



Hoof Prints Newsletter

Pine Valley Mountain Riders

PO BOX 300 LAKESIDE, CA 92040 January 2025

Calendar of Upcoming Events

- ★ Jan. 8: General Meeting at 6:30, Alpine VFW.
- ★ Jan. 11: Crestridge Ecological Preserve Ride at 10:00 am
- ★ Jan. 25: Membership Brunch at Clark Ranch at 10:00 am



Letter from the editor,

January is a special month of the year. It is a time where one can visualize opportunities and the potential for growth in the months that lie ahead. I hope your New Year gives you plenty of opportunities to ride and enjoy PVMR friends. Please take note of the events planned for this month and participate.

In this issue, there is a new Feature called "Horsing Around". Members shared so many photos that it will become a permanent page so we can see our members and/or their horses in action (and some in total inaction-wink). So, if you don't see your entries this month, they will be in the following issues to come. Keep sending them in and also, a photo of your first ride in 2025! (Please specify the location.)

In the next few pages, you will find information about the January Brunch at the Clark's, the group ride, and reservations; also, part two of the series on etiquette on the trail.

Keep active and Happy Hoof Prints, Laura

Prez Says:

So here we are with another New Year filled with new and exciting things. We closed in on the amount we needed towards purchasing our trailer. We offered the amount needed so we could get a usable one that will not require a lot of repairs.

I hope everyone enjoyed the Christmas party, band and food. And I do mean food, there was so much and SO GOOD!

I am thankful that you all put your trust in me and what I have done and can do for the club.

Have a safe New Year and I'll see you in a week at the General Meeting.

Susan, Prez

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. lprecoda@gmail.com

**Pine Valley Mountain Riders
No General Membership Meeting Minutes for December.
No meeting took place in December.**

PVMR Storage Trailer

Our club bought a 6x10 enclosed storage trailer

PVMR needed to purchase a storage trailer for PVMR supplies and equipment. Susan Mena sought club members' approval to purchase a trailer for \$ 2,900. Susan has been putting in many hours organizing, storing and logging inventory since obtaining the trailer on December 19.

Having a trailer will enable more efficient storage so items are unitized in one place. This will prevent misplaced items, save time and lessen the strenuous work of loading and unloading items for events. A safe storage place will also keep items safe from weather or rodent damage and facilitate accurate inventory. Please contact Susan Mena with any questions at 619-997-9138



Pine Valley Mountain Riders
Group Ride
Saturday, January 11, 2025
Crestridge Ecological Preserve

Staging location: 1171 Horsemill Road, El Cajon, CA 92021
In the saddle: 10:00 am. Ride planned: A 2.0 to 2.5 hours, 6 mile ride at an easy walking pace. Please see the flier for details and contact trail bosses Bill O'Brien and Winnie Hennessy with any questions at 619-977-7098.

PVMR Membership Brunch at the Clark Ranch

When: Saturday, January 25

Time: 10:00 am-2:00 pm

Location: Clark Ranch

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.



Bring: Cash or a check to renew your membership and friends to become members and receive a welcome packet.

Come Join the fun!

★ Please contact Susan Mena for food items still needed for the brunch.

Contacts: Susan Mena; 619-997-9138 and Diana Clark; 619-871-1140

Danika James and Certification in First Aid for Horses

At the General Meeting, February 12, PVMR member and guest speaker, Danika James, will provide a 20-minute presentation on how to get certified in Equine First Aid.

RESERVATION TIME!



Vern Whitaker State Park, Anza-Borrego Desert

This campground is a part of Anza-Borrego Desert State Park. With over 600,000 acres, Anza-Borrego Desert State Park is the largest state park in the contiguous United States. 500 miles of dirt roads, 12 wilderness areas and miles of hiking trails provide visitors with an unparalleled opportunity to experience the wonders of the Colorado Desert.

The park is named after Spanish explorer Juan Bautista de Anza and the Spanish name borrego, or bighorn sheep. The park features washes, wildflowers, palm groves, cacti and sweeping vistas. Visitors may also have the chance to see roadrunners, golden eagles, kit foxes, mule deer and bighorn sheep as well as iguanas, chuckwallas and the red diamond rattlesnake. Numerous roads will take you into this vast park.

