

ALRC NEWSLETTER • JANUARY 2021

BITS *of* NEWS

Dedicated to promoting and preserving the rural and equestrian lifestyle in our community.

WHAT'S NEW FOR THIS NEW YEAR!

Know your "NEIGH"bor

Your Board is working diligently for you in many different ways. We are working on building the membership, which is growing every day, as well as building our social media presence on Facebook and Instagram. Be sure you follow us on Facebook or Instagram @altalomaridingclub.

Something new and fun is coming! An interactive social media activity will be launching in February called "Know Your 'Neigh'bor!"

LET'S GET TO KNOW OUR "NEIGH" BORS!

In an effort to get to know the horses and owners of ALRC, we are asking you to get out your smart phones!! Make a short video (under 30 seconds) featuring the challenges listed below and post to your social media. Here is the important part...to reach the most neighbors make your post public, BE SURE to tag your friends and include these hashtags **#horsesofALRC**, **#AltaLomaRidingClub**. This will be a great way to get to know the "NEIGH"bors living in our community!

February 2021

- Week 1:** Post video — Introducing yourself and your horse
- Week 2:** Post video — Favorite horse activity
- Week 3:** Post video — Favorite gait (riding or leading your horse)
- Week 4:** Make and Post "time-lapse" video (an option on the camera setting) of you and/or your horse. Be creative...ie... tacking up, grooming, turnout, bathtime...this will be fun!



PUBLICITY TEAM IS BITIN' AT THE BIT!

by Martha Cowan, ALRC Publicity

Happy New Year to everyone! Your Publicity committee has been meeting and making much progress behind the scenes regarding getting the word out about anything and everything having to do with the Club. COVID has really put a damper on club activities for the time being, so the few things you've probably seen on the ALRC website, Facebook, Instagram, emails, and text blasts are mostly about the fun local trail rides and trailer-out rides that the Club has participated in.

We are ready to publicize future events for the Club as soon as restrictions are lifted, and we hope it will happen soon. Our Events and Show Committee chairs are planning some exciting things for the future!

If you are not receiving text blasts, but would like to, please shoot me an email with your number at publicityofalrc@gmail.com. Texts are not sent out too often — only when there is something important to say. Be in the know! Follow us on Facebook and Instagram at [altalomaridingclub](https://www.instagram.com/altalomaridingclub) for up to the minute information.

And finally, during these less than ideal times, go to your horse and love them, and spend some quality time with them. It's amazing how fast your troubles disappear.

"Courage is being scared to death but saddling up anyway." - John Wayne

WELCOME NEW MEMBERS!

Billie Bivens
Shannon Bivens
Teagen Bivens
Micah Bivens
Cindy Bruer
Lori Krasch

Thank You for joining the
Alta Loma Riding Club!

Your membership makes a difference.
We look forward to meeting you
at upcoming events!
Encourage your friends and neighbors
who enjoy the trails and facilities
to join us too!

Happy Trails!

ALRC Executive Officers & Directors

President: Natalie Beechler
email: PresidentofALRC@gmail.com

1st Vice President: Cassie Sanchez
email: VicePres1ofALRC@gmail.com

2nd Vice President:
Kara Haulman-Recla
email: VicePres2ofALRC@gmail.com

Treasurer: Dan Smith
email: TreasurerofALRC@gmail.com

Secretary: John Sanchez
email: SecretaryofALRC@gmail.com

Membership: Susan Csik
email: MembershipofALRC@gmail.com

Youth Director: Alanna Quinn
email: YouthofALRC@gmail.com

City Liaison/ALERT: Larry Henderson
email: CityLiaisonofALRC@gmail.com

Local Trail Director:
Heather McGee Decauwer
email: LocalTrailofALRC@gmail.com

Trailer Out Director: Julie Bradley
email: TrailerOutofALRC@gmail.com

Food Services: Joe Cowan
email: FoodofALRC@gmail.com

Publicity: Martha Cowan
email: PublicityofALRC@gmail.com

Newsletter Editor: Claudia McNeill
email: NewsletterofALRC@gmail.com

THE PRESIDENT'S MESSAGE *from Natalie Beechler, ALRC President*

ALRC riders brought festive holiday cheer to Bonelli Park and our local neighborhoods last month. For those who have never been, Frank Bonelli Park is adjacent to Raging Waters in San Dimas, and only about a 25 minute drive from Rancho Cucamonga. They have an ample staging area for horse trailers and offer beautiful views of the Puddingstone Lake and our local mountains. Our Annual Christmas Lights ride headed to the neighborhood of lights to bring festive holiday cheer and twinkle to the eyes of children and adults alike! Considerable thought and effort goes in to ensuring the safety of our riders on this ride, as this time of year brings many citizens out to enjoy the Thoroughbred lights area. It would not be made possible without our amazing trail bosses and volunteers at the Rancho Cucamonga Equestrian Patrol.

