



Hoof Prints Newsletter

Pine Valley Mountain Riders

PO BOX 300 LAKESIDE, CA 92040

October 2024

Calendar of Upcoming Events

- ★ October 3-7: Los Vaqueros Horse Camp
- ★ October 9: General Meeting at 6:30, Alpine VFW.
- ★ October 19: Tack and Treasure sale



Prez Says: I want to take a moment to say a big thank you to everyone, especially to those who have stepped up to help make this club fun, active and successful!

We are going to have a large crowd at Los Vaqueros, in other words, we are full! Yay!

Our upcoming events will be the Tack sale on Oct. 19, the Poker Ride on Nov. 2 and the Christmas party on Dec. 14.

Just a helpful reminder, if you are paying or need reimbursement, e.g., reservations for camp, Christmas party purchases or donations, please use the correct form so that the treasurer can keep the paperwork and numbers accurate for the year end audit.

Thank you and Happy Trails! Susan

From the editor:

This is a very exciting month for the members who are going camping! Los Vaqueros is one of the many jewels of Cuyamaca and I hope everyone has a great time.

In this issue, there are notes in the General Meeting about asking interested members to consider being a board member/officer and nominations are requested so that members may vote. There are also raffle ideas for the Poker Ride, important notices and surprise photos.

Do you write poetry, paint or draw horses? How about a club related article? Please send in your items by the 25th and it will be featured in the next issue.

Have fun this month and Happy Hoof Prints! Laura

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 September 11, 2024 Place: VFW Hall, Alpine (downstairs)



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

Pledge of Allegiance: Marie Culver

Members present 9: Susan Mena, Diana Clark, Laura Precoda, Marty Parker, Marie Culver, Gail Mazzola, Susan Petersen, Ken Clark, Brenda Baker

Minutes read from August 14 meeting: Diana Clark, Secretary

Motion to approve minutes as corrected by

Susan Petersen; approved as corrected

Treasurers Report:

Beginning: \$5,998.21

Ending: \$5,156.65

(Lower ending balance from Christmas party deposit to DTH)

Committee Reports:

- **Web & Public Liaison:** Ernie Smith - none
- **Membership:** Jody Davis - Provided a summary list of Los Vaq camp reservations - only 6 available corrals as of 9/1/24
- **Trails:** Bill O'Brian - none

- **Newsletter: Laura Precoda** - Laura thanked people for submitting fun fall horse photos
- **Sunshine:** Jeanine - none

OLD BUSINESS:

- Susan Mena (SAM) reported the Calendar Planning meeting, September 7, went well; got a jump on next year!
- 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 passed out POKER RIDE posters/flyers for members to post/hand out
- Nov. 2 Poker Ride - Please submit quality raffle items to SAM



NEW BUSINESS (upcoming events):

- SAM led a discussion regarding nominations for the 2025 BOARD: President, Vice President, Treasurer, Secretary and **five** Auxiliary Board members. Three people volunteered to be the Nominating Committee: Laura Precoda, Susan Petersen, Diana Clark. Laura intends to include an article describing the need for volunteers to help run our club. Nominations will take place starting now, September, 2024.
- **Voting will take place in November for our new BOARD**
- SAM reminded members that PVMR is a 501.C7

BRAGS/DRAGS

- SAM shared information on ticks and their larvae including visuals
- People have been signing up for Lynn Harrington's **desensitizing clinic**

Adjourned: 7:42 PM

Respectfully Submitted: Diana Clark

Nominations for Officers

This is the time of year that PVMR start the process of officer elections for the coming year. The nominating committee, who volunteered during the September 7 General Meeting, consists of Diana Clark, Laura Precoda and Susan Petersen. There will be emails and/or phone calls forthcoming asking members if they are interested in becoming an officer. (From section 5.02 of the by-laws) A candidate for an office must be a member in good standing preferably for one year of continuous participation. If you are interested in a volunteer position, do not hesitate to contact Susan Mena or one of the committee members. By-laws officer description excerpt:

Article VI. DUTIES OF OFFICERS

Section 6.01 President

- A. The President shall be the Chief Executive Officer of this corporation and shall have general supervision, direction and control of the business.
- B. The President shall sign all papers, contracts and documents required and which are proper and necessary to carry on the business of the corporation. All powers and duties imposed upon him/her by these Bylaws.

