

## NEW!

### Tips & Tricks pg 3

Presented by Melinda

What you didn't know you should keep in your saddlebags!



## 2013 OFFICERS

**President:**

**Cyndi Denny**

[cdenny@barona.com](mailto:cdenny@barona.com)

**Vice President:**

**Melinda Setterman**

[melindasetterman@cox.net](mailto:melindasetterman@cox.net)

**Secretary**

**Jacquelynn Holly**

[Rosy.mule@yahoo.com](mailto:Rosy.mule@yahoo.com)

**Treasurer**

**Joyce Jewel**

[hpmetals@yahoo.com](mailto:hpmetals@yahoo.com)



## Los Vaqueros Horse Camp

October 10-14, 2013

Arrive after 2:30pm on Thursday!

## New Business

Los Vaqueros Horse Camp sign ups started at meeting, August 15, 2013. If you did not have a chance to sign up, please do not call or email Theresa – she will be available for sign ups at the September meeting. The first corral is \$100.00. Any additional corrals are \$75.00 each.

If you need a camp check-list, please email Jacquelynn Holly.

Do not arrive at camp before 2:30pm on Thursday! 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.



LFR members Kim, Tarah, Lisa, Jacquelynn and friends on a group ride at the beach.

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.

The LFR Membership Roster has been completely updated. You should be receiving emails from officers on a regular basis. If you aren't, please let us know!

Please email trail photos to Jacquelynn so they can be included in our newsletter and website for members to view.

Please email For Sale and Wanted items to Jacquelynn so they can also be included in monthly newsletters.

LFR's website will be transitioning to Weebly. We will keep everyone posted as this comes to fruition. LFR is also considering removing the LFR Facebook page once the new website is up and running.

LFR Board reviewed the liability release for the club.

LFR voted that membership will sign a release of liability with their 2014 application, starting January 2014. LFR will have both original copies from each member and will scan a soft copy.

## UPCOMING EVENTS

**August 24, 2013: Joint Club Beach Ride, staging out of Hollister, ride out time is 10am. Print the liability release from BVH website. BVH website date is incorrect.**

**August 27, 2013: Sheriff's Lakeside Community Forum (see attached flyer).**

**September 31, 2013: Ride with Rosy XX- Big Laguna Trail, caravanning from Circle K at 9am sharp off 67 and Willow, in the saddle at 10:30am. Open ride - Not an official LFR ride.**

**October 10-14, 2013: Los Vaqueros Horse Camp**

**October 26, 2013: Trail clearing in the Cuyamacas**



# Tips & Tricks

## By Melinda Setterman

### TIPS & TRICKS

By Melinda Setterman

1. Always carry a maxi pad and a tampon in your saddlebags along with vet wrap. Although they aren't sterile, they are very clean and make excellent emergency wound covers. Newborn diapers can also be used in place of maxi pads and include built in securing tabs.
2. A tip for gelding owners: During the hot summers, flies can prevent summer sores from healing quickly. While the sores are healing, it's important to keep flies away. Take a panty hose and cut out the crotch. Take a rubber band and tie off the waistband. Stretch the legs around his body so the crotch of the pantyhose is up close and snug to his private area. Tie the pantyhose up on top nice and snug. Ensure his privates are in the pantyhose opening.

Do you have a tip or trick you want to share? Email Melinda at [melindasetterman@cox.net](mailto:melindasetterman@cox.net)

# + TRAIL REPORTS & MEMBER UPDATES



## Subject: Cuyamaca General Plan

Information regarding the update/revision of the Cuyamaca General Plan (which will shape our park into the future) can be obtained at their website

[www.parks.ca.gov/?page\\_id=27169](http://www.parks.ca.gov/?page_id=27169)

There are a lot of important information points on the process and documents with proposed changes on the website. See maps and documents for the particulars which will affect all park users. Ernie Smith has set up a facebook page to facilitate input from the equestrian community. Cuyamaca General Plan Equestrian Shareholders: [www.facebook.com/groups/221699451310540/](https://www.facebook.com/groups/221699451310540/)

## LFR MEMBER UPDATES

Jody had surgery to have the screws removed from her back. She is doing well and looking forward to riding in the near future.

Her husband, and LFR member, Warren, had a heart attack earlier this week. He had stints put in and is on the road to recovery and at home now.

Gail fractured her wrist, but is still riding with her cast!



## BRAGS

**Ann Squire:** Got a new German Shepard, 2 years old, named "Honey Bear".

**Marge Pachon:** Bought a new bumper pull trailer to go with her new diesel truck! She's ready to camp!

**Debbie Montgomery:** Had a knee replacement but is already riding!

**Nancy Lawler:** Bought a new MFT Spotted Saddle Horse, 13 years, 16.3 hands!!!

**Sharon Vanderlip:** Got a new mule! She is 11 years old. Sharon will give a restaurant gift card to whoever can come up with the perfect name! Email name suggestions to Jacquelynn [rosy.mule@yahoo.com](mailto:rosy.mule@yahoo.com)

**Kim Orser:** Brought her sweet 2 mo baby girl, Faith, to the August meeting.

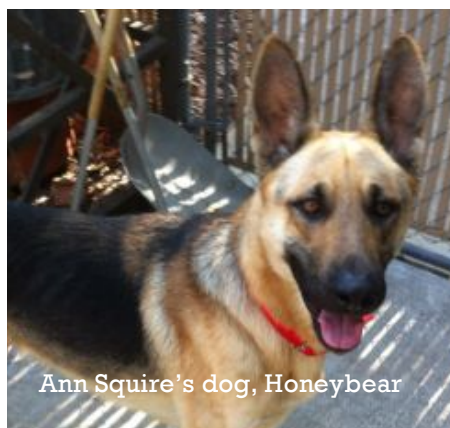
**Patti Karcher:** Drove some Belgians! Check out the photos she sent us!



