

Hoof Prints Newsletter

Pine Valley Mountain Riders

PO BOX 300 LAKESIDE, CA 92040

September 2024

Calendar of Upcoming Events

- ★ Sept. 7: "Potluck, Pool Party" Calendar Planning Meeting
- ★ Sept. 11: General Meeting at 6:30, Alpine VFW
- ★ Sept. 28:* Azalea Springs, Cuyamaca Ride *Updated change

From the editor: We are falling rapidly into the fundraising season, leaving us with little time to rake in the finances. (Pun intended) so let's get ready for the events ahead.

In this issue, there is a reminder about the BBQ and Calendar Planning Meeting with directions to get there. You will also find information about Azalea Springs and a few surprises, so check out the newsletter carefully, noting the Member Notices with opportunities, sales and ideas.

Also, please send in any past or recent photos of your horse in a Halloween costume as soon as you can and I will add the image to the October Newsletter on a feature page!

Thank you and Happy Hoof Prints, Laura



Prez says: I just want to reiterate that I am a simple person who likes to do things in a simple manner. When I write things, I like to keep it simple and to the point. I am not a "sugar coater". I do not like to do things at the last minute. If something is coming up or needs to be done, then let's get it done so that we do not forget anything. I believe I am a kind, selfless person, but when pushed into a corner I can become unpleasant. (2) I do try to be respectful to everyone. Please let me know if I have done or said anything wrong to you. Oh! One last thing, it's not just the words we say but the tone in which it is said that hurts or offends.

Respectfully,
Susan
PVMR President

PVMR OFFICERS

President: Susan Mena 619-997-9138 Vice President: Jodi Davis 619-802-3277 Treasurer: Brenda Baker 619-855-2172 Secretary: Diana Clark 619-871-1140

BOARD OF DIRECTORS

Bill O'Brien 619-977-7098 Denise McKay 619-729-1631 Marty Parker 619-508-4198 David Sommerville 619-754-5555 Tracy Whitlow 619-933-7671

OTHER POSITIONS

Trail Boss: Bill O'Brien 619-977-7098

Public Liaison & Web Administrator: Ernie Smith 619-922-6511

Membership Services: Jodi Davis 619-802-3277

Sunshine Lady: Jeanine Stacy 619-368-5584 jeaninestacy@gmail.com Please notify Jeanine if you know of someone who needs a card sent. PVMR Newsletter Editor: Laura Precoda 619-733-9288 *Photos and other items for the newsletter should be submitted to the editor by the 25th

of each month. lprecoda@gmail.com

Pine Valley Mountain Riders General Membership Meeting Minutes August 14, 2024 Place: VFW Hall, Alpine (downstairs)



Meeting called to order at 6:37 PM by Susan Mena

Pledge of Allegiance: Laura Precoda

Members present 13: Susan Mena, Diana Clark, Laura Precoda, Marty Parker, Marie Culver, Gail Mazzola, Susan and Bob Petersen, Bill O'Brien, Winnie Hennessy, Ernie Smith, Ken Clark, Christina Walker Guests: None

Minutes read from July 10 meeting; motion to approve as

corrected: 1st Bill O'Brien, 2nd Marie Culver

Treasurer's Report:

Beginning: \$5,998.21 **Ending:** \$5,406.65

Committee Reports:

• Web & Public Liaison: Ernie Smith-reported road still not fixed to Heart Bar

• Membership: No report

- Trails: Bill O'Brian- No report
- Newsletter: Laura- Suggested members submit fun pictures of your horses that represent fall season, ex. costumes, fall ride, etc.; Poetry
- Sunshine: Susan Mena sent get well cards to Tracie Whitlow & Marie Culver

OLD BUSINESS:

- 2025 Calendar planning meeting: September 7, 5:00 PM potluck, 6:00 meeting starts, 2:00-5:00 swim time, bring a chair
- TACK SALE, October 19, 9 AM-1:00 PM @ Renegade parking lot. Bring your sale items. SAM passed out flyers for members to post and hand out
- SAM shared that the POKER RIDE food costs will be the same as last year,
 \$200. Still need quality raffle items for the event
- Nov. 2 Poker Ride flyers and posters are being made. Will hand out at September meeting and seen in Newsletter



NEW BUSINESS:

- SAM ordered 2 new magnetic PVMR signs for vehicles used in parades or PVMR events that benefit from their exposure.
- SAM encouraged everyone to fill out surveys she sent out to help plan desired rides and clinics
- SAM will make a request for <u>Danika James</u> to plan a presentation on how to get certified in *equine first* aid
- Various members signed up to help at the Nov 2

Poker Ride Fundraiser

• SAM explained how the raffle items will work and their costs: 1/\$1, 6/\$5, 12/\$10, 18/\$15, 24/\$20 (tickets/\$)

• Susan Peterson, 12/14/24 Christmas Party Chair, presented information on the costs of attending, food, catering and payment schedule

- Winnie Hennessy volunteered personal funds to help cover extra catering delivery, set-up, serving, and clean-up costs
- Celebration of Life for long-time PVMR member, Harry Buckel, August 25, 1:00 PM at the Lakeside Rodeo Grounds building

 Christina Walker suggested that we use a second, designated trail boss to ride in the back of the group when we have larger numbers of participants on monthly rides. This would help with any safety issues.

BRAGS/DRAGS

- Susan & Bob Petersen are looking to purchase a <u>horse trailer and 3/4 ton truck</u>.
 Please contact them with sale info
- Marie Culver is selling her purchased corral #13 for the Oct 3-7 horse camp at Los Vagueros. Contact her for sale.
- Christina Walker announced free food distribution at Descanso Library and Guatay
- SAM's granddaughter said all her grandma's friends at the Pine Valley Parade were so nice!

Adjourned: 7:50 PM

Respectfully Submitted: Diana Clark





Calendar Planning Meeting This Month

Planning Ahead

Welcome to the "Potluck, Pool Party" Calendar Planning Meeting

Saturday, September 7, 2024

2:00-4:00: Swimming 5:00: Potluck and BBQ

6:00: Calendar Planning Meeting

Our trail boss, Bill O'Brien, says, "Come share your favorite ride with other members and learn about new rides that you've never been on yet."

September						
THURSDAY	FRIDAY	SATURDAY				
5	6	prime 7 calender planning 6100 meeting				
12	13	14				
19	20	21				
26	27	Azalea Springs Ride!				

Where and when would you like to ride and camp? Would you consider being a trail boss? Come to the September Calendar Planning Meeting and share your ideas, advice, and trail stories. A hot BBQ will be provided for everyone.

Winney Hennessey and Bill O'Brien will host the event.

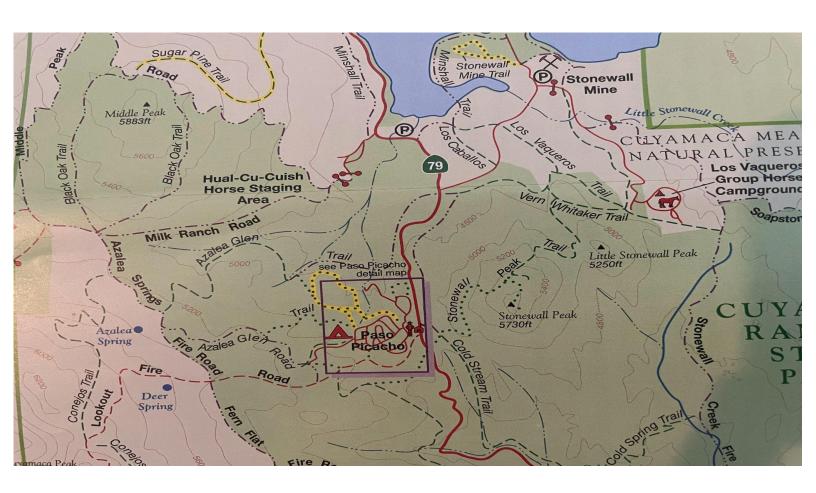
Directions: I-8 exit Lake Jennings Park Road. Go south toward Olde Hwy 80 veer to the right onto Pecan Park Ln. Make a right on Rios Canyon Rd. Continue & pass "Dip" sign (literally a dip in the road) then 3 speed bumps, on the right there will be mailboxes. Turn right after the 14489 mailbox that says "O'Brien", down a steep driveway, go over creek, bear left, follow & pass the white fence (on your left) up the hill to the fork. Bear left again. Go through the open gate to the white house at the top of the hill. Park anywhere, best to turn around on arrival. (Contact Bill if lost.)

Address: 14489 Rios Canyon Road. (Can use GPS) Contact: 619-977-7098



Please bring your own meat, drinks and chair for yourselves and a potluck side dish to share.

