

June-July 2017

HERITAGE

Equestrian Center

EVENTS

- Jun 4 -Hunter-Jumper Show 8 am Page 3
- Jun 9 -Paint with Martha 6 pm - 10 pm Martha's Home Page 4
- Jun 10 -Trailer Out Wrightwood 8 am Page 5
- Jun 13 -Board Mtg 7 pm
- Jun 17 -Saddle Up For St. Jude 10 am Page 6

- Jul 11 -Board Mtg 7 pm
- Jul 15 -Local Trail Ride 10 am Page 5
- Jul 29 Qrtrly General Meeting Mane Attraction 4 pm Page 7

EDITOR'S NOTE:

Due to my vacation schedule, this publication of the ALRC newsletter is a combined June-July edition. Our regular monthly newsletter will resume in August. Thank you! Alice Waters Editor cah2os2006@yahoo.com

Message From The President

Well the votes are in and the results tallied, I will be ALRC's president for one more year. It was neck and neck on the backstretch (Charlie is an off-the-track Thoroughbred). I want to thank the members and the board for their support over the past year and look forward to working with all of you in the future.

Please remember we are hosting the June 4th Hunter/Jumper show at Heritage Park. Even if your trusted steed does not jump, or you don't have a horse presently, I am asking you to please come support our efforts. We are expecting a good turnout and will need some help with logistics during and after the show. I will be there and hope to see many of you there, too.



We are coming into the hot part of the year and many hazards lurk around the corner. Obviously, we need to keep an eye out for rattle snakes but there is another hazard that we tend not to think about: hydration. In past experience, both as Asst Scout Leader (Boy Scouts) and Parent Volunteer for Rancho Cucamonga High School Marching Band, dehydration is a bad thing, and sometimes a *really* bad thing. Take bottled water with you while riding the trails and if you are at the arena, there is a drinking fountain in the back of the building. If you want to donate bottled water to the cause, just let me know and we will put it to use and it will be available while I am at the arena. Please stay hydrated.

I had the opportunity to meet a beautiful young lady, Darlene Cooper, while making preparations for our Saddle Up For St. Jude fundraising ride (see page 6). Darlene was diagnosed with Ewing Sarcoma Cancer in January of this year. She is the daughter of Jeremiah and Doreen Cooper, owners of Kings Brewing Company in Rancho Cucamonga. While she was in a wheelchair and obviously undergoing cancer treatment, her demeanor was that of a strong determined young lady of 12 years old. Darleen will be Honorary Trail Boss for the ride. When we told her she could ride a horse at the front of the group, there are just no words to describe the shear joy and excitement on her face. She immediately told her parents she needed a pink cowgirl hat and a pink pair of boots. All donations from our Saddle Up For St. Jude fundraising ride (except expenses) will be donated to St. Jude Children's Research Hospital, under her name. A burger and dog barbecue will immediately follow the ride at Heritage Park Equestrian Center. All are welcome, you don't need to own a horse to attend. Please come support this charming young lady. To learn more about this young lady, go to: http://www.dailybulletin.com/socialaffairs/20170427/one-year-anniversary-of-rancho-cucamonga-brewery-takes-onnew-meaning

VP's Message

Attention Alta Loma Riding Club Members, guests and friends! We have a fantastic general meeting planned for you on July 29th. We are fortunate to have the famous "Mane Attraction Equestrian Drill Team" as our featured performance!!

Founded in 2006 by Gina LaRock and Sherrie Sedivy, the Mane Attraction is a special team of committed

dinner. See page 7 for details.

4 pm



women who love to ride and perform precision drill, participate in parades, and attend fundraisers and charity events. They have participated in many parades including the 2017 Tournament of Roses Parade, the 2016 Hollywood Christmas Parade, the Huntington Beach 4th of July Parade, and the Mother Goose Parade in El Cajon, CA. The team performs drill yearly at their hometown event, Day of The Cowboy, along with performances at local rodeos, horse shows, fairs and charity events. The team is based in Norco, CA, aka Horse Town USA.

