



Palos  
Verdes  
Peninsula  
Horsemen's  
Association

·D·I·S·P·A·T·C·H·

Volume XXVII Issue VIII

Pam Turner, Editor

August 2009

## Equine Massage Demonstration and Workshop With Susie Lytal, MS, CMT, CESMT August 20 - 7pm at the Empty Saddle Club

Want to have some fun and find out what will make your equine buddy smile and sigh in contentment? No, not the latest nicker-treat but massage! We love it for ourselves and so why not treat our best barn buddies? Come and see Equine Massage Therapist Susie Lytal demonstrate some helpful techniques. Susie Lytal is an Equine body-worker specializing in biomechanics and skeletal balancing. To learn more about Susie and what she does please visit her website at [www.theworthyhorse.com](http://www.theworthyhorse.com). We look forward to seeing you at the Empty Saddle Club for an evening that both you and your horse are sure to benefit from!

*Information with respect to any treatment, therapy, program, service or provider is intended for information and educational purposes only, and is not to be considered an endorsement by the PVPHA.*

*Pam Turner  
Dispatch Editor*



## July 16, 2009 General Meeting, Stem Cells Guest Speaker: Dr. Silvia Greenman

By Erin Ryan

*What are stem cells?* Stem cells are primitive, present in almost in every tissue. They have the capacity to become different types of cells depending on where they are injected. They are also self renewing. Placed in a new area, they become that type of cell.

There was controversy regarding *Embryonic Cells*, derived from the inner cell mass of an embryo. Those cells are intended to form a whole animal, not for repair. These cells have proved to be unpredictable, forming teratomas (tumors). Stem cells used for in equine veterinary procedures are not taken from embryos, but taken instead taken from the horse's own fat. Your own horse's natural healing cells are used to regenerate injured tissues. These adult stem cells do not form tumors under normal conditions. Stem cells can become many types of tissues including tendon, ligament, bone and aids in cartilage repair. They also produce growth factors that help promote regeneration and make new blood vessels to support this regeneration. Inflammation can also be reduced.

*How are the cells processed?* Your veterinarian collects a small sample of fat from your horse (usually under the base of his tail) and ships that sample to a lab. The lab then isolates the stem cells from the fat, grows them to increase their numbers, and the now larger sample is then shipped back to your vet. This process rarely is longer than three days. The vet returns to your barn to inject your horse. The cells are placed into a damaged area to fix a problem. They have a homing function, to assist in filling in the gaps by dividing and multiplying their numbers. New blood cells are created, cells death decreased or altogether halted, and immune reactions are regulated.

*Where can stem cells be used?* In tendon injuries, common areas like bowed tendons and in the deep digital flexor tendon. Ligament injures, like the suspensory ligaments, patella (knee) and colloidal ligaments. Also in joints, helping with chronic arthritis healing. To date, excellent results have been obtained. Although the stem cells will not grow cartilage, they will help heal that kind of injury.

*Where are the stem cells injected?* For chronic arthritis, the injection can be right into the joints. With the use of ultrasound to find the injury, they can be injected right into tendons or ligaments, into the lesion. All of this can be done at the barn.

A horse should not be brought out of lay-up earlier than normal just because stem cells were used. It is so important to do physical therapy and stay on the exercise program that your vet recommends. It has to be controlled exercise, a program that your vet will recommend, so re-injury does not occur. The type of exercise program depends on type of injury. It is very important to follow all lay-up instructions. Have routine follow ups with your vet to make sure the exercise program is working.

The cost varies depending on type and injury. Starting at approximately \$2,500.00 that includes the harvesting , processing and injecting. The amount does not include the cost of subsequent X-rays or follow ups. Some insurance companies are now covering some or all of the cost of stem cell therapy. Call the insurance company right away to find out what they cover.

The prognosis will be different for each case. It may change as you monitor the healing rate and how the horse is responding. Age plays into the success of this treatment. Statistically, 80% of owners are satisfied with their results. 70% of horses with tendon and ligament injuries returned to their prior level of performance, with 19% returning to a lower level. It is difficult to predict the future. Dr. Silvia likes stem cells and so far has had good success. New therapies are on the horizon each year.

