



# Hoof Prints Newsletter

Pine Valley Mountain Riders

PO BOX 300 LAKESIDE, CA 92040

April 2025



## *Letter from the editor,*

*Although the rain was much needed in San Diego, we get to look forward to less wet days this month. According to AI the average rainfall in April is .84 inches. So, hopefully, we will all get a few good rides in. We have a camp in Chihuahua Valley scheduled and the Eagle Rock ride to look forward to in April.*

*PVMR enjoyed the Water Crossing Clinic and there was ample water for the practice. The day was beautiful.*

*Friends getting together to clear brush was another successful event; the CA Hiking and Horse trail got a bit of a manicure in a few sections on another pretty day.*

*In this issue, you will find information about purchasing PVMR Shirts and, of course, other club business.*

*Happy Easter and Happy Hoof Prints! Laura*

## Prez Says:

Hello, friends and foes, this is your leader speaking. Lol!

February was another good month, wet but good. March seemed to have started off well. We have sold half of our spots for the tack sale.

This month we will make our reservations for our Los Vaqueros Camp in October. In May, we will have our Desensitizing Clinic. I sure hope everybody's battle wounds are, or are almost, all healed up.

See ya on the flip side,  
Susan



## Calendar of Upcoming Events

- ★ April 5: Tack sale at the Renegade parking lot 9am-1pm
- ★ April 9: General Meeting 6:30 Alpine VFW
- ★ April 11-13: Chihuahua Valley Camp
- ★ April 19: Eagle Rock ride

### 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](mailto:lpredoda@gmail.com)

Club Email: [pvmrpinevalleymountainriders@gmail.com](mailto:pvmrpinevalleymountainriders@gmail.com)

## Pine Valley Mountain Riders General Membership Meeting Minutes March 12, 2024 Place: VFW Hall, Alpine (downstairs)



**Meeting called to order:** 6:31 P.M. by President, Susan Mena

**Pledge:** Laura Precoda

**Members present:** (11) - Susan Mena, Marie Culver, Marty Parker, Alexandra Henao, Diana Clark, Bev Wagner, Valerie Hesson, Winnie Hennessy, Bill O'Brien, Simone Schad, Laura Precoda

**Minutes:** Secretary, Diana Clark, read Minutes from February meeting. Motion to approve as corrected, 1<sup>st</sup> Bill O'Brien, 2nd Laura Precoda Approved as corrected.(corrections: items #1 Marty Parker was Trail Boss for Crest ride w/ 4 riders; #4 the 3 volunteers to audit 2024 Treasury Books are Kathy King, Cassie Brunker, Jodi Davis); item #5 two possible dates given for SDTA Desensitizing Clinic: May 17 or 24...TBA)

**Treasurer Report:** Alexandra Henao:

**Beginning** Balance from 1/17/2025: **\$ 3,448.98**

**Ending** Balance as of 3/07/2025 **\$ 3,104.05**



## Committee Reports:

- **Web & Facebook:** Ernie Smith: no report
- **Membership** - Jodi Davis sent report of 46 current members (she was absent with illness)
- **Trails:** Bill O'Brien: shared concern with having to change ride dates due to weather or other
- **Newsletter**-Laura Precoda: Requested to please submit flyers a little early, if possible, since they stack up all at once toward deadline (25th of each month)
- **Phone Tree:** Susan Peterson, Marty Parker & Susan Mena; no report
- **Parade Directors:** Jodi Davis, Diana Clark - Diana announced we are only considering the same three parades this year if there are at least 6 participants (Descanso Days, Pine Valley Days, Julian 4th of July Parade. Show of interest is low so, will send notice in the Newsletter requesting interest in participating
- **Sunshine** - Jeanine; no report. Susan Mena shared member Renee Hajar who passed will receive flowers from PVMR for his services

## Old Business:

1. Horsethief Canyon Ride- Led by Marty Parker, Included 5 riders. Reported that it was a beautiful day with plenty of water to enjoy. There was a downed tree which they maneuvered and good leadership was provided
2. Vern Whitaker Camp - Reported: Smaller group, good potluck, fun time, water at crossings, first time rider with Club, Alexandra Henao, rode double with her daughter through the water and back safely
3. PVMR T-shirts- SAM showed three colors of sample PVMR logo T-shirts she had made, but concluded that not enough profit would be made to make it practical to purchase them in quantity without guarantee of sales. She shared information on who to contact and pricing for those interested in ordering your own or bringing your own garment for the logo application
4. More Tack Sale flyers handed out for sharing
5. Water Crossing practice for horses at Clark Ranch, March 8. 5 people rode successfully across 4 crossings
6. SAM announced she will send a date and time for the Audit of 2024 Books



