



Hoof Prints Newsletter

Pine Valley Mountain Riders

PO BOX 300 LAKESIDE, CA 92040

May 2025

Calendar of Upcoming Events

- ★ May 9-11: Green Valley Horse Camp (Cuyamaca SP)
- ★ May 14: General Meeting 6:30 Alpine VFW
- ★ May 17: Horse and Bike Desensitizing Clinic
- ★ May 21: Mid-week, Sweetwater Reservoir Trail Ride

Prez Says:

The weather is sure looking good this month so everyone can look forward to riding. I want to thank the members who have organized rides and I'm sorry that rides had to be canceled because of trail conditions and members not letting the trail bosses know if they are attending the rides. We really need to know who is coming to the events and rides with an RSVP. Imagine my surprise when I heard that people wanted to participate in the tack

sale after I canceled the event that took so much time to organize. Members contacted me after the fact and said they were planning on going.

I didn't know members still wanted to go to Chihuahua Valley. That horse camp was canceled too. In order for successful events to occur, we really need to start communicating with RSVPs. Then we can plan for pre-rides, parking and safety so everyone can have a fun time.

Please come to the general meetings so that we all know what members want to do, so that I don't miss something or do something wrong.

Next month, we have the Descanso Parade and the Cuyamaca Lake Loop ride. Be sure to RSVP!
Happy Trails, Susan

Letter from the editor,

May is a wonderful and busy time of year. Flowers, shrubs and trees are in full bloom and the weather beckons us to come outdoors and enjoy the weather. There are many days when the sun is mild and riding trails are dry and open for adventure. So, start filling up your calendar! Find the time to camp at Green Valley, support your horse at the Horse and Bike Desensitizing Clinic and ride at Sweetwater Reservoir.

Riding trails, doing new activities and meeting new people sounds like the perfect springtime thing to do! Read about the coming events in this issue and check out all the information and opportunities in "Member Notices" and "Member Businesses".

I'll see you soon!

Happy Hoof Prints, Laura

PVMR OFFICERS

President: Susan Mena 619-997-9138

Vice President: Jodi Davis 619-802-3277

**Treasurer: Alexandra Calderon
619-715-1287**

Secretary: Diana Clark 619-871-1140

BOARD OF DIRECTORS

Marie Culver 619-244-0009

Winnie Hennessy 619-787-6156

Bill O'Brien 619-977-7098

Marty Parker 619-508-4198

Laura Precoda 619-733-9288

OTHER POSITIONS

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

Public Liaison & Web Administrator: Ernie Smith 619-992-6511

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. lpredoda@gmail.com**

Club Email: pvmrpinevalleymountainriders@gmail.com

Pine Valley Mountain Riders General Membership Meeting Minutes April 9, 2025 Place: VFW Hall, Alpine (downstairs)



Meeting called to order: 6:31 P.M. Vice President, Jodi Davis

Pledge: Laura Precoda

Members present: (11) - Jodi Davis, Susan & Bob Petersen, Marty Parker, Marie Culver, Ken Clark, Diana Clark, Laura Precoda, Tracie Whitlow, Terry Jorgensen, Kammi Montanero

Guests/Visitors: Kotterman family: Jeff & Tina, daughter Kaetlyn - signing up as new members

Minutes: Secretary, Diana Clark, read Minutes from March 12 meeting. Motion to approve as read, 1st Laura Precoda, 2nd Marie Culver. Approved.

Treasurer Report: Alexandra Henao had to work late so she sent a digital copy of the report.

Beginning Balance from 3/01/2025: **\$3,104.05**

Ending Balance as of 3/14/2025: **\$3,391.99**

Committee Reports:

- **Web & Facebook:** Ernie Smith; no report
- **Membership:** Jodi Davis reported current Membership at 60 with 6 Honorary members
- **Trails:** Bill O'Brien; no report
- **Newsletter:** Laura Precoda; Thanked everyone
- **Phone Tree:** Susan Peterson, Marty Parker & Susan Mena; no report
- **Parade Directors:** Jodi Davis, Diana Clark; Diana reminded us we are only considering the same three parades as last year IF there are at least 6 participants (Descanso Days 6/7, Julian 4th of July Parade and Pine Valley Days on July 27) Contact if interested: 619 871-1140
- **Sunshine:** Jeanine; no report