Azalea Springs Trail Ride 9/28



https://www.trailforks.com/region/cuyamaca-rancho-state-park/ma Use this link to access map.

About this trail (Moderate, with elevation gain up to 500 feet.)

The Azalea Glen Loop Trail [and Azalea Springs trail] is on the slopes of Cuyamaca Mountain, the second highest peak in San Diego County . . . From the trailhead, begin hiking through a mixed conifer forest, with a shrub understory of montane chaparral. There are several trails branching off in other directions, but always with an instructive sign; just note the directions on the sign and continue . . . Even under drought conditions, [Azalea Creek] . . . is perhaps the most delightful part of the trail as it enters the lush riparian vegetation bordering a flowing stream with dogwoods, western azaleas, willows, rushes, and horsetails lining the banks of the stream, shaded by towering incense cedars, white firs, western cottonwoods, and California black oaks.



West Side Trail, Cuyamaca

Further ahead the trail leaves the creek and rises more rapidly as it passes through tall, dense growths of white-flowered (in May and June) Palmer's-lilacs. The Azalea Spring Fire Road is 1.7 miles from the trailhead, with the Azalea Spring just beyond. At this point are interesting views off to the east of mountains in the desert as well as the nearer Lake Cuyamaca and Stonewall Peak.

The trail was named for the western azalea (Rhododendron occidentale) that occurs here. It is a showy shrub occasionally found along streams in mountainous areas. If it is in bloom when you pass by, stop to enjoy its captivating fragrance. The white to deep pink

flower is funnel-shaped and is typically four-inches long. Yellow to orange blotches appear on the flower typically in April and May.

In spring also look for western redbud (Cercis occindentalis) in bloom. Calliope hummingbirds (Stellula calliope) may be feeding on its nectar. The calliope hummingbird is the smallest American bird with a weight about equal to that of a penny. Despite its diminutive size, it is here only in spring and early summer, leaving in July to spend winters in Mexico. It is one of six species of hummingbird found in San Diego County and the only one commonly found in our mountains. Source: San Diego Natural History Museum

Thank you, Marty Parker, for volunteering to be the trail boss for the Azalea Springs ride!

Staging will be at the old Boy Scout Camp, Camp Hual-Cu-Cush, located at the north end of Rancho Cuyamaca, west of the lake.

Saturday, Sept. 28 Saddle Time: 10:00

PLEASE CONTACT MARTY at 1-619-508-4198 to RSVP. SEE THE FLIER FOR DETAILED INFORMATION

Next Month . . .

Los Vaqueros Camp In October

Camp dates next month will be from October 3-7. Arrival time is 3:00 pm on Thursday and departure is at 11:00 am on Monday. There will be a potluck on Saturday at 6:00 pm.

Susan Mena and Jodi Davis will arrive early to set up camp and direct members as they arrive. Please do not arrive earlier than 3:00 pm on Thursday.

Susan sent the registration form to all members on May 6, Jodi sent out information on corrals on May 17. The June Newsletter stated that Jodi would except payment and corral choices at the June 12 General Meeting and there was a reminder in the August issue. There are only five corrals left. Call Jodi to get information on your corral number if you lost your confirmation notice. Contact Susan Mena (619-997-9138) or Jodi Davis (619-802-3277) with any questions.

Western Tack and Everything Sale

Those gently used items that you have stored can be sold at The Tack and Treasure Sale that will be held on Saturday, Oct. 19 at the Renegade. Set up is at 7:30. Sale is from 9-1. Come and put the fun in fundraiser!

Just before the holidays is a good time to clean that tack room, trailer, garage or shed and cull those items that you haven't used for years or have outgrown. Also, call on friends to see if they have items that they can give to support PVMR.

You can donate those items to be sold at the PVMR table or rent an area for \$25 and sell them yourself for a profit.

Think how happy someone will be with that great item you have been saving and not using for decades!

And in November . . .

The Poker Ride Fundraiser

The Poker Ride will cost \$35.00 this year which includes the Poker Ride and a hamburger lunch with all the fixin's! Each poker hand will cost \$10. There is no purchase limit.

Raffle ticket prices are: \$1 for 1 ticket, \$5 for 6 tickets, \$10 for 12 tickets, \$15 for 18 tickets and \$20 for 24 tickets.

Trail-Riding Programs Go on PVMR monthly trail rides and log in hours!