The primary charity they ride for is NDR Therapeutic Riding, a nonprofit organization located at the No Drama Ranch in Norco, CA. NDR teaches children and adults with disabilities and other limitations to ride horses, improving their lives through therapeutic horse-related programs. The Mane Attraction proudly donates half of any earnings they receive to the NDR facility. The Drill Team performs on a donation basis, so please be generous the evening of the event and show our appreciation for their equestrian performance. We want them to know we appreciate their time, talents and charitable commitments.

Watching the drill team perform, you will see horses representing several breeds: Arabian, Paint, Quarter, and the American Mustang. All horses on the team have learned to rate one another's speed and to accept each other in close proximity. It's a truly spectacular show!

Bring your family and friends, everyone is welcome! We will have a pot luck dinner after their performance and our general meeting. Bring a favorite dish to share. Mark your calendars now so you don't miss this spectacular equestrian event.

1			
June 4 8 am	Jumper Show: ALRC's Open Hunter/Jumper Schooling Show will have five divisions and 26 classes suitable for beginners to advanced riders. We are expecting a large number of entrees so we REALLY need volunteers to help with the show. If you've ever thought about volunteering, this is the show to do it! See page 3 for details.		
June 9 6 pm - 10 pm	Paint with Martha Fundraiser: Come and paint like a real artist with our very own renowned painter, Martha Cowan. The subject will be an old barn in a rural landscape. No experience necessary! Everyone leaves with a finished acrylic painting ready to hang. See page 4 for details.		
June 10 8 am	Trailer Out: Trailer Out to Wrightwood with Barry Berg. See page 5 for details		
June 17 10 am	Charity Fundraiser Ride: ALRC is hosting its annual Saddle Up for St. Jude charity ride and silent auction to benefit St. Jude Children's Research Hospital. It will be an easy ride on our mainly flat local trails. After the ride, lunch will be served at Heritage Park. The cost for the ride and lunch is \$30 per person. We will also have a silent auction to raise additional funds. Please bring items for the silent auction. This is a great opportunity to spring clean your tack room and garage for items to donate. Contact Charlene Ariza at cariza@charter.net or 909-921-5860 and she will pick up your items. See page 6 for details.		
July 15	Local Ride: Local trail ride with Brent Dooley. See page 5 for details		
July 29	Quarterly General Meeting: Featuring the famous Mane Attraction Drill Team and pot luck		

OPEN Hunter/Jumper SCHOOLING SHOW



- Open to all riders and breeds
- 5 Divisions & 26 classes
- Beginners to advanced riders
- Walk-trot to 2ft-6 inches Hunters & Jumpers
- Flat classes in English Pleasure & Equitation





June 4, 2017

Registration: 8:00 am Show Starts: 9:00 am

Heritage Park Equestrian Center 5546 Beryl St. Alta Loma, CA 91701

Judge: Kathryn Griffiths



FEES

\$9.00 per class \$5.00 drug fee \$5.00 grounds fee

We are expecting a large number of entrees so we REALLY need volunteers to help with the show. If you've ever thought about volunteering, this is the show to do it! Just show up and we'll put you to work!



Hosted by Alta Loma Riding Club

CONTACT: Cassie Sanchez 909-987-8366



TRAILER OUT TO WRIGHTWOOD

Trail Boss: Barry Berg

JUNE 10th

MEET:

Heritage Park Equestrian Center 5546 Beryl St. Alta Loma, CA 91701

TRAILER OUT:

8:30 am



RIDE:

Wrightwood trails are good for almost all riders.
Ride should be about 2.5 hours

LOCAL TRAIL RIDE

Trail Boss: Brent Dooley

JULY 15th

MEET:

10:00 am sharp

Heritage Park Equestrian Center 5546 Beryl St. Alta Loma, CA 91701

RIDE:

We will walk our horses up and over to the woods trail to the top of Hermosa. From there we will go up a fire road to the top of Haven where we will have some beautiful views of our great city.

Please pack a small snack and some water. We should be back at Heritage Park no later than 2:00 pm.



Darlene Cooper Honorary Trail Boss

Saddle Up For St. Jude



The Alta Loma Riding Club is hosting its annual Saddle Up For St. Jude Ride on Saturday, June 17, 2017. Check-in starts at 9:30 am. Cost per person is \$30 including lunch. Our event begins at 10 am with a 2-hour local trail ride.