Old Business:

1. Tack sale was canceled due to lack of participation and will be rescheduled
2. Chihuahua Valley Horse Camp 4/11-13. Nobody at meeting reported plans to go
3. 4/17/25 Eagle Rock Ride - TB Marty Parker shared the new rules pertaining to the usual staging/parking area for this ride and she will update those planning to go as to where they may park.
4. Next BOARD meeting will be April 22, 6:30 PM at Denny's off Los Coches Rd. All members are welcome to attend
5. The AUDIT for PVMR Treasury Books is scheduled for 4/16/25

New Business

1. Green Valley Falls camp out, May 9-11. Sign up on your own for the equestrian sites. Laura reported fees are now \$45 per night and she is already booked into a site.
2. Jodi Davis shared information and printed flyers for the May 17, SD Trails Alliance Bicycle Desensitizing Clinic.
3. May 21 Trail Ride at Sweetwater Reservoir area needs a Trail Boss. Contact President Susan Mena if interested.
4. E-Bikes: Terry Jorgensen noted that the Backcountry Horsemen website has forms available to download for incidents with e-bikes. It was suggested PVMR have the form accessible on our website as well.
5. Other: Susan and Bob Petersen are in need of a HORSE, HOUSE & DOG sitter from time to time. Please contact if interested: 619 772-8155.



Braggs/Drags: Ken Clark's granddaughter was accepted into the US Air Force Academy.

Meeting adjourned: 7:42 P.M.

Respectfully submitted, Diana Clark, Secretary



Morning Meadow

Oil on linen, plein air painting done in Fallbrook by PVMR Sue Ann Daffara

*(Send in your artwork to lprecoda@gmail.com
by May 25th for the June issue of Hoof Prints.)*

Green Valley Equestrian camp May 9-11 4 Sites Available

Make your Green Valley Reservation.