Do you need incentive to exercise your horse and head out on a PVMR trail adventure? Breed specific, trail riding programs are designed to reward quality time between horse and rider as they ride trails together. Riders set their own mileage goals, log hours and send them to the organization that they joined. Most organizations charge from \$10 to \$45. Some charge a one time enrollment fee while others require an annual renewal fee. A few programs require a separate membership fee. Most programs require a rider to log hours from January to the end of December.

Riders earn awards such as jacket patches, hats, water bottles and as riders accumulate many hours. Other high mileage awards could be sweatshirts, leather halters and jackets.

Horse and Rider provides links to 34 breed association's trail riding programs which includes descriptions, cost, log forms and awards. The website to find this information is: https://horseandrider.com/horseback-trail-riding/breedassociation-trailriding-programs

Below are excerpts of what you would find on a website:

Arabian Recreational Riding Program

The Arabian Recreational Riding Program (ARRP) is an online program that rewards riders for every hour they spend riding (or driving) their horse. Participants can submit entries for trail rides, ranch work, parades, riding lessons, local open shows (Saddle Club, 4-H, etc.) or just pleasure riding.

AQHA Horseback Riding Program

Log frequently and online to receive rewards sooner. Riders can earn double hours for time spent on official AQHA Trail Rides. Members may choose one or both of the American Quarter Horse or the All Breeds divisions.

The Mustang Heritage Foundation also has a trial riding program. Their information can be found at https://mustangheritagefoundation.org/trail-riding-program

Owners and riders must be members in good standing of the Mustang Heritage Foundation (MHF) during the time the hours are accumulated.

- Any number of mustangs may be registered annually and entered by a member.
- All riding must be done on trails. Arena riding and lesson hours are not eligible.
- Log sheets can be mailed or emailed monthly or whenever you complete a level.
- MHF Trail Program Log sheets must be emailed or postmarked by October 15th. Separate log books or pages must be used for each horse. The trail program year runs October 1 September 30.

Know Your Horse and Signs of Heat Stroke

Heat stroke can happen anytime your horse is exposed to excessive heat that his body cannot handle. Heatstroke can happen if exercising in hot conditions, but be aware that it can also happen if standing in a hot stall or trailer.

You should know your horse's normal temperature, heart, and respiratory rates. To find the heart rate of a horse, simply find a pulse and count the beats for 15 seconds, then multiply that number by four, which will give the beats per minute. Count the breaths per minute in a similar way.

Signs of heat stroke can include:

- An elevated heart rate that does not return to normal in a reasonable period of time:
- Excessive sweating or lack of sweating;
- Temperature that persists above 103°F;
- Depression and/or lethargy; and
- Signs of dehydration: dry mucous membranes, poor capillary refill, and poor skin turgor.

If you are concerned that your horse is suffering from heat stroke, call your veterinarian immediately and get your horse into a cooler environment.

Ways to keep your horse cool during summer heat

- Choose cooler turnout times.
- Provide shade.
- **Move the air with fans.** [Be mindful of cords and blades]
- 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 dowsing with a hose.
- **Provide fresh, cool water and an electrolyte source.** Make sure your horse has plenty of fresh, cool water. . . Left long enough, water will also become stagnant and unhealthy. If you are providing clean, cool water and your horse doesn't seem to be drinking, then encourage it by providing a salt block, or even by misting hay with salt water. If your horse is sweating a great deal, water laced with electrolytes can help keep its body in balance. Whenever you offer electrolytes, however, be sure to offer a second source of freshwater, as well. Not all horses will drink electrolyte-laced water, so providing a source of water without them will ensure your horse keeps drinking. Also, too many electrolytes can be harmful.
- **Slow down the work**... If you have to work your horse in the heat, lighten the work or spread it out over a couple of short sessions. . . Cool your horse down slowly, and offer frequent sips of cool water. Take the tack off as soon as you're done and sponge the horse off again with cool water.
- 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.
- Avoid sunburn. . . 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.)
- Clip horses with longer hair coats.

Sandra Power's Bacardi



Splashing at Fiesta Island

PoniesBy Daniel Halpern For James Wright

There were three, a marmalade of ponies, just in the field, feeding on grass-one roan, one buckskin and a chestnut.

I put my arms on a fence to wait and watch them, without a carrot or motive for being there.

In a while they came gladly to the fence, a ways from where I stood, and hung their long, lovely heads over the wire barrier and looked at me.