Consult a map before making travel plans to be sure you enter the desired part of the park. Most visitors approach from the east via Highways S22, S2, or 78. Visitors from San Diego via Highways 79 and 78 have the added pleasure of driving through the mountainous Cuyamaca Rancho State Park--quite a different experience from Anza-Borrego. The highways from the east climb 2,400 feet or so and then

descend about 2,000 feet to the valley. Where the highway breaks out of the high-country vegetation, it reveals the great bowl of the Anza-Borrego desert.

The valley spreads below, and there are mountains all around. The highest are to the north--the Santa Rosa Mountains. The mountains are a wilderness, with no paved roads in or out or through. They have the only all-year-flowing watercourse in the park. They are the home of the peninsular bighorn sheep, often called desert bighorn. Few park visitors ever see them; the sheep are justly wary. A patient few observers each year see and count them, to learn how this endangered species is coping with human encroachment.

Source: Campflare.com

Link to map: [Anza-Borrego Desert State Park- Vern Whittaker Horse Camp - TrailMeister](#)



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.

You may now make reservations for Vern Whitaker and Green Valley. The camp dates for Vern Whitaker are February 20-23 and Green Valley, camp dates are May 9-11. 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.

Vallecitos Is a county park and you can make reservations now for November 7-10 2025. Call 858-565-3600 or online at reservations.sdparcs.org

Chihuahua Valley is a private camp and will take reservations any time. Camp dates are April 11-13. Call 951-377-3479 and speak to Joy or Dave Pierceall.

When you reserve your sites, please contact Susan Mena with the camp number.

The Winter Wonderland Christmas Party

On entering the warm and inviting Descanso Hall the spirit of Christmas could be felt among the members who were busy socializing at the decorative tables, near the front entrance where raffle tickets were being sold, or the brightly lit Christmas tree. People were festively dressed and many displayed the traditional color of holiday red.

Jodi Davis set up a small photography studio so that everyone could get a keepsake photo to take home. The backdrop was the Christmas Tree along with a life-size cardboard, cut-out horse. People posed with family members, friends, and other PVMR members as groups or couples. The laughter was contagious when a couple of members got carried away and gave kisses to both ends of the horse.

The appetizer table had a variety of savory salads, meats dishes and finger foods to start off the meal. Descanso Junction Restaurant served up a traditional dinner of turkey, ham mashed potatoes, gravy, green beans with bacon and salad cups. The dessert table overflowed with decadent chocolate treats and all kinds of spiced cookies, fudge, brownies and sweetbreads.

Susan thanked and welcomed all the members to the party and gave an update on the trailers she had been researching and finding for sale on the internet.



After dinner, in remembrance of Bill Buckle's love of a bawdy Christmas story, Marty Parker read a poem about Santa being enticed to a romantic interlude. Let's put it this way, Santa was not going to be cold on Christmas Eve!

The dancing began when the band, Dirty Confetti, began to play and "boot scootin' " Cathy and Jim King first took to the dance floor, with others quickly following suit.

Many bought raffle tickets, but the very, very lucky Belinda Marasso won both of the grand prizes! A pickling class for her and 10 of her friends and a weekend "Getaway" at Robin's Nest Ranch Retreat.

Susan and Jodi were presented with gift certificates to the Brigantine Restaurant from all of the PVMR club members for all of their thoughtful and energetic work throughout the year.

Susan Petersen was the head organizer of the Christmas Party and the one who came up with the kind idea of giving the certificates to the president and vice-president this year. She did a fantastic job evident by the wonderful time PVMR had at the event.

In The Spotlight



What is Your New Year's Wish or Hope For PVMR?



