

Bear valley Springs
Horsemen's Association
Newsletter



August 2019

President

Peggy Bergman-Smith 661-331-4995

1st Vice President

Doug Slavin 661-805-7707

2nd Vice Presidents

Kathy Burns 626-710-2981

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Treasurer

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Next Meeting

Monday, August 19th

Salad potluck! Bring your best salad creation and beverage of choice.



President's Message

We are really having some beautiful summer weather. A little warm, but we've been gifted with lovely breezes. No excuses: get out and ride!

Congratulations to the Pony Club for putting on another successful Mule & Horse Show. This event certainly showcases our beautiful equestrian center. Kudos too to our equestrian manager and his great staff.

Don't forget to sign up for our August 18 poker ride. We will be cooking hot dogs and serving beans and potato salad under the trees after the ride. And.... Winner takes all!

We've got more activities on horseback planned. Trail Trial, Fun Day Challenge, Progressive Dinner Ride. Just watch your e-mail and read your newsletter for all the up-to-date info.

Hope to see you at the poker ride!

~Peggy Bergman-Smith



BVSHA Treasurer's Report

Year to Date July 31, 2019

2019 Beginning Balance **\$4,044.95**

General Income/Expenses - 2019

Membership Income \$2,150.00
Ad Income \$850.00
Misc. Income \$75.00

Directories (\$400.00)
Bear Tracks Ad (\$207.00)
Donation to Mule Show for Pony Club (200.00)
Equestrian Center mailbox with logo (\$110.79)
Newsletter (\$300.00)
Office Expenses/Directory Mailing/Postage (\$60.80)
PO Box (\$135.00)
Website (\$129.90)
Trail Rides – Food, Drinks, Expenses (38.42)
Total General Income/Expenses - 2019 **\$1,282.66**

Checking Account Balance July 31, 2019 **\$5,327.50**

Bank Balance in Checking \$5,327.50
Outstanding Checks \$0.00
Balance in Checking Account **\$5,327.60**

Total Savings Account \$17,557.40
Total Checking Account \$5,327.50
Total Funds **\$22,884.90**





POKER RIDE

All Riders Welcome!
Winner Takes All!!



Sunday, August 18th, 10 AM at the Equestrian Center
Poker hands are \$5 each maximum of 3 hands

This is how it works:

Each rider will start out with one card for each hand they have purchased (max 3 hands). Three additional cards will be collected at different stops along the trail.

Last card will be collected at the end of the ride. If the rider wants to try for a better hand they can throw away one card from each hand and purchase one new card for \$1 each.

To round out a fun day we will have hotdogs on the grill with beans and chips.
Bring whatever you're drinkin' and maybe a chair for sittin'.

Call or text Joan Howard if you are coming

Home 661-821-1577

Cell: 661-301-2754



Bear Valley Springs Horsemen's Association
General Meeting
July 15th, 2019
Equestrian Center Lounge

- A. Call to Order 6:50 PM Flag Salute
- B. Approvals: Agenda and Financial Report – approved. Minutes, approved. Welcome new members, Marci Grenz, Valerie Garcia, Erin Bertoni and Jessica Bertoni!
- C. Reports: Doug Slavin, our 1st Vice President conducted the meeting which we started off with an awesome slide show and presentation by two of our “Snake Guys”, Mike Kemp and Debbie Swarens. Once again, very informative and entertaining. As of July 15, the team has captured 84 rattlesnakes and surely the count has gone up by now. Mike recommended carrying Benadryl or having it readily available just in case your pet dog/cat gets bit. Generally, 1 Benadryl for every 25 pounds in weight. We are still planning on having our PLAY DAY CHALLENGE with a Halloween Costume Contest, scheduled for October 26 and our annual TURKEY TRAIL TRIAL on November 16. We need volunteers for the Trail Trial, so if interested in either participating in the event as a rider, judge or volunteer, please let us know. You can call/text any of the board members. The horse corral area near the Mulligan Room and tie up area was recently weed whacked and looks great.
- D. New Business - Please let us know if you have ideas for rides or events. We have scheduled for August 18th a Poker Ride and afterwards under the trees, lunch provided by the Horsemen's Club at the Equestrian Center. We'll be grilling hotdogs, along with baked beans, potato salad, and watermelon. \$5.00 for a poker hand with three stops out on the trail, winner takes all. Extra cards can be purchased for \$1.00. The ride will be along the Foothill Trail. Two of our Trail Crew members, John and Peter attended our meeting and talked about the condition of our trails. Laurie Rude-Betts talked about the menace “Star Thistle”, which is growing out of control in Sycamore Canyon, around the trail just above the staging area from Lower Valley Rd. The area will be sprayed and hopefully some of this weed can be eliminated.
- E. Continuing Business – Joan Howard reported on the Wine Ride we had in July to Triassic Winery with pizza from Moessners.
- F. Our August meeting is on Monday the 19th. Again, we changed the day from the third Tuesday of the month to the third Monday of the month. This is permanent. The August meeting will be a salad pot luck.
 - Meeting adjourned at 8:10 p.m.

Next Meeting: Salad potluck, Monday August 19th at 6:30pm

Protect your horse from heat stress



Here's what you can do before, during and after your ride to help keep your horse cool on the hottest summer days.

There's no avoiding sweaty saddle pads when you ride in the summer. But "hot" can turn into "dangerously overheated" quickly if you don't make sure your horse can cope with the heat before, during and after a workout.

Before you ride on a hot day, particularly if humidity is high, make sure your horse is managing the heat well enough. A horse who has been standing in a shady field or a well-ventilated stall shouldn't be sweaty before you even tack up. In hot weather, consider sponging or hosing your horse with water before you ride. Scrape him thoroughly (if you leave too much water on his coat it will simply heat up rather than evaporating quickly enough to provide cooling) and then tack up while he is still damp. The water will evaporate as he works, just as sweat would, keeping him cooler.

As you ride, be mindful of how your horse is coping with the heat. Take breaks often and check his respiratory rate, either visually or by feeling him breathe beneath you. It's not unusual for a hard-working horse to breathe hard, but his respiration should return to normal after a few minutes of walking. If your horse breathes hard longer, or if he suddenly just seems sluggish, he needs a break in the shade, a cooling bath and access to water.

After your ride, head for the wash stall. There is no harm in putting cold water on a hot, sweaty horse, and it can help lower his body temperature. Scrape the water off, then walk your horse for several minutes to allow his muscles to cool down. Also offer him some water to drink. If his demeanor and respiratory rate don't seem normal within a half-hour, take his temperature. If it's elevated, rinse and scrape him again. Then retake his temperature. If it hasn't dropped considerably, call your veterinarian.

When you turn your horse out or return him to his stall, make sure he has plenty of clean, fresh water available. It can take several hours and many drinks to replace fluids lost during a workout on a hot day. If he has sweated for more than two hours, consider adding an electrolyte supplement to his evening meal to replace vital minerals lost through perspiration.

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