

IMPORTANT TRAIL INFO

Pages 5 & 6
PLEASE READ!



2013 OFFICERS

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New Business

1. Trail clearing will be January 11th at 9:00AM at Ernie Smith's. Bring gloves and preferred trail tool. Expect to be out 2-3 hours, tread work and lopping. We will serve lunch and provide water and soft drinks.

2. New newsletter format: Look for three PDF documents in your email – newsletter, event flyer doc, for sale doc.

3. Membership apps are getting updated & will be sent to membership.



Barbara & her husband Howard on his new Buckskin horse in the San Diego Riverbottom.

UPCOMING LFR EVENTS

<u>Event</u>	<u>Host</u>	<u>Location</u>	<u>Date/Time</u>	<u>Point of Contact</u>	<u>Additional Info</u>
LFR Christmas Party	Cyndi and Steve Denny	Denny Residence	Dec 7 - 5pm social hour, 6pm dinner, gift exchange to follow	The Denny's	
LFR Trail Clearing	Ernie Smith	Smith Residence	Jan 11, 2014	Ernie Smith	

UPCOMING NON-LFR EVENTS

<u>Event</u>	<u>Host</u>	<u>Location</u>	<u>Date/Time</u>	<u>Point of Contact</u>	<u>Additional Info</u>
Open Group Ride	Ride with Rosy	Fiesta Island	Dec 7 at 10:30 in saddle	Jacquelynn Holly 619 869 3272 rosy.mule@yahoo.com	Caravanning from Circle K off Willow and 67 at 9:30 sharp
Bonita Tack Swap Meet	Old Dove Ranch	6200 San Miguel rd Bonita ca 91902	Dec 7 at 9am-2pm	Old Dove Ranch 619-312-7509 Kim Orser 619 850-0588 kimkint30@yahoo.com	Seller spots available by RSVP day of \$10. RSVP before 12/6 pay \$8.00 Kim reserved a space & is willing to share
Spirit of Christmas	Lakeside Chamber	9924 Maine Ave	Dec 7 at 4-9pm	Lakeside Chamber 619 561 1031	
25 th Annual Holiday home Tour	Lakeside Historical Society	9906 Maine Ave	Dec 7 at 10-2	LHS 619 561 1886	
PVMR Christmas Party	PVMR	Town Hall	Dec 14		

LFR is Proud to Support other Equestrian Events & Organizations!

Right: RTA Winery Ride: 7 LFR members attended (Steve & Cyndi Denny, Melidna Setterman, Ann Squire, Jacquelynn Holly, Sharon Vanderlip and Billi-Jo Swanson).

LFR members were featured in RTA newsletter and KPBS was present to film the winery tours. LFR was on KPBS!



Left: CLEEF Poker Ride: 4 LFR members attended (Cindy Helms, Tarah Miinch, Kim Miller and Jacquelynn Holly).

Right: RTA Turkey Trot: 2 LFR members attended (Billi-Jo Swanson [far left] and Jacquelynn Holly [far right])



Tips & Tricks

FROM LFR MEMBERS...

1. Do you need to soak your hay overnight?

Use an old ice chest with the lid taken off. Add the hay, add the water, let it set overnight. In the morning just open the drain plug and feed your horse. Or....

Use a clean muck bucket and drill holes in the bottom, then add hay and water and allow it to drain. Or even easier - use a laundry basket that will fit in a clean muck bucket (without drilled holes) and add hay and water.

2. For a safe, nontoxic, pet-friendly weed killer just use white vinegar. Pour it directly on the base of the plant so it goes to the roots and within a few days they are dead as a doorknob.

3. It's always important to have an emergency saddlebag when you go riding – no matter how short the ride is, and no matter how close you are to your trailer. Here are a few essentials:

1. Aspirin (excellent for heart attack victim & relieves pain)
2. Medical tube stockinette (lightweight, keeps wounds clean until you're able to treat it. Stockinettes can also be used as a wrap or tourniquet).
3. Carry a small bottle of Chlorhexidine (Novalsan) – a disinfectant used in case of injury.

IMPORTANT NOTE: Chlorhexidine is often used as medical mouthwash, but it is NOT similar to Listerine (which contains Eucalyptol and alcohol and can severely burn wounds). In fact, recent studies show Listerine causes oral cancer due to the alcohol content – can you imagine what Listerine could do you to an open wound on your horse? Just be sure not to confuse the two!