The PVPHA would like to thank Dr. Silvia Greenman for presenting this exciting information on stem cells. She provides equine veterinary services for our area and also holds clinics on horse first aid, bandaging and the like. She can be reached on (626) 256-4788.



## **PVPHA General Meeting, June 18, 2009**

### **The Benefits of Composting**

#### **Guest Speaker: Sheryl Steckel**

By Erin Ryan

We were so very lucky to have as our guest speaker at Thursday's PVPHA General Meeting, Sheryl Steckel. She spoke to our membership about composting. Her horse property is at the bottom of a hill, which made it difficult to drag up the manure to the top when her bin became overflowed, which seemed to be most of the time. When it rained, access became sketchy. The goal of composting is to solve the universal manure management problem simply and economically. She utilizes aerated composting, which involves no turning while saving the cost of disposal. She uses the end product as stall bedding.

Composting can be done on a small property as well as those larger properties. The heat generated in the composting process destroys parasites, pathogens and weed seeds in the finished product. A safe product is produced that can be used in gardens, on pastures that are actively used for grazing and a replacement for commercially purchased beddings. Surface and ground water can also be safe guarded from manure contamination with composting. Even in very small quantities, ammonia is toxic to many species of fish. There are many things to take into consideration when it comes to your horsekeeping management choices. Controlling offensive odors and flies at the 'muck pile' can be easily accomplished by inducing airflow through the compost pile. By adding a 6-inch layer to the top of the pile, odorous gases are absorbed and nutrients are retained in the finished product.

Sheryl met Peter Moon (O2Compost.com) at the Equine Faire and became interested in the Aerated Static Pile (ASP) method of composting. This system also mitigates problems associated with offensive odors, flies and limits the negative impacts involving water quality. With this method, air is introduced into the pile using an electric blower, similar to the types used to blow up the party bouncy houses. She does use a dung buster (of her own design), which is a modified cement mixer. The drum has holes, so when the manure is thrown in, it is grated up into smaller pieces.

The Aerated Static Pile System is specifically designed to compost manure; bedding and waste feed and is well suited for small farms or petting zoos with livestock (e.g., sheep, goats, chicken, llamas, rabbits, etc.). This system is also ideal for homeowners and gardeners with large quantities of grass, leaves and weeds to compost and even summer camps with food scraps and waste paper.

The biggest objection to composting is that it is labor intensive. With this system, no churning is required, thanks to the aeration. Sheryl's husband built two bins, and along with her brother, rigged up the dung buster and blower with timers. The compost pile needs to heat up to approximately 162 degrees. The cooking process takes about 120 days. With the use of the dung buster and aeration, the process is reduced to 30 days.

From the book, the Perfect Horsekeeper (by Karen Hayes, DVM, MS): Although actual costs may vary somewhat, the typical costs to bed and maintain stalls, not counting labor, disposal, storage, and health effects (which are substantial) – the costs could range from \$384 to \$750 per year, per stall. Add the cost of storage and disposal, and the potential savings from making your own disposable bedding can be significant.

Happy Composting to everyone. Many thanks again to Sheryl for sharing her composting experience.



## **FROM THE EDITOR...**

There has been so much horse-related news on the Peninsula that I hardly know where to start. I would like to take a moment to mourn the passing of the RPV Equestrian Committee. The RPV City Council voted to sunset the committee at its June 30<sup>th</sup> meeting. A sad day for RPV equestrians.

Next is the City of Rolling Hills Estates holding a public hearing regarding consideration of a zone change amending Special Use Permit (SUP) requirements and to consider allowing commercial horse uses that are located within residential districts within the horse overlay districts. I would like to thank all those who sent in letters to RHE regarding the Chandler Ranch Development. Your support is sincerely appreciated in our battle to maintain horse-keeping on the Peninsula. We will keep you apprised of future developments regarding this very "hot" issue.

On a lighter note, be sure to purchase your hand(s) for the annual Poker Ride on September 19. If you can't ride then buy a hand or two and have someone carry it for you...kind of like Pony Express with prizes! Anyhow, the proceeds are split between the Peppertree Foundation and PVPHA and we need your support.

