

## General Meeting: November 19 – 7pm Founder Forum

My Connemara, Theo, foundered about four weeks ago. My heart sunk when I was told the news as I had put my beautiful mare, Rosie, down about 17 years ago for the same disease. So . . . I have been so careful with feeding, just careful in general. Heroic Barbaro eventually succumbed to founder. My friend in Missouri who breeds horses found 7 of her herd standing in her stream one morning cooling their feet. A drastic weather change from 90 degrees to a freezing cold front swept through. Seven foundered! There are many causes of founder and many things we can do to prevent it. There are many things to help recovery. My horse is wearing wooden shoes! We will be discussing hays, weight, insulin resistance, pituitary, meds, shoes, bedding for comfort, diet. You name it! It's going to be a FULL night of info for you! I sincerely hope that none of you ever have a founded horse, but there is so much new research going on, I wanted to share.

*Charlene O'Neil, VP Education*

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Happy Thanksgiving to all!!!!

General Meeting Report Oct. 15

By Erin Ryan

## A Night of Dressage

Dressage has been around for a long time. One of the first books to come out on the subject was "The Art of Horsemanship" by Xenophon, 400 B.C. We humans need to learn how to properly ride our horses. When we ride, we are supposed to give in the reins when the horse's neck goes forward. Human bio-mechanics has us swing our arms in the opposite from our legs when we walk, opposite of what we need to do when we ride. When a horse canters, he leads with one leg forward. The horse cannot relearn how to gallop, so it is up to use to relearn how we do things.

From 400 B.C. to dressage today, the sport transformed through the Middle Ages utilizing heavy war horses. The first riding academy was formed in Italy in 1532. Core classical principles were developed around 1625, with the kings of France wanting to learn certain movements to impress their entourage. By 1833, lightness when riding was emphasized, along with flying lead changes with every stride. Today there are still classical Riding Schools in Portugal, France, and the most renown, the Spanish Riding School. Dressage was included in the Olympics at Stockholm in 1912. The all male riders showed off their jumping techniques, deviating from the accepted academic classical principles. In 1952, the Olympics boasted the first female riders. A recent innovation in 1996 allowed riders to ride to their own music and 'dance,' trying to get more people interested in the sport.

Today the sport teaches everyone how to ride the classical dressage seat first. Second comes mastering the jumping seat (mostly in Europe). For the lower levels, each country develops their own tests. Competition is worldwide, but the sport is similar from country to country.

For training, any and all kinds of horses can be used, but in competition, mostly German style warm bloods are used. They are amazing athletes. Also, Lusitanos, Lippizans and Andalusians all show a natural talent for airs.

The usefulness of dressage shows up for those in need of physical therapy, increasing athletic abilities, collection, balance, problem solving, cooperation and lightness in gate. Hunters and jumpers benefit with increased agility. The western rider gains a connection to the past and improves impulsion. Those involved in trail and pleasure learn safety and soundness by working with light aids. The horse

stays sound by learning to carry himself in a lighter manner, putting more weight in the hind legs.

There are different styles of dressage. The German style concentrates on connection with the horse and dominance. The French enjoy the academic aspect and lightness of the horse. The Dutch work on hyper flexion. Americans imported a lot of instructors.

Whatever style is preferred, once one rides dressage, it is addictive. It feels like floating over the ground, making for a really comfortable ride.

Unlike other competitive sports, dressage takes a long time to finish a horse. It takes at least one year of training for each level, so it takes at least 10 years to completely finish a horse. Dressage horses are long lasting, and perform well into their late teens. It is very important to keep them sound.

We were shown some videos of dressage horses in competition, thanks to the ESC's big screen. Thanks to Ken Anderson for providing us insight into the dressage world. He can be contacted at 310-375-4657 or at [wimsand@juno.com](mailto:wimsand@juno.com).

## FROM THE EDITOR...

It's November and the horses are looking pretty hairy already! Daylight Savings Time is now a pleasant memory and something we are looking forward to...again. We still have those memories of our summer fun. I hope you enjoy the picture story of Keanna the *Seahorse* swimming in Catalina during the Los Caballeros annual ride/swim. That looked like loads of fun for both horse and rider! The holidays are approaching fast and, of course, there'll be lots of goodies to tempt you. Just remember your horse will have to carry all those extra holiday pounds on his/her back.