I was waiting for a friend who was late. There was a cafe up the road with good food. I had walked from the motel, she was meeting me

here, by the fence with the ponies in the field, who had joined me, looking for something with their heads still over the fence, maybe a carrot

or a human hand rubbing them in a kindly way, their soft muzzles, the hard, flat nasal bone, their mouths now nibbling my palm for something beyond the field.

I'm not sure, I was outside a town in Montana, a day in early fall, summer still warm on the ponies' hides. I'm from the city, the air here had good vegetal in it,

with the essence of ponies. The darkness of their eyes, the soft ears like furred flags in the current air, their legs pawing the fading, bronzing grass.

The three were good company, waiting for my friend. The sky was darkening, there was a slight wind with the scent of damp horse in the air.

She was late, the day was expiring, the evening coming on. Another scent floated, whitebark pine, loved by Clark's nutcrackers, grizzlies, and red squirrels.

Could this trio of ponies be off soon, into whatever the setting sun might hold for the yet to come? What we call, when we can think of nothing else, the future.

Daniel Halpern has written nine books of poetry. Source: *The Atlantic*, May 2024

Warning: When I Am an Old Woman I Shall Wear Purple By Jenny Joseph

When I am an old woman I shall wear purple

With a red hat which doesn't go, and doesn't suit me.

And I shall spend my pension on brandy and summer gloves

And satin sandals, and say we've no money for butter.

I shall sit down on the pavement when I'm tired

And gobble up samples in shops and press alarm bells

And run my stick along the public railings

And make up for the sobriety of my youth.

I shall go out in my slippers in the rain

And pick flowers in other people's gardens

And learn to spit.

You can wear terrible shirts and grow more fat

And eat three pounds of sausages at a go

Or only bread and pickle for a week

And hoard pens and pencils and beer mats and things in boxes.

But now we must have clothes that keep us dry

And pay our rent and not swear in the street

And set a good example for the children.

We must have friends to dinner and read the papers.

But maybe I ought to practise a little now?

So people who know me are not too shocked and surprised

When suddenly I am old, and start to wear purple.

About this poem

Voted Britain's favorite poem, twice, "Warning: When I am an Old Woman I Shall Wear Purple", written in 1961, is known and loved the world over for its message of old age as a time for indulgence while disregarding the opinions of others. Jenny Joseph's best known poem, "Warning", was written when she was 28. First published in *The Listener* in 1962, "Warning" was later included in her 1974 collection, *Rose In the Afternoon*, in *The Oxford Book of Twentieth Century English Verse*, and in her *Selected Poems* (1992). Joseph died at the age of 85.. Note: practise is the English variant spelling of practice.

In The Spotlight

Since no activities were scheduled in August, the editor of PVMR Hoof Prints Newsletter decided to search out some Facebook posts of PVMR members, at random, to capture some highlights. So, check out who's in the Spotlight!



















From left to right; Top row: Sandra Cairncross, Belinda Marasso, Sandra Powers. Middle row: Marty Parker, Francine Parent, Marlene Boggiano Bottom row: Deana Sommerville, Patty Karcher, Susan McMaster

History of the Cuyamaca Region Part IV

Road Development (continued)

By 1913 automobile traffic slowly began to supplant horse-drawn stages and freight wagons along the road. As a result of a 1909 bond issue, existing winding wagons roads were straightened out and graded, or abandoned in favor of less hazardous routes. One of these was the road from Julian south through Cuyamaca City to Descanso. In addition, the Viejas Grade Road was discontinued in 1926 in favor of a new alignment of the old Yuma Road a mile south to Descanso Junction. The new concrete-paved highway continued west at Los Terrenitos in favor of a less precipitous route south of Viejas Valley. Part of the transcontinental Lee Highway, it linked San Diego to the East Coast via the Imperial Valley until 1970, when the multi-lane Freeway 80 supplanted it. Continuing road and highway improvements attracted another sort of visitor to the Descanso area. For an 85 cent bus ticket, a day tripper could travel the 42.6 miles from San Diego to Descanso in a few hours. At Descanso, the traveler could buy a picnic basket at the local general store or café and walk a short distance to any number of scenic locations to enjoy a picnic lunch before taking the return bus back to San Diego. The visitor could also avail himself to an overnight stay in a mountain cabin near the general store or at Hulburd Grove, just west of the study site.

