



ALRC NEWSLETTER • JULY 2022



ALTA LOMA RIDING CLUB

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



BITS of NEWS



MEET THE NEW ALRC PRESIDENT CASSIE SANCHEZ

"I am very happy to be your new president of the Alta Loma Riding Club. It is an honor to be part of the leadership team of such a historic and wonderful organization serving the interests of our equestrian community in Alta Loma. I am so blessed to be working

which such talented and dedicated Board members and am looking forward to an exciting year", said Cassie Sanchez, ALRC's new president.

Cassie remembers as a youngster coming to the Alta Loma area from Glendora to show her horses at the Alta Loma Riding Club horse shows where the arena was on Sapphire. It was a beautiful rural area with tree-lined streets and orange groves.

Cassie loved horses ever since she was two years old. It wasn't until she was sixteen that her parents bought her first horse when they moved to their new Glendora home which had a barn and corrals. Glendora in those days was populated with orange groves and riding areas. It was there that she and a few friends started a city arena affiliated with ETTI Corral #35. There they supported horse shows throughout the years.



Cassie with her Champion gelding at an Arabian Purebred Class A show.

Later she bought her first Arabian mare and began a breeding program.

She had four horses now and continued the breeding program and participated in Arabian purebred Class A and open shows.

She met her future husband on the faculty of her school and fortunately, he loved horses as well. They rode together at Whittier Narrows, Cuyamaca, Caspers Park, Heartbar, Marshall Canyon and the foothills. Together they continued to show and won championships at Class-A Arabian shows.

By this time Glendora was growing and the horse community was being aced out. It was time to move. So she and her husband moved to Alta Loma in 1988 which was very horse friendly. The reason they selected this community was because of Heritage Park. There was only one stoplight on Haven Ave from the freeway to Wilson Avenue. Their home was in Deer Creek which had 16 miles of trails in the community and bordered by many of Alta Loma's beautiful trails and the foothills.

As time wore on, the breeding was over and they remained with only two horses. Cassie later bought a German Westphalia Warmblood and began dressage and bought a Quarter horse for her husband, John.



Recent picture of Cassie with Dressage German warmblood.

After their experience of losing the horse community in Glendora, they saw the importance of maintaining the Equestrian center at Heritage Park. It became important to promote equestrians and its healthy lifestyle and so they continue to devote their time to the Alta Loma Riding club.

She said, "I hope that people become more involved in the club and support its activities in the upcoming years."

"In riding a horse, we borrow freedom." -Helen Thompson

A FEW FAREWELL WORDS FROM OUR FORMER PRESIDENT NATALIE BEECHLER



When I decided to take on the role of ALRC President, I made the decision based on the integrity of the people I knew involved. Many of us on the board were new to the various roles, but had a common passion we were advocating for.

Fast-forward a couple of years and I have to say every single person on our board was (and is) in this for the right

reasons. Common core values we were unified in—to include the value of the equestrian, ranching, rural, and outdoor lifestyle in Alta Loma and Rancho Cucamonga. Realization that this way of life is under constant threat and demands advocacy for preservation; acknowledging the role the rural lifestyle plays in the mental health of both young and old in an ever expanding urban jungle. Our board was aware of the presence and relevancy the rural community must continue to have on social media, publicity, print, and outreach—and those talented in such areas stepped forward.

Post pandemic climate, my work obligation significantly expanded. Sadly, ALRC is not my day job, and as many of you, I must work

to support my horsey habit. I am so fortunate to be able to hand the ALRC presidency over to a person who is equally in this for the right reasons as Cassie Sanchez. She is passionate about everything equestrian and outdoors and brings a wide range of experience to carry ALRC forward in the coming years. I will still be present in the wings, so if you see me please do not hesitate to reach out and say how's it going! I love meeting new people in the area that have similar passions.

One thing I had always wanted to do, but never had the opportunity to, was to create a media type documentary of ALRC. My vision is to highlight our mission, our outreach to surrounding equestrian communities, and our awesome events and people involved. So if you, or someone you know with a flair for media, maybe needs a public broadcasting senior project, or would like to news highlight some positive community organization and would be interested in helping create such a body of work, please reach out at PresidentofALRC@gmail.com to coordinate how to make this happen. I feel in my bones it is supposed to (and will) happen, and am throwing it out to the universe for someone to help me make it come true!

