



San Vicente Saddle Club Newsletter

16911 Gun Stage Road, Ramona, CA

July 2009

President's Message

Howdy members!

Our June Horse Camp was absolutely fabulous! From the nice weather and great people it was a nice 4 days of chillin, grillin and riding. There was plenty of wildlife everywhere so you didn't have to leave camp to see any. Got a little fishing in as well so remember next time you see me to ask about the one that got away!

I wanted to extend a special thanks to Lily for handling all the camp arrangements. Once again, Lily contracted with Tom from the "Grille Sergeant" who prepared and delivered the BBQ Tri-Tip & Chicken (and plenty of it) right on time. Our next camp has already been reserved for October 23rd, 24th & 25th. Stay tuned for Lily's e-mail announcement when she is accepting reservations.

I have already made reservations at the San Diego Estates Country Club for our Christmas Party. The date will be December 11th so make sure to mark your calendars. It's been a very good year for our club and were still not done! There will be a great dinner, raffle prizes and a DJ to provide the entertainment so bring your dancing shoes and do a little boot scootin!

We have scheduled a work party for July 25th & 26th from 8:00 am till 12:00. Volunteers will meet up at the Rotunda in the IEC. We will need volunteers to paint fences, bleachers, hitching rails, sign post, stepping blocks, etc at both the IEC and the Western Center. All materials and supplies will be provided by the Country Estates.

For those of you that can't attend, our club will be providing you lunch (Pizza & Soda) at the Oaks Grill each day. I would like to request that if you plan on attending the work party which ever day or both please call me at (760) 419-9906 to confirm. I really would like to get an accurate head count so I know how many materials and supplies we need. The more volunteers we get the easier the task! Let's show the folks in the Estates who our Saddle Club is all about!

I hope to see everyone at our next club meeting on August 12th 2009 at the Rotunda located in the I.E. at 7:30 pm.

See ya on the trail!!

Randy

President – Randy MacRostie
Vice President – Dave Shanahan
Treasurer – Lily Voegeli
Secretary – Anita Meyer

Club Meetings
2nd Wednesday
of Each Month
7:30 PM
SDCE IEC Rotunda

Important Dates
July/August

SVSC Monthly Meeting	Aug 12
SDCEA Board Mtg 7:00 pm	July 28

IEC: International Equestrian Center
CTWC: Casey Tibbs Western Center

Upcoming Events

Work Party – July 25 and 26 from 8:00 to 12:00 p.m. – Contact Randy to sign up. Lunch will be provided.

Horse Camp – October 23-25 ...Stay tuned for more details

A Local Hero

Hi everyone,

I was so fortunate to be nominated and then chosen as a Applebee's Hero Finalist. I am asking a huge favor. The grand prize if I am picked is \$5,000.00 and an Applebee's Gift Card. So far, I have made the top ten out of over 8,000 entries. I feel so blessed to have been nominated by one of my very special young volunteers here at the ranch. How it works is that I need as many people as possible that feel that I deserve this honor, to log onto the Applebee's Website and then click the Hero tab. You simply will see a photo of me on a horse and check the box and place your vote. They allow one vote per computer per day. The voting starts 7/15/09 - today and goes until 7/23/09. If you could please spread the word and take a moment to vote for me for the next week, I would truly be grateful.

<http://www.applebees.com/>

Thank you so much and come and visit me at the ranch!

Stephanie Brehm: The Leg-up Ranch
(760)670-8418

Manure Pickup Service

There is a new service in the SDCE. Manure hauling, this can be a weekly service or an as needed clean up service. This is not stall cleaning but hauling of the manure for residents of SDCE. **If interested contact Dean Meyer at (760) 788-8385 or (760) 822-3923**

Reasonable rates depending on number of horses with the minimum being 10.00 a week for one or two horses. Pick up days will be Monday or Friday

New Members

Renee & Laurie Chambers
Tony & Pam Orlina
Carl & Kim Holzhauer

Interesting Web Links

If you come across any web sites you think our members would like to visit, please email the editor so it can be added to the newsletter.

Member Classifieds

Equine Sports Massage and Energy Work

Equine Sports Massage and energy work: Uses non-invasive, hands on techniques, to reduce muscular fatigue, tension and stress. EMS improves flexibility, provides relaxation, circulation, and decreased muscular spasms. Increases performance levels up to 20%. Increases circulation, increases range of motion and flexibility.

