

Bear Valley Springs  
Horsemen's Association  
Newsletter



## February 2019

**President:**

**Peggy Smith 661-331-4995**

**1st Vice President:**

**Doug Slavin 661-805-7707**

**2nd Vice President:**

**Kathy Burns 626-710-2981**

**Secretary:**

**Susan Mustaffa 661 538-0995**

**Treasurer:**

**Kathy Underwood 805-895-4067**

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## Next Meeting

Tuesday, February 19th  
6:00pm Pot Luck Dinner  
7:00pm Speaker  
Equestrian Center Lounge

## News & Articles

### Deadline, February 28th

Send news & articles to  
Pam Miller at  
pambvsprings@gmail.com  
or call at 661-203-5725

**Peggy Bergman Smith, President**

## President's Message

I rode the Friends Ride today, lead by Kathy Burns and I was pleased to see so many riders out. Maybe because starting January 31st, the weather will be turning wet and cold, or just because the weather was beautiful. The equestrian center was a hub of activity with Gary's group practicing and lots of horses being worked in all available places.

When Susan and I retrieved our horses from one of the turnout pastures after lunch, all I could think was how fortunate we are to have such a fantastic equestrian center with all its amenities and to live in this amazing community.

It seems we still have a lot of folks new to Bear Valley that don't know about our Horsemen's Association. If you know of anyone who isn't a member, invite them to join and take advantage of our first year free offer. They have nothing to lose, but a whole lot of fun and friends to gain.

Our February 19th meeting will be a potluck starting at 6:00 to give us plenty of time to eat before our scheduled speaker, Michael Rueben, speaks on Equine Sports Performance at 7:00.

Drum roll, please....! We now have a secure mailbox for the Horsemen. It is located in the main barn across from Butch's office. It is labeled with our logo. Let's use it!

# January Ride Report

- Our first Friends Ride in January went off without a hiccup on the first Friday, the 4th. The weather was beautiful and we rode Hart Loop, one of my favorite trails. There were about a dozen of us, and to celebrate the New Year we had champagne at our trailers afterwards, then headed to the Market for lunch.
- Our first Saturday Hot Toddy Ride was to be on the second Saturday, but it was too cold for everyone so it was moved back to the following Saturday, the 19th. About a dozen folks came over to my place on the 12th anyway, without their horses, and we enjoyed Susan's chili and a bunch of other great food and wine. On the 19th we had better riding weather and seven of us rode a loop from my place to Cub Lake and back around the western meadow loop past the clubhouse, Sycamore Trailhead and back to my house. Doug Slavin was the only one game with my leap frog leading idea and led most of the ride. Hopefully more of you will step up to the plate in the future! Then we had hot drinks, wine and more shared delicious dishes. Joan made the chili this time and it was equally as good as Susan's, but a little spicier.
- Our second Friends Ride, scheduled for the 3rd Friday, was rained out and I zoned out on organizing the raindate ride on the following Friday, oops! We finally had the ride on Tuesday the 29th. There were six of us and we rode Oak Canyon to San Juan to Oak Slope to Wild Canyon to Church Trail to Foothill Trail and back to the EQ. It was a gorgeous sunny day and the trail was perfect! We then went over to the Market for lunch.

## February's rides

The Friends Ride on the 1st, which was yesterday, was too cold and windy for most, so it has been postponed till next Friday the 8th. The second Friends Ride is on the 15th.

Our Saturday ride is on the 9th. This will be including a lunch break at the Mulligan Room so bring some money with you. If anyone wants to have hay staged there let me know and I'll drop some off.

All rides will leave the EQ Center at 11am.

I've thoroughly enjoyed my new position as Second VP to BVSHA. Thanks to everyone for helping this BVS newbie out with existing trail conditions and telling me where to turn.

Happy trails!