Section 6.02 Vice President

- A. The Vice President shall assume the duties of the President in the event of the absence or inability of the President to act or at the request of the President, as vested with all the powers and shall perform all the duties of the President.
- B. The Vice President shall have such other duties as may be specifically delegated to him by the President or Board of Directors.

Section 6.03 Secretary

- A. It shall be the duty of the Secretary to keep a record of all general and Board meetings, attend their sessions and record all votes and minutes of their proceedings in a book or books.
- B. The Secretary shall give all notices required by the Bylaws, keep proper books of account and give due notice of all meetings.

Section 6.04 Treasurer

- A. It shall be the duty of the Treasurer to receive all monies belonging to the corporation and to account for same.
- B. The Treasurer shall keep an account of receipts and expenditures, making a report at each monthly meeting as may be required by the Board of Directors and make a quarterly report to the membership.
- c. The Treasurer shall pay over and deliver all monies, books and papers to his/her successor.

Financial Forms Notification

Brenda Baker, our PVMR treasurer, is hard at work keeping the club finances in order. In due diligence, she asks that when club members send in a check for any reason or request reimbursement that the proper forms be submitted when doing so. This will help her to keep accurate monthly records and efficient audits.

Brenda will be happy to assist you in obtaining the correct forms for each type of transaction. If you have any questions, please contact Brenda Baker fat 619-855-2172 or msblbaker@yahoo.com

Los Vaqueros Horse Camping begins in 3 days!



The camp days are finally here! Please arrive no earlier than 3:00 on the first day of camp on October 3. Camp dates will be from October 3-7. Arrival time is 3:00 pm on Thursday and departure is at 11:00 am on Monday.

The potluck is at 6:00 on Saturday.

Susan Mena and Jodi Davis will arrive early to the camp to prepare for member arrivals. Once you arrive, wait for directions on where to park.

If you have friends or family members that will come for the day, parking will be 10 dollars.

There are 40 corrals available and most are reserved. Make sure you are using your own assigned corrals. See Jodi Davis with any corral questions.

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

Los Vaqueros Parking Conditions

The parking conditions will be tight. The majority of the corrals have been sold which means many people will be camping and the new location of the manure dumpster will be taking valuable parking space.

Susan Mena, our club president, has asked that members conserve space by minimizing the number of trailers and/or vehicles. Some people will need to unhook their trailers. Car pooling, taking your smallest rig, trailer pooling with horses are some thoughts on how to cut down on occupancy. Thank you for your consideration.

Desensitizing Clinic with Lynn Snyder Harrington

You can strengthen your partnership, gain confidence and build trust between you and your equine partner. "This is a lifelong journey that requires patience, love and time, with baby steps that build to create a stronger bond between horse and rider."

* Obstacle Clinic times: 8:30 am or 4:00pm and will last 3-4 hours based on needs. *Oct. Dates are determined by request and availability for 1-3 riders at each session *Cost is \$60 *The location is in Alpine off of Japatul Road

Contact: Marty Parker, text, at 619-508-4198 or mparker6@cox.net for information

The Western Tack and Everything Sale

When: *Saturday October 19*

Set up Time: *7:30 am*

Sale Time: *9:00 am -1:00 pm*

Location: *14335 Olde Hwy 80 El Cajon, Renegade Country Bar
Parking lot (619) 561-8105*

Cost: *\$25 for a 10x10 space*

Bring: *Items for sale, a 10x10 shade pop-up, table, supplies
and cash to shop!*

Contacts: *Susan Mena; 619-997- 9138 or Jodi Davis; 619-802-3277*



The Poker Trail Ride

Feeling lucky?



Get ready to gather your friends, saddle up and find that marked trail with ribbons. It's almost time for the Poker Ride at Windfall Ranch!

Vice President, Jodi Davis says, "Our Pine Valley Mountain Riders Poker Ride is set for Saturday, November 2. Included in your registration price is the Poker Ride, a Trail Course Competition option and a wonderful, freshly, charcoal-grilled, hamburger, lunch complete with all the trimmings, chips, dessert and water. (You are welcome to bring any other beverage of your choice to enjoy after the ride.)"

The cost will be 35 dollars. Each hand is 10 dollars. Feeling really lucky? Participants can buy extra hands at no limit and as many raffle tickets as they want to buy. This is the biggest PVMR fundraiser of the year and it is a lot of fun, so be sure to spread the word and invite as many people as possible.