Happy Trails,

Pam Turner



Here's something to think about:

If lawyers can be disbarred and clergymen can be defrocked, shouldn't it follow that cowboys can be deranged?

**A reminder: Goin' Green to Greener Pastures**

PVPHA is encouraging all of us to GO Green when it comes to the Dispatch. Let's save some trees so horses and all of us will have shade and reasonably decent air in the future. Therefore effective 1/1/10 the Dispatch will no longer be mailed. It is available online now. If you need the Dispatch mailed to your home then please complete and mail in the OPT IN form below and we will continue to mail it to you. Otherwise you will need to go to [www.PVPHA.org](http://www.PVPHA.org) to access your Dispatch.

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**What's Happening!**

Nov. 19- General Meeting – Founder/Laminitis  
December: Happy Holidays! No General Meeting  
January 16 – Cowboy Poetry and Music Festival

**Welcome New Members!**

Raig, Kristen; Peden, Deb & Steve; Belton, Linda;  
Gardner, Debbie; Motokane, Helen; Hiatt, Johnna;  
Liang, Sandra; Yates, Kelly

**Thank you Trail Donors!**

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***Happy Thanksgiving from your other  
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Snorkeling – the equine version



That was fun!

## Local Equine Businesses...

### **A Little History- The Rolling Hills General Store**

*Did you ever wonder how the General Store came to be? Here is a 1986 article from the Daily Breeze that tells the story...*

#### **Peninsula Horse Equipment Business Grows Bit by Bit** by Jerry Hirsch

Karen Savich is a nurse at night and a horse trader by day. The 46-year old Little Company of Mary Hospital nurse, who did not take up riding seriously until five years ago, fell in love with the animals when her teen-age daughter took up the sport as a child. Savich a Rancho Palos Verdes resident, has parlayed her interest in horses into a budding small business, which Savich hopes will allow her to retire from nursing within the year.

Savich says it did not take a fancy marketing study to discover a need for her business, Consignment for Horses. "All you have to do is go to a local horse show and see the number of kids and horses there are to be outfitted." Says Savich. "It's like ski equipment. The kids outgrow it before they can wear it out."

So three years ago Savich founded her equestrian equipment – tack- store on Silver Spur Road next to the Bristol Farms supermarket in Rolling Hills Estates. The consignment method of sales, where the owner of an item pays Savich a commission for selling it, is particularly well-suited to the equestrian business, Savich says.

Tack is expensive. For example, a typical new saddle sells for \$500- to \$2,000, but a good used saddle can be purchased for \$300 to \$600, Savich says. Outfitting a horse and rider can easily cost several thousand dollars. People who are just getting into the sport are reluctant to shell out that much money for something they might not stay with.

Similarly, children, who are often fickle about their hobbies, make up a large part of the market. A used equipment trading post gives parents a less expensive way to equip their children and to cut losses if a youthful equestrian opts for high school football instead.

Savich, however, found that she had to broaden the business to include new equipment, clothing and other supplies such as equine diet supplements. Her business now serves as sort of an equestrian community gossip post, with people calling to get references on horse boarders, stable hands and other advice.

After her first year, Savich was selling nearly everything except hay and the horses themselves out of her tiny shop. "One day I came in and my husband said, "I am going to be a horse broker." Savich says. Stan Savich, a Peninsula real estate broker, was minding the store for Savich that morning and had four inquiries from people who wanted to buy horses. Although her husband helps with the business, it was Savich who decided it would be better to add horses to her store's line of consignment products than become a broker.

"I determined right away that I could only act as a middleman. Between the store and nursing. I just don't have the time to go out with people looking for horses," says Savich, adding that many of the large stables are located several hours from the South Bay in Riverside and San Bernardino counties.

"As a middleman, you just put the buyers and sellers together. I stick to the hill, but there are more than 6,000 horses on the Peninsula. That is enough to keep me happy till the cows come home." Savich says. A horses seller lists his animal with Savich for \$100 fee of which \$50 is refundable if the horse does not sell during an agreed-upon time period. When the horse is sold Savich keeps the \$100 fee or collects 10 percent of the sale price, whichever is greater.