This year our honorary trail boss is Darlene Cooper, a local teen undergoing cancer treatment. Her family owns a local brewing company, Kings Brewing Co., in Rancho Cucamonga. The Cooper family will join us for our Saddle Up Ride and BBQ lunch. Proceeds from this event will be donated to St. Jude Children's Research Hospital in Darlene's name.

After the ride, a burger and dogs BBQ lunch will be served along with a bake sale for dessert. During the event, we will be holding our silent auction. We still need items for the silent auction to raise monies for St. Jude Children's Research Hospital. Homemade items, gently used tack and anything equestrian are always popular. If you know businesses that may donate items, please contact them. Our local feed stores, Rancho Feed and C.W. Feed will be donating items as they do each year. Your donations will be greatly appreciated. Call me at 909-921-5860 to pick up or bring the items to the park the day of the ride. The Alta Loma Riding Club is a (501)(c)(4) organization.

If you don't plan on participating in the ride, we still need volunteers to help out at the park with the silent auction, bake sale, and with lunch.

I look forward to having y'all meet the Cooper family. They truly are an inspiration and great people.

Saturday June 17th

Check-In: 9:30 am Ride Starts: 10:00 am

Lunch & Silent Auction After The Ride

Heritage Park Equestrian Center 5546 Beryl St. Alta Loma, CA 91701

LOCAL TRAILS

(easy & mainly flat terrain)

FEE \$30 includes lunch after the ride

PLEASE DONATE ITEMS FOR THE SILENT AUCTION

CONTACT

Charlene Ariza: cariza@charter.net 909-921-5860



GENERAL MEETING



July 29th

Performance: 4 pm Potluck Dinner: 5 pm (bring a dish to share)

Founded in 2006 by Gina LaRock and Sherrie Sedivy, this all-volunteer group is composed of women who love to ride and perform precision drill, participate in parades, and attend fundraisers and charity events. They have participated in the 2017 Tournament of Roses Parade, the 2016 Hollywood Christmas Parade, the Huntington Beach 4th of July Parade, and the Mother Goose Parade in El Cajon, CA. The team performs drill yearly at their hometown event, Day of The Cowboy, along with performances at local rodeos, horse shows, fairs and charity events. The team is based in Norco, CA, aka Horse Town USA.

Mane Attraction performs on a donation basis, supporting the NDR Therapeutic Riding organization that teaches children and adults with disabilities to ride horses. Please generously donate the evening of the event. We want them to know we appreciate their time, talents and charitable commitments.

- Bring your family and friends, everyone is welcome!
- Bring a favorite dish to share at the potluck.
- Mark your calendars now so you don't miss this spectacular equestrian event. It's a truly spectacular show!



Board Of Directors **ELECTION RESULTS**

President	Joe Cowan	909-912-4319	joeofire@gmail.com
1st Vice President	Pat Morris	909-944-9929	exclemages@hotmail.com
2 nd Vice President	Cassie Sanchez	909-987-8366	johnsanchezesq@hotmail.com
Treasurer	John Sanchez	909-987-8366	johnsanchezesq@hotmail.com
Secretary	John Sanchez (acting)	909-987-8366	johnsanchezesq@hotmail.com
Membership	Ali Smilgis	909-702-5306	asmilgis@yahoo.com
Youth	Clay Clements	909 466-8816	clayman.clements@gmail.com
City Liaison/ALERT	Larry Henderson	909-226-3956	lhenderson62@outlook.com
Local Trail	Brent Dooley	909-941-9857	brentd@selfdrillers.com
Trailer Out	Barry Berg	909-980-4324	bergfam25@msn.com
Food Services	Rick Morris	909-944-9929	exclemages@hotmail.com
Publicity	Charlene Ariza	909-980-8876	cariza@charter.net
Newsletter Editor	Alice Waters	909-261-4892	cah2os2006@yahoo.com

Board elections are over and we have our Board for 2017/2018. Thanks to all who came and voted on Election Tuesday. The board will be looking at our way of doing business over the next few months to see what we can do to improve the club and, hopefully, get better attendance at events and meetings.

Board Actions

The following actions were taken by the Board at its March 2017 meeting. Lacking a quorum at its April meeting, no actions were taken by the Board in April. Actions taken in the Board's May meeting will be published after approval of the minutes at the June meeting.