Also, don't forget our annual Ice Cream Social with Cowboy Music and Poetry at the Pit on Sept. 17. Hey, what a deal- Ice Cream, fellowship and entertainment – for fun and for free!

Happy Trails,

Pam Turner



### What's Happening!

August 9 - ETI Corral 8 English Horseshow at Ernie Howlett Park. Contact: Andrea Meek (310) 710-4580

August 20- 7pm PVPHA General Meeting/Horse Massage Demo with Susie Lytal

Sept 17 – 7pm PVPHA General Meeting/ Ice Cream Social & Cowboy Music and Poetry at the Pit

Sept 19 – RHE City Celebration

Sept. 26 – Steve Harris Memorial Trail Ride, Dinner/Dance and Auction – contact Jeff Harris @ 310-373-7224

Oct 15- General Meeting –Ken Anderson: History of Dressage and Movement Demonstration

Nov 19- General Meeting – Vaccines  
Dec. 5 – PVPHA Christmas Party

### Welcome New Members!

Mike Einstoss referred by Denise Johnson

Elizabeth Kane referred by Pat Murnane

John & Debbi Boyle

Kathy Browning

### Thank you Trail Donors!

Hirsh Marantz

Dale and Rosemary Allen

Tom Fitzpatrick

## A Bishop Mule Days 2009

**Debriefing:** busted up trainer wins big, heart stopping chariot wreck, a disgusting display of mule prejudice by an ignorant spectator, and thanks to the volunteers.

By Vic Otten

It was easily ninety degrees, and I was hanging out under the shade of a canopy with my new friend, Mule Bob, drinking lemonade that cost me \$4.50. We were discussing the greatness of mules and talking story. Unbeknownst to me, a driving event was taking place in the main arena. I was supposed to be a participant in this event. I had been looking forward to it for months, and I felt honored when my friend Ray asked me to be his swamper.

Despite the worst economic conditions in years, a series of earthquakes and fears of swine flu, thousands flocked to the High Sierras this Memorial Day weekend to celebrate the Fortieth Anniversary of Bishop Mule Days. But that could be expected. They do it every year, and this was going to be a celebration to remember in one of the most beautiful settings in the world.

### ***Busted up trainer wins big.***

While the only expectation that I had for Mule Days this year was to have fun, I admittedly wanted to win a couple ribbons. 4. My mule, Cheyenne Mountain Ruby, was in training with Kris Keeler and was just starting to jump. However, she has an issue with her power steering, or lack thereof, which led the people

at her barn to nick name her "Ricochet." Nonetheless, Kris is an excellent trainer, and I felt we had a good shot at winning something. This was going to be Ruby's first event, and I felt that we had something to prove.

About six weeks before Mule Days, Kris had a serious accident during a jumping event at a horse contest. She broke two ribs, a collar bone and cracked her elbow. This was in the critical weeks before the event for which Ruby needed some serious schooling. Accordingly, I set my sights for Mule Days 2010.

Despite her accident, Kris ended up winning lots of ribbons with Ruby including a first place in Green English Working Hunter.

#### ***Heart-Stopping Chariot Wreck.***

Anyone who harnesses two thousand-pound-plus mules to a homemade chariot is asking for trouble. But that is exactly why we love these guys. They put it all on the line for a ribbon and a few minutes of Mule Days Glory. The chariot events are a real crowd pleaser.

Tragedy almost struck in the Chariot Barrel Racing event (as could probably be expected). One of the contestants was whipping around the first barrel when his chariot flipped over on its side. The driver exited the chariot and the mules were off to the races. For approximately three minutes, various people attempted to stop the chariot – all kinds of techniques were attempted, including the driver getting in front of his team and waiving his arms up in the air. What finally worked was amazing. This guy watched as the team was approaching and kind of waited until it was about to pass and grabbed one of the lines with one hand and grabbed a hold of the chariot with his other hand. A few seconds later, he grabbed the other line and let go of the chariot. He planted both feet on the ground and was mule skiing. Shortly thereafter, he brought the team to a halt. Luckily, no person or animal was injured.

