



Dedicated to promoting and preserving the rural and equestrian lifestyle in our community.

ALRC NEWSLETTER • NOVEMBER 2020

BITS *of* NEWS

THE PRESIDENT'S MESSAGE *from Natalie Beechler, ALRC President*



November is here! The weather is cooling and our days are growing shorter helping our equine partners regain that extra frisk in their step! Thank you to all who made it out for our Rancho City Council Candidates Forum under the beautiful night sky! It was a successful and exciting turn out from the community and candidates. We also had a great ride to Pumpkin Rock where our riders more than earned the notorious name "The Dirty Dozen"!



Pumpkin Rock Trail ride in Norco was tons of fun! (group pic above) A surprise bonus—our trail director Julie Bradley gave everyone who rode a handmade souvenir!

I encourage everyone to join our upcoming local ride over to Cucamonga Canyon. We have

amazing trails in and around our area and fabulous Trail Directors to lead the way.

I am happy to report that in mid October, trail repair began on the section of the Almond Trail which had been destroyed by storm damage in January 2019. ALRC has continued to advocate and communicate to the city how important this main thoroughfare trail is to our outdoor community, and we are hopeful to be riding it again soon!

The holidays are upon us, which is always exciting and often trying at the same time. This year we have the added excitement of the election year and the pandemic. Sprinkle in the trickle down changes that occurred socially, economically, and in the workplace and 2020 has been one for the record.

With all the uncertainty whirling around, a grounding solace that many of us have come to depend on remains tried and true. Enter the steady rhythm of clopping hooves hitting the ground, warm breath from perfectly formed nostrils, quiet communication of soft eyes, and guardianship of alert ears. For centuries, such grounding equine elements have provided mankind with strength, peace, and renewed energy to move forward in the most trying times.

So head out to the barn with a smile on your face—return with dirt in your teeth, peace in your heart, and strength to take on the day!

Natalie 🐾

ALRC NEWLY ELECTED EXECUTIVE OFFICERS & DIRECTORS

President: Natalie Beechler
email: PresidentofALRC@gmail.com

1st Vice President: Cassie Sanchez
email: VicePres1ofALRC@gmail.com

2nd Vice President: Kara Haulman-Recla
email: VicePres2ofALRC@gmail.com

Treasurer: Dan Smith
email: TreasurerofALRC@gmail.com

Secretary: John Sanchez
email: SecretaryofALRC@gmail.com

Membership: Susan Csik
email: MembershipofALRC@gmail.com

Youth Director: Alanna Quinn
email: YouthofALRC@gmail.com

City Liaison/ALERT: Larry Henderson
email: CityLiasonofALRC@gmail.com

Local Trail Director: Heather McGee Decauwer
email: LocalTrailofALRC@gmail.com

Trailer Out Director: Julie Bradley
email: TrailerOutofALRC@gmail.com

Food Services: Joe Cowan
email: FoodofALRC@gmail.com

Publicity: Martha Cowan
email: PublicityofALRC@gmail.com

Newsletter Editor: Claudia McNeill
email: NewsletterofALRC@gmail.com

"The wind of heaven is that which blows through a horse's ears" –Arabian Proverb



MEMBER SPOTLIGHT

Meet Heather McGee Decauwer, our new Local Trail Director. She shares with us, in her own words, how her love for horses and riding all began...

I'm envious of the equestrians I meet that have been around horses since they were a child. As you can guess, that is not how my horse story goes. In fact, my love of horses began nine years ago. While getting ready for a kitchen remodel, I decided my son and I would have a staycation that year. Seeing a horse camp advertised in the city recreation guide, I thought that would be something my son and I could do together. Also, I would be around to answer questions about the kitchen and be out of the contractor's way. So I contacted the barn directly to ask if adults could go to the camp. The owner said, "oh sure, we get adults all the time". I was ecstatic! I signed my son and I up for a week.

Monday morning my son and I showed up to the barn with anticipation. Standing around the group I started chatting with the other parents and asked if they were going to horse camp too? Everyone I asked looked at me a little sideways and answered "no", followed with a "but it looks like fun" comment. I was shocked, why wouldn't parents want to go to horse camp with their kids? So this is how it started... other than the trainer, I was the only adult amongst twenty-something kids.