So with that, I will hand it over, grateful for my time here and still present and advocating in the wings—because this way of life is worth fighting for.....

Happy Trails, Natalie 🐾

“All we have to decide is what to do with the time that is given us.”— J.R.R. Tolkien

SAVE THE DATE ‘CAUSE GOOD TIME’S A COMIN’!



HOT AUGUST NIGHTS

TRAIL COURSE CHALLENGE

**SATURDAY NIGHT
AUGUST 13**

**HERITAGE
PARK
EQUESTRIAN
ARENA**



**MULTIPLE SKILL LEVELS
INCLUDING LEAD-LINE!**



RIBBONS 1ST-6TH PLACE



PRIZES TO 1ST PLACE!



**JOE’S DINER WILL BE
OPEN FOR DINNER!**

**Stay tuned for more details
coming in next month’s
ALRC newsletter.**

REMEMBER TO RENEW!

WE HAVE LOTS PLANNED FOR THE YEAR BUT WE NEED YOUR SUPPORT!

If you haven't yet, please check the renewal form that has been mailed to you or you can visit our website www.AltalomaRidingClub.org and CLICK the Membership Tab **OR** contact via email at MembershipofALRC@gmail.com

\$30.00 Annual Dues July 1, 2021 to June 30, 2022!

MEMBERSHIP RENEWALS DUE NOW



ALRC MEMBERS IT IS TIME TO RENEW!

Do you know anyone who should be a member?

Encourage Your Friends to Join ALTA LOMA RIDING CLUB today!

NEWLY ELECTED ALRC BOARD 2022-2024 TERM

President: Cassie Sanchez
email: PresidentofALRC@gmail.com

1st Vice President: Martha Cowan
email: VicePres1ofALRC@gmail.com

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

Treasurer: Charleen Ariza
email: TreasurerofALRC@gmail.com

Secretary: John Sanchez
email: SecretaryofALRC@gmail.com

Membership: Kate Bowers
email: MembershipofALRC@gmail.com

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

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

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

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

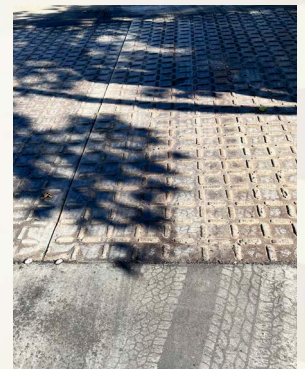
Food Services: Joe Cowan
email: FoodofALRC@gmail.com

Publicity: Molly Jenks
email: PublicityofALRC@gmail.com

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

FYI: HERITAGE PARK EQUESTRIAN CENTER LATEST BRIDGE INFORMATION

The main vehicle bridge leading to the Heritage Park Equestrian Center was closed to all traffic due to unsafe conditions. The City of Rancho Cucamonga has since installed metal plates and the bridge is now open for use. The metal plates are a temporary solution as the city determine the next steps to be taken to repair the bridges for the trail and vehicle access to Heritage Park.



BE INFORMED! YOUR VOTE MATTERS

Watch for upcoming information and date.

Then plan on attending the ALRC

City Council Candidate Forum this

October at Heritage Park Equestrian Center



ALERT: ALTA LOMA EMERGENCY RESPONSE TEAM

Larry Henderson, City Liaison/ALERT

ALERT Information is available on ALRC web site. Go to ALERT at www.altalomaridingclub.org for an online Power Point of how ALERT operates.

The Alta Loma Emergency Rescue Team (ALERT) is a subcommittee of the ALRC.

All ALERT members will function solely as volunteers to assist the equestrian community and may be requested by the Rancho Cucamonga Fire Protection District, the San Bernardino County Sheriff's Department Rancho Cucamonga Station, or other Governmental Agency.



DUE TO HIGH TEMPERATURES, THERE ARE NO ALRC RIDES SCHEDULED FOR JULY OR AUGUST. We cannot predict the safe temp days. See you in September! Julie & Heather

HORSES CAN GET HEAT STROKE.