I was trained in Ocala Fla. taking Don Doran's Equine Sports Massage program and I have a background with some cranial sacral work and reiki levels 1 and 2. I use Dr. McLaren photonic therapy and ultrasonic therapy. Aromatherapy is used as well. Fee is \$ 75 per session.

Terri H. Law BSN
760-440-9434

SADDLE FOR SALE

15" seat Barrel Saddle, Trailblazer by Longhorn comes with bridle, blanket pad and saddle rack. \$150.00 Call 760-726-2783

KITTENS

Hi I have 3 black little kittens, two girls and a boy that we need to find good homes for they are nine weeks old they have really pretty faces very fancy. If you could send this out to the club it would be much appreciated. If any one is interested please call 760-788-4755 and ask for Jessica

Please submit any classified ads, announcements, interesting websites or cool products you would like to add to the newsletter to Barbara at farmgirlbarb@hotmail.com

Fun Stall Activities

Written by Annamaria @ <http://ultimatehorsesite.com>

Are you a stall-bound horse? Want to amuse yourself and your human? Well, here are some fun activities for you!

1) Poop in the water game

This will test your coordination and spatial abilities. Horses all over the world practice this, every day. You must try to poop in your water container (note: drink water first, so you won't go thirsty!). If your water container is too high to poop in, you can attempt to poop on the stall's door, or on the wall. This also gives your human something to do-- when they see what you've done, they will marvel at your special abilities, then happily provide you with fresh water.

2) Pee in the water game

A real challenge for geldings and stallions! Attempt to pee in your water container. This is a very challenging game. If your water container is up against a wall, you may try to drag it into the middle of your stall. If your human is dull and fails to realize that you've peed in your water, simply dump it out and they will refill it. This in itself can actually be a game, called the Dump Out Your Water game.

3) Artistic Wood Carving

You can become a wood carver. Use your teeth to chisel the wood of your stall into a beautiful piece of art! At first, you can start with simple shapes -- such as the half-moon bite shape-- and as you become more advanced you can try different forms (big curve shape or multiple bite shapes). Your human will really appreciate this. Some humans will actually remove your artwork from the stall, and put up fresh, new, unchewed boards-- encouraging you to develop your artistic abilities with a fresh, new canvas!

4) Grain Spilling Game

Try to dump out all of your grain from your grain bucket/container, by turning it over with your nose. It is a fun game. You can even continue to flip the container to be sure that all the grain is dumped on the ground. Then, using your delicate muzzle to guide you, try to pick up all the grain, sorting through the bedding and poop. Amusing, and it makes your grain last longer. Your human will appreciate it too-- he/she may even bring you a new bucket of grain, or challenge you to become better by using more difficult containers!

5) Hay Dunking

In this game, you'll try to grab a bite of hay, carry it to your water container, and dump it in. Dropping hay in your water is fun for both you and your human! Although it's just hay, they will probably come in your stall and remove it from your water (then you can dump more in). This gives humans something to do.

6) Who Can Be The Loudest

If you're stalled with other horses, try a little friendly competition with this game. When it's feeding time, see who can neigh, bang, scream, and kick the loudest in their stalls. Humans will instinctively throw food to the noisiest, most demanding horse, so try to be it. The winner is the horse that the human feeds first.

7) Smoosh The Bedding

In this game, you can attempt to mix your bedding, poop, and hay all together. You do this by walking all around in your stall, until you get a good, even mixture. Some horses walk in circles, or back and forth in a straight line... experiment with different styles to see what you like best. Again, this provides entertainment and exercise for your human, because they will have to clean it all up.

8) Roll in the stall

Attempt to get a good roll, in your stall. If your stall is big, this is easy; however, the smaller the stall, the more difficult it can become. The object is to roll, well, without getting stuck. There is some danger involved in this game, as you could roll up near a wall and get stuck. If you get stuck, make sure you thrash so that your human will notice you, nearly have a heart attack, then come to your rescue. This game is best played when humans are around.

9) Mane Rubbing

Try to rub your mane out in certain spots. Humans like neat manes. That is why they comb, spray, and pull your mane; Save them work by pulling your mane yourself! You can stick your head through the stall (if it has an opening) and try to rub the top of your neck. Or, just rub it on the side of a wall. This will give your mane a nice look that humans appreciate (clumps of hair missing). You'll save them time on having to pull your mane or trim a bridle path.

10) Unique Pooping

This not only provides fun for you, but fun for the human as well, because it makes the regular boring task of mucking more interesting. Try pooping in unusual areas. Poop on top of your door latches, or poop on window ledges. Poop in any food containers, or on top of salt licks. Try to poop any place that is not the ground.