TRAIL REPORTS

As trail users we all need to be involved in keeping our trails open. Recently, we were alerted the Sweetwater Water Authority will be closing an important gateway trail in the Bonita/Sweetwater area. We are having a meeting with the Sweetwater Authority, US Fish and Wildlife and San Diego County Parks Department on **Tuesday, December 3rd, 2013 at 6:00 pm.** The meeting will be held at the Sweetwater/Summit Park (the address is **3218 Summit Meadow Rd.**, Here are the directions: From Interstate 805 South exit Bonita Rd (Exit 7C). Head east to San Miguel Road. Continue approximately 2 miles and turn left on Summit Meadow Road). This is an extremely important meeting – we need to show a united front of horseback riders, mountain bikers, runners, walkers and hikers.

This trail is called the South Side Trail and goes from the regional Sweetwater/Summit Park east to the mountains and into Jamul.

This is a legacy County Trail, but is on an easement under the jurisdiction of the Sweetwater Water Authority. Next to the trail is a fenced in area designated as a nature preserve which contains vernal ponds. The trail is a wide, DG surface and as early as 2008/2009 the Sweetwater Authority drove their trucks on the trail and created deep ruts. During the summer, it was fine, but with rain the ruts turned into a muddy bog. From 2009 on, it has been brought to the attention of both the County Parks Department and the Sweetwater Authority that the ruts needed to be filled, but nothing was done. Each year the mud would get worse, finally covering the entire expanse of the trail.

Although the ruts are not vernal pools, Fairy Shrimp (like Sea Monkeys) migrated into the mud. They remain dormant until it rains. Now Sweetwater Authority says they are required by US Fish and Wildlife to close the trail to protect the Fairy Shrimp. This means the trail will be closed 4 to 6 months of the year. To rehab the trail, Sweetwater Authority says it would cost \$175,000.00, which they refuse to do. Bonita Valley Horsemen has proposed a low boardwalk called a “puncheon” which would allow Trail users to cross the puddles without harming the Fairy Shrimp, but the Sweetwater Authority is resistant. If this is not acceptable, then we must insist on a detour that is a comparable alternative to this trail that everyone could use.

We need your help to keep this trail open, and not just for this trail, but all San Diego County Trails. We, as trail users, want to both protect endangered species and use our miles of beautiful trails we have fought for. The only way this can happen is for US Fish and Wildlife, Sweetwater Authority and County Parks to not make these decisions in a vacuum but work with the public to make decisions that will benefit all of San Diego County.

Updated Webpage: The Cuyamaca Rancho State Park General Plan Webpage http://www.parks.ca.gov/?page_id=27169 has been updated with new information. Written and verbal public comments received at the meeting as well as additional materials used during the meeting may be viewed and/or downloaded.

Public Input: Your input is greatly appreciated as we develop the General Plan. We continue to welcome your questions, comments and concerns via e-mail at enviro@parks.ca.gov. A formal written comment period will take place during the public review period for the Preliminary General Plan/Draft Environmental Impact Report. This combined document should be available Spring 2014. A last opportunity for comment on the General Plan/EIR will occur at the time of the State Park and Recreation Commission meeting to occur in Fall 2014. At this meeting the Commission will vote to approve the General Plan.

MORE TRAIL REPORTS

The Cuyamaca Rancho State Park GENERAL PLAN PUBLIC MEETING was held November 12th, 2013. There was a nice turn out of equestrians from Palomar, Vista, RTA, LFR, BVH, BCH and a few others. Ernie Smith and a few others spoke about the concerns the equestrians have about Los Vaqueros Horse Camp being an "island" totally surrounded by the newly designated preserves and wilderness areas. We were assured we would be able to keep our existing trails, and if a trail needed to be rerouted in the future, that it would not present a problem.

Other things mentioned were plans for work to be done on Green Valley Falls Camp, such as leveling and making access easier for large rigs. Because this camp was never intended to be a horse camp, they recognize there are still some issues needing to be worked out.

Also discussed was turning the old Boy Scout Camp that burned in the 2003 Cedar Fire, into a horse camp in the future. Our concern with this is that they will try to close Los Vaqueros and move us to the Boy Scout Camp. This is located by Lake Cuyamaca and does not have the trail access that Los Vaqueros has.