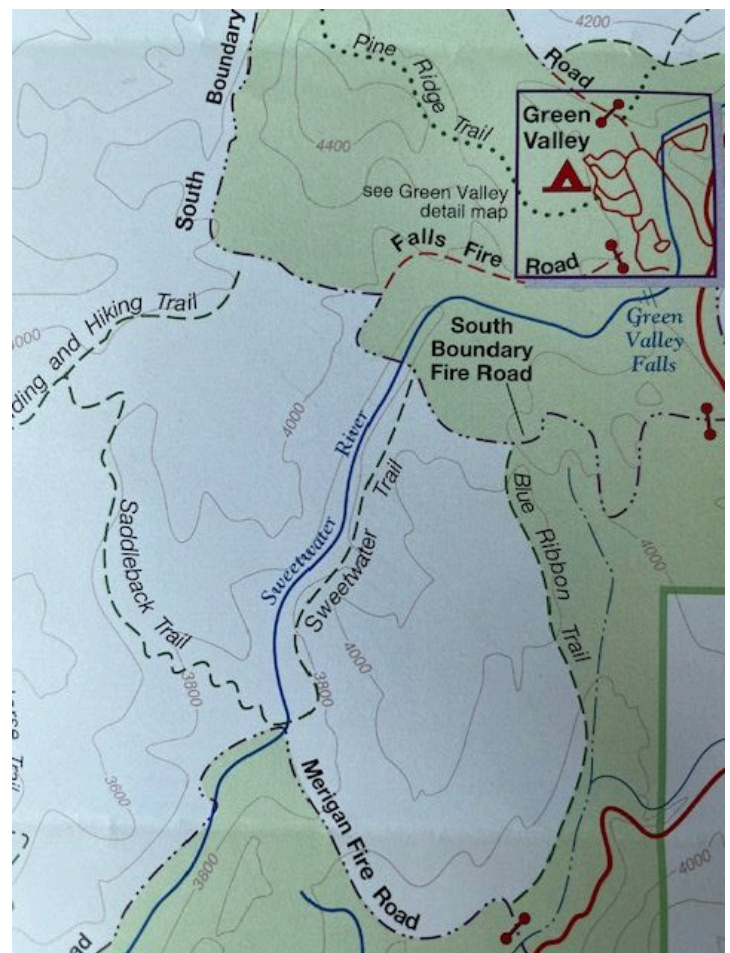
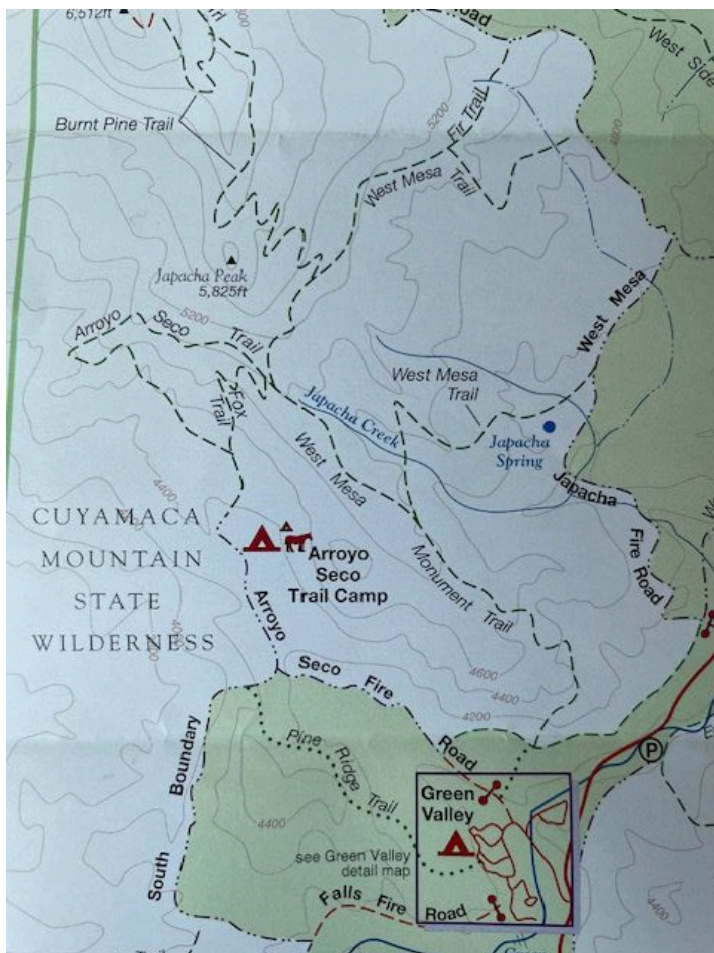
Use: Reservecalifornia.com. (\$45 per night)

Type in: Cuyamaca Rancho SP. Select date & equestrian

There will be a potluck and a game night on Saturday.

Day Riders: Park in the back parking lot. \$10 day use fee

Come enjoy PVMR friends, camp fires and rides!
(PVMR and guests have reserved 7 sites as of 4/30)



Trails in the vicinity of Green Valley Camp

Pine Valley Mountain Riders & SD Trails Alliance
Horse and Bike Desensitizing Clinic
May 17

River Oaks Ranch

Home to the *Horse Park Project*

501(c)3 non-profit *Therapeutic Horsemanship Project*

Located in the historic El Monte Valley

15065 El Monte Rd. Lakeside, CA 92040

This is an opportunity to introduce (or reintroduce) horses to bikes and bike riders to horses.



Time: 10:00 am, ready to ride

***Parking: Horse rigs, through the main gate at 15065
El Monte Road. Regular cars, at the event at
14971 El Monte Road***

Bring: Your horse or bike, helmet and a smile!

Questions: Call Jodi Davis (619-802-3277)



Main gate entrance and rig parking



Event parking at Park Horse Project

WHAT IS THAT? IS IT FUN ? . . . OR SHOULD I RUN?

BIKE & HORSE TRAIL SAFETY CLINIC

A special invitation from your PVMR VP Jodi Davis

MARK YOUR CALENDARS!

SATURDAY, MAY 17TH At 10 AM

Take this **FREE opportunity** to come together at RIVER OAKS RANCH in beautiful El Monte Valley, Lakeside California to introduce ourselves, our bikes, our horses and us (humans!) to Trail Safety and Desensitizing for Trail Users.

