



# Hoof Prints Newsletter

Pine Valley Mountain Riders

PO BOX 300 LAKESIDE, CA 92040

June 2024



## Prez Says:

We have all had things happen in our lives that we have had to deal with. Can we be nice to each other, choose our words and tone of our voices when we say things? The tone in which we say things is sometimes more harmful than the words themselves. I am not perfect, but I do try to watch how I say things. We do not know each other's stories which makes it even more important to be kind.

July activities:

- Vote on addendum to the bylaws at the July 10th meeting
- Trail Ride July 13, "Let's Get Cool" Santa Margarita in Fallbrook -Trail Boss Jodi or TBD
- Mid Week Trail Ride, July 24, Laguna Mountain – Trail Boss Diana Clark

We are in need of Raffle Items for our annual fundraiser Poker Ride. October is our annual Tack and Everything Sale to help raise money for raffle items. Please start saving items for that day.

Looks like better days ahead-weather !!!

Happy Trails,  
Susan

## Calendar of Upcoming Events

- ★ June 1: Descanso Parade
- ★ June 4: Mid-week ride. Fiesta Island Beach Ride 12:00 pm
- ★ June 8: "In the Oaks" Membership BBQ at Clark Ranch at 4:00 pm
- ★ June 12: General Meeting at 6:30 pm, Alpine VFW.

*From the editor: June is a special time of year with its light gray days and clouds protecting us from the sun that will soon be shining for days on end. We say goodbye to the capricious spring and look forward to the beginning of summer. There are days where we can still take long mid-day rides before the weather gets too warm.*

*We have plenty of activities planned to share our passion for horses, especially at the beginning of June. We can show off our fine steeds and enjoy the community spirit at the Descanso Parade, spark ideas and share visions at the general and board meetings, cool off in the gentle breeze of Fiesta Island and enjoy each other's company and feast at the BBQ. (When there is food, we go for plenty with PVMR!)*

*If you plan on riding in Cuyamaca this month, check out the trail conditions on page 10. There is still an abundance of water on the trails.*

*I hope to see each and every one of our members this month at our upcoming events and meetings.*

*Enjoy June and happy hoof prints! Laura*

# WELCOME TO THE "IN THE OAKS" PVMR MEMBERSHIP BBQ

## Saturday, June 8, 2024 4:00 pm

### Clark Ranch

**9927 Hulburd Grove Drive**

Let's socialize and share good times in beautiful Descanso in the oaks at the ranch.

**Plenty of parking available.**



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

**A hot BBQ will be provided for everyone.**

If more information is needed call or text Susan Mena (619-997-9138) or Diana Clark (619-871-1140)

**Directions: I-8 East to Japatul Valley Rd. (79) exit. Turn left at the stop sign. Continue to Descanso Junction. Turn left on Riverside Drive. Continue to Viejas Grade Road. (Perkin's Store) Turn left and then a quick right on Oak Grove Drive. Stay on Oak Grove Drive for a mile. Turn right on Hulburd Grove Drive (9927 Hulburd Grove Drive, Clark Ranch) Watch for posted signs.**

**SEE YOU THERE!**



### **Fiesta Island Midweek Ride at noon**

**Tuesday, June 4**, Beach Ride at 1590 E Mission Bay Drive. The ride starts at 12:00 pm. If you are interested in being the Trail Boss, contact Susan Mena (619-997-9138). Bring a snack if you want to relax and enjoy a refreshment.

### **At The Descanso Days Parade at 9 am to 10 am**

For those members who attended at least one of the Parade Practices please join the parade! Susan Mena will lead in her decorated golf cart AKA "Pony Express" with our PVMR Banner and Ken Clark will be our "Drag Rider in the Polaris Ranger with another PVMR sign.

On July 27, we are planning to participate in the Pine Valley Days Parade. Once again, Diana Clark will offer supportive, confidence building practices before that parade. Join in on the fun if you were unable to attend the last practice sessions.

**On Saturday, June 1, PMVR parade participants will meet at 7:00 at Merigan Field next to the Descanso Elementary School.**



## ATTENTION ALL PVMR MEMBERS

Your presence is essential at the **June 12 meeting at the VFW in Alpine at 6:30**. New perspectives, fresh ideas, encouragement, friendship, laughs and your vote on club business is appreciated and vital. **Come early at 6:00 to sign up for camp at Los Vaqueros**. Save the dates: October 3-7.