Raffle Tickets

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

Renew And Gift a Membership

The January Membership Brunch is just around the corner, January 25, and although new members are welcome to join the club year around, January is the start of the new year with a new calendar of events that may be interesting and enticing to your family and friends. If you would like a membership form to renew or give membership applications to family or friends, print out the PDF sent to you as an attachment each month.

Christmas Gift Idea: If you would like to give a membership as a Christmas present and receive a gift card and calendar, please contact Jodi Davis at 619-802- 3277 or marijo.jodi.davis@gmail.com

Calendar of Events for 2025

If your friends or family members have been thinking about joining PVMR, this is the year to join. Members got together on September 7 and formulated a grand itinerary of trail rides, clinics, camping weekends and fundraiser dates that are inclusive of beginning horses and riders along with a few challenging rides. The rides to Crestridge, Horse Thief, Hollenbeck, Eagle Rock, Sweetwater Reservoir, Cuyamaca, Santa Margarita, Laguna, and camping at Vern Whitaker, Chihuahua Valley, Green Valley, Los Vaqueros and Vallecitos were strategically placed on the calendar with regards to weather, holidays, daylight savings time and, most importantly, the survey that members filled out.

Attendees at the meeting had input and suggestions, from the long-time, experienced members to the new members with memories and experiences of their own. Diana Clark said, "Our name is Pine Valley Mountain Riders. [With emphasis on the word mountain.] Riding mountain trails is a time to give experiences to our horses and help each other on the trails."

There was a concern about members making reservations in advance so that everyone who wants to go can get a site. For instance, the Green Valley camping trip, scheduled for May 2024, was canceled because there were so few available sites. Members will have to make their own reservations, far in advance, for Vern Whitaker in Anza Borrego, Green Valley at Cuyamaca Rancho State Park, Horse Camp of Chihuahua Valley and Vallecitos next year. Members should keep in mind there is a maximum capacity at each site.

There was also a discussion about the best time for fundraisers. Susan Mena said, "We need to have the tack sale earlier in the year so that all of the fundraisers aren't bunched together at the end of the year." She emphasized that the fundraisers, together with the holidays, can become exhausting for the planners and committees. The tack sale is an important event that funds the raffle gifts for the Poker Ride. (The tack sale will be Saturday, October 19 this year and May 3 next year.)

The new calendar will be available at the General Meetings and the Membership Brunch slated for January 25.

State Park Reservations

California State Parks have a "rolling window" reservation period. The public can reserve campsites six months in advance from the current date. Camping inventory will become available each day at 8:00 am for a period of six months in advance.

Reservations can be made up to two days in advance before the planned arrival date, depending on availability.

Consider signing up for PVMR camps as early as possible. Use **reservecalifornia.com** for Anza-Borrego Desert SP and select Equestrian. You will be directed to Vern Whitaker. Green Valley will be under Cuyamaca Rancho SP

Ideas For the Poker Ride Raffle

The Poker Ride will be held at Windfall Ranch on November 2. There will be a raffle fundraiser so please begin finding sponsors to donate items and think about items you can donate. A few raffle ideas are:

- Horse tack; a blingy halter and lead rope or a breast collar
- Craft items; such as, Christmas ornaments and gifts (a big hit at a raffle was a welded horseshoe wine rack) afghans, knitted or fabric blankets. Original artwork.
- Coupons and certificates to local merchants and restaurants, yoga classes, dance classes
- Food and drink items; baked goods, wine bottles, craft beers
- Games; board games and puzzles
- Discounts or free items or service from your own business
- Tickets; horse events, movies, theater, concerts
- Western wear; belt buckles, hats and shirts
- A garden plant in a beautiful pot



Tip: If you are able, go in with another person to get a more expensive gift.

Fill a basket with;

- horse treats, grooming and health products
- shampoos, conditioners, sponges and brushes for a human or equine spa day.
- Wine, cheese and crackers
- movie night items, DVD's, popcorn, movie candy and a pizza gift certificate.



- Turn a planter into a basket and fill it with seeds, little plants, gloves and gardening tools
- Turn a cooler into a basket and fill it with summer fun beach necessities; such as, beach towels, toys, umbrellas, sun screen, sunglasses, floats and pails
- A new car or boat (Just getting carried away here!)

The Headless Horseman

Famously described as the haunting antagonist in author Washington Irving's *The Legend of Sleepy Hollow*, the Headless Horseman has captured imaginations for generations.