## **New Business**

1. SAM shared that she learned that Class 1 & 2 E-Bikes are now allowed on the trail (SDTA) and equestrians are to report any problems or incidents to Park Rangers or the County Park & Rec Office. No phone numbers available at the meeting
2. Tack Sale- 2 booths sold so far
3. Chihuahua Valley Horse Camp 4/11 thru 4/13/25- No one reported plans to go yet
4. 4/19 Eagle Rock Ride- Marty Parker, TB
5. Board Meeting planned for Tuesday, 4/22, 6:30 PM, Denny's of Los Coches Rd. Anyone is welcome to come
6. Club will be making reservations for Los Vaqueros Horse Camp in April for: arrival Thursday, October 16 - Monday, October 20, departure at 11:00 AM

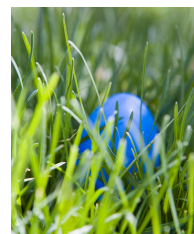
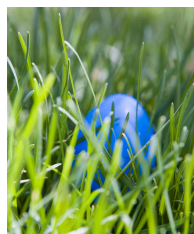


## **Braggs/Drags:**

1. Belinda brought home a 2nd horse, Nugget, to add to the family!
2. Laura Precoda has ridden her horse, Annie, 4 times since coming back from her injury!
3. SAM's grandson puts a smile on her face when she watches him play baseball!

**Meeting adjourned: 7:42 P.M.**

**Respectfully submitted, Diana Clark, Secretary**





# ***The Cowboy Tack Sale and Swap Meet***

## ***April 5, 2025***

### ***9am to 1pm***

**The location will be at the Renegade Bar Parking Lot  
14335 Olde Hwy 80  
El Cajon, CA 92021**

***21 10x10 spaces will be available to purchase at 25.00 each  
Sell whatever you clean out from your closet, shed, trailer, attic or garage.  
(No food or beverages can be sold at the sale.)***

***Contact: Susan Mena at 619-997-9138 or Jodi Davis at 619-802-3277 for more information.***

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## ***Three Ways to Obtain PVMR Sweatshirts and T-shirts***

1. Ask Susan Mena to order a shirt for you.
2. Purchase your own shirt and bring it to the General Meeting. A quality online source is Bulk Apparel. ([bulkapparel.com](http://bulkapparel.com)) \*
3. Purchase your own shirt and bring the shirt to T-Shirt Mart on North 2nd Street and ask for the PVMR logo. (T-Shirt Mart also has shirts available for sale.)

The price of shirts are variable and the cost of the logo is 18.50 (Unless the quantity is higher.)



Call Susan Mena with any questions 619-997-9138  
(\* See more order information on shirts in Member Notices.)

# Make Your Cuyamaca Camp Reservation

## Camp is May 9-11

Make your Green Valley Equestrian Camp reservations for May 9-11. Use

[Reservecalifornia.com](http://Reservecalifornia.com).

Green Valley will be under Cuyamaca Rancho SP. (45.00 per night.) There are nine sites available as of March 30. When you have chosen your site, let Susan Mena know your number. There will be a potluck on Saturday. Come enjoy PVMR friends, camp fires and rides!



### **The Horse Camp of Chihuahua Valley Is anyone interested in going?**

A PVMR member visited the Horse Camp of Chihuahua Valley and was impressed with the sites that had ample trees, corrals with individual water spigots, trailer spaces, well marked trails and the facilities in general.

Last year, the reserved sites were relinquished and this year PVMR hasn't shown much interest in going. If you would like to camp from April 11 to 13, please let Susan Mena know so she can get an idea if the event will take place. (Friends are welcome too.)

The camp owners said they book up fast during this season. You may make your own reservations by calling 951-377-3479 and speaking to Joy or Dave Pierceall. The address is 31523 Chihuahua Valley Road.

# Eagle Rock Ride

## Saturday, April 19

In the saddle at 10:00am

This ride will be approximately 3 hours total. The trail to Eagle Rock is easy to moderate with nice views and possibly a water crossing.

- ★ Bring a chair, lunch and a beverage to enjoy at the Eagle Rock destination
- ★ Please RSVP to Trail Boss, Marty Parker, by Friday, April 18. Her contact number is 619-508-4198
- ★ See the attached flier for more details and directions



*Painting by PVMR  
Patti Karcher*

*(Send in your artwork  
to [lprecoda@gmail.com](mailto:lprecoda@gmail.com)  
by April 25th for the May  
issue of Hoof Prints.)*

## *Next month . . .*

<b>Green Valley Equestrian camp</b>	<b>May 9-11</b>	<b>Sites Available</b>
<b>Sweetwater Reservoir Ride</b>	<b>May 21</b>	<b>Trail Boss TBD</b>



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

**River Oaks Ranch, 15065 El Monte Rd. Lakeside, CA 92040**

This is an opportunity to introduce (or reintroduce) horses to bikes and bike riders to horses. The next planning meeting will April 7, so there will be more information soon.