As we dive into the New Year, our board is looking towards new ways to connect with our fellow horse enthusiasts. We have been discussing equine virtual platform trials to appeal to a wide range of equine activities and fun challenges. Horse enthusiasts are a diverse group, and every level of involvement is something to celebrate. From pasture ponies to show ponies, high level competition to casual trail riding, mountain side adventure seekers to equestrian campout connoisseurs we want to see your passion! So stay tuned as we iron out the details of our upcoming virtual challenges!

In addition to the vast trail systems in Alta Loma, another benefit is our central

location. ALRC Trailer-Out rides offer the opportunity to explore beautiful and diverse riding adventures under an hour away. Our January destination is Harford Springs Reserve in Gavilan Hills. This is a great horse-friendly reserve with trails that provide fun for beginner to advanced riders. In the springtime, the Reserve is known for expansive wildflower blooms to include California poppies and chocolate lilies—if you look carefully, you may even spot an old mine or two hidden in the hills.

2020 is behind us, and the temperament of our new year has yet to reveal itself. But if 2021 asks 2020 to “...hold my beer” I’m gonna turn this horse around, grab that beer right quick and drink it down—Cheers to 2021!

Natalie 🐾



“Through the days of love and celebration and joy and through the dark days of mourning...the faithful horse has been with us always.” –Elizabeth Cotton

ALRC Local Trail Ride Recap Christmas Lights Ride!

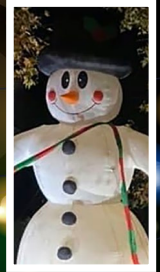
Tuesday • December 15, 2020

by Heather McGee Decauwer, ALRC Local Trail Director

Our annual Thoroughbred Christmas lights ride was a success! We had 33 riders and horses join us this year. This included the mounted patrol and 10 new and returning guests. One of my favorite things about this ride is the excitement in our group and in those we pass. Truly a unique experience for us as well as the community.

A big thank you to our mounted patrol volunteers for their assistance in getting us safely across the streets. It takes a while for 33 horses to cross! Charlene, Kate and Barry, you're the best!

And a special thank you to Trailer Out Director Julie and to President Natalie for their help in the logistics. Julie, your help was greatly appreciated on the trail and in poop patrol. Julie and I got to go through the lights twice that night! Just as fun both times.



TRAILER-OUT JANUARY RIDE with Julie



Our next trailer out is Sunday, January 17, to Gavilan Hills in Perris. We will meet at Heritage Park at 8 then caravan, driving approximately 1 hour (45 miles).

Staging at Gavilan Hills Ranch Market
22060 Gavilan Rd Perris, CA 92570

Note: Please bring manure forks and buckets so we can leave the parking lot clean. Let's all be saddled up and riding by 10am.

Description of trail RIDE:

Date: Sunday, January 17, 2021

Time: 8:00 am - 3:00 pm (approx)

Staging Info: Leave Heritage Park at 8am. Driving approximately 1 hour (45 miles) then staging at Gavilan Hills Ranch Market 22060 Gavilan Rd Perris, CA 92570 Saddled up and riding by 10am

Ride Description: 3-4 hours of safe hills with no drop offs.

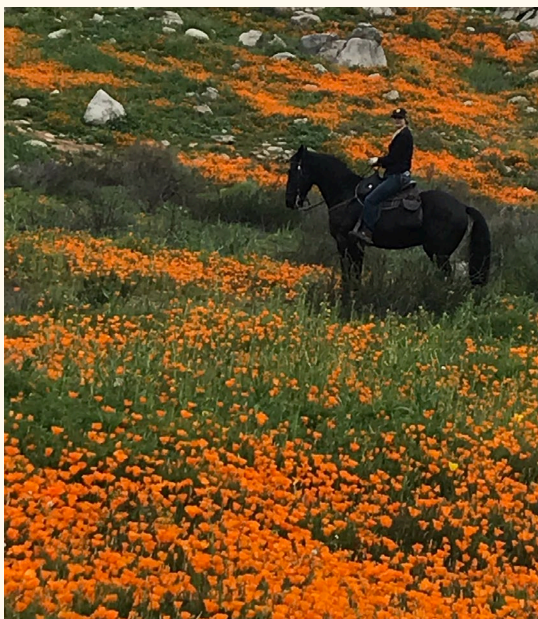
Beginner safe. Some rocky spots. No water crossings so no water for the horses until we are back to the trailers (BYO water).