The Legend of Sleepy Hollow embarks on the tale of Ichabod Crane, a skittish schoolteacher who tries to woo a wealthy landowner's daughter, Katrina Van Tassel. Crane's plans are spoiled by the raucous and brawny Brom Bones. In the story, Bones poses as the Headless Horse in a devious plot to scare away Ichabod Crane,

The Headless Horseman, sometimes known as the Galloping Hessian, is portrayed with a pumpkin (often a jack-o-lantern) while riding a black horse. The story goes that the Headless Horseman is the ghost of a Hessian soldier who



The Headless Horseman Pursuing Ichabod Crane, by John Quidor (1858)



was decapitated by cannon fire during the Revolutionary War. While this frightening figure continues to live on in the pages of *The Legend of Sleepy Hollow*, local lore claims that the Headless Horseman is buried in Sleepy Hollow Cemetery in Sleepy Hollow, New York. The legend says the ghost tethers his horse to graves in the churchyard, only to set out at night in search of his missing head.

Irving first published *The Legend of Sleepy Hollow* between 1819 and 1820 in his collection of essays, *The Sketch Book of Geoffrey Crayon, Gent.* Set in Dutch country of the Hudson Valley, this iconic 19th century story has been told and retold countless times for generations in books, songs, movies and on stage.

A number of the local landmarks described in Irving's story are visible in the community of Sleepy Hollow. The story's influence prompted the village of North Tarrytown to officially change its name to Sleepy Hollow in 1996.

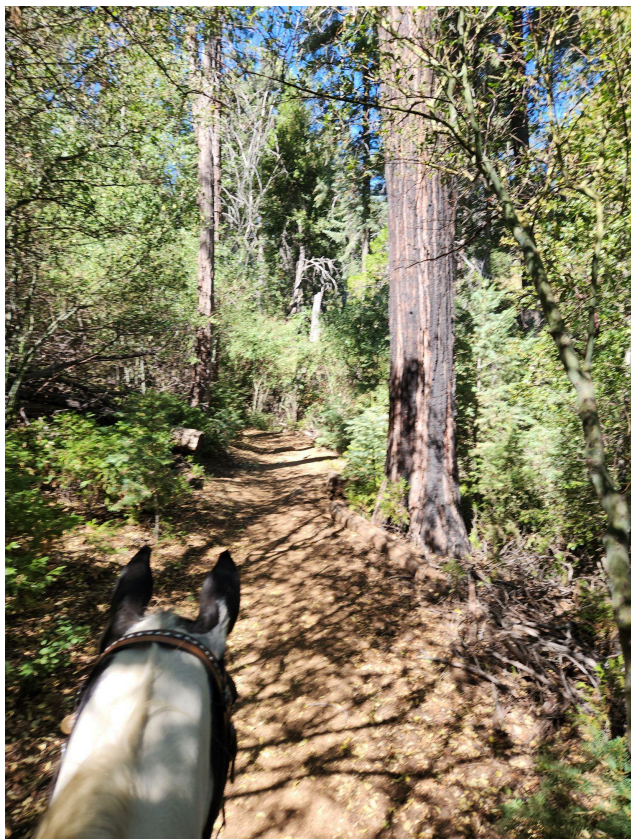
While myths about headless horsemen can be traced to the Middle Ages, the infamous Headless Horseman from *The Legend of Sleepy Hollow* has become a fixture in American folklore. <https://www.wgpfoundation.org/historic-markers>



Click on this link to see more halloween horses:

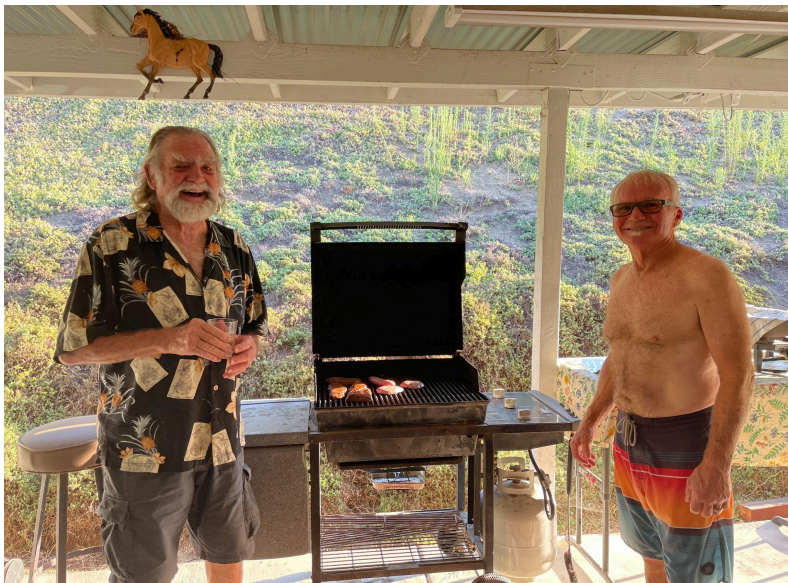
<https://www.doubledtrailers.com/25-horse-rider-halloween-costume-ideas-you-wont-believe>