#### ***Mule Bob ties the knot.***

On the first night of Mule Days, Mule Bob proposed to Monica, his girlfriend of twenty-seven years. Mule Bob and Monica were

married a few days later under a big tree by a reverend who was also attending the event. I cannot imagine a more appropriate way to take one's vows than at Mule Days. Good luck, newlyweds.

#### ***Swamper***

As previously mentioned, I was supposed to be a swamper on a wagon owned by a friend of mine. I had planned on doing this for about four months. Apparently, I got the date confused on when the event was, and I missed the class. Having considered reliability factors in his choice for a swamper, my friend wisely had a backup and took a blue ribbon.

#### ***A Shocking display of Mule Prejudice***

The finals of the reining event were held on Saturday evening. I was sitting in the stands watching one of the contestants who was engaged in a spin maneuver, and his mule's back legs were slightly off the pivot point. A man behind me stated to his wife that it was too bad that the contestant had blown the maneuver. His wife responded by stating: "Oh, honey, be kind; they are mules!" I bit my lip and refrained from pointing out this woman's ignorance. She obviously had never been to a reining event. Had she missed the stellar performance by Tim Phillips and Tuff Stuff? It does not get much better than that – near perfection.

#### ***Thanks to the volunteers***

It is my understanding that Mule Days is basically run by volunteers. For those of you that have attended this event, you know what a remarkable accomplishment this is. Mule Days is a huge event that lasts six days and hosts thousands of spectators and contestants. These people really work hard to make the event run smoothly. They deserve some recognition.



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## What's the Buzz? Bees and Bee-havior

By Pam Turner

I have noticed quite a bit of bee activity on the trails this season. Lots of swarming going on that's for sure. I've seen Danger! Bees! signs on Fern Creek Trail and Upper Si's trail near the top. No bees sighted when I rode through. Why, I even passed some hives, one that is tucked right into the hillside on Bent Springs Trail. I have had no problems passing it but am sure to give it a wide berth. One thing about honey bees, they usually won't bother you if you leave them alone. During the day the hive is not so full of bees but early in the morning as the worker bees are leaving and then again at dusk when they return things get a bit more active.

According to one Bee expert, Chris Brown, who spoke at a PVPHA meeting several years ago, bees sometimes give a bit of a warning if you are too close for their comfort. One tends to bump you, just don't swat at him. It does sort of rile the little feller up and you don't want to do that. Just move along, that is all he wants you to do. It is also best not to wear perfumes, bright colored clothing like yellow or red or flowered or dark clothing while riding or walking along the trail. The bees might think you are a flower or worse a wasp (they are black and are the bees' mortal enemies). So light colored clothing is the best.

Another little piece of information that Chris passed along is if you ride in a group - with bees it usually is 3 strikes and watch out. So if the bee warns the first rider, then the second rider, well, the third rider has a distinct possibility of getting stung. Bees have limited patience (it's usually the

same thing with rattlesnakes by the way). Remember that bees don't count real well so don't always count that there will be 3 strikes, the unexpected can and does happen.

The question arises are there African Bees on the Peninsula. The answer is yes. They arrived in 1999 and have some colonies mostly located in the RPV side of the hill but they do swarm frequently so they could be in many areas by now. The African bees are more aggressive than honey bees and if riled up can chase you up to  $\frac{1}{4}$  of a mile. They can remain agitated for up to 24 hours after an attack. It's best to run and cover your head and face as bees tend to target that area. Standing and swatting at them just gets them angrier. Whatever you do don't jump in the water. Bees can hang out waiting for you to surface longer than you can hold your breath. If you are on horseback, and this solely depends on your horse and *your* riding ability, you can ride out of there as quickly as possible. If your horse is getting stung it could be a bumpy/bucky ride. You really don't want to fall off and then have to get up and run away on your two legs especially after hitting the ground! So, if you think that is a possibility then dismount and RUN!