Snacks and drinks available for purchase at the market!

Pictures Opp: Many!

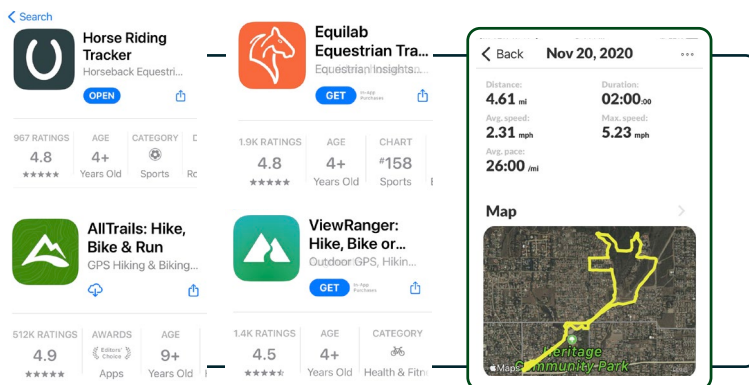
Questions Contact: traileroutdirectorofALRC@gmail.com

JOIN US IN THE FUN



Track your rides with Apps!

Did you make some goals to ride more in 2021? If so, apps can help you keep track of your time in the saddle. Most of them are free (with premium upgrades or in app purchases available for additional cost). The apps are very user friendly. Simply start the session as you begin your ride and stop it when finished. The apps map the course, record some stats, and stores the rides for monthly recaps and totals. It is great to see the distances of the various trail rides in the area, as well as the other info tracked as you ride.



One of the greatest parts of horseback riding is developing a strong bond with your horse. You might be wondering what steps you can take to begin strengthening your bond with one another.

8 great tips that will help you bond with your horse.

1. Do Groundwork Exercises
2. Set Aside Time from Rigorous Training
3. Mind Your Emotional State Around Your Horse
4. Hold Your Ground
5. Learn to Recognize Your Horse's Physical Cues
6. Help Your Horse Relax
7. Spend Plenty of Quality Time With Your Horse
8. Create Positive Associations for Your Horse

Do Groundwork Exercises Groundwork consists of training that you perform with your horse while you're on the ground, typically with the assistance of a halter and lead rope. If your aim is to increase the bond that you have with your horse, establishing a solid foundation of groundwork will most certainly help.

Set Aside Time from Rigorous Training Horses that are being overtrained will demonstrate signs of fatigue, such as a decrease in their body weight, less interest in other horses, and unusual behavioral changes. They might become particularly stubborn and nervous, even if they're normally an agreeable and calm horse. If you start to notice these signs, take measures to make sure they get to rest and get plenty to eat and drink.



To give your horse a break from a rigorous routine and a chance to enjoy themselves, try a different activity. Trail riding is a great way to mix up the routine as well as offering your horse plenty of new things to see. Spend time just enjoying each others company. Your horse will enjoy the mix up

BONDING WITH YOUR HORSE: 8 Simple Tips That Actually Work

Tips taken in part from the article at <https://equinehelper.com/bonding-with-your-horse-tips>. To read the full article go to equinehelper.com

from the normal routine and they'll be asked to engage their mind in new ways.

Mind Your Emotional State Around Your Horse

Horses tend to pick up on the emotions of the people that are around them. They'll mirror the energy in the atmosphere that you put off. For example, if there's a situation that's making you nervous and you're allowing it to come through, your horse will pick up on it and more than likely start to get nervous at the same situation. Mastering your emotions is essential to becoming a better equestrian.

Hold Your Ground Horses are herd animals; they need one another to survive. When a horse forms a bond with you, they see you as a member of the herd. If you've ever taken time to watch horses in the field or in the wild, you'll notice how there is a pecking order. There is an alpha horse that not only makes the rules but also protects the others. All the horses of the herd respect the alpha and look to them for guidance.

A horse is constantly vying to be higher up on the pecking order; any new member of the herd is looked at as a challenge to see where they fall on the list. If you're trying to bond with your horse and build trust and respect, then you're going to have to establish yourself as the alpha in the relationship.