Have you ever been walking or riding along enjoying the great outdoors when you suddenly realize there is something coming at you? Or you hear or see something out of the corner of your eye that is coming your way on the trail ahead? What do you do? What do your companions do? What does your horse do? What should you do? We all share the dream of wonderful, healthy, safe experiences on our Trails in San Diego County. We want to have fun times outdoors. So, the San Diego Trail Alliance, the San Diego Bike Association, the Park Horse Project and Pine Valley Mountain Riders have joined forces to have a day of pedaling and riding to learn more about each other and share a safety clinic with one another.

This type of clinic has been presented by the Trails Alliance and Bikes Association with much success in the past. Did I say it? It is FREE! (But PLEASE REGISTER and RSVP with the San Diego Trail Alliance on their SDTA facebook page)

Bring your horse, your friends, your bikes, your family and join us for information on safety, fun and education as we plan and ride trail adventures together.

Our host, the Park Horse Project at River Oaks Ranch, will be there to share about their non-profit that provides therapy for people with Parkinson's disease.

Pine Valley Mountain Riders will be serving FREE PIZZA at lunch time for those that register! We need a count, so let us know. Call or Text Jodi at (619) 802-3277

ADDRESS: River Oaks Ranch 15065 El Monte Road in Lakeside, CA

Horse Rigs will park just through the main gate.

Regular cars park at the event location at 14971 El Monte Road (the driveway just before the driveway leading to the Main gate)

MORE QUESTIONS? Contact SDTA (San Diego Trails Alliance) on facebook; leave a message on their RSVP post or contact PVMR on facebook and leave a message.

Sweetwater Reservoir

Wednesday, May 21

In the saddle at 10:00am

- ★ A 2-hour ride near the lake
- ★ Please RSVP to, Trail Boss, Marty Parker at 619-508-4198 by May 19
- ★ Bring a lunch and chair
- ★ See the attached flier for more details and directions

Sweetwater Reservoir is a 960-acre artificial lake formed by Sweetwater Dam on the Sweetwater River. The construction of the Dam was completed on April 7, 1888. Two miles long with a maximum width of .75 miles and a maximum depth of 108 ft, the lake offers recreational opportunities for horseback riding, hiking, fishing, riding, birdwatching, picnicking, and nature study.

The area surrounding the reservoir is home to several species, including Bell vireo (a small

songbird that migrates between a breeding range here and a winter range in Central America) and the California gnatcatcher (another small, 4.3in, insectivorous bird which frequents dense coastal sage scrub growth), the Red-tailed Hawk and many other birds. In the water, there are Largemouth Bass and Channel Catfish, BlueGill and Carp.

The trails are close to town, and you can hear the highway buzz and overhead planes, but there is wide open space where you can also hear the chirping, screeching and cawing of birds and see the spring flowers in bloom. The trails are easy to navigate.

Source: wikipedia.org and Alltrails



To shoe or not to shoe? That is the question



Deciding to provide shoes for a horse or keep them barefoot depends on the needs of the horse. Horses wear shoes primarily to protect the hooves and feet and to prevent the hooves from cracking, chipping and wearing down too quickly. A horse's hooves will grow continually if not trimmed, similar to the human finger and toenails. Wild horses wear their hooves down by normal interaction with the terrain as they move in their environment.

The extra weight of a human (or other demanding activities) puts extra wear and tear on the horse's hooves and many times shoes are recommended for the working, domesticated horse. Shoes can add strength, protection and durability to the foot so that it does not wear out and cause other health and structural issues. In addition, shoes can add

Craftsman Farrier, Rick Cota, at work

traction on muddy, icy or rocky conditions. They can also improve balance; a trained farrier can make corrective shoes to help with a balance problem. At times, a horse may need shoes for medical reasons, the hooves may be compromised by poor hoof condition, laminitis, arthritis or ringbone. Providing additional support keeps the horse comfortable and enables a return to work or exercise. Rick Cota, who established his business in 1976, said, "When a horse gets shoes for the first time, she should be checked and maintained every six weeks."

On the other hand, many equestrians believe shoes are not always required if a horse is receiving regular trimming maintenance, quality nutrition and supplements. An owner may spend the extra cost for more hoof trimming maintenance and find that is sufficient enough to allow a horse to participate in almost any kind of activity and stay healthy and sound. Also, if a horse is a leisure animal, does not do demanding work, or is normally enjoying a pasture the owner may not care to shoe. The benefits of going barefoot is that it is cost effective, some equestrians see enhanced performance in the arena, and it keeps the horse in its natural state enabling better balance, coordination and overall movement.