In The Spotlight



Azalea Springs Pre-ride. Sept. 7 and Sept. 17

Calendar Planning Meeting



BBQ, Calendar Meeting. September 7. Hosts: Bill O'Brien and Winnie Hennessy

PVMR with friends and their Halloween Horses!



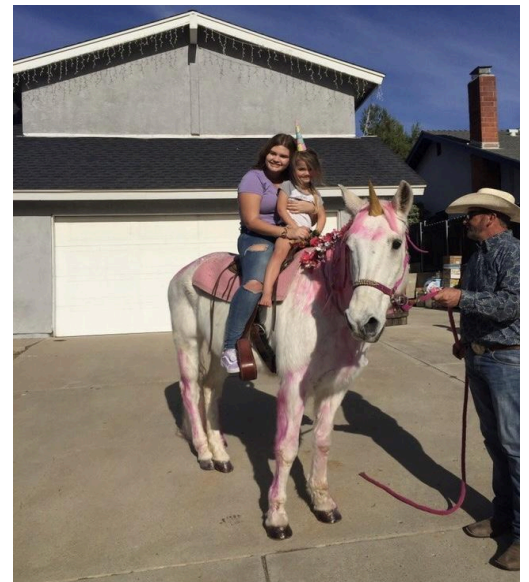
Christina Walker and Bella



PVMR Granddaughter



Laura Precoda's Anniebell



Clark Ranch Halloween



Yes, that's a Porta-potty!



Patty Karcher and Phantom



Belinda Marrasso and Cody



Laura Precoda and Choco



Have a safe and Happy Halloween on the 31st

Preventing Disease from Tick Eggs

What is a tick nest?

Unlike other animals that build a nest to house their eggs, a female tick simply deposits her eggs in a given location. There's no assembling of materials to make a nest or occupation of a nest built by another creature.

The female tick simply attaches a sticky cluster of tiny eggs to a blade of grass, a leaf, or other relatively soft spots like a little patch of soil. Then the tick abandons the eggs.

Even though tick nests may include hundreds or even **thousands of eggs**, they're quite small.

Ticks are often thought of as insects, but they are actually arachnids, a class of eight-legged arthropods that includes spiders, scorpions, and mites.

After a tick hatches from its egg, it's a six-legged larva. It then grows into an eight-legged nymph and then into an eight-legged adult. At each stage, a tick feeds on a host and then leaves the host before maturing into the next stage.

However, ticks often die before finding a new host on which to feed, according to the [Centers for Disease Control and Prevention \(CDC\)](#).

Where are tick nests found?

Tick nests are usually found outdoors at ground level, often near a trail or habitat of a potential host.



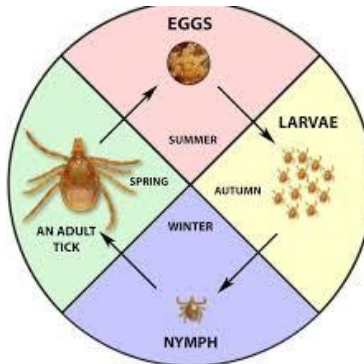
The concern

The primary reason for concern is the potential for tick eggs to mature into larvae that might spread diseases like Rocky Mountain Spotted Fever and Lyme disease. Handling tick eggs properly is necessary to prevent the spread of these diseases.

Tick Egg Removal and Disposal

When dealing with tick eggs in the backyard, it is recommended that you consult a veterinarian or a professional pest management specialist for correct diagnosis and help on treating and removing ticks. When dealing with single ticks that have attached themselves to the skin, use fine-tipped tweezers to carefully grip the tick at its mouth or head and extract it from the skin without causing it to wiggle or jerk. Once extracted, get rid of the tick by soaking it in alcohol, placing it in a bag or flushing it down the toilet.

