

Election of Officers/Directors for the 2015/2016 term:

At our June meeting we had elections for our new 2015/2016 officers and board of directors. We are pleased to announce that Karen Ensall was re-elected as President; Barbara Hughes was re-elected as Vice President; Joyce Jewell was re-elected as Treasurer; and Deborah Montgomery was elected as Secretary.

We have five Directors on our Board of Directors now since our membership has surpassed 125 members. We re-elected the following Directors: Cyndi Denny, Howard Hughes, and Bobbi Remnant. We have two new Directors elected: Patti Karcher and Judy Clark.

Thank you to all the Officers and Directors who volunteer their time, hard work, and dedication that go into making LFR the fun and successful club that we all enjoy.



Officers:

President—Karen Ensall

Vice President—Barbara Hughes

Treasurer—Joyce Jewell

Secretary—Deborah Montgomery

Directors:

Judy Clark

Cyndi Denny

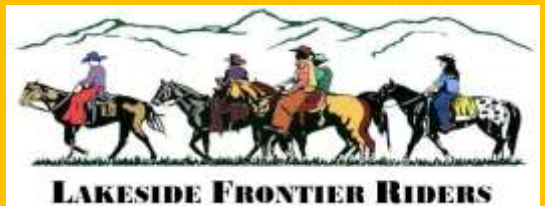
Howard Hughes

Patti Karcher

Bobbi Remnant

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Email us at lakesidefrontierriders@gmail.com



Lakeside Frontier Riders July 2015 Newsletter

June Club Ride to Eagle Rock

On June 6th, twenty-four LFR members went on our club ride to Eagle Rock. This is a fantastic ride out near Warner Springs, which makes the little extra time and gas to get there all worth the effort. It was perfect weather for the ride. We staged at the Resource Center's parking lot, across from the fire department. It is a large lot and accommodated all of our rigs, even the big ones. We all enjoyed a leisurely ride to and from "Eagle Rock." Sherry Carr lead the group without a hitch. Thank goodness. Thank you, Sherry. After the ride everyone relaxed and munched on their lunch before heading home.



Lakeside Frontier Riders July 2015 Newsletter

President's Message:

This has been a very exciting year for LFR. We had a hugely successful Poker Ride which we donated 100% of the proceeds, we have added more camps, we have lowered the cost of camp, and we are having very successful monthly club rides.

And also we now have 137 members.

It has been such an honor to represent this club, and I want thank every one of you for all your support. We would not have been able to have such a successful year without the help and support of all of you.

I would like to send a special thanks to officers Barbara, Joyce, and Melinda for all their dedication, hard work, and advise this past year. You all have been such a great support system though out this past year.

Also, a special thanks to our board members, Howard, Bobbi, Deb, and Cyndi for all their help and guidance.

Without the help of the officers and board members we would not have been able to have had such a great year. Thank You.

A few other people that I would like to thank are Steve Denny for 4 years of cooking the tri tips at camp and Theresa Bitondo who has been organizing the Los Vaquero's camps twice a year for a very, very long time. All the work that both of you have done over the years is greatly appreciated by everyone in the club. Thank You!

Also, thanks to our Giddy Up Gal Wendy, who is moving away soon. I will miss our rides through Blossom Valley. Good Luck and Happy Trails in Portland!

I look forward to another successful year for LFR. We will be making a few changes to our Poker Ride in November, continuing with our monthly club rides, and hopefully we will have better weather for some of our camping adventures.

Lastly, to each and every one of you, thank you for all that you have done for this club. LFR is a great club, and that is only because of all of you.

Thank you again, everyone.

Karen

UPCOMING EVENTS:

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

July 11th, Descanso Days Parade. LFR will be participating in the parade. For more information and details, contact Billi-Jo at billijoAQHA@hotmail.com.

July 16, LFR general meeting, 6 PM

July 18th, LFR Club Ride at Penasquitos Canyon Preserve. 8:30am meet up; 9:00am ride out. Don't forget that it costs \$3 to park. Bring your lunch and a chair to relax in for after the ride.

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

Hot Summer Tips for a Cool Horse:



Summer heat can be dangerous for horses, resulting in dehydration, lethargy, and general malaise. Severe heat stress can cause diarrhea, or even colic. But owners can take important steps to keep horses safe and comfortable during the hot days ahead. Try the following ten tips to keep your horse comfortable and safe in the summer heat.