Learn to Recognize Your Horse's Physical Cues

Learning to recognize your horse's physical cues will let you know when your horse is stressed or relaxed. When you have knowledge of what your horse is feeling, you can take the actions needed to help them calm down or feel less anxious.

If your horse is relaxed, they'll chew their teeth, close their eyes, and relax a hind leg. When working with your horse, look for these moments. Learn to notice when they get in this mode; learning what causes your horse to relax can help you calm and relax your horse in a stressful situation.

Help Your Horse Relax In the wild, horses groom each other. No, this doesn't mean that they pick up a brush and groom each other's coat; it means that they use their teeth to scratch each other's itches. One

of the reasons we brush our horses is because it mimics the behavior displayed in the wild.

Brushing your horse can mean that you're the buddy that scratches all the itches that they can't.

It means that you rub the sore muscles that your horse has no concept on how to do. You offer the relaxing brush down their back that feels like their mother's tongue that cleaned them off when they were first born. Everything that has to do with brushing is associated with good.

Spend Plenty of Quality Time With Your Horse

Spending quality time with your horse is another great way to build your bond. In a herd, horses spend all day together. By giving your horse that quality time, you're establishing yourself as part of their herd.

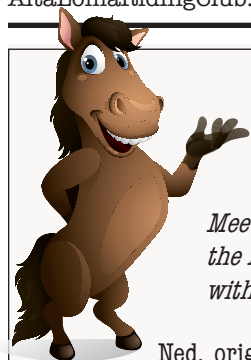


Quality time doesn't have to mean riding or work; it can mean having a nice enjoyable time with your horse where potentially no work is involved. This is how horses do it in the wild; they graze next to each other all day. By spending more time with your horse, you will make yourself a constant in their life. Horses love constants.

Create Positive Associations Utilizing positive reinforcement and spending time with them in places that they're relaxed and happy will help strengthen their positive association with you. Let them associate you with safety, comfort, and a good time.

In order to be known as a positive association, you have to make your rewards better than your demands. That means you may ask something of your horse, and as soon as they do it, give them much praise.





MEMBER SPOTLIGHT

Meet Ned Murphy! He has been a familiar face at the Heritage Park arenas for many years. He shares with us how his love for horses and riding all began...

Ned, originally from Nebraska, made his way to Southern California with his family as a young athletic teenager participating in many sports. One day, hanging out with friends at a horse stable in Alta Dena, Ned was challenged to “hop on” a spirited Arabian mare that took him for quite the ride—down the length of the arena and back—at a near gallop!! After being able to just stay on, he realized what a thrilling experience it was and seeds were planted. Nearly 30 years later his wife, Sandee, decided it was time for them to get in to horses! In her youth Sandee had enjoyed hanging out at a barn. So now it was time to experience, explore and embrace horses again. She desired learning to ride together with her husband—and so begins their adventure!



Ned and Sandee’s first horse was a thoroughbred polo pony that was quite challenging to say the least, especially for this beginner couple. But through dedication and perseverance, they met friends, trainers and clinicians that poured knowledge, techniques and training into both horse and riders.

In 1996, Ned (working in the construction/glass industry) suffered a very severe work accident. He nearly lost his left arm and spent over a year trying to regain it’s use and strength. This gave him time to reflect on things most important to his heart and he made the decision to continue developing his horsemanship skills. He trained

more intensely under the Parelli Natural Horsemanship instructors and programs. Horses became a big focus (and expense) in Ned and Sandee’s lives and while working to afford the board for a few horses at San Dimas Equestrian Center, they made the decision in 2000 to purchase horse property in Alta Loma—bringing their horses home to their own backyard where they could take care of them together. It was a great decision!

Presently Ned has 3 horses: Bonnie, a 16 year old well-bred ranch quarter horse mare who has completely stolen his heart; Nike, an appendix (quarter horse, thoroughbred) gelding, who lives up to his name in speed and agility; and Joker, a mini who is very affectionate and loves being snuggled!! These members of his family keep Ned challenged and busy.

When asked what has been his greatest horse adventure or challenge, he reflects on how it has developed throughout the decades. “It used to be simply riding bareback and not falling off!”, He laughs. But, now Ned finds himself continually challenged by the great adventure of fine tuning the connection between himself and his horses. Ned is awed by the sensitivity of a horse. “They can hear your heartbeat! And they keep my awareness finely tuned as well!” He adds, “I am presently excited to work on heightened finesse in my riding.” Moving the horse without visible cues, just simply communicating with the slightest of his body movements and signals



has been a great adventure for Ned. Most recently he has been interested in learning dressage techniques.


