

LAKESIDE FRONTIER RIDERS



MARCH 2014 NEWSLETTER

Cyndi Denny – President

Melinda Setterman – VP

Joyce Jewell – Treasurer

Jacquelynn Holly – Secretary

Board of Directors:

Karen Ensall, Steve Denny,

and Theresa Bitondo



lakesidefrontierriders@gmail.com

Latest News:

Club Rides - Our March Club ride was a terrific success. It was a perfect day for riding. Karen did a great job leading the group. We did not get lost!! The trails in the Crest Preserve are gorgeous and there was no dust since it rained two days earlier. Our host, Gayla, made the ride and lunch afterwards wonderful. Thank you, Gayla.



Our next Club Ride will be April 6th in Descanso. Be in the saddle at 10:00 ready to ride. Ernie will lead the ride. It will be about a 1.5 hour ride out, stop for lunch and relax, and then ride back, so count on about 3.5 to 4 hours. Be sure to pack your lunch, plenty of water, and a rope & halter. The staging area will be at Merrigan Trailhead.

For more details, contact Karen at karenensall@yahoo.com.

Our May Club Ride will be led by our new members Lisa and Wendy. Send a super-duper thank you to them!!! It will be in Blossom Valley. The date is May 5th. More details to come.

May Horse Camp at Los Vaqueros –

We are camping at Los Vaqueros Horse Camp May 22nd to 27th. Theresa has the signup sheet. We started sign ups at our March meeting. We already have about 26 corrals sold. Theresa will take more sign ups at our April meeting. For more information, contact Cyndi at cdenny@barona.com. We will have the fish fry Friday night at the Cuyamaca Lake Restaurant, wine tasting Saturday early evening, and the big pot luck Saturday night. Come join us and relax in the beautiful mountains.

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Lakeside Western Days Parade –

We will be participating in the Lakeside Western Days Parade which is April 26th. So far we have about 14 riders and Joyce and MaryAnn will hold our banner. LFR is purchasing 15 turquoise saddle pads. The staging area is located at Channel Road and Maplevue St. If you are not participating, be sure to go watch the parade and cheer on our club. For more information, contact Joyce at hpmetals@yahoo.com.

T-shirts –

Back by popular demand, our LFR printed T-shirts!!! Joyce had signup sheets going around for the T-shirts at the meeting. She will also order extra in a variety of sizes and styles if you didn't put your order in. We have more variety this time, including polo style, V-neck, ribbed tank tops, and a more girly V-neck. Yippee!! Hopefully we will have the T-shirts in for our April meeting!!! Thank you, Joyce.

Bylaws Committee –

Yes, I saved the most boring for last. We are half way through discussing and approving several of the articles of our bylaws. We will finish up at our April meeting. The rest will go faster, we promise. Please read the proposed bylaws that will again be emailed out and please print a copy to bring to the next meeting. After this, hopefully we won't have to do this again for another 16 years!

RAFFLE WINNER -



\$57 went to Barbara Kinder and Kandhy Franklin. Lucky gals!!!

BRAGS –

Cyndi Denny boasted about the wonderful job her husband has done taking care of her and putting up with her after her shoulder surgery. Yea, Steve!!!

UPCOMING EVENTS:

LFR Events:

April 6, Club Ride in Descanso, 10 am

April 17th, LFR meeting, 6 pm

April 26, Lakeside Parade

May 4th, Club Ride in Blossom Valley, 9:30 am

May 15th, LFR meeting, 6 pm

May 22nd to 27th, Los Vaqueros Horse Camp

Non-LFR events:

June 7th, Ramona Country Estates is having a cowboy challenge, arts and crafts fair, and more activities, along with animal communicator Lydia, all at the International Equestrian Center.

June 14th, Pine Valley Mountain Riders will have their 2nd annual Poker/Obstacle Ride at Tumbleweed Arena.

FEBRUARY/MARCH BIRTHDAYS -

We celebrated Cyndi Denny and Billi Jo Swanson's birthdays this month, along with Deborah, one of our Feb birthdays.



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TIPS AND TRICKS -

Giddy up & Go. Mount your Horse from anywhere any time with this **Portable** mounting aid. Tired of looking for a stump, hill, or rock to mount your horse on the trail?

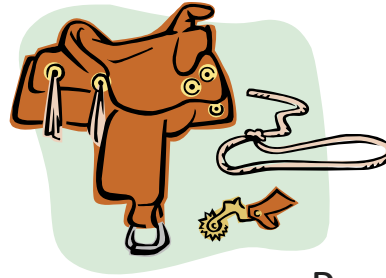


Eliminate this problem now! This sturdy, lightweight **folding tripod stool stands 10" high.** It comes with a travel bag you can tie on your saddle. You can find it on Amazon for about \$45.

Horse Trailer Safety Checklist:

Store these items in the trailer so you always have them on board!

- Spare Tire/Jack/Tire Iron
- Three emergency triangles/flares
- Chocks
- Flashlight with spare batteries
- Electrical tape and duct tape
- Knife for cutting ropes in emergency
- Water - 5 - 20 gallons. Enough for drinking, cooling the horse if overheated, or washing of wounds in the event of injury.
- Buckets/sponge
- Spare halter and lead rope
- Spare bulbs
- Spare fuses if applicable
- Fire extinguisher
- WD-40 or other lubricant
- Broom, shovel, fork, manure disposal bags



Proper Saddle Fit for your horse:

Here is a great video on YouTube on how a saddle should properly fit your horse. They demonstrate exactly where, how and why the nerves, muscles, ribs and shoulder blades are affected by the tree of the saddle.

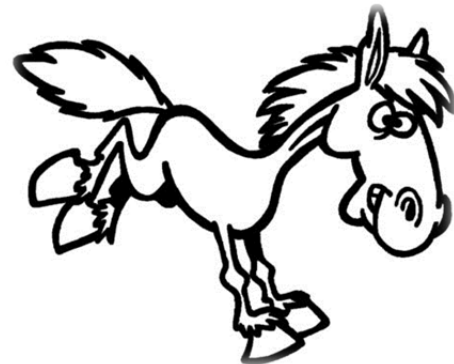
Copy and paste into your browser the following link and play the first video listed.

<http://www.youtube.com/watch?v=Ffsz53UwLF0>

And here is another video from a vet that explains more on your horse's anatomy and proper saddle fitting. Again, copy and paste into your browser and click on the video. This is also a great website, so make it a favorite.

<http://bayequest.info/2minvideo/c-5-v-16.htm>

A properly fitting saddle can help eliminate this!



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More Pictures from the April Ride in Crest