**ATTEND! ATTEND! ATTEND!**

**A vote is needed to add the addendum to Article II, Section 2.06, which is now under letter B and highlighted in yellow.**

A. A member in good standing is one who is respectful, follows trail riding guidelines and is not a person who is identified as a felon in the eyes of the law. A member that is in good standing shall be entitled to all the benefits herein set forth, or as may be adopted.

**B. If a prospective member identifies as a felon upon application to PVMR membership the Membership Chairman will request that the applicant disclose, for membership consideration, their felon status and type of conviction. The BOD will then be notified of their need to review the application. The BOD will then vote to accept or disqualify the applicant's request for membership.**

C. Any member of legal age (18 years) may serve as an officer and may also serve on the board of directors.

D. A member shall have an equal opportunity to receive notice of any upcoming ride or event in order to secure reservations.

**A vote is needed to raise the annual dues by five dollars**, in each category, to keep inline with increased costs of food and supplies for activities, such as the Poker Ride, Christmas party, and other membership events. (Individual dues would be raise from \$25 to \$30 and Family dues would be raised from \$35 to \$40 dollars.)

### OFFICERS

**President: Susan Mena 619-997-9138**  
**Vice President: Jodi Davis 619-802-3277**  
**Treasurer: Brenda Baker 619-855-2172**

### 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

## PVMR donations to Non-Profit Foundations

This year, PVMR has designated one thousand dollars to benefit two organizations that benefit the public, Camp Lockett and Cuyamaca Rancho State Parks Interpretive Association. Pending club approval, by vote, each will received five hundred dollars.

Camp Lockett Event and Equestrian Facility (CLEEF) is a unique 501(c) non-profit organization that began when a group of citizens envisioned an equestrian facility designated to preserve and share the history of the 10th, 11th and 28th unit cavalry soldiers who were stationed there during World War II. The 11th and 28th cavalry units were solely African American soldiers. These famous "Buffalo Soldiers" were there to protect the southern border of the United States.

CLEEF owns 167 acres, located ¼ mile from the most southern part of the Pacific Crest Trail, which is maintained by volunteers and donors. Camp Lockett offers equestrians a Buffalo Soldier obstacle course, limited camping facilities, a small museum, and various arenas for events.

Cuyamaca Rancho State Parks Interpretive Association (CRSPIA) is another non-profit corporation responsible for educating visitors on how to explore and connect to the nature that surrounds them in the park. They interpret the landscape, history and wildlife that is the heritage of the public.

CRSPIA has funded trail signs and trailhead information boards, the Visitor Center exhibits, the horse camps (with Partners For Public Lands) and equipment for their campfire presentations.



*Camp Lockett Event and Equestrian Facility was established to preserve history and to give back to the community.*