## ***ZELLE for Payments and Donations***

### **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](mailto:pvmrpinevalleymountainriders@gmail.com) (See link below.) Thank you!

## ***PVMR and Pageantry***

### **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.



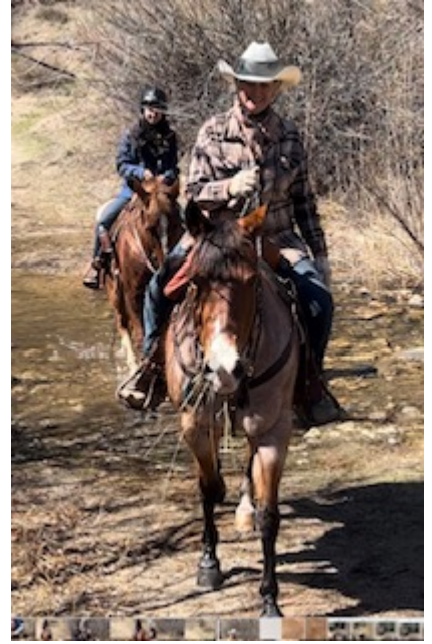
# *Horse and Bike Desensitizing Clinic*

## **Soon To Be At The Beautiful River Oaks Ranch**





## *In The Spotlight*



*Water Crossing practice at Clark Ranch. March 8. Hosts: Ken and Diana Clark*





*Friends clearing trails on  
the CA Hiking and Riding  
Trail. March 15  
Organizers: Belinda  
Marrasso and Cathy King*

“As you grow older, you will discover you have two hands, one for helping yourself, the other for helping others.” -Audrey Hepburn



# Horse Manure: The Magic Key in the Garden

From horse manure to Spring blooms and veggies

Now that Spring is here, many people turn to their gardens with a critical eye. The budding landscaper and master gardener in us begins to picture colorful blooms and vegetables tucked in planned out areas around the house and yard.

Being horse owners, we are already ahead of the game as we have a regular supply of earth feeding nutrients from our generous horses. Composting manure is easy and with a minimum of materials you can be on your way to rich, life nurturing soil. Why is horse manure so advantageous to compost? It has a nearly perfect ratio of Carbon to Nitrogen (C:N 25:1) which helps speed up decomposition. Microbes need carbon for energy and Nitrogen for protein.



There is a one bin, two bin and three bin system that can meet your needs depending on how much manure you would like to compost. Just piling up manure is not composting. The advantage to managing manure by composting is that fly larvae, parasite eggs, and weed seeds can be eliminated and pathogens will be killed off by the heat. (The microbes generate a lot of heat during the active phase.) The

temperature should be between 130 and 160 degrees Fahrenheit.

The best system consists of three bins, ideally set to take advantage of gravity to fill them. One bin, the composting bin, is for the fresh manure to be added (2-4 feet high if you are not using a tumbler) while the next bin, the curing bin, sits and matures and the third bin, the user ready bin, holds the small mound of nutrient rich mulch ready to enhance the garden. If you have one to three horses you could get by with a two-bin system.

For a one bin system, you would pile the manure in the bin, add water to moisten and turn the compost from time to time. (Usually every four to five days.) If you do not add new manure, you can add the compost to the soil in four to six months. If you begin to use the compost at the former time period it is best to add gardening soil to the mixture at about a 1:1 ratio so that the manure doesn't burn the roots. You can also add blood meal, bat guano, or bone meal and perlite (for better drainage) or vermiculite (for better water retention) depending on the plants that are benefiting from the addition.



A two bin system enables the gardener to start a fresh bin while the second bin ages. You will continue to turn the two bins. Adding the third bin provides a holding area for usable compost.

Your compost will need air and moisture. Turning causes air pockets which provides oxygen for microorganisms, controls the temperature and produces aerobic microbes. Be sure to use a cover that lets in oxygen; such as, a compost tarp, a cover with small holes or spaces or a roof with a slant. Fresh manure has moisture but you will need to add more occasionally to keep the pile from drying out, but you don't want to soak the pile in water.

If you want to add kitchen waste to your compost bin you will add the scraps to the new bin but you will need a little more brown (carbon) to green (nitrogen) material (At a 3:1 ratio) Brown material is dry leaves, paper bags, straw, wood chips, and old manure. Green is fresh manure, fruit and vegetable scraps and grass clippings. Be sure to avoid meat, fat or oils.

Your plants, flowers and veggies will only be as good as the soil, so use that manure and thank your horse.