Ned has been involved with ALRC for over 15 years, and loves being a horseman and an equestrian ambassador in the community. Chances are, next time you are hanging around the Heritage Park arena, you may see Ned! He loves riding his horses at our beautiful facility!

LOCAL BUSINESSES SUPPORTING ALRC

Support the businesses who support ALRC! Did you know that you can advertise your business in the ALRC newsletter too?

Contact
Martha Cowan at
PublicityofALRC@
gmail.com or
Claudia McNeill at
NewsletterofALRC@
gmail.com

Business card ads:
\$108/year
or \$15/month!

ROBIN L. CHAPMAN, D.D.S.

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 909-982-0113
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 VETERINARIAN

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 goldenoaksvethospital.com

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"To ride on a horse is to fly without wings." – Anonymous

ALRC JANUARY EVENTS

- TUES., JAN 12, 7:00 PM** • ALRC Board Meeting (via Zoom)
- SUN., JAN 17, 8AM-3PM** • Trailer Out Ride, to Gavilan Hills in Perris
• Stage at Heritage Park Eq. Ct.



HERITAGE PARK EQUESTRIAN CENTER

A GENERAL PURPOSE EQUESTRIAN FACILITY
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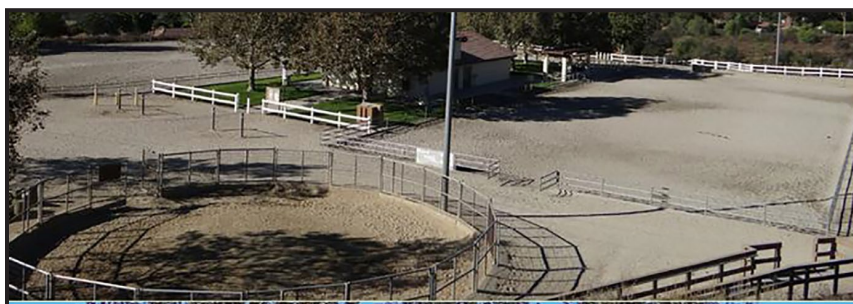
DATES ARE AVAILABLE!

CONTACT

Larry Henderson
(909) 226-3956
altalomaridingclub@gmail.com

AMENITIES

- Show Office & Clubhouse
- Concession Stand
- Restrooms
- Arena Lighting
- 2 Round Pens & 7 Paddocks
- South Arena 295'X150'
- North Arena 220' X 90' (Dressage)
- PA System
- Hitching Rails & Water Trough
- Trailer Parking
- Trail Course & Trail Access



EQUESTRIAN PARKING AREA: In an effort to ensure safety and appropriate use of Heritage Park Equestrian Parking, a lock at the entrance gate has been installed. All ALRC members have been provided an access code via the email on file. We ask that you lock the gate upon entering and exiting the equestrian parking area. **Look for the gate code via email and text, for further questions please contact (909) 226-3956 or email altalomaridingclub@gmail.com**



SUPPORT & COMMUNITY

ALTA LOMA RIDING CLUB at Heritage Park Equestrian Center

The Alta Loma Riding Club exists to promote and preserve the rural and equestrian lifestyle of Alta Loma and Rancho Cucamonga. Our membership is very important in continuing to impact our community. We maintain communication with the local city council and city planners to assure the trails and horse facilities we enjoy stay intact and maintained. We welcome you with open arms! It is not necessary to own a horse to be a member. If you use the trails and enjoy the outdoor lifestyle, ride or walk on two or four legs, by yourself or with your friends, pets and kids, then join us!

MEMBERSHIP INCLUDES:

- ALRC Monthly Newsletter
- Organized Local trail rides and Trailer-out rides
- Special Events • Shows • Clinics • Social Events
- Members are invited to monthly ALRC Board Member Meetings on the 2nd Tuesday of the month, at 7PM in the Clubhouse at Heritage Park Equestrian Center
- Quarterly ALRC General Member Meeting
- Opportunity to meet other local horse enthusiasts
- Be part of supporting and promoting the rural/equestrian lifestyle in our community!

Visit our website to join or contact
MembershipofALRC@gmail.com
for more information



Alta Loma Riding Club
PO Box 8116
Alta Loma CA 91701

altalomaridingclub@gmail.com
www.AltaLomaRidingClub.com