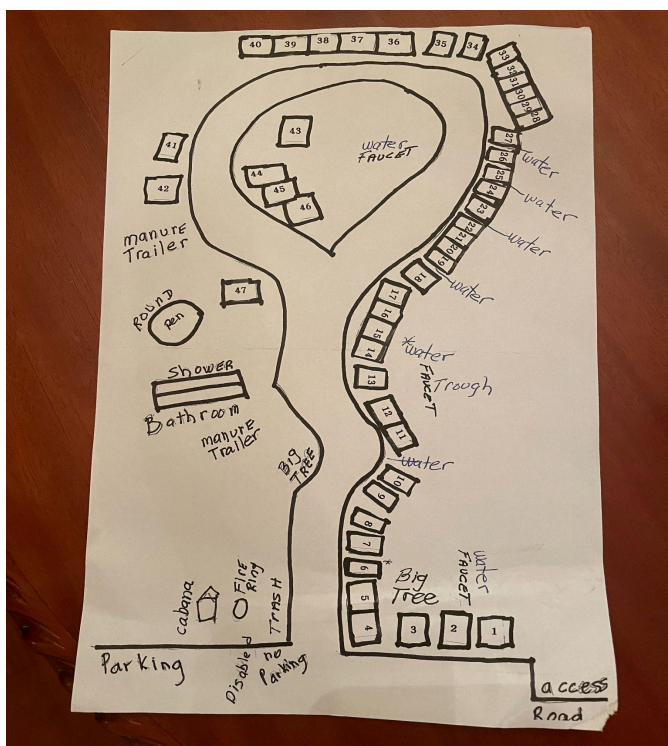
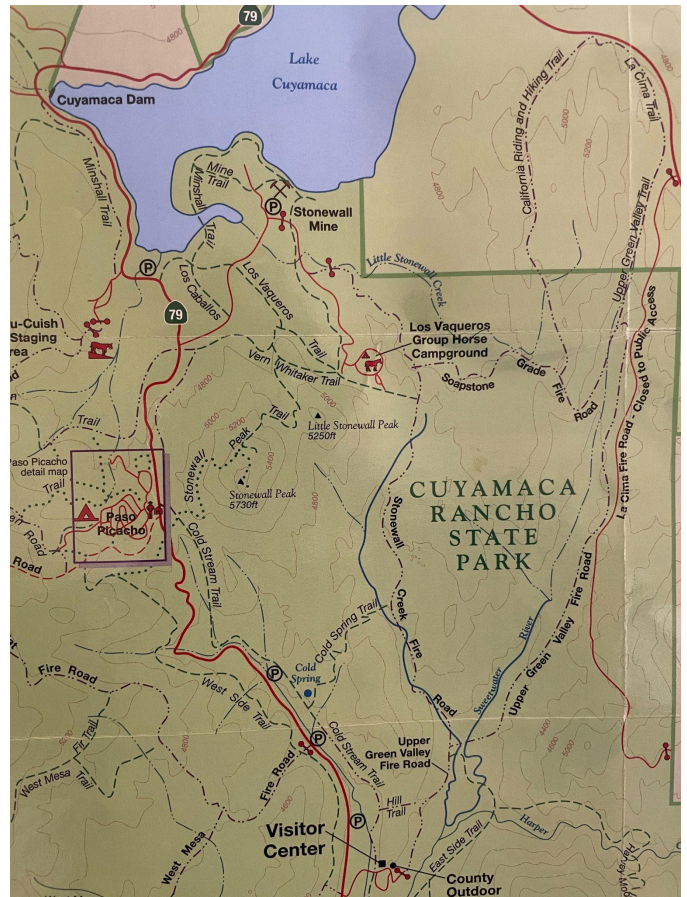
## Los Vaqueros Camp In October

Camp dates this fall 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.

Jodi Davis will arrive early to the General Meeting on June 12, which is held at the Alpine VFW, to receive payment for camping and record corral selections. She will be there at 6:00 before the meeting is called to order at 6:30.

A registration form is required along with the fee of 100 dollars for each corral. The cost per day to camp, without a horse, is 22 dollars and day ride parking is 10 dollars. There are 40 corrals available so reserving early is advised.

Susan Mena sent an email with the registration form to all members on May 6th. The form may be mailed to the address provided with a check enclosed but you will need to call Jodi Davis to get information on corral number availability. Contact Susan Mena (619-997-9138) or Jodi Davis (619-802-3277) with any questions.



## Plan Ahead For The Tack and Everything Sale

Start putting to the side those gently used items that can be sold at **The Tack and Everything Sale**.

Have you been putting off cleaning that tack room, trailer, garage or shed? Now is the time to take inventory and cull those items that you haven't used for years or have outgrown.

Do you have a creative knack? Consider crafting items that others will treasure or use as gifts.

Call on friends to see if they have items that they can donate.

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

**Pine Valley Mountain Riders**  
**General Membership May 8, 2024**  
Location: VFW Hall in Alpine, CA

**Meeting called to order by Susan Mena, 6:32 PM**

**Pledge of Allegiance lead by:** Marty

**Members in Attendance: (13)** Susan Mena, Diana Clark, Jodi Davis, Christina Walker, Laura Precoda, Bill O'Brien, Winnie Hennessey, Brenda Baker, Marty Parker, Marie Culver, Ken Clark, Gail Mazzola, Miguel Corona

**Minutes:** Diana Clark read minutes for January and April general meetings. 1st Marty P., 2nd Bill O. corrected minutes (Raffle to be drawn at meeting) Approved by attending members.

**Treasurer's Report: Brenda Baker**

Balance from 3/29/24: \$ 6,388.62      Balance as of 5/8/24: \$ 4,152.40

Noted: \$2,208.00 was spent on reserving Los Vaqueros Campground, Oct 3-7, 2024

**Committee Reports:**

**Membership: Jodi Davis** - PVMR currently has 93 members total. 85 paid members and 8 Honorary Members. Jodi reminded all renewing memberships to submit current information on their form each year even if it is the same as the previous year.

**Newsletter: Laura Precoda** - Acknowledged she will have a full page Membership Application page to access most months in the Newsletter.