## RIDE PLANS

- Feb. 9:** Mulligan Room Lunch
- Mar. 9:** Moessner's Lunch
- Apr. 13:** Poker Ride and Brown Bag Lunch
- May 5:** Cinco de Mayo Progressive Early Supper Ride (This is on a Sunday, start and end at my house, it's also my birthday!)
- May 11:** Wildflower Ride (We may change the date for when the flowers are in most abundance.)
- Jun. 8:** Wine Ride
- Jul. 13:** Any place with shade, it's hot! Sycamore Canyon?
- Aug. 10:** Any place with shade, it's hot!
- Sep. 14:** Fall Progressive Dinner Ride (Start and end at the EQ Center.)
- Oct. 12:** Water Canyon/High Country
- Nov. 9:** Sycamore Canyon
- Dec. 14:** Wine Ride
- TBA:** Full Moon Rides

# Riders Enjoying Themselves



## January Speaker: MICHAEL RUEBEN, DC, CVCP Equine Sport Performance

### **Musculoskeletal Technique: Natural Spine Correction • Muscle Balancing • Performance Enhancement**

Equine Sport Performance is a mobile equine therapeutic service in the Los Angeles, area founded by Dr. Michael Reuben. Dr. Reuben utilizes a high-tech approach called Accelerated Sports Conditioning, which is a procedure for locating deconditioned areas of the horse that have caused imbalances, and stimulating the muscles and tissues in these areas utilizing state of the art technologies to “catch up” with overloaded areas. At the same time, stress is released from the overloaded areas. Dr. Reuben has practiced and evolved these methods since 2004, establishing a high success rate in the treatment of back, neck, shoulder and hip-related problems in the equine athlete that are due to deconditioning issues. These same principles are currently being used on human athletes through the professional levels to keep their conditioning and performance at maximum levels. Don't miss this presentation.



# General Meeting Minutes

January 15, 2019

## Equestrian Center Lounge

Call to Order (7:00pm) Flag Salute

A. Approvals: Agenda and Minutes were approved. No Financial Report was given.

B. Reports: Kathy Burns talked about our upcoming rides. Our monthly rides will be on the second Saturday of the month. If the weather is a factor, then the ride will be the following Saturday. There will be two Friends Ride per month, on the first and third Fridays of the month with the same weather postponement plan. These rides will remain informal and the group can decide where to ride.

C. New Business: Donna Marolt suggested a ride to Golden Hills. Kathy Underwood has scheduled Dr. Michael Reuben from Equine Sport Performance to speak at our next monthly meeting on February 18, which is a mobile equine therapeutic service. He is a Certified Veterinary Chiropractor. He will do a hands-on presentation with us humans at the meeting. His website is equinesportperformance.com for further information. We had two new members at our January meeting who recently moved here from Whittier. Lorie and Steve Frear. Judy Walsh suggested putting on a multi-day Horse Event. Events would include Dressage, Western, Gymkhana, etc.

D. We now have our very own Horsemen's Club mailbox at the Equestrian Center. We encourage all of those who haven't paid their 2019 dues, to fill out an application and drop that and your check off in the mailbox. It is located in the main barn directly across from Butch's office and to the left of the bulletin board. The mailbox is locked. We are in the process of getting some letters made, "BVSH" and our club emblem for the front of the box. It's bronze in color.

Meeting was adjourned at 7:25pm. Next regularly scheduled meeting is Tuesday, February 19, 2019 and will be a potluck meeting.

# Treasurer's Report

Year to Date January 31, 2019

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

### General Income/Expenses - 2019

Membership Income	\$1,000.00
Ad Income	\$225.00
Misc. Income	\$10.00
Bear Tracks Ad	(\$207.00)
Mailbox at Equestrian Center	(\$85.79)
Newsletter	(\$100.00)
PO Box	(\$135.00)
Website	(\$129.90)

**Total General Income/Expenses - 2019** \$577.31

**Cking. Account Bal. Jan. 31, 2019** \$4,622.26

**Bank Balance in Checking** \$4,937.95

**Outstanding Checks** (\$315.69)

**Balance in Checking Account** \$4,622.26

**Total Savings Account** \$17,548.35

**Total Checking Account** \$4,622.26

**Total Funds** \$22,170.61



