for any additional decal(s). This information will also be posted on LFR's Facebook and new website. Please email trail photos to Jacquelynn so they can be included in our newsletter and website for members to view.

The new web site is almost up and running! Cyndi Denny has worked on the Weebly site and it has tons of photos and slide shows, all our forms and newsletters, and we will now have a for sale/wanted page! Please send photos of your rides to Jacquelynn Holly (for the newsletter) and Cyndi Denny or Melinda Setterman (for the website) so they

can be posted. Please also send an email to Jacquelynn and Melinda with sale and wanted items so they can be posted on the website and in our newsletter. Please always include a photo when possible! All of our emails are listed on page 1.



UPCOMING EVENTS

Endurance ride Oct 5, 25 and 50 milers and 15 fun run. Volunteers needed to help, contact Terry Wooley Howe.

Bonita Valley Horsemen/Mo Parga Trick or Trot obstacle challenge Oct 16. Outback Steakhouse is catering lunch! Save \$10 if you sign up by Oct 1

Lakeside River Park conservancy Once in a Blue Moon event Oct 20 held at Hazy Meadows Ranch

Cleef Poker Ride Nov 2, Camp Lockett.

Tips & Tricks

By Melinda Setterman

1. **Diatomaceous Earth:** Diatomaceous Earth is made up of fossilized remains of sea creatures, kind of like ground up sea shells. It basically causes insects to dry out and die because it absorbs their fats and oils. It is a good way to get rid of spiders, ants, fleas, ticks, flies, and earwigs in your barn area. Just sprinkle on the ground, or all around your garden. It won't harm earthworms. This also works great on keeping flies away from the pee spots in your horse's corral. How easy!!! Buy the food grade, NOT the kind for your swimming pool. Check out <http://www.earthsongranch.com> for more natural horse husbandry.



3. **Saddle cinching:** Don't you hate it when you have to tighten your cinch when your saddle is already leaning off to the left side???

Here is a solution: When you have your saddle in place and are just about ready to tighten your cinch, move your saddle over a few inches so it is tilted away from you. When you tighten up your cinch, your saddle will pull down towards you, and then it will be perfectly level on your horse's back!!

2. **Hock Shields:** This product saves your horse from suffering from annoying hock sores. They are super soft, easy to put on, and stay on great. Go to <http://www.hockshield.com/> or Valley Vet, Dover Saddlery, etc.



Do you have a tip or trick you want to share? Email Melinda at melindasetterman@cox.net

+ TRAIL REPORTS & MEMBER UPDATES



Subject: Lakeside Equestrian Center

Karen Ensall gave a presentation of the new Lakeside Equestrian Center at the LFR Meeting on Thursday. LFR was the first group to pledge a donation and honored to be one of the first to see the plans of the center located at the corner of Moreno Ave and Willow Rd. The plans include a staging area with hitching posts, picnic area and round pen and access to a 150'x200' arena. There will also be 150'x300' covered area and another 150'x300' outdoor arena, along with announcer box, office, wash racks, and rest rooms with showers. The East County Equestrian Foundation is presently fundraising, as to raise the necessary funds required by the County, before ground breaking can begin. Karen can be reached at karenensall@yahoo.com for any questions.

Update on Mission Trails Regional Park:

U.S. Fish and Wildlife Services are advising Mission Trails Regional Park to close all trails north of Highway 52 (Spring and Oak Canyon and the area referred to as East Elliot, which is the area between Sycamore Canyon and Mission Trails). They obtained these areas so that they can be added to Mission Trails Park. After a site visit revealed a considerable amount of unauthorized building and use of trails that impact sensitive and endangered species, a meeting was held on September 20, 2013 for the public. The board met the following day and it was decided that more research would be done to see what options were available to keep the trails open, and yet curtail the unauthorized trail usage, as to not impact the sensitive wildlife.

LFR MEMBER UPDATES

Jody and Warren Harvey are both recovering well. Jody hopes to ride in the near future.

Geoff Holly is home and recovering well from open heart surgery.



BRAGS

Ann bought a new RV!! She has an old one for sale, cheap!!!

Laura Precoda got a new tailgate for her pretty new truck. Note to self; close the tailgate before backing up.

Steve and Cyndi celebrated 30 years or marriage. Wow.

Cyndi and Karen now have smart phones! But are they smarter?

Karen's horse Gus only received a few scrapes after his terrifying ordeal on the side of Highway 67 where he exited the trailer through the feeder door!! That is one lucky little horse. (Also for sale – please see sale ads).



RAFFLE WINNER

Linda Hunt won \$67.00! What a lucky new member!

Note: All future raffles will no longer be 50/50. The full amount will be given to the raffle winner.

NEW MEMBERS

Please welcome Linda Hunt and Jeanine Abshire. Also welcome visitors Nick and Robin, just checking us out.



FOR SALE

BELOW: Sharon Vanderlip is selling a 15", 18lb, Sentry Lite custom-made Amish hand crafted saddle ideal for trail, endurance, or everyday pleasure riding. \$675 firm.



Gus ("Pegasus") - \$4000, 8yr Icelandic Gelding. Contact Karen Ensall



RIGHT: Jennifer Oeland is selling her Billy Cook saddle. \$1700, 15" seat. Please contact her for more information.

Gayla has a swamp cooler for sale. Contact her for more information.



REGISTERED SPOTTED SADDLE HORSE FOR SALE

Tequila Rose: Foaled June 1, 2000, National Spotted Saddle Horse Association registration number 16071, red roan, flaxen mane and tale, mare, out of Roan Foxy Lady by P & D Hot Pepper, 15 hands, has been ridden in Montana's Gallatin National Forest and Yellowstone National Park. Very willing, trailer loads, stands for baths, hobbles and high ties. Great confidence builder. All shots, dental work and worming are current. Good natured and an easy keeper. She is a beautiful trail horse with a sweet personality. Call for pricing and appointment.

Judie Clifford 619-659-3038

WANTED

Barbara Hughes is looking for a trail safe horse for her grandchildren and husband. She would prefer a horse that is ~10-15 years old and an easy keep.

Laura Precoda is looking for three 16' panels and one end gate.

Heather Archer is looking for a synthetic saddle, 16", full quarter horse bars

SEPTEMBER BIRTHDAYS

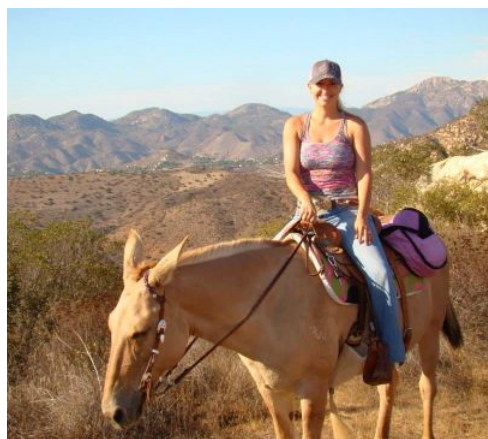
By Gayla Robles, LFR Giddyup Gal



Steve Denny
Ben Decker
Barbara Hughes
James Greagory



LFR Members love to ride and hang out together! These pictures were taken across San Diego County. Left to right: Colten at Pillsbury, Laura at Azalea Spring, Susan & Laura at Crest, Bobbie at IB, Jacquelynn at Crest, Gail at IB.



SEPTEMBER MEETING
PHOTOS!