We can only hope they will continue to include us in the future plans for the Park.

The Paquette Family – Thanksgiving weekend at Stagecoach – Dan, Kase, Tanner and Dyan with Kase's new pony, Angel



LFR CHRISTMAS PARTY 2013



Where: The Denny's, 10421 Gretler Place, La Mesa, 91941

When: **Saturday, Dec 7, 2013**

Time: **5 pm for social hour, 6pm dinner, gift exchange to follow**

RSVP: 619.441.9277,
cdenny@barona.com, cd57sd46@cox.net

Directions: [MapQuest: Driving Directions](#)

Details: LFR will provide Honey Baked Ham and turkey, plates, utensils, cups, and sodas. Each member is asked to bring either a side dish or a dessert to share with the main course. This year it is BYOB, so please bring your favorite wine/drink. We have a Jacuzzi, so if you want to bring your bathing suit and towel, we'll heat it up for anyone interested. You are welcome to bring your spouse and teenagers/children. Please RSVP to Cyndi to let us know how many people will be attending and what type of dish you are bringing, etc.

To participate in the gift exchange, please bring a wrapped gift (\$20 value) per person for under the tree. The exchange is FUN!

November Birthdays

By Gayla Robles, LFR Giddyup



Jacquelynn Holly
Joyce Jewell



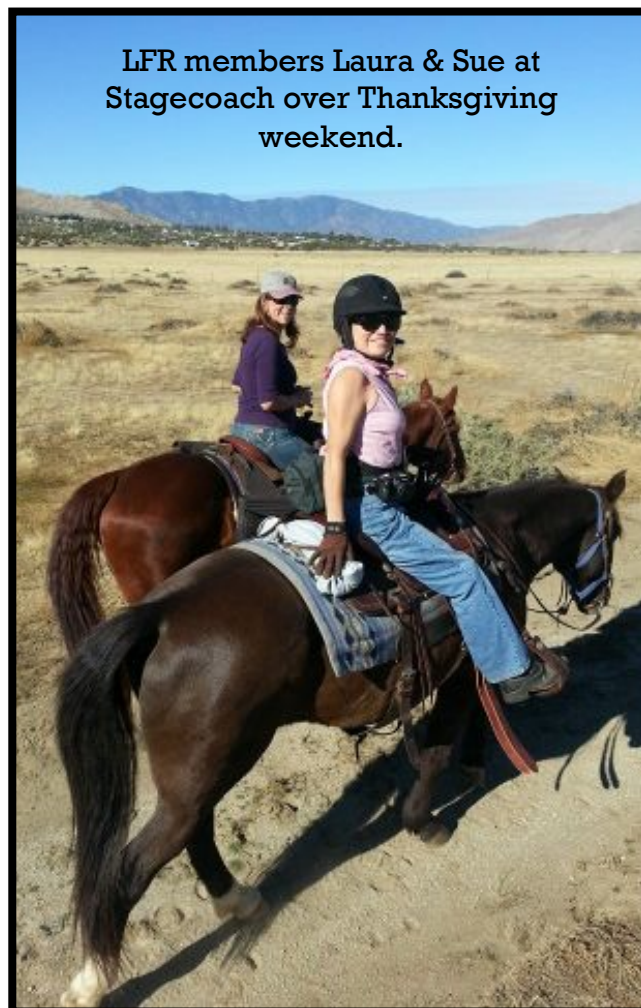
RAFFLE WINNERS!

Cyndi Denny won an emergency trail bag kit and collapsible trail bag cooler (with a beverage) put together by Jacquelynn Holly.

Karen Ensall won \$50.00!

BRAGS

Barbara Hughes husband got a horse! 11 year old, 15.1 buckskin from the Lagunas.



LFR members Laura & Sue at Stagecoach over Thanksgiving weekend.

LFR Members Riding Penasquitos Canyon

LFR members Billi Jo Swanson, Heather Archer, Jody Harvey, Sharon Vanderlip, Judy Clark, Susan McMaster, Jacquelynn Holly, Laura Precoda, and Lisa Hoogenakker all joined up to ride together and have a cool lunch afterwards. The next open group ride is 12/7 at Fiesta Island (see events) for a short ride before the LFR Christmas party!