**WEB & Public Liaison: Ernie Smith**-No report

**Trails Boss: Bill O'Brien** - Reported that trails in Crest are good. Eastside and Westside trails are good. However, most of the trails around Lake Cuyamaca meadows are boggy, flooded over and generally poor. Better weather should yield better trail conditions there.

**Sunshine Lady: Jeanine** - no report

**OLD BUSINESS**

- Rene Hajar's note of appreciation for his transition to become an Honorary Member was read. He'll not be able to ride in the June 1 Descanso Day Parade Pony Express cart.
- Any member wishing to order a PVMR denim shirt must contact Susan M. Parade goers must turn their order in by May 9 to receive it in time for the parade. Otherwise, wear a denim shirt. She will have green scarfs for each participant to wear if you wish.
- Jodi Davis discussed the parade practice experience at Clark Ranch on May 9. The parade is on June 1 with more info. to come. Contact Jodi Davis or Diana Clark if interested. Members must attend at least ONE PRACTICE at Clark Ranch to participate.
- Sweetwater Bridge Ride - Winnie Hennessey, trail boss for the ride, reported it being a small but mighty group who enjoyed a show of Ceanothus/Wild Lilac, a couple river crossings and a supportive riding group who helped one another successfully maneuver through trail obstacles.





- Sign-ups for camping at Los Vaqueros were announced to begin at the May 8 meeting. A couple of people did sign up, but the official sign-up will begin at our meeting on June 12, 2024. Corral maps will be available showing placement of water faucets as well. Anyone wanting to sign up should arrive a half hour early (6:00 PM) at the VFW Alpine so it won't interfere with the meeting.

### **NEW BUSINESS** (Upcoming Events)

- Our Board proposed to the general membership a \$5 increase for single and family dues beginning in 2025. A Quorum of 15 members is necessary to vote on this item at our June 12 meeting.
- Bi-Laws Addendum - Jodi Davis read the proposed change/addition to our PVMR Bi-Laws under **Section 2.06 Privileges of Members**. She explained the background of concerns with people applying for membership who are felons and the importance of addressing it. A Quorum of 15 voting members will take place at the June 12 General Meeting. It was mentioned how important the membership attendance will be at this meeting for voting on two items.
- Susan said we need to find and donate raffle items for our Nov. 2 Poker Ride at Windfall Ranch. Please start now. This is an important fundraiser.
- June 4, our midweek ride at Fiesta Island, needs a Trail Boss. Contact Susan
- Saturday, June 8, is our annual PVMR BBQ at Clark Ranch in Descanso. BYO meat to cook and drinks; Also bring a potluck item/side dish to share. Begins at 4:00 PM

### **Braggs/Drags:**

Jodi Davis said Captain, her older horse, is doing great and was in the past two parades Susan Mena said her family is distressed over the attempted break-in at her mom's house by 5 teens not caught yet. Marie Culver said her dog was bitten by a rattlesnake, but because he had previously been given the anti-venom shot, it reduced his symptoms and he is recovering. The possible benefits of Children's Liquid Benadryl given to dogs bitten by rattlesnakes was shared.

### **Meeting adjourned at: 7:43 PM**

Respectfully submitted, Diana Clark



## Preventing West Nile Virus in Horses

One of the diseases that can be prevented by keeping your horse's vaccines up-to-date is the West Nile Virus.

"West Nile Virus (WNV) is a mosquito-borne virus first detected in the United States (U.S.) in the New York City area in 1999. Since 1999, the virus has spread throughout the U.S. and Canada, infecting birds, humans, horses, and other animals. As of 2015, more than 27,000 horses in the U.S. have been infected since the disease was first identified. The virus is maintained in the wild bird population and is spread between birds by mosquitoes. Birds are considered the natural reservoir for WNV since high levels of virus circulate in their bloodstream. Mosquitos acquire WNV in blood meals from infected birds and pass it on to other birds, animals, and people.

Mosquitos that feed on an infected horse or human have not demonstrated the ability to ingest enough of the virus to transmit it to other animals or humans; therefore, horses and humans are considered "dead end hosts."

### Clinical Signs

West Nile Virus may cause a wide range of clinical illness ranging from mild "flu-like" signs to encephalitis (inflammation of the brain) that may be fatal to both humans and horses. While horses are susceptible to WNV infection, many infected horses do not develop clinical illness and recover uneventfully.