Descanso Area Development as a Mountain Resort

The Descanso area had been promoted as a mountain retreat as early as 1884. Originally known as "Guatay", its oak-shaded glen offered a Descanso or Place of Rest (Spanish) for travelers making the long, hot, and dry thousand-foot climb along the Viejas Grade Road. The valley was officially changed to "Descanso" in 1877. Seven years later, a group of four Spiritualists, among them Ebenezer W. Hulburd, came to Descanso. Each filed for a 160-acre homestead, built small cottages and began to farm and raise stock. They soon added adjacent parcels by preemption and timber claims. The group eventually owned some 2,200 acres in partnership and named it the Mountain View Ranch. The group also built a number of additional cottages and promoted the ranch as a retreat for Spiritualists. Many came to attend séances held by Justin Robinson, a well known spiritualist medium at the time. Although built for utility and economy, the cabins' stone and timber construction had a certain rustic charm that set the standard of building in the area. By the 1920s, the Hulburd Grove Resort [as it was now known] was a major tourist destination, with a hotel, small store, swimming pool (water was pumped out of the Sweetwater River bed), and riding stable. In addition, a large number of "artistic and commodious homes" were built on the surrounding hillsides and "along the streams". Many of these homes were built as second homes or vacation rentals for families from San Diego, El Centro, and Los Angeles who were taking advantage of the improved automobile access via the Imperial Valley and Cuyamaca highways.

Also vying for the weekend or summer vacationer was the Descanso Park Addition. Developed in 1926 by Peter Jacobs, a construction engineer who, through the Jacobs Brothers Development Company, was also developing desert properties in Ocotillo, its boundaries encompass the study site as related in a 1930 San Diego Union article: (Continued in October)

Membership Notices

Danica James, of Alpine Creek Ranch L.L.C. will be offering online **equine and canine first aid training courses,** for dates, times and more information call 619-339-0906.

Susan Petersen would like to give a loving home to an older **companion horse** for Galaxy. The horse must be docile, friendly, healthy and does not have to be rideable. The payment will be the guarantee of care: hay, supplements, shots, and vet checks. She is still looking for an older **Ford F250 (or similar)** diesel, 4-door truck, preferably with a long bed, a 5th wheel hitch would be great too. They are also interested in an older, 2 or 3 horse, weekender, **trailer** with a tack room. If you have or know of any of the above items for sale, please text her at 619-772-8155.



Walt Kirkwood has Cedar, Jeffrey and Colter **Pines for planting.** Call him if interested at 619-993-4523

Sandra Cairncross is selling a beautiful **Circle Y saddle** from the 70's. In excellent condition, probably only used for showing as it has little to no wear. It is a 15" equitation, suede seat saddle, fairly heavy, with buckstitching and two-toned tooling. Sandra is asking for 800.00 and she will throw in the nice display stand. If interested contact her at 619-994-6546

Volunteer Ride Leader Responsibilities

- Check with Trail Boss (Bill O'Brien) on the ride idea.
- 2. Plan ride: Locate staging area, check for adequate parking, estimate miles and time length of ride, type of ride (easy, moderate, difficult) parking costs, parking permits, decide if members should bring lunches and what to expect on the ride.
- Submit flier or email information with clear directions to PVMR Hoof Prints Newsletter editor (Laura Precoda) one to two months ahead and no later than the 25th of the month before the ride.
- 4. Include your contact number and email on the flier.
- Pre-ride the planned trail to validate the timing of the ride and to check trail conditions.
- Check, again, for adequate parking and email reminder to membership a day or two before.*
- 7. Show up early for the scheduled ride to greet riders and help as leader for the day!
- * Get membership names and emails from president (Susan Mena) or membership person. (Jodi Davis)

Member businesses in our PVMR community







27506 Old HWY 80 Guatay, CA 91931 (619) 377-9242 scshilltophardware@gmail.com PVMR members receive a 5% discount at Double S Tack and Feed and SCS Hilltop Hardware!





https://www.facebook.com/TBCCCORP https://youtu.be/OtcZmh1BG5k













VAULTING LESSONS Contact
PVMR member Patti Karcher for
more info. on lessons for all ages! Sunday
afternoons at Triple S Ranch in Lakeside
2hr lesson only \$40! patti.karcher@yahoo.com
(619) 905-1337



Your professional business card will be added to this page for members to support and recommend.





Note: If you would like to include your own business card or small logo, please provide a jpeg or photograph of the item. Send to: lprecoda@gmail.com