From: <https://aaep.org/issue/heat-stroke> • By Steven M. Haugen, DVM

The body maintains its normal temperature in hot weather by moving heat through the muscles and out through the skin. Blood also removes heat as it circulates through the body and releases it through lung tissue, skin and expanding blood vessels. This is why our own vessels and the horse's blood vessels may appear larger and more distended during hot weather. This serves to cool the skin as it evaporates. Horses that cannot sweat will usually overheat very rapidly, even in cooler weather with a small amount of exercise. Other factors may increase heat in the body other than just outside temperature.

A major source of body heat is exercise. The more a horse exercises, the more heat it produces. Another source is feed. All feed releases heat as it is digested. Approximately 50% of the energy in oats is released as heat. When the sum of outside temperature plus the relative humidity is below 130 (e.g., 70 F with 50% humidity), most horses can keep their body cool. The exception will be very muscular or fat horses. When the sun temperature and humidity exceeds 150 (e.g., 85 F and 90% humidity), it is hard for a horse to keep cool. If the humidity contributes over half of the 150, it compromises the horse's ability to sweat – a major cooling mechanism. When the combination of temperature and humidity exceeds 180 (e.g., 95 F and 90% humidity), the horse's cooling system is almost ineffectual. At this stage, exercise can only be maintained for a short time without the animal's body temperature – especially in the muscles – rising to dangerous levels. Very little cooling takes place even if the horse is sweating profusely. When the horse's body temperature reached 105 F, the blood supply to the muscles begin to shut down. After this occurs, the blood supply to the intestines and kidneys also shut down. The blood supply to the brain and heart are spared until last, but severe and permanent damage may have already taken place.

SIGNS OF HEATSTROKE MAY INCLUDE THE FOLLOWING:

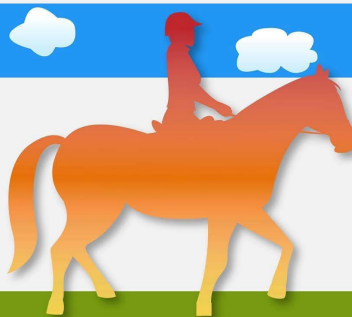
- 1). Temperature as high as 105 to 107 F
- 2). Rapid breathing, rapid pulse
- 3). Stumbling, weakness, depression
- 4). Refusal to eat or work
- 5). Dry skin and dehydration
- 6). In severe cases, a horse may collapse or go into convulsions or a coma

TREATMENT

When possible, place the animal in shade. A breeze can be added with a fan. In order to cool the body, ice the major blood vessels. The vessels that should be iced are the jugular veins, the major veins that run down both sides of the neck; the veins on the inside of the front of the legs and the large veins on the inside of the back of the legs. Ice packs or cold water from a hose will cool down the blood as it circulates through the body. It acts as the "antifreeze" and cooling system as it circulates. Avoid icing the large major muscles of the loin and hind end. These muscles are already lacking blood circulation and may make the condition worse. You may ice the forehead since the brain contains the temperature control center for the body, and this will help to cool the horse. Small amounts of water should be provided to re-hydrate the horse. Electrolytes may also be given orally. In severe cases, intravenous fluid therapy is necessary to treat dehydration, electrolyte loss and shock.

Remember that signs of heat stroke may range from mild to severe and life-threatening. Foals usually cannot take as much heat as adult horses. A mare may be fine, but her foal may be getting sick from being out on a hot day. Horses with heavy muscling or excess fat or in poor condition will have more problems. Keep in mind that strenuous exercise on a hot, humid day can lead to problems in a short period of time for even the best-conditioned horse.

HEAT INDEX vs HORSES



"COOL" FACTS:

- Horses heat up 3-10 times faster than humans.
- Exercise is a major source of body heat; even 17 minutes of gentle exercise in hot weather can raise a horse's internal temperature to dangerous levels.
- Horses, like people, need to sweat for thermoregulation (cooling); **sweat is more efficient at removing heat when it evaporates.**

How HOT is TOO HOT to work your horse?