Currently, there is no specific treatment for WNV. Supportive care includes administration of anti-inflammatory drugs and intravenous fluids. Recumbent WNV positive horses are at a higher risk of dying or requiring euthanasia. For horses exhibiting clinical signs of WNV, the case fatality rate is approximately 33%; however, many infected horses will fully recover following infection.

### Prevention

Vaccination and mosquito control minimize the risk of WNV infection in horses. Although the number of WNV infected horses has declined over the last five years, WNV remains an important disease in

unvaccinated horses. The American Association of Equine Practitioners (AAEP) recommends incorporation of a WNV vaccine as an annual core vaccine in equine vaccination protocols. Currently, there are four United States Department of Agriculture (USDA)-licensed WNV vaccines available for horses in the U.S. Horse owners should consult with their veterinary practitioner to ensure current WNV vaccination status of their horses.

### Mosquito Control

Minimizing horse exposure to mosquitoes during the peak mosquito feeding periods at dawn and dusk decreases the risk of horse exposure to WNV. Application of mosquito repellent can also effectively reduce the number of mosquito bites on horses. Mosquito control efforts to eliminate mosquito breeding sites are also important. Methods to eliminate mosquito breeding sites include:

- Draining unnecessary standing water found in wheelbarrows, tires, etc.
- Cleaning water containers at least weekly (i.e., bird baths, plant saucers)
- Scheduling pasture irrigation to minimize standing water
- Keeping swimming pools optimally chlorinated and draining water from pool covers
- Stocking of water tanks with fish that consume mosquito larvae (Contact local mosquito control for assistance) or use mosquito "dunk" available at hardware stores."

**Source:** [Cdfa.ca.gov/ahfss](http://Cdfa.ca.gov/ahfss)

### Horse health information sites

EDCC [equinediseasecc.org/alerts](http://equinediseasecc.org/alerts) Updates on current disease outbreaks are listed as they occur and will include the date, disease name, location and current status.

[Cdfa.ca.gov/ahfss](http://Cdfa.ca.gov/ahfss) Animal Health and Food Safety Services Division.





# PINE VALLEY MOUNTAIN RIDERS

[www.pinevalleymountainrider.com](http://www.pinevalleymountainrider.com)

*Make checks payable to PVMR*

*Mail to: PVMR PO Box 300*

*Lakeside, CA 92040*

## 2024 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 - \$25 or ( ) Family - \$35

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

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 [marijo.jodi.davis@gmail.com](mailto: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 6-202

## Trail Conditions in Cuyamaca Rancho State Park

There are still wet trails in the park, especially the Minshall Trail by Trout Pond Parking and where the lake and the park meet by the causeway just past the trail junction for Los Vaqueros Trail. There is also water on the Azalea Glen Loop Trail where the seep makes the trail tread slippery. Deadhorse Trail has the water crossing as you head to the west after leaving the Merigan Fire Road. South Boundary Fire road also has a water crossing. The Sweetwater Parking under pass to the westside of Hwy. 79 also has a water crossing as does the Eastside Trail by the Owl trail. There is another water crossing where the Coldstream Trail crosses the Sweetwater River as you head to the Eastside Trail by the visitor center. Also, Harper Creek is running across the East Side Trail over by the Harvey Moore Trail. Basically, if there is a crossing of the Sweetwater River expect water. Where there are creeks, like along the Westside Trail south of the visitor center on the way to Green Valley, expect water. The springs, like at Dyar Springs, will probably have water seeping for the summer.

Trail report provided on May 17, by Michele Hernandez, Cuyamaca State Park Interpreter

## *In The Spotlight*



*Clark Ranch. Parade Practice May 29. Hosts: Diana and Ken Clark*





*Clark Ranch. Parade Practice May 18. Hosts: Diana and Ken Clark*





*Clark Ranch. Parade Practice May 11 and 18. Hosts: Diana and Ken Clark*





*Clark Ranch. Parade Practice May 11. Hosts: Diana and Ken Clark*



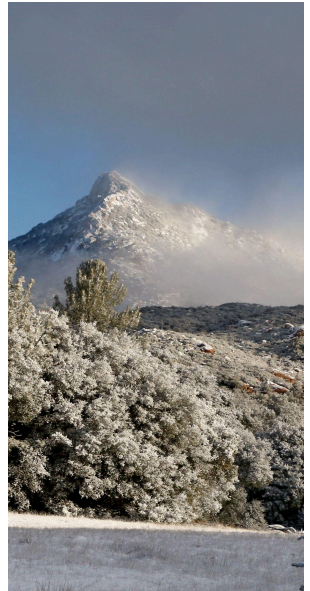
*Cuyamaca Ride. Harvey Moore, Jaquapin loop, May 1. Trial Boss: Winnie Hennessy*