"Friendship, safe rides and fun" -Belinda Marasso



"Love and unity" -Cathy King



"I hope more people come to events and enjoy the club." -Alexandra Calderon



"More rides that I can eventually do" -Lisa DiBernardo



"Continued success, growth, joy and love for all members" -Deana Sommerville



"More opportunities to enjoy our horses and blossoming friendships. Invest in getting to know one another" -Jodi Davis

Easy Etiquette, Equine Excellence.
Part 2: Basic Guidelines/steps to leading a good group ride
By Bill O' Brien

1. Send a flier to the Newsletter Editor and cc the PVMR president two months PRIOR to your planned ride. The flier ought to provide the members a clear idea of the ride planned to help them determine if the ride is appropriate for them and their horse. Include detailed description of the ride including;
 - a. Expected obstacles: Step-ups/downs, boulders, bridges, water crossings (will it be a small stream 2 inches deep and 3 feet across or 2 feet deep of running water for 30 feet across under a bridge?) type of terrain (rocky or elevation changes) trails with "exposure" (cliffs) and/or any other technical challenges.
 - b. Estimated time and miles of the ride.
 - c. Expected pace: Walking only or some gaiting or trotting.
 - d. Add your best estimate of the general level of technicality of the ride: Beginner, moderate or advanced.
 - e. Add RSVP date and the time expected to be "in the saddle".
 - f. Add directions and your contact number.
 - g. Note any contingency plans due to foul weather and circumstances beyond your control.
2. Pre-ride the ride, at least once, prior to the planned date. This will allow you to update the information sent in the flier, confirm your expectations of the technicalities of the ride, and inform your participants. Note road closures, downed trees, etc.
3. The day of the ride: Gather everyone together, assess your riding group and abilities. Give a brief description of the ride.
4. Provide ride rules. Examples:
 - a. Rule #1: Slow the pace down to a stop if needed, for horses to navigate obstacles. "Take the time it takes and it takes less time"! Give horse and rider time to negotiate an obstacle. NEVER cross an obstacle and then walk or run off. Let each rider and horse complete or cross the obstacle and then stop 1 horse length past the obstacle. Allow the horse behind you to quietly negotiate and complete the task. Then walk, inching forward for the next horse to complete the task. This process repeats until all horses have successfully completed the task. When the drag rider completes the task, he or she should call out, " All clear" and then the trail boss will move the group together and continue the ride.
 - b. Rule #2: If any horse bolts: ALL riders are expected to turn their horse in the OPPOSITE direction the horse is bolting. This is the safest response. The bolting horse will realize they are alone and then more likely to stop and return to the safety of the herd. Following a bolting horse only confirms to the herd, and the bolting horse, that there is danger.
 - c. Rule #3: Do not ever allow riders to pass you or fall behind the drag rider, unless specified and cleared with you and the drag rider (This is so that all riders are informed and prepared for the change in the group and herd dynamic.) This unwanted passing is usually not a problem on a single track trail, but more common a problem in a field, wide trail or on a road.

5. Field any questions riders may have. Take input from the group on the “ideal” group order (fast vs slow, middle vs front).
6. Designate a drag rider or at least note who will be at the tail end of your group.
7. You must look back frequently during the ride to determine;
 - a. Is the pace comfortable?: Is everyone following? Is there “rubbernecking” ? pls anyone struggling or left behind? For example, if the pace you set creates “rubbernecking” , the ride will be unsafe and uncomfortable for all.
 - b. You may need to rearrange the order to accommodate an anxious horse.
 - c. Feel free to call back to make sure everyone is ok.
8. Pass messages up and back regarding lower branches, holes in the trail, etc.
9. You do not need to be overbearing to keep safety levels manageable and in control. Feel free to use as little force as necessary but as much as needed.
10. Be prepared for the unexpected: Our equestrian sport is a high risk sport. Work together to resolve the situation and always help and support each other.
11. Most of all, have fun and encourage those around you to do the same. Always help those less experienced to be safe and have a good time. Share your skills!