If you have an item you would like to place on the agenda and bring before the Board, please contact John Sanchez, Acting Secretary, at: 909-987-8366 or johnsanchezesq@hotmail.com

- Fifteen (15) metal signs will be purchased to place around the grounds at Heritage Park Equestrian Center to remind patrons that the ALRC is responsible for the maintenance of the equestrian center and to support the ALRC. Signs will also announce when the arenas must be temporarily closed due to weather conditions, events, maintenance, etc.
- A "Billy Goat" machine will be purchased at a good price, to vacuum the leaves dropped by the trees, saving significant time and labor spent by our volunteers who now manually rake the leaves.
- ALRC will participate in a city auction for a 6-wheel golf cart to be purchased and used by ALRC at Heritage Park Equestrian Center.



On April 29th, a task force of wonderful volunteers gave up their Saturday morning to help with ALRC's annual Spring Cleaning of its beautiful equestrian facility at Heritage Park. Volunteers included ALRC members, Rancho Cucamonga Kiwanis Club members, and Little League members. Even Tinkerbelle Tiny Tots pitched in to pick up leaves from the previous windstorm.

The facility really got a once-over! Parking lot weeds and bushes on the side of the parking lot were trimmed. The round pens were leveled and weeds along the arenas were pulled. The kitchen was given a detailed cleaning and a much needed inventory and reorganization. The refrigerator and bathrooms were cleaned and the board room and loft were all swept out and mopped down. The facility looks great!

The afternoon ended with drinks and Pizza for all and with the satisfaction of a job well done.

THANK YOU to all our wonderful ALRC members, our friends at Kiwanis and Little League, and all those super cute Tinkerbelle Tiny Tots who made this event happen. We couldn't do it without you!

Under a cool misty sky, the ALRC hosted its Spring Vaccination and Deworming Clinic on May 6th & 7th. Dr. Blair started the clinic at Heritage Park Equestrian Center, providing her equine veterinarian services to members who rode or hauled their horses to the park. Then, with list in hand, she set out to numerous member homes where she provided one-on-one vaccination/deworming services.

THANK YOU Dr. Blair for your continued dedication to the health of our equine partners, rain or shine!



I am looking for one person with two horses or a person and a friend who want to rent out both stalls. Each stall is fully covered and is 12 ft x 12 ft. There is no turnout area. The stalls get cleaned every day except Sunday and the horses fed twice a day. You provide your own food. I have new stall mats, new waterers, saddle racks and more. I have an automatic fly spray system that works great. I am asking \$600 for both stalls. Reasonable offers entertained. Call or text Caitlin Fagan at 909-367-3632.





MEMBERS

& RETURNI

Membership renewal is right around the corner! Watch for your renewal forms which will be sent out very soon for the 2017/2018 membership year. REMEMBER, the strength of the club depends on its members, not its Board. Without each of you, we would not have a voice with the City Officials. Please don't let your voice become mute, let us know if you see anything in our equine community that you feel needs to be addressed. We have a voice with the City and need to use it.

Thanks to all of you for the past years of membership. Please join me in welcoming our new and returning members this month: Summer Harris, Caitlin Fagan and Kayla Vaskuil. We look forward to seeing you at our events and on the trail and I look forward to receiving everyone else's



The following article appeared in http://www.horsechannel.com/horse-health/all-about-hay-23205.aspx

The decision about what kind of hay to feed your horse is not an easy one, even if you know a thing or two about equine nutrition. After all, with several types of have available at your feed store, how can you possibly know which one is right for your particular horse? We asked equine nutritionists, whose goal is to provide horses with the most balanced nutrition possible, to help explain the answer to this question.

Making Hay

Hay is a harvested plant that has been dried and cured after being cut in the field at various times in its growth period, depending on the type of hay. The leaves grow out first, the plant develops a bud, the bud becomes a bloom, and the bloom eventually goes to seed. In most cases, hay is cut during the late bud or early bloom phase. This method maximizes hay's nutritional value and extends the amount of hay yielded per acre.

The fiber content of hay increases as it grows, while the protein content diminishes. Most of the protein found in hay is in the leaves, while the stalks are richer in fiber. In order to produce quality hay suitable for feeding to horse free of dust, mold and weeds - it must be cut at the right age and when the weather is dry and warm. After being cut, the hay dries in the field before it is baled.