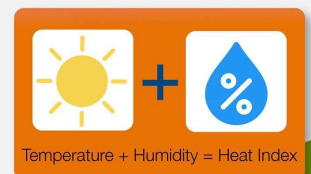
Heat Index > 180
USE EXTREME CAUTION
Normal cooling is almost ineffectual



Heat Index > 150
USE CAUTION
Watch for signs of heat stress



Heat Index < 130
ENJOY YOUR RIDE!
Your horse can keep its body cool



HOT TIPS

Heat exhaustion should not be underestimated as it can advance to heat stroke quickly.

If you suspect your horse is developing heat stroke, or if your horse's body temperature does not drop to 101F or lower despite your best efforts to cool him off, call your veterinarian immediately!

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

TO BECOME AN ADVERTISER...

Contact Molly Jenks at
PublicityofALRC@gmail.com
or Claudia McNeill at
NewsletterofALRC@gmail.com
Business card ads: \$15/month
or \$120/year



Owners Glenn & Cindy Mocabee, Friends & Members of ALRC

my **RANCHO FEED** and **PET SUPPLY**



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Thank You very much for being a vital part of the Alta Loma Riding Club!

Your membership makes a difference! We look forward to meeting you at upcoming events! Encourage your friends and neighbors who enjoy the trails and facilities to join us too!

Happy Trails!



Lots is planned and going on!

Stay informed and don't miss out!

EXCITING THINGS ARE HAPPENING AT ALRC!

ALRC Executive Officers & Directors

President: Cassie Sanchez
email: PresidentofALRC@gmail.com

1st Vice President: Martha Cowan
email: VicePres1ofALRC@gmail.com

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

Treasurer: Charleen Ariza
email: TreasurerofALRC@gmail.com

Secretary: John Sanchez
email: SecretaryofALRC@gmail.com

Membership: Kate Bowers
email: MembershipofALRC@gmail.com

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

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

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

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

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

Publicity: Molly Jenks
email: PublicityofALRC@gmail.com

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

GET SOCIAL WITH US!

Be in the know! Make sure you follow us on Instagram and Facebook at altalomaridingclub for up to the minute information and happenings.





Help the Alta Loma Riding Club protect and preserve the rural equestrian community in Rancho Cucamonga.

If you see any questionable or potentially dangerous activity occurring in or around the Heritage Park vicinity, please call the Rancho Cucamonga Park Ranger, at (909) 941-1488. You may also report such activity through the app: **RC2GO.com**



HERITAGE PARK EQUESTRIAN CENTER

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

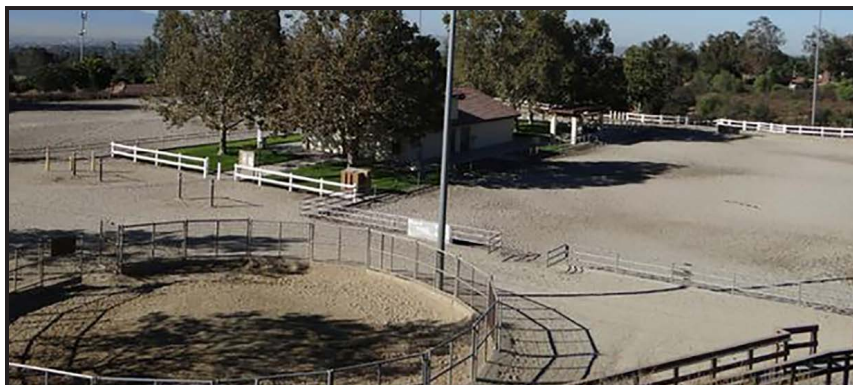
AMENITIES

- 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

LOW RENTAL RATES!
BOOK YOUR EVENT FOR 2021
DATES ARE AVAILABLE!

CONTACT

Larry Henderson
(909) 745-4906
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) 745-4906 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
MembershipofALRC@gmail.com
for more information



Alta Loma Riding Club

PO Box 8116

Alta Loma CA 91701

altalomaridingclub@gmail.com

www.AltaLomaRidingClub.org

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