# History of the Cuyamaca Region Part I

## Early Exploration Period

The project site's [Cuyamaca] earliest historic use dates back to the early 1770s, when Spanish soldiers and settlers based at the San Diego presidio and mission came in contact with the indigenous Kumeyaay tribal group. The latter, which never came under Mission suzerainty, had used the valley as a summer camp and nexus for mountain trails connecting the coast and desert regions. In 1772, and again 10 years later, Spanish military governor Pedro Fages followed the Kumeyaay trails linking San Diego to Spanish settlements along the Colorado River and Sonora. In 1825, 15 years after California became a Mexican territory, Alférez (Second Lieutenant) Santiago Argüello of the San Diego Presidio reaffirmed the Fages Trail, which became the official overland mail and immigrant route between San Diego and Mexico City. The trail, which basically follows the present Viejas Grade Road and SR-79 to Green Valley before veering northeast toward Oriflamme Canyon, continued this important function when California became part of the United States after the 1846-1848 Mexican-American War. Between 1857 and 1860 it was part of the San Antonio and San Diego mail line, the first federally subsidized overland mail route connecting San Diego to the east coast.



## Mexican Rancho Period

Alta California eventually came under the influence of the new Mexican Republic after the latter won its independence from Spain in 1821. While the Kumeyaay living in the Descanso-Green Valley area had remained relatively autonomous during Spanish Colonial times, this ceased under Mexican rule. Threatened by the steady encroachment into their traditional hunting/gathering areas by Mexican ranching activities, in 1837 a band of Indians attacked Pio Pico's Rancho Jamul. The marauding Indians killed the ranch's majordomo, and carried off Pico's two young daughters. In retaliation, a small force of soldiers and Indian allies spent four months pursuing the recalcitrant Indians through San Diego's backcountry. The Indians chose to make a last stand at the village of Ah-ha-kwe-ah-mac (or Cuyamaca). Located within the present State Park's boundary, the village location was slightly north of Stonewall Peak. After several Indians were killed, the rest surrendered and agreed to submit to Mexican authority. As a result of the "Battle of Cuyamaca," the Cuyamacas were "pacified", opening the area for exploitation.



## Part II will be in the July Hoof Prints Newsletter.

Source: Cuyamaca Rancho State Park

Equestrian Facilities Project Historic Land Use Study and Analysis

Prepared by: Alexander D. Bevil, Historian II

California State Parks, Southern Service Center, 28 January 2010. Early April,

2024 photos by Michelle Hernandez, Cuyamaca State Park Interpreter



## Member Notices

Marie Culver advises a yearly rattlesnake vaccination for your dog. You will still need to go to the vet to get anti-venom for the dog but the dose will be small and the reaction to the bite may be less severe.

Christina Walker recommends Nationwide Pet Insurance. They cover accidents, sickness and wellness check ups for cat and dog health. They have several plans. You can go online or call 1-888-899-4874 to get quotes.

Susan Petersen and Galaxy (an 18 yr. old gelding TW, who trailers well) will need rides to trail group rides and camp. She doesn't have a big truck or trailer yet.

Also, Sue is in need of a home sitter for two dogs and two horses on occasion. They live off of Japatul Valley Road. Susan Petersen's phone number is 619-772-8155.

Laura Precoda would like a referral for saddle repair. Email: lprecoda@gmail.com

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

## 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!



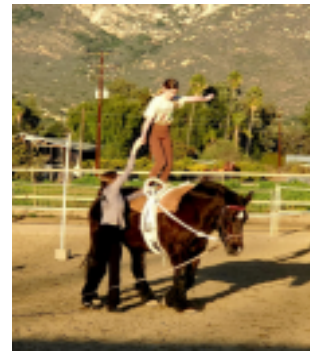
Alana (619) 345-1137





## 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



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Barfoot trim	\$60
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Full set	\$180
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Other Services

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Deworm per animal	\$30

Call or message us for  
 information on other  
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 we provide and make  
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Healthier  
 (818) 944-9436  
 Alana  
 (818) 944-9437

Other animals:

-Sams	\$25
-Goats	\$50
-Sheep	\$50
-Mini cows	\$100

HERE TO CARE  
 FOR YOUR  
 ANIMAL FAMILY!



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