Savich keeps a picture of the horse and important information about it in a book at her store and tells her contacts in the equestrian community. She also does some newspaper advertising. "The idea of using pictures and a form allows people to get some information about the horse such as color, prices, measurements and training before they talk to the owner. It eliminates casual lookers," says Savich.

Savich has sold more than 30 horses through her service and is nearing a rate of two sales a month. She currently is offering 15 horses at prices ranging from \$1,200 to \$5,800.

Savich warns that she does not guarantee any of the horses she sells and that anyone buying a horse should have it thoroughly examined by a veterinarian before finalizing the purchase.

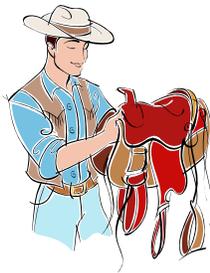
Savich is working on plans to expand her business to the horse show circuit. She currently piles her listing book and a variety of equipment into a van to take along when either Savich or her 17-year-old daughter, Tracey, competes in a horse show. Savich says she often sells a couple of saddles at each show and has done up to \$1,500 in business during a single day.

"It is very profitable for me to sell like that because everybody at the show is into horses." Savich says. "My next step is to have a travel trailer built that I can have a dressing room and lights in. It will be like taking a small shop to the shows. Nobody else does it." says Savich.

Finding a way to build her business, which just became profitable during the past year, is of crucial importance to Savich. Her typical day includes an 11pm to 7am shift in private nursing or at the hospital, sleep from about 8am to 12 pm and then a full day at her business and riding. But to Savich, her business is worth the hectic schedule: "How many people in their lifetime get to do something that they really want to do?"

Reprinted by Permission: Daily Breeze  
5/29/1986

*So, now when you patronize the General Store which relocated from Silver Spur to the corner of PV Drive North and Rolling Hills Road you have a bit of its history. They are still a consignment store and much more!*



*PVPHA extends deepest condolences to the Savich family at the passing of Stan Savich.*

## August General Meeting Recap

*Due to technical difficulties original report never made it to me in its entirety. After several attempts Erin Ryan was able to get it to me so I am including it here. So much for the wonders of technology! Our apologies to Susie. Ed.*

## Susie Lytal-Equine Massage Therapist

At our August PVPHA General Meeting we were fortunate to have Susie Lytal as our guest speaker. She began her interest in bodywork about 20 years ago. There was a segment of the horse population that could not be kept comfortable using standard medications, so her interest in the art of equine massage and skeletal balancing led her to begin her education on both the scientific and intuitive fronts. She has been a certified practitioner since 1995, working on thousands of horses. All types of horses benefit from bodywork. It can be a useful tool in early detection of potential issues (suspensory strains, strained tendons, muscle tears, etc.), for pre-purchase assessment, and as maintenance for the hard-working equine athlete.

What follows is some of the information Susie provided to us:

### *Massage Techniques – a brief introduction*

*What techniques are there?*

**The open handed stroking (effleurage)** is meant to soothe the horse and provide gentle muscle stimulation, useful for tired sore muscles, or when trying to quiet a horse.

**Knuckles**, softly folded fists (not tightly clenched ones!), and several fingertips can be used to provide more direct stimulation. Useful for targeting particular areas of tension (large muscles in the haunches or the triceps muscles), these "hand tools" are a great way to get deeper into the tissue. Take care not to slide your knuckles over the coat

while applying directed pressure over the same area again and again; you could injure the tissue below.

**Compression** techniques are used to mobilize large muscles, using your bodyweight to provide the force needed to do so.

**Squeezing** the muscles (petrissage) can be very good for moving blood through a muscle, good for warming up before a ride or relieving tired muscles after a hard workout. Keep your fingers together and use a firm pressure to manipulate the tissue, good to use on the brachiocephalicus muscle.

### *Where are these applied?*

Basically you can massage any part of a horse, from his ears to his tail bone. Choosing the technique that is effective and feels right to you is your choice. The best way to become comfortable massaging your horse is just to do it. Get to know his preferences and dislikes and practice, practice, practice!