Article by Laura Precoda

### Composting will . . .

- Minimize your carbon footprint and reduce your methane emissions by keeping food and yard waste out of the landfill. [Food waste is the single largest category of trash.]
- Create natural nutrient-rich soil amendments with your food and yard waste that help your garden grow.
- Avoid using synthetic fertilizers and pesticides.
- Reduce water use and increase water retention. Compost increases your soil's water-holding capacity and improves water retention. Source: The Water Conservation Garden (Offers occasional sessions on water use, water-wise plants and composting. **Free garden admission every second Friday.**) <https://thegarden.org>

# ***JUST HORsing AROUND***



***MARIE CULVER WITH HER GRANDKIDS AND  
AT MOUNTAIN VIEW RANCH, EL MONTE VALLEY***



***DEANA SOMMERVILLE WITH REN AND FRIENDS  
AT WINDFALL RANCH***



***LAURA PRECODA'S ANNIE AT THE VALLECITOS STAGE  
STATION RESTORATION SITE***



***PATTI KARCHER WITH HER BFF, PHANTOM, AT  
TRIPLE S RANCH***



***SANDRA POWERS'S DINERO  
RUNNING CIRCLES AROUND  
BACARDI***

***BARBARA MINTON'S  
GRANDDAUGHTER, HADLEY, ON CASH***



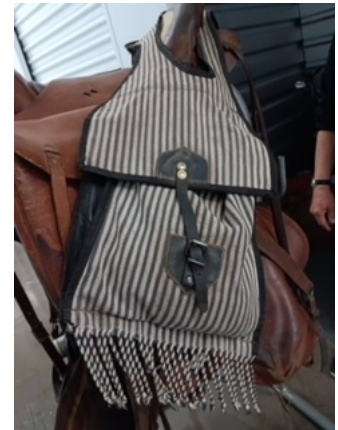
# Member Notices

**Order information on T-shirts:** At the meeting on March 12, it was decided that it was not cost effective to order a bulk amount of shirts and sell them. If you would like to order a shirt like the samples displayed at the meeting, go to [Bulkapparel.com](http://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](http://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.



**BCHC-MR Tack Sale** is scheduled for April 19 at Ramona Tractor Supply, 203 Hunter St. 8am-3pm.

**San Diego County Parks is Updating Prices:** Day Use Parking will increase from \$3.00 per day to \$5.00 per day and an RV partial hook-up campsite will increase from \$29 to \$35.

**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](mailto:mparker6@cox.net) for more information.

**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](mailto:pvmrpinevalleymountainriders@gmail.com)



## Member Notices (continued)

**Marty Parker** has information about the Victorian Roses Cowboy Challenge 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.

**From the Editor:** Correction: The March trail clearing was not a PVMR sponsored event, just wonderful friends out for a good cause. (There was no State Park Trail Agreement needed for liability.) Also, please send in photos for "Just Horsing Around" [lpredoda@gmail.com](mailto:lpredoda@gmail.com) Thank you.

*Happy Easter  
To All PVMR with*



*Best wishes to  
Everyone!*





## 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

EMAIL: [pvmrpinevalleymountainriders@gmail.com](mailto: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](mailto: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](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: \_\_\_\_\_

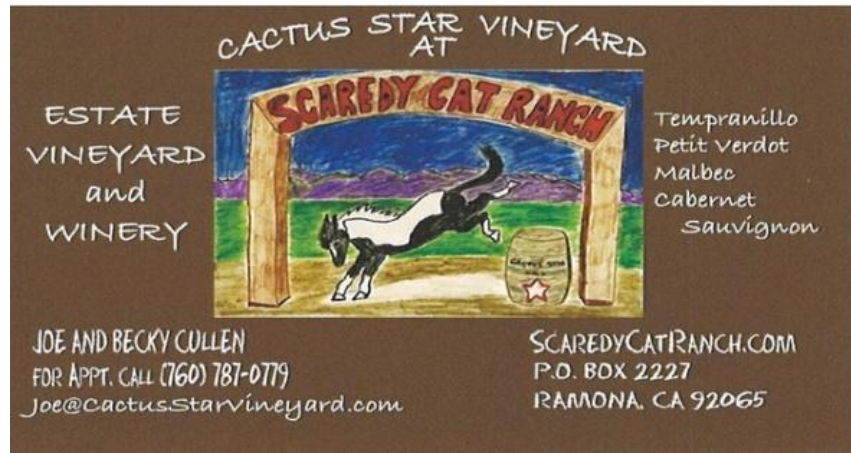
Have you ever been convicted of a Felony? Circle Yes or No.

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

# Member businesses in our PVMR community



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





**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



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



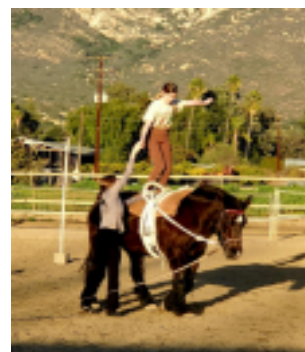


## Free Line Dancing Lessons with

*Robin Smith*

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

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



### 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



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