Most horse owners are familiar with only a few types of hay, depending on the part of the country in which they live. However, a vast array of have are commonly fed to horses in the United States, including timothy, orchard, alfalfa, coastal, oat, fescue, clover and rye, to name just a few. Each type of hay falls into one of two categories: legumes and grasses. Commonly fed legume hays include alfalfa and clover, with most other hays falling into the grass family.

"Within the grasses, there are cool-season and warm-season varieties," says Juliet M. Getty, Ph.D., an equine nutritionist in private practice in Haslet, Texas. "Cool-season grasses include timothy, orchard grass and fescue. These grasses grow best in areas where the summer season is not very hot. They have a slightly higher sugar level than warm season grasses and are therefore preferred by horses because of their taste. Warm-season grasses include brome grass and coastal Bermuda."

There are cereal grain hays as well, such as barley, oat, wheat or rye, which are also types of grasses. Getty cautions, "Grain hays tend to be higher in nitrates. While horses can tolerate nitrate levels up to 2 percent, it is best to have the hay tested before being fed. If this is the main source of forage in the diet, the horse will consume too much starch, leading to such problems as obesity, metabolic syndrome, and even laminitis," she says.

Grasses Versus Legumes

In order to make the right choice for your horse's diet, it's important to understand the nutritional value of legume and grass hays, and how the two types complement each other.

"Grass have a medium to low protein content," Getty says. "They are low in the essential amino acid, lysine. Therefore, they are best fed as part of a feeding plan that includes a legume (or a supplemental feed) to balance out the amino acid profile." Getty notes that the fiber content of most grass have is relatively high, compared to other types of have. For example, orchard grass, timothy and coastal Bermuda have more stalks, and hence more fiber, than leafier brome grass or fescue.

Grass hays are also low in calcium, zinc, selenium and vitamin E. Timothy is somewhat higher in calcium than other grass have and has a favorable calcium-to-phosphorus ratio; it also contains a substantial amount of vitamins A and D. When it comes to prairie or wild native grasses, these have are typically lower in protein content than other grass hays. Their vitamin and mineral content is also lower. Generally, these grasses are combined with several weeds when grown, which pull nutrients from the grass plant.

"Grass and small grain hays vary greatly in nutritive value and palatability, depending on the variety, where it is grown and stage of maturity when harvested," says equine nutritionist William A. Schurg, Ph.D., professor and equine specialist at the University of Arizona in Tucson. "Grass have typically provide less protein and energy than good quality legumes. Because grass and cereal have tend to have higher levels of fiber content and relatively low nutrient content, this makes them 'safer' to feed to horses in a free-choice setting. The exception to this would be fescue grass, which can contain an entophyte (an organism) which may cause problems in pregnant mares, such as abortion, stillborn foals and agalactia (a faulty secretion of milk)."

Conversely, legumes tend to be rich in nutrients and provide more energy than grass hays. Alfalfa is one of most commonly fed legumes and is widely available in many parts of the country. "Alfalfa hay is well accepted by horses,"

says equine nutritionist Robert Wright, Ph.D., veterinary scientist for equine and alternative livestock at the Ontario Ministry of Agriculture and Food in Fergus Ontario Canada. "Alfalfa hay has to be fed with some care because of its high calcium level in relation to phosphorus, which ranges from 5:1 to 8:1." Alfalfa is an excellent source of protein and energy, according to Wright. "Adult horses require 10 to 11 percent crude protein in their overall diet, while growing horses require 12 to 14 percent," he says. "Pure alfalfa hay, as found in second cut hay, can have protein levels up to and exceeding 18 percent protein. This high level of protein is not required for most horses." Wright notes that excess protein from both hay and grain feed sources is broken down into carbohydrates that serve as an additional source of energy. One downside of alfalfa consumption is that it can lead to increased urination and wetter bedding. Horses on light work schedules may also develop excess energy when fed an exclusive diet of alfalfa. Schurg points out that healthy horses fed alfalfa hay are not at risk for kidney problems. "I believe that the kidney situation is a long-time wives' tale that has no merit based on use of alfalfa hay and the healthy horse. I believe that a healthy horse that eats alfalfa hay, has plenty of water to drink and no prior kidney disease is not going to have any problems." However, he does warn that there should be limited or no access to alfalfa for horses with possible or existing kidney problems.