Patti Karcher driving Belgians



Sharon Vanderlip & her mule



Ann Squire's dog, Honeybear



Kim's baby, Faith

## MISC.

Kim Orser's friend is an equine masseuse. Please see attached flyer for more information on getting your horse a massage!

## RAFFLE WINNER

Nancy Lawler won \$68.00!

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

Jacquelynn will be making horse and holiday themed baskets occasionally for upcoming raffles.

## NEW MEMBERS

Please welcome Nancy Lawler, Danny & Cathy Pritchard, and Kitty Monterastelli who all joined on August 15, 2013!!

## FOR SALE

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.



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

Pat Nelson is selling two saddles: Billie Cook, 16" Barrel Ranch Silver Feather and handmade leather outback Aussie saddle with cinch, crupper, pad, saddle bags, brass stirrups, \$400 OBO (See three photos on right).



**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

# AUGUST BIRTHDAYS

By Gayla Robles, LFR Giddyup Gal

Jody Harvey

John Kabot

Judy Clark

Jeff Setterman

Bobbi Remnant



LFR Members love to ride and hang out together! These pictures were taken across San Diego County. Left to right: Barbara at Ramona Grasslands, Tarah at Borderfield, Gail & Bobbi at Green Valley Falls, Cyndi & Steve at Fiesta Island, Susan & Holly at Green Valley Falls, Sharon & Jacquelynn in Lakeside.







*An Informed Community  
Is a Safe Community*



## Contact

Santee Sheriff's Station  
Crime Prevention Specialist  
Alyssa Dean  
**(619) 956-4021**

Public Affairs Office  
Melissa Aquino  
(858) 974-2259

The San Diego Sheriff's Department is on



<http://www.sdsheriff.net/>

# Sheriff's Lakeside Community Forum

## Join Us!

The Santee Sheriff's Station is hosting a community forum in Lakeside.

**Tuesday, August 27<sup>th</sup>  
7:00 p.m.**

**Lakeside Community Center  
9841 Vine Street, Lakeside**

We are looking forward to hearing your ideas and developing an action plan with you.

- What is your main concern about public safety in your neighborhood?
- What needs to improve?
- What can be done together to create a safer community?

Hear from Captain Lisa Miller, Sheriff's Deputies, Crime Prevention Specialists, Lakeside Fire Department, County Animal Control, CASA (Communities Against Substance Abuse) and the Lakeside Planning Group.

**RIDE WITH ROSY XX  
MOUNT LAGUNA - BIG LAGUNA TRAIL**

**Date:** August 31, 2013



**Directions:** 8 East to Sunrise Highway,  
Los Huecos will be on your left after the  
grocery store

**Caravan Meeting:** 67 & Willow Rd at 9:00AM

**Ride Out Time:** 10:30 AM

**Length of Ride:** ~ 3.5 hours

**Link:** <https://www.facebook.com/events/554201111313605/>

**What to Bring:** Don't forget your PASS! (\$5  
day pass at the store or you can buy an  
annual pass), clothing for hot and cool  
weather, chair, lunch, hay bag

**Questions? Call Jacquelynn  
619.869.3272**

# EQUINE MASSAGE THERAPY

## "Equissage"

ARE YOU SPENDING LOTS OF TIME, FRUSTRATION AND MONEY TENDING TO A SORE, LAME OR UNCOMFORTABLE HORSE? WHAT IF ALL YOUR HORSE NEEDED TO STOP THE MUSCLE SPASMS, EASE THE PAIN AND HEAL, WAS A **THERAPUTIC SPORTS MASSAGE?**



Massage and stretching boots endurance and increases range of motion.



60% of a horse's body mass is muscle. Their muscles are their engine that allows movement and power. We always should oil any engine to keep it functioning at peak performance.



Massage improves circulation and increases the production of synovial fluid in the joints.

### BENEFITS OF MASSAGE THERAPY

- \*Improves circulation and promotes more rapid healing of injuries
  - \*Enhances muscle tone and increases range of motion
    - \*Eases muscle spasms
- \*Reduces inflammation and swelling in joints so that joint pain is relieved
  - \*Increases the production of synovial fluid in the joints
    - \*Relieves pain, tension and stress
    - \*Restores musculoskeletal balance
- \*Stimulates circulation in the lymphatic system and hastens the elimination of waste products and other toxins
- \*Lengthens connective tissue and so breaks down and prevents the formation of adhesions and reduces the danger of fibrosis
  - \*Generally improves the disposition of the animal

**Heidi Trowbridge** -- Certified E.S.M.T.

(Equine Sports Massage Therapist)

**619-971-0699**