Taking Preventative Action in your Backyard



- 1. Remove plants that attract deer:** Plants that attract deer, such as tulips, hostas and azaleas, can help prevent the spread of Lyme disease by acting as a deterrent to deer ticks.
- 2. Introduce tick-repellent plants:** You can deter ticks by growing plants like chrysanthemums and herbs like mint and rosemary.
- 3. Regular grass care:** Mow your grass often and get rid of any overgrown vegetation. As a result, the tick habitat is diminished.
- 4. Handle wood piles and debris:** Dark, wet areas are where ticks lay their eggs. Store wood piles far from the house and high off the ground.
- 5. Prevent small host animals:** Keep up stonewalls and stay away from bird feeders that may draw rats, who are frequent tick hosts.
- 6. Employ natural tick repellents:** Diatomaceous earth and essential oils like cedarwood, neem and citronella can work well as natural repellents.
- 7. Use tick tubes:** These non-spray instruments are capable of eliminating ticks and averting illness.
- 8. Include rough textures:** Garden beds with pebble mulch or lava rock are much less attractive to ticks.
- 9. Establish lawn-free zones:** Use hardscaping techniques.
- 10. Apply insecticides cautiously:** If required, apply natural substitutes; such as, cedar oil or synthetic pyrethroid insecticides.
- 11.**

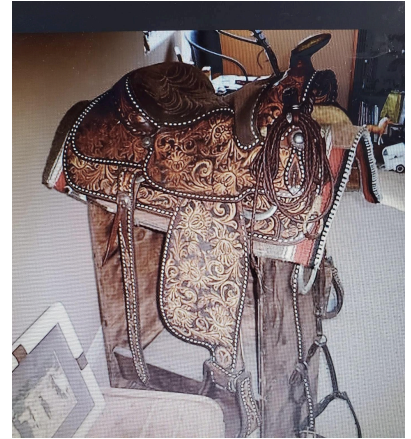
Tick eggs are tiny, oval or pear-shaped, often around 0.5 mm in diameter, or the size of a poppy seed. They have a smooth, glossy texture and might have a brown or pale yellow color.

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.

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 \$800.00 and she will throw in the nice display stand.



Contact Susan Mena if you would like to **lead a ride**. Consider being a trail boss if you have a ride you would love to share. You will need to pre-ride, provide a flier and update your knowledge on trail riding safety, etiquette, and guidelines.



The fall leaves may look pretty, but **Poison Oak** can be pretty scary. "**Leaves of three, let it be.**" If you come in contact with the plant oils you can expect a rash that peaks within 3-5 days after exposure. After that, the rash will gradually start to improve and should be completely gone within 2-3 weeks.

August, 2024 photo by Michelle Hernandez,
Cuyamaca Rancho State Park Interpreter

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!



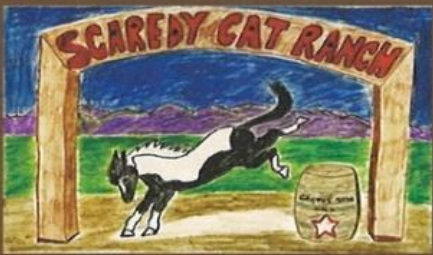
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- ~Ivermectin \$25

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Heathbir Potect
(619)254-9436




Cathy King

Line Dance Instructor
 619-339-6475
hopsranch@yahoo.com
 Dancing for over 29 years.
 I'm still learning new dances
 every week.
 Call for Group events, Private
 lessons or to find out where
 I'll be teaching



LEATHERWORKS
 Alana (619) 345-1137

PINE VALLEY HOUSE

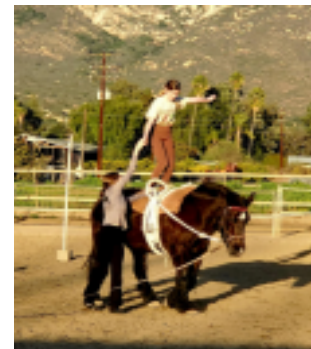
LINE DANCING!

ALL Levels Welcome!!!

Free Lessons by Robin Smith

Fireside in the PV House Dining Room...

Friday 6:30 to 8pm



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.







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📞 619-459-1985

✉ RobinsNestRamona@gmail.com

🌐 www.RobinsNestRamona.com

📍 16603 John Henry Lane
 Ramona, CA 92065



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