Others decide to do both or use boots, depending on the demands on the horse and hooves. Some may not get shoes if the horse is primarily doing arena work when they do not hit the ground with concussive force. Once the work is harder, for instance, when the duty is to negotiate rougher terrain the owner may choose to have shoes put, temporarily, on all feet, only the front, or use quality boots to protect the hooves.

Horse lovers, regardless of their choices, want the best for their equine partners and will usually take the advice of their vet and farrier on the best option for their horse.

JUST HORsing AROUND



***BARBARA MINTON AND FRIEND NEXT TO YARD
ART NEAR WEST WETLAND TRAIL IN YUMA***



***TERRY JORGENSEN AND KAMMI MONTANERO
AT RANCHO BELLOTA IN MEXICO***



***JODI DAVIS WITH HER HORSES, BOOTS
AND CAPT'N AT WELLS FAMILY RANCH***

Member Notices

Order information on T-shirts: If you want to order a shirt like the samples displayed at the meeting, go to Bulkapparel.com. T-shirt: G800 Gildan T-shirt 8000 Dry Blend 50/50 at \$3.75 each. There is a large variety of colors. Hooded Sweatshirt: Gildan 18600 Heavy Blend Full-Zip \$19.44 each. Call Susan Mena with any questions at 619-997-9138. bulkapparel.com

Saddle Repair: Gary Abbamonte trained with McClintock and is in Descanso. His number is 619-990-5195. Diana Clark recommends Gary.



Eddie Martinez is offering a McClintock, all leather, endurance saddle for sale which has a 16"-17" in seat with fleece and Tapaderos. (He has regular stirrups too.) Wither is 7"-8" The price is \$1,000. He also has a fringed canvas bag made in Spain for \$30. If you are interested in either item please contact Eddie at (619) 244-6418.



Desensitizing Clinics with Lynn Snyder Harrington. You can strengthen your partnership, gain confidence and build trust between you and your equine partner. 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 more information.

If an e-bike trail incident report is ever needed the BCHC (Back Country Horsemen of California) website has a form with directions BCHA (. . . of America) is compiling statistics for trail safety nationwide.

Mustang Camp for Girls 8-14 at Sweetbeau Horses in Creston CA. 501(c)3 non-profit. There are two overnight camp dates scheduled: July 17-20 and July 31-Aug. 3. Campers will use natural horsemanship to partner with and gentle a Mustang. Camp fee is \$1,150. For more information about T.A.M.E (The American Mustang Experience) Call 1-805-591-9083 or visit <https://www.sweetbeauhorses.org/tame/>

PVMR Now Uses Zelle as a Payment Option

When sending money to Pine Valley Mountain Riders using Zelle, please include your name, amount and the reason for the deposit. The email is: pvmrpinevalleymountainriders@gmail.com Send a photo of the form to Alexa Calderon-Henao (619-715-1287) If the form is for membership, please include Jodi Davis (619-802-3277)

Member Notices (continued)

Marty Parker has information about the Victorian Roses Cowboy Challenge fund raiser on May 10 at River Oaks Ranch in Lakeside. Contact her at 619-508-4198 (See attached flier for costs.)

Contact Trail Boss, Bill O'Brien, 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.

May 29, Memorial Day The last Monday of May is reserved for Memorial Day. This is the most solemn of May observances. On this day, we remember the lives of the fallen in service for their country. Many Americans appreciate having the day off for a federal holiday to be able to honor the brave individuals who have sacrificed so much.

From the Editor: Please send in photos for "Just Horsing Around" lpredoda@gmail.com. Also, do you have any old (ancient? Lol) pictures of yourself, friends and horses with descriptions that you can send me? I want to put together a page or two of "Horses and Times of Yester-Year" during the summer when riding has slowed down. Thank you.

Calling all Parade Participants!

If you are interested in participating in the Descanso Days (6/7), Julian (7/4), or Pine Valley Days (7/27) parades please contact Jodi Davis (619-802-3277) or Diana Clark (619-871-1140). PVMR will need a minimum of six members for each parade.