For more help – don’t hesitate to ask. Bill 619-977-7098

Part III will be continued in the February Hoof Prints Issue
Articles submitted by Winnie Hennessy

Volunteer Ride Leader Responsibilities

- 1. 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.**
- 3. Submit flyer or email information and clear directions to PVMR Hoof Prints Newsletter editor 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 flyer.**
- 5. Pre-ride the planned trail to validate the timing of the ride and to check trail conditions.**
- 6. Check, again, for adequate parking and email reminder to membership a day or two before.***
- 7. Review trail safety etiquette.**
- 8. 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) or have Susan forward your reminder.

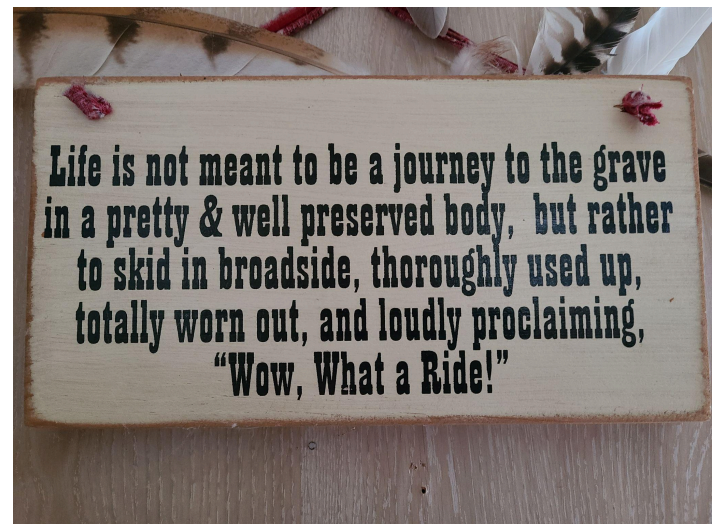
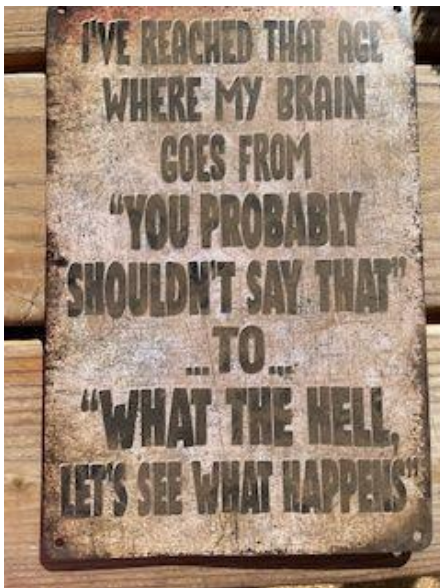
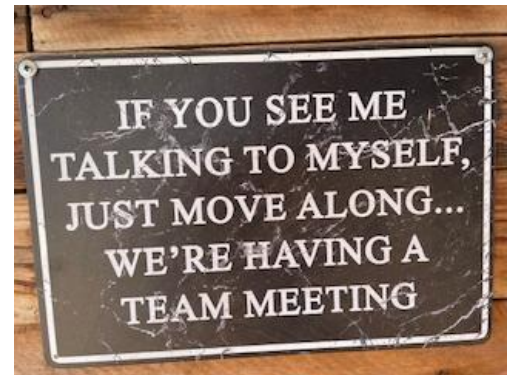
When I Am An Old Horsewoman

*When I Am An Old Horsewoman
I shall wear turquoise and diamonds,
And a straw hat that doesn't suit me
And I shall spend my social security on
white wine and carrots,
And sit in my alleyway of my barn
... And listen to my horses breathe.
I will sneak out in the middle of a summer night
And ride the old bay gelding,
Across the moonstruck meadow
If my old bones will allow
And when people come to call, I will smile and nod
As I walk past the gardens to the barn
and show instead the flowers growing
inside stalls fresh-lined with straw.
I will shovel and sweat and wear hay in my hair
as if it were a jewel
And I will be an embarrassment to ALL
Who will not yet have found the peace in being free
to have a horse as a best friend
A friend who waits at midnight hour
With muzzle and nicker and patient eyes
For the kind of woman I will be
When I am old.*

-Author Unknown

Note: Although the author is anonymous, the style is reminiscent of the poem, *Warning: When I am an Old Woman I Shall Wear Purple* by Jenny Joseph written in 1961 (Printed in the September 2024 Hoof Prints Newsletter.) Over the years, many people have modeled their own poems after her style.