- 1. Choose cooler turnout times.** If your horse has a stall but is turned out for part of the day, provide turnout during the cooler hours. Overnight is ideal, but if that's not possible, turnout as early as possible during the day.
- 2. Provide shade.** If your horse lives outdoors and not in a stall, provide relief from the sun. A run-in shed is best. Trees are a source of shade, but as the sun moves, so will the shade; ensure that, regardless of the time of day, the trees are offering shade.
- 3. Move the air.** Fans are a great way to help keep the air moving in the barn, but use them wisely. Always ensure that your horse can't get a hold of cords and plugs.
- 4. Mist your horse.** If you are fortunate enough to have a misting system for your horse, use it. As moisture is absorbed from your horse's skin, it will take away some of the heat. Frequent mistings are far more effective than a single dousing with a hose.
- 5. Provide fresh, cool water.** Make sure your horse has plenty of fresh, cool water. A bucket hanging on a pasture fence will get warm, and the water will no longer be appealing. Left long enough, the water will also become stagnant and unhealthy. If you are providing clean, cool water and your horse doesn't seem to be drinking enough, encourage him to consume water by providing a salt block, or even by misting hay with salt water.
- 6. Offer electrolytes.** If your horse is sweating a great deal, an electrolyte supplement or water laced with electrolytes can help keep his body in balance. Whenever you offer electrolytes, however, be sure to offer fresh water, as well. Too many electrolytes can be harmful.
- 7. Slow down the work.** Don't think that because your horse has been working intensely at 1 p.m. every day that he can take the heat when the temperature tops 90°. If you have to work your horse in the heat, lighten the work or spread it out over a couple of short sessions. This is especially important when the humidity is high, which can diminish the poor quality of the air your horse is breathing.
- 8. Stick to a schedule.** Within the parameters of keeping him cool, try to stay as close as possible to his normal schedule. Too much change at one time can be an invitation for colic.
- 9. Avoid sunburn.** Horses, especially white horses, can suffer from sunburn. Even those with white socks and blazes, pink noses, or hairless patches from scarring can be susceptible. Using a fly scrim can help. In addition, applying sunblock to small, particularly vulnerable areas can be effective.

Staying out of the sun's harmful rays will, of course, be best. (Also be aware: If a horse has excessive sunburn it could indicate a rare, underlying liver disease.)

- 10. Clip horses with longer hair coats.** Clipping is important, especially for those with pituitary pars intermedia dysfunction (PPID, or equine Cushing's disease). While some coat can provide protection from the sun and insulation, a long, thick coat tends to hold heat and makes it difficult for the horse to cool down.



Chocolate Cake Club!!!

At our June meeting two members brought chocolate cake....yes, they had an "unplanned dis-



mount" while riding up at Los Vaqueros Horse Camp on Memorial Day weekend. We all enjoyed the delicious desserts. Thank You!!



Custom Halters Available Now:

We all know it is a good idea to have a halter with you while trail riding . These custom, hand-made halters are light weight, thin, very strong, and will comfortably fit under your bridle. LFR member Tom Wagner's daughter makes these and will



customize the size and colors for you. You can also order a matching lead rope. Contact Tom for ordering and sizing information at tnbwagner@aol.com or give him a call at 619 808-4975.

Tips and Tricks:

Here is a fantastic tip from LFR member Julie Murphy. Use a lint roller to remove ticks from you and your horse!!! How easy is that!!!



July Birthdays:

Wow, we have a lot of June birthday babies. Here's sending a big "happy birthday" out to ya'll:

June 2, Susan Haubenstein; June 4, Jeani Buchanan;

June 6, Jeanne Abshire; June 13, Warren Harvey;

June 16, Steve Gibson; June 19, George Stivers;

June 21, Wendy Ebster, June 22, Joan Shine;

June 23 Andrea Bennett and Cyndi McKievick;

June 30, Roger Remnant.



Braggs:

Wendy got a new truck, a big Ford Super Duty and an aluminum three-horse trailer. Now she is ready to hit the road to Portland!!

Melinda got a new silver BMW. It was a surprise from her hubby, just sitting out front in the driveway with a big red ribbon!

Bree finished her MBA degree. Congratulations!!!

Karen finished a 25 mile endurance ride on Assa, and she left everyone in her dust right up to the finish line.

Hoof Humor....