Clover is another commonly fed legume hay and one that is particularly enjoyed by horses, according to Wright. "Horses like clover and will select the highly palatable clovers from the pastures and hay," he says. "The white clovers have 1/3 less fiber content than other roughages, such as brome grass and alfalfa." Wright notes that white clover, in its lush stage of growth, could contain as much as 22 to 25 percent crude protein. This hay also has a high digestible energy content. Schurg explains digestible energy content as the portion of hay that is digested and used for energy by the horse.

What to Feed?

With all this variation in nutritional value and digestible energy, it can be difficult to determine which types of hay to feed your horse. However, if you are like most horse owners, you'll be limited in your decisions based on your geographic location - not all hays are available in all places. Whatever individual hays are sold in your area, the best option is to combine legumes and grasses to keep your horse healthy.

"Grass hay cannot provide all of the nutrients a horse needs to be healthy, so even the finest grass hay will require additional sources of nutrients either from other feedstuffs, such as legumes, other forages, concentrates or from supplements," Getty says. "Grass hay acts as a staple to the diet by providing a continual source of roughage, which is necessary for the health of the digestive tract. Grass hays are lower in calories than legume hays and therefore are less likely to create weight gain."

It's also important to note that alfalfa, alfalfa mixes and clover mixes are highly suitable for horses that require additional amino acids and calcium for growth and performance. "Pregnant and lactating mares, young, growing horses, performance horses and horses with suppressed immune function will benefit from the additional nutritional value that legumes provide," Getty says.

If a horse is being fed hay that does not have a high nutritional content, he should receive a vitamin/mineral supplement to compensate for the hay's nutrient deficiency, Getty continues. "Vitamins, such as vitamin C, vitamin E and the vitamin A precursor, beta carotene, are easily destroyed by excessive exposure to sunlight, heat and moisture," she explains. "Hays, especially legumes, are low in zinc and selenium, so supplementation is important here, as well. Since alfalfa is high in calcium and low in phosphorus and magnesium, it is necessary to balance it with other forages or feeds that can provide the additional phosphorus and magnesium." Ensuring proper nutrition can be easier when a complete ration is used. "If a complete ration is added to a hay diet in amounts that are appropriate for the horse's age, weight and work level, an additional vitamin/mineral supplement should not be necessary," Getty says. For the healthy adult horse, Getty believes that hay and a complete ration should be adequate.

"It is true that a legume and grass combination may not meet all the needs of the horse; however, indiscriminate supplementation would not be my recommendation until an extensive hay analysis is conducted," Schurg says. "Once one knows which nutrients are likely deficient then an appropriate supplementation program can be initiated. Too many horse owners want to add a dab of this and that and run the risk of over supplementation. Consider that the bulk of our horses are only on light work, or less - a good quality mix hay would likely meet the primary needs of the horse at maintenance." Given this reality, feeding both grasses and legumes is important in order to provide the right balance of nutrients and high-quality protein. "It's important to understand how each type of hay contributes toward this goal," Getty says. "Legumes are slightly low in the essential amino acid methionine. On the other hand, they are high in the essential amino acid lysine. Therefore, it is beneficial to create a balance by feeding legume hays with grass hays. The high lysine content of legumes boosts the quality of grass hays, and the high methionine content of grass hays boosts the quality of legumes, thus creating a complementary protein that is of high quality."

HERITAGE PARK EQUESTRIAN CENTER A General Purpose Equestrian Facility



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If you have or know of an organization that would like to hold a horse show, clinic or other equestrian event, please share the information below about our wonderful facility

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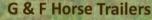




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Equestrian Center Equipment Donations Needed

Please consider an individual or company • Quad donation for the following new or used • Small tractor (35hp>)with bucket and equipment to help our equestrian center volunteers keep the facility in good condi-

Cash donations of any amount are appreci- • 2 Manure Forks ated. These funds will be held separately for • 1 33-gal. rough neck trash container facility maintenance.

blade

• Utility vehicle similar to Artic Cat or Gator types

The Rascal LGR™





Community organization dedicated to the interest, lifestyle and continued preservation of owning and riding horses in Alta Loma and Rancho Cucamonga, CA



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