AT THE BARN...



Sign contributors: Joyce Jewel, Laura Precoda
and Simone Schad

JUST HORsing AROUND



BARBARA MINTON'S CASH

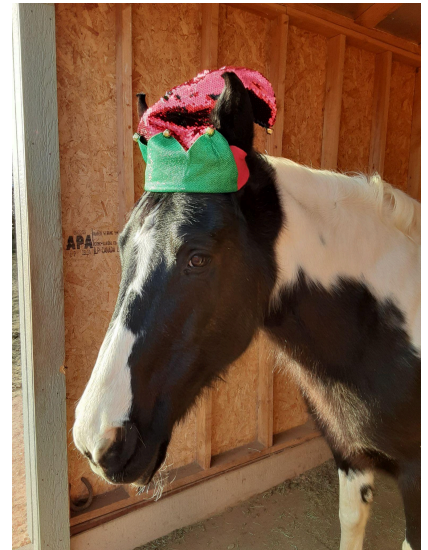


MARTY PARKER AND SUSAN MENA GIVIN' SOME LOVE!



JEANINE STACY'S SHAWNAY PEEKING OVER SHILOH.

GAIL WEGER'S MISS BELLE



SUSAN PETERSEN AND GALAXY



WINNIE HENNESSY AND BILL O'BRIEN'S CASH AND ROSE, JUST PLAIN WORN OUT!





PINE VALLEY MOUNTAIN RIDERS

www.pinevalleymountainrider.com

Make checks payable to PUMR
Mail to: PUMR PO Box 300
Lakeside, CA 92040

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): _____

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

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

PINE VALLEY MOUNTAIN RIDERS 2025 CALENDAR OF EVENTS

JANUARY	FEBRUARY	MARCH	APRIL
<p><u>Wednesday 1-8 General Meeting</u> Alpine VFW 6:30pm Speaker: SDTA 1-11 Crest Trail Ride – TB Bill & Winnie 1-25 Membership Breakfast/Brunch Clark's Ranch Descanso</p> <p>BOD Meeting</p>	<p><u>Wednesday 2-12 General Meeting</u> Alpine VFW 6:30pm Speaker: Danica James First Aid For Horses 2-8 Horsethief Canyon Trail Ride TB Marty 2-20 through 2-23 Vern Whitaker Camp www.reservecalifornia.com 1-760-767-5311 Reservations \$35 per night.</p>	<p><u>Wednesday 3-12 General Meeting</u> Alpine VFW 6:30pm 3-4 Water Crossing Training-Clark's Ranch 3-8 Water Crossing Training-Clark's Ranch 3-13 Mid Week Ride Hollenbeck TB Belinda 3-22 Trail Ride Sweetwater Bridge TB - Jodi</p>	<p><u>Wednesday 4-9 General Meeting</u> Alpine VFW 6:30 Tack Sale 4-5 at Renegade Parking Lot 9 am to 1 pm 4-11 thru 4-13 Chihuahua Valley Camp Call: 1-951-377-3482 for reservations 4-19 Eagle Rock Ride – TB Marty Lakeside Rodeo last weekend of the month BOD Meeting Make Reservations for Los Vaqueros</p>
MAY	JUNE	JULY	AUGUST
<p><u>Wednesday 5-14 General Meeting</u> Alpine VFW 6:30pm May 9 -11 Green Valley Falls Camping www.reservecalifornia.com or 800-444-7275 \$45 per night 5-21 Trail Ride Sweetwater Reservoir TB TBD May 12 or 24 Desensitizing/bikes, etc. with SDTA</p>	<p><u>Wednesday 6-11 General Meeting</u> Alpine VFW 6:30pm 6-1 ?(TBA) Descanso Days Parade 6-10 Cuyamaca Trail Ride Lake Loop – TB Isabella/Diana Clark Form Christmas Party Committee</p>	<p><u>Wednesday 7-9 General Meeting</u> Alpine VFW 6:30pm 7-4 Julian 4th of July Parade 7-24? (TBA) Pine Valley Days Parade</p> <p style="text-align: center;">BOD Meeting</p>	<p><u>Wednesday 8-13 General Meeting</u> Alpine VFW 6:30 Sunday 7-20 Ride, Santa Margarita TB Jodi</p>
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p><u>Wednesday 9-10 General Meeting</u> Alpine VFW 6:30 pm Mt. Laguna Ride TB TBD Date to be determined Calendar Planning Meeting Nomination Committee</p>	<p><u>Wednesday 10-8 General Meeting</u> Alpine VFW 6:30pm October 4 Poker Ride @ Windfall Ranch 10-16 to 19 Los Vaqueros Camp LEAVE BY 11AM ON THE 20TH Nominations for New Officers</p>	<p><u>Wednesday 11-12 General Meeting</u> Alpine VFW 6:30 pm 11-7 to 9th Vallecito Camp Call 1-877-565-3600 for reservations \$29 per night New 2026 Calendar goes out Elections for new Officers BOD Meeting</p>	<p><u>Wednesday 12-10 General Meeting</u> NO GENERAL MEETING THIS MONTH Christmas Party December 13 , 5pm to 10pm Descanso Town Hall ALL GROUP ANTI-FREEZE RIDE END OF THE MONTH</p> <p style="text-align: center;">    </p>