It's important to be aware of your surroundings when you ride. Scan around you and on the trail, sometimes there are hives in the ground. Usually those are yellow-jackets, they are pretty aggressive little guys. Watch those low hanging branches that could conceal a bee colony or swarm. Probably the best thing is to keep your ears open. If you hear a lot of loud buzzing you are either near a hive, a swarm or there's a bunch of flowers that the benign worker bees are harvesting and they could care less if you are near.

Once you reach a safe place, any stingers should be removed promptly. It is not advisable to pull the stinger out with your fingers, as this can crush the venom sack and release more venom into your skin. Instead, scrape the stinger out with a fingernail, the blunt edge of a knife, a credit card or similar instrument. However, pulling

out the stinger with your fingers can be a last resort method since research has shown that removing the stinger as soon as possible is more important than the actual method of removal when it comes to minimizing the amount of venom released into your body. Mild stings can be treated with a baking soda paste, a cold, wet compress, ice cubes, meat tenderizer, and calamine lotion to reduce the inflammation and

6. swelling, or a hydrocortisone cream that can be purchased over the counter. Consult your doctor for the best recommendation.

Even if you are not allergic to bee stings, if you are stung multiple times, a trip to an urgent care facility is in order. Allergic persons should head for Urgent Care or ER even if they have used an emergency bee sting kit. Self-monitoring of your reaction to bee stings can be unreliable and dangerous. When in doubt, seek medical attention immediately.

Hey, don't forget your horse in this process. It is prudent to have something in your first aid kit for your horse as well as yourself. Banamine paste could be a good option and topical steroid cream from the drug store and alcohol pads to wipe off the stung areas. When you get back to your barn it is good to check your horse over for any swelling or other adverse reactions to the stings. Checking with your vet, especially if there are multiple stings and swelling is a good idea.

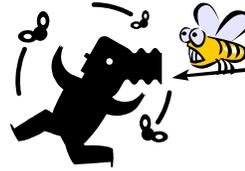
### **Bee Attack on Upper Si's Trail**

The June 10 Daily Breeze and the June 11 PV News reported an attack of Africanized bees on Upper Si's trail. The hive was subsequently removed from the old water meter they had made their home in. Jacquie Ball was the unfortunate victim.

According to the article, she was riding her horse and leading a yearling on Upper Si's Canyon Trail in the Palos Verdes Estates area when the bees attacked. They targeted her face and the horse she was riding. She jumped off her horse, turned the yearling loose and ran. Fortunately no one was seriously hurt.

How many times have you ridden Upper Si's in the past few months? I know I have traveled that way quite a bit. Back in April I rode right under a bee colony that was swarming up on Via Valmonte trail. My saddle pal and I heard the loud buzzing but didn't see anything until we turned around and looked back down to where we had just passed. We counted ourselves fortunate that we passed under all those bees without anyone getting stung!

So, with a little preparation and riding heads up out there you have a good chance of avoiding an attack. So Bee-aware while riding! Happy Trails!!!



### **Local Equestrian to compete in World Championship**

By Travis Perkins (reprinted with permission from PV News)

Palos Verdes High School equestrian Sophia Harik will have an opportunity to ride away into the sunset.

The 16-year-old earned an invitation to compete at the 2009 Ford AQHA Youth World Championship Show from July 31 to Aug. 8 at the State Fair Arena in Oklahoma City. She will ride the horse, A Slippery Situation, at the competition, which will showcase more than 2,000 riders from the United States, Canada and other countries competing for 33 different world titles.

"Qualifying for the World (Championship Show) is just the first step", Harik said. "Now, I am going to focus on winning it. I never could have qualified without the support of my mother, Trish, and my fabulous horse."

This marks the first appearance by Harik at the World Championship Show, where she will compete in two different divisions- trail and horsemanship.

Trail features riders navigating their horses over obstacles. Horsemanship on the other hand, showcases competitors riding in patterns.

To qualify for each division, Harik had to earn points during the course of a season that started in May 2008. She qualified for Trail with a third-place showing at the Sun Circuit Horse Show in Arizona last January. Harik then landed a spot in horsemanship with a sold outing at the Del Mar show last April.

7.

"I think I had to earn 16 (points)," Harik said.