### *How do I know I am doing it right?*

Your horse will tell you! Just as he tells you when you are riding well, he will communicate with you during your massage session. The key is to be aware of his efforts to communicate with you and be alert for his input! This will help keep both of you safe and maintain open lines of dialog.

### **Rules of Good Conduct**

1. Safety First! Work with your haltered horse in a secure area, free from dangerous objects such as wheelbarrows, open gates, narrow stall doors, low ceilings, etc.
2. Always halter your horse, and use a lead rope ALWAYS!
3. Wear protective footwear at all times.
4. Begin your session with a relaxed and upbeat attitude, intent is more than half the game.
5. Do not tie your horse when trying something new, he may feel trapped and panic if tied, even if he is not "a puller."

### **10 Points of Saddle fit:**

1. Position the saddle on the horses' back, it should fit nicely behind the withers.
2. Angle of the points – the slope of the points of the English saddle should reflect the angle of the torso. Mismatched angles will cause discomfort. Too wide angles will either allow the saddle to sit on the withers or tip the saddle forward causing pressure points.
3. Panel pressure and contact – using your hand as a "force transducer" determine if there is equal pressure along the panels of the saddle. Either the horse or the saddle can have asymmetries and cause problems with bridging (points of pressure) or uneven pressure.
4. Pommel to cantle relationship – The cantle should be 1 -1.5 inches higher than the pommel.
5. Level Seat – a level "sweet spot" for the rider to sit. Any vagaries will cause an uneven seat and affect the rider's ability to influence the horse properly.
6. Wither clearance – the most obvious fit to look for. At least three to four finger widths are necessary for

the saddle to be clear when absorbing a shock and the rider is loading the saddle bars as in a two point stance or half seat.

7. Channel clearance/gullet width – check for daylight by standing on an elevated platform to view the clearance under the saddle through the gullet. There should be ample light when viewed from the back.
8. Saddle stability- the saddle should feel stable when rocked from side to side. If it is perched on the horses' back it will tip back and forth when pressure is applied.
9. Seat Length- and your horses' back must agree or the panels will dig into the horses' back.
10. Horse Response- Let your horse tell you if it works for him! The horse has the final word on this.

A big thank-you goes out to Susie for providing us her expertise. Her email is

[susielytal@theworthyhorse.com](mailto:susielytal@theworthyhorse.com)

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## Gymkana: Where did it Come From?

*These competitive events have been held for hundreds of years but did you ever wonder where the name came from? Would you believe India?*

Gymkana -\djim-KAH-nuh\, n.

Origin: allegedly Hindustani 'gend-khana', racket court, from 'gend' (ball) + 'khana'(house).

\* An athletic exhibition; a "meet". Particularly one involving equestrian events.

\* The place where such events are held.

This is one of the words that apparently crossed over into the English language during England's colonization of India.

Any of various meets at which contests are held to test the skill of the competitors, as in equestrianism, gymnastics, or sports car racing.

The English military, during the Colonial period, used horses for both transportation and military maneuvers. On Sunday afternoons, the cavalry would compete in horseback games to sharpen their horsemanship for war. Thus, Gymkhana had it's beginning.

Through the years different events have been added, some of which originated in Europe and others which were developed in this country. Ring Sparring, an event that is still part of Gymkhana in some areas, resembles the knight in medieval days riding full charge with his lance aimed at his enemy.

The British Bengal Lancer engaged in Tent-Pegging, using his lance to unearth the tent pegs of the enemy, bringing down the tent on his adversaries.

Pole Bending can easily be seen as good training for a Cavalry charge through dense forest. The Rescue Race and Cowhide Race

were originated by the Native American Indians as a way to rescue their comrades in battle. Similarly, the Speedball Race may have derived from the Native American Indians counting "coup" in which they would touch their enemies without harming them.

The Pony Express Race, of course, simulates the old time Pony Express rider who delivered the mail between St. Louis and Sacramento in the Old West.



## Do Horses Celebrate Thanksgiving?

Of course they do! If they are fed, watered, talked to, ridden or hand walked, groomed regularly and stroked lovingly they are very thankful. They express their thanks with nods and shakes of their heads, relaxed demeanors, nuzzling and sweet-talking horse sounds.



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