It has been a while, but I can still remember the excitement of getting to the barn every morning to find out which horse we were assigned. Kids, and me, were paired up and assigned a horse. Typically, my son and I got Roger or Kiityhawk, but we had the opportunity to ride others. Together we would go to the horse's stall, put their halter and lead rope on and lead them to an area where we would tack them up. When the horses were ready, we would go to the arena where

we would take turns riding our horse. We were shown how to post the trot and would go round and round in circles. After our lesson we washed the horses and fed them their afternoon buckets. After lunch we would hang out around the barn and watch the individual lessons, watch the shoer, or watch each other try to ride a bucking mini till it was time to be picked up... I mean to drive home.

Finally, on the last day, the trainer introduced me to the canter. I think if I had just posted the trot all week without cantering, I could have left the camp and never came back. But it was the thrill of the canter that got me hooked and had me coming back for more.

By the end of the week I realized that when I rode, I had to shut out the stresses of the world and concentrate on one step or post at a time and focus on me and the horse. I have a mentally demanding job, so to find something I could do and truly be in the moment was awesome. I loved it! After a week of fun memories with my son we proceeded to go back on weekends or for the day on holidays.

The following year, my son and I did a packing trip with Mammoth Outfitters and my love for horses was solidified. I've always been outdoorsy with camping and bike riding, but it was after that trip that I decided that trail riding and horses is something I wanted to do for the rest of my life. Fast forward to today, trail riding is exactly what I'm doing. First on friend's horses, then on friends

of friend's horses, and now on my own horse, Jersey Lily.

I'm always interested in hearing people's horse stories as it's a great way to get to know someone. Thanks for listening to mine.

See you all on the trail!

Heather



LOCAL BUSINESSES SUPPORTING ALRC

Support the businesses who support ALRC!
Did you know that you can advertise your business in the ALRC newsletter too?

Contact
Martha Cowan at
PublicityofALRC@
gmail.com or
Claudia McNeill at
NewsletterofALRC@
gmail.com

Business card ads:
\$108/year
or \$15/month!

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Dr Suzi Lanini
VETERINARIAN

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Rancho Cucamonga, CA 91730
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I AM THANKFUL FOR...

Claudia McNeill, ALRC Newsletter Editor

At this time of year, it is important to reflect and be thankful for those in our lives for whom we are most grateful. Horse lovers know what an important part horses play in their lives and here are some reasons why I personally am truly thankful for my horse, Whimsie, every day!

...STRESS RELIEF: A horse can be better than a therapist, and time spent with a horse can be relaxing as well as refreshing! Especially this year, in 2020, they have been such a welcome break from stressful life!

...A BEST FRIEND: A horse can be your best friend. There can be a deep connection that transcends language and can communicate loyalty and love. They are usually up for spending time together with us too!

...KEEPING US YOUNG: Definitely another reason to be thankful!! I have known countless active people who are healthy and fit—well in to their 70s and 80s—because they choose to spend time outdoors enjoying their horses!

...FOSTERED RELATIONSHIPS: A horse can bring friends and family together. It's great enjoying the company of others who share in our love for horses!

...THEIR FORGIVING NATURE: It's amazing how forgiving horses can be—they seem to know those who don't know how to ride very well, if you make a mistake, or are just having a bad day.

...TEACHING US THINGS: Horses teach us love, patience, forgiveness, and trust—just to name a few. And we can always be challenged to improve our skills, learn different riding techniques or try something new...they are teachable and usually up for the challenge of learning too!

...UNCONDITIONAL LOVE: Horses seem to know what you need when you need it. They are always there for you no matter what else is going on in your life, greeting you with an alert look or a nicker (maybe hoping for a carrot LOL)!!



I hope this encourages us all to have AN ATTITUDE OF GRATITUDE for these truly magnificent equine companions! ★

LOCAL NOVEMBER RIDE

with Heather



*Heather McGee Decauwer,
Local Trail Director*



Our next local ride will be through the wash below Cucamonga Canyon. Please watch Facebook or your email for a change of date if weather conditions do not look favorable for the 7th. Email Heather at traildirectorofalrc@gmail.com with any questions.