"For her just to get there and compete at that level," said her trainer Jan Ball, "it's like she has won already." Harik has enjoyed plenty of success as of late. Last December, she won the Western Limit Division high-point title while representing Palos Verdes High at the Orange County Interscholastic Equestrian League Championship. She tallied 381 points to seal the deal. Her performance helped the Sea Kings win the team crown for a second year in a row in 2008, scoring an impressive 4,405 points.

One of Harik's team members, Shelby Tsuji, who took third in the Western Limit Division at the Orange County Interscholastic Equestrian League Championship, will compete at the Ford AQHA Youth World Championship as well.

Harik lived in Redondo Beach before moving to Rolling Hills Estates 10 years ago. Around that time she rode a horse for the first time at the Peter Weber Equestrian Center. The exact details of that day remain hazy. "I don't remember doing it," Harik said. "My mom has told me that I rode longer than any of the other kids though." At age 6, Harik met Ball, the owner of Ball Performance Horses Inc. Ball has taught Western style riding since 1973 and worked with Harik for the last nine years.

"The expert guidance and encouragement from my trainer, Jan Ball, is what got me to the world (championships)," said Harik, who started competing at age 8. "Jan has taught me everything I know about horses, and she is going

to guide us to the win." Harik is the first student of Ball's to compete at the World Championship Show. "Sophia and A Slippery Situation have worked very hard to qualify," Ball said. "I am proud of both of them, and happy to see their hard work pay off. I am confident they will be very successful at the World Horse Show."

Harik hooked up with A Slippery Situation, the 19-year-old mare that she affectionately calls Twinki, three years ago. She described the horse as "fancy".

The pair will hit the road early in preparation for the event. ON July 16, the pair will participate in the VOHA Summer Circuit in Temecula.

### **The Steve Harris Memorial Trail Ride, Dinner-Dance and Silent Auction set for September 26**

This annual event held at the Empty Saddle Club benefits the Harbor/UCLA Medical Center's Department of Pediatrics Hematology/Oncology Division. This year we are excited to announce our 2009 focus, "**Kids' Dreams Do Come True**". Upon learning that Make-A-Wish Foundation was unable to fulfill the requests for all the pediatric hematology/oncology patients at Harbor UCLA Medical Center, we decided to start our own version to help make the kids' dreams a reality.

The Memorial Trail Ride starts at 10am from the Empty Saddle Club and returns around 2pm. Contact Phil Feast at 310-619-6501 to hold your place. There is no cost for the trail ride.

The dinner will be catered by the "original" Red Onion at 5pm and music is by country band "Chapped Cheeks". Dinner tickets are \$40.00 per person. Happy Hour and the Silent Auction are from 3-5pm. The Live Auction begins at 6pm.

You can access the website learn more at [http://steveharrismemorial.com/2009\\_event.html](http://steveharrismemorial.com/2009_event.html) Or contact Jeff Harris at 310-373-7224 Email: [cwbyup@socal.rr.com](mailto:cwbyup@socal.rr.com)

### **LOCAL TRAINER WINS \$9999 GRAND PRIX!**

By Charlene O'Neil  
Devon Gibson, trainer at Seahorse Riding Club, won the Grand Prix at the Las Amigas Charity Horse Show July 12th at Ernie Howlett Park. Devon's horse, Serendipity, a 7 year old mare, was flawless in the jump-off. Devon also took 3rd place on another

mount, for a memorable day at the show. The Las Amigas Show benefits Orthopaedic Hospital, Los Angeles, and treats over 60,000 pediatric patients a year. No child who could not pay has ever been turned away! Congratulations to Devon and the more than 150 equines and their riders who participated in this Charity Event!

**MEMBERSHIP INFORMATION**

**RENEWALS:**

Renewals are sent out in May and need to be received by June 30<sup>th</sup>. The Membership Director, Jim Moore is available to answer any questions: (310) 377-8834

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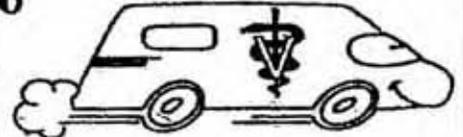


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