Happy Mother's Day!

In celebration of you, your mother, spouse, grandmother or anyone who has been a mother figure in your life.



PINE VALLEY MOUNTAIN RIDERS

www.pinevalleymountainrider.com

Make checks payable to PVMR

Mail to: PVMR PO Box 300 Lakeside, CA 92040

EMAIL: pvmrpinevalleymountainriders@gmail.com

2025 Membership Application

Please print legibly.

Name _____ Spouse/Partner (Couple/Family Membership) _____

Mailing Address _____ City _____ State _____ Zip code _____

Telephone Numbers:

Home () _____ Cell () _____

Cell: () _____

E-Mail address: _____

E-Mail address: _____

Type of Dues: () Single - \$30 or () Family - \$40

Type of Application () Renewal or () New Member (referred by): _____

PAY BY: Zelle _____ Check _____ or Cash _____

For Zelle use Email: PVMRpinevalleymountainriders@gmail.com

Names of Children (Note: Must be under 18 years of age to be included in family membership)

Number of Riders: _____ Number of Non-Riders _____

For further information, please contact: Jodi Davis at 619-802-3277 or email marijo.jodi.davis@gmail.com

☐ I have received and read the "Ride Rules and Trail Etiquette." I also understand that the Pine Valley Mountain Riders ride in a variety of terrain. Horses and mules need to be in excellent condition and members who ride should be experienced trail riders. You may call the Trail Boss at any time for additional information not posted in the Newsletter. *Remember, you ride at your own risk.*

Liability Release

The undersigned, in consideration of acceptance of the application for membership, does hereby for himself/herself, his/her heirs, executors and administrators, waive and release the Pine Valley Mountain Riders, their officers, board, and all individual members thereof from any and all rights, claims, or legal liability that he/she might have due to membership participation in club sponsored activities.

_____ (Initial here) Applicant(s) have at least one of the following insurance coverage: Homeowners or Medical

Date: _____ Signature: _____

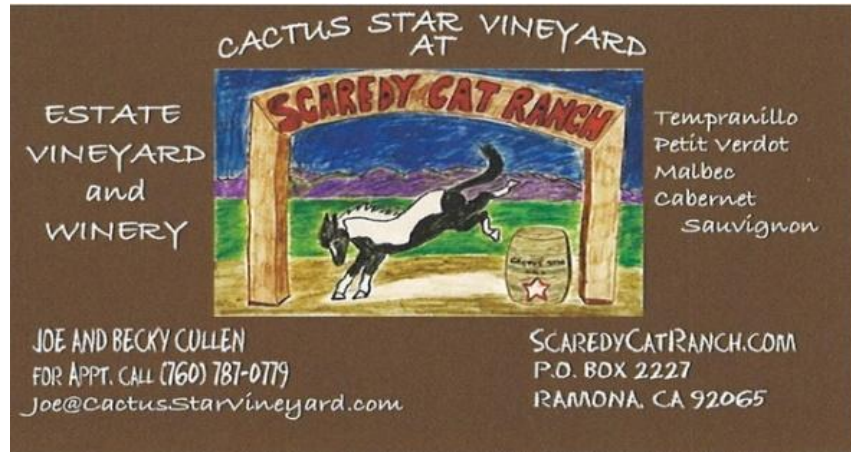
Have you ever been convicted of a Felony? Circle Yes or No.

If yes, PVMR Board Directors will contact you in consideration of your request for membership. Thank You Revised 1/25

Member Businesses in our PVMR Community



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



PVMR receive a 5% discount at Double S Tack and Feed



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



Free Line Dancing Lessons with

Robin Smith

For location and updated information,
please contact Robin at 619-840-6510



Laurel Manning
Founding Executive Director

14971 El Monte Road
Lakeside, CA. 92040
laurelmanning@parkhorseproject.org
www.parkhorseproject.org
O: 619-390-2964 C: 858-668-9902
501(c)(3) Nonprofit EIN: 88-2141687

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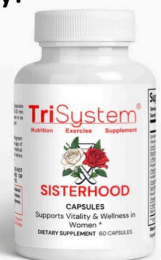
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Facials

By Tina Marie

Tina Marie
Blossom Valley

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Regular Price: \$110

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honor this exclusive pricing



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