DESCRIPTION OF TRAIL RIDE:

Date: Saturday, November 7, 2020

Time: 10:00am - 2:00pm (approx.)

Staging Info: Leave from Heritage Park at 10 am

Route: Loop

Distance: 8ish miles

Time: 3-4 hours depending on breaks

Elevation: Relatively flat

Terrain: Smooth on wider portion of trail, but rocky where we cross over

Technicality: There could be step overs, water crossings and rocks (it is Alta Loma)

Shade: No

Pictures Opp: Always with Julie Bradley joining us on the ride!

JOIN US IN THE FUN!

COMING IN DECEMBER

The Christmas Lights Ride
and ALRC GATHERING

WATCH FOR DETAILS COMING IN DECEMBER NEWSLETTER AND ON FACEBOOK





"To ride on a horse is to fly without wings." – Anonymous

ALRC NOVEMBER EVENTS

- Tues., Nov. 10, 7PM** • **ALRC Board Meeting**
Heritage Park Equestrian Center
- Sat., Nov. 7, 10AM-2PM** • **Local Trail Ride, Cucamonga Canyon area**
Stage at Heritage Park Equest. Center



HERITAGE PARK EQUESTRIAN CENTER

A GENERAL PURPOSE EQUESTRIAN FACILITY
Facilities are available for Shows & Clinics.

AMENITIES

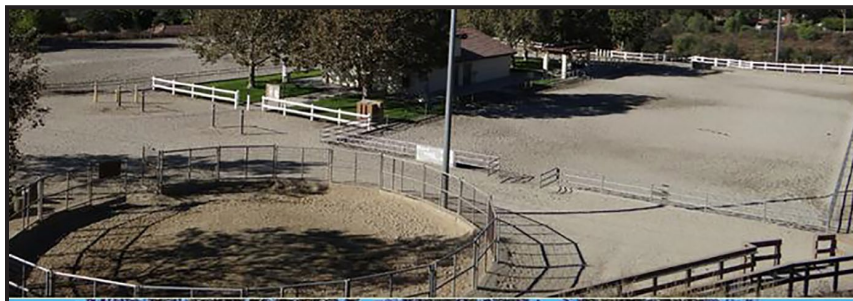
- Show Office & Clubhouse
- Concession Stand
- Restrooms
- Arena Lighting
- 2 Round Pens & 7 Paddocks
- South Arena 295'X150'
- North Arena 220' X 90' (Dressage)
- PA System
- Hitching Rails & Water Trough
- Trailer Parking
- Trail Course & Trail Access

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FOR 2021

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CONTACT

Larry Henderson
(909) 226-3956
altalomaridingclub@gmail.com



EQUESTRIAN PARKING AREA: In an effort to ensure safety and appropriate use of Heritage Park Equestrian Parking, a lock at the entrance gate has been installed. All ALRC members have been provided an access code via the email on file. We ask that you lock the gate upon entering and exiting the equestrian parking area. **Look for the gate code via email and text, for further questions please contact (909) 226-3956 or email altalomaridingclub@gmail.com**



SUPPORT & COMMUNITY

ALTA LOMA RIDING CLUB at Heritage Park Equestrian Center

The Alta Loma Riding Club exists to promote and preserve the rural and equestrian lifestyle of Alta Loma and Rancho Cucamonga. Our membership is very important in continuing to impact our community. We maintain communication with the local city council and city planners to assure the trails and horse facilities we enjoy stay intact and maintained. We welcome you with open arms! It is not necessary to own a horse to be a member. If you use the trails and enjoy the outdoor lifestyle, ride or walk on two or four legs, by yourself or with your friends, pets and kids, then join us!

MEMBERSHIP INCLUDES:

- ALRC Monthly Newsletter
- Organized Local trail rides and Trailer-out rides
- Special Events • Shows • Clinics • Social Events
- Members are invited to monthly ALRC Board Member Meetings on the 2nd Tuesday of the month, at 7PM in the Clubhouse at Heritage Park Equestrian Center
- Quarterly ALRC General Member Meeting
- Opportunity to meet other local horse enthusiasts
- Be part of supporting and promoting the rural/equestrian lifestyle in our community!

Visit our website to join or contact Susan Csik for more information
MembershipofALRC@gmail.com



Alta Loma Riding Club

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