Member Notices

Thank you PVMR! What a Christmas Surprise!

I was totally taken by surprise at the PVMR Christmas Party! I was not expecting anything except great food, friends, dancing, and more dancing and photos. Oh, so much fun, did I mention dancing to music by Dirty Confetti?

Then I heard a voice, "Jodi, Jodi, Susan. Come up here." Uh, oh, I thought, what did I do now? Susan Petersen was looking so pretty, and what a wonderful party she had done. She gave both Susan Mena and me gifts, from the PVMR club members, of certificates to the Brigantine for dinner.

I am humbled! How very nice of all of you! Thank you. I love you all and I am excited to see what we can do next year! I hope to see you all at the Membership Breakfast coming up on January 25.

Until then, Happy Trails, Jodi

The Anti-freeze Ride on Dec. 31 is not a PVMR event. It is a historical "all clubs" ride that has been going on for years. You can ride to Granite Springs from the Sweetwater Bridge and join others for lunch at noon. BYOB and food. Everyone is welcome.

Marty Parker is organizing 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.

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. Danika James will present how to get certified in equine first aid in February.

RESERVE EARLY FOR ALL CAMPS: Anza-Borrego Desert SP Park Contact: 800-444-7275 or (760) 767-5311 or online: reservecalifornia.com and select Equestrian. You will be directed to Vern Whitaker. You may **make your Vern Whitaker reservation** this month for the camp on **Feb. 20- Feb.23**. Limited sites. (35.00 per night.) **Green Valley Equestrian camp** is NOW open for reservations for **May 9-11**. (There are limited sites. Last year camp was canceled as too few PVMR were able to get a site.) Green Valley will be under Cuyamaca Rancho SP. (45.00 per night)

Guests may attend public campgrounds with PVMR but they must be a member to join in on group rides. Liability rules for group rides would prohibit non-members from participating in PVMR organized rides.

From the Editor: Please send photos of your first ride of the new year for the February issue of Hoof Prints. (Name the location and send the photo in before January 25th.) lpredoda@gmail.com Thank you!

Member businesses in our PVMR community

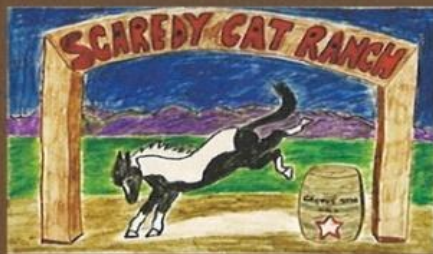


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 patti.karcher@yahoo.com (619) 905-1337






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