



Palos  
Verdes  
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Horsemens  
Association

# ·D·I·S·P·A·T·C·H·

Volume XXIV, Issue 7

Pam Turner, Editor

July 2010

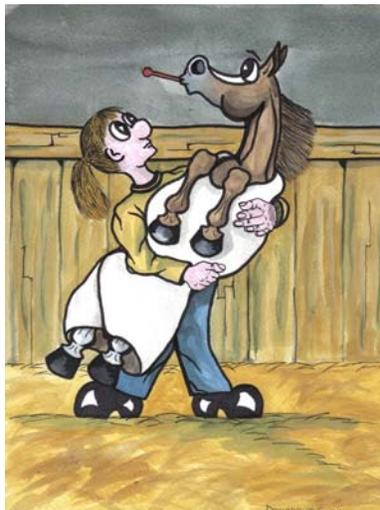
**July 15 - 7 pm at the Empty Saddle Club**

## **ALL ABOUT ALLERGIES**

An Evening with Dr. Larry Kelly

Does your horse have a cough that's not a cold?  
Does your horse have welts? Have a runny nose?  
Itch? These can all be allergies! Maybe even food  
allergies! We have never had a instructive evening  
on allergies and this is going to be a real winner!

*Charlene O'Neil*  
*VP Education*



## Wrapping with Debbie Taymour

By Erin Ryan June 24, 2010

We bandage for protection, support, wounds and shipping. There should be a bandage quilt under the wrap just in case one section is a little too tight. Keep some of these supplies in your barn so they will be available when needed. If the horse is uncooperative, have another person hold up the opposite leg up so the leg being worked on will remain on the ground.

**SHIPPING BANDAGES:** A shipping bandage protects the lower leg, coronary band, and the heels during travel, in case a horse steps on his own feet or strikes his legs against the trailer. A shipping bandage must cover the heels and coronary band, pastern, fetlock joint and tendons, to the base of the knee or hock. It must be well padded, firm, and snug, but never excessively tight (you should be able to slip two fingers under the bandage). Shipping bandages must be fastened securely, as they can trip a horse if they are applied too loosely and slip down. They must be fastened on the outside of the leg so that the horse cannot pull the fastening loose if he should strike the inside of the leg with his opposite hoof.

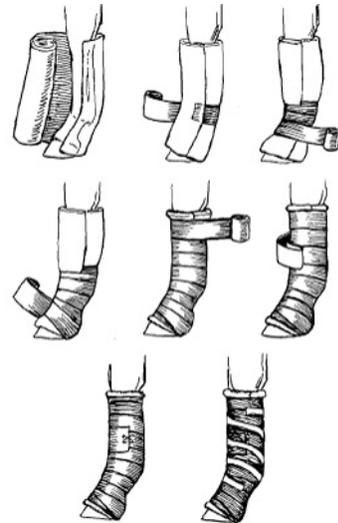
### *Steps in applying a shipping bandage:*

- With padding touching the ground, wrap it smoothly around the leg.
- Start the bandage on the outside, near the middle of the middle of the cannon bone. Tuck the end under the edge of the pad, and wrap once around the leg to anchor the bandage. Always wrap the bandage in the same direction as the leg pad.
- Wrap downward, overlapping each wrap about one-third to one-half of the width of the bandage, keeping the wraps parallel to the ground. Pull the bandage snug by pulling backward against the cannon bone rather than pulling forward against the tendons.
- Make several turns around the bulbs of the heel and coronary band. At least half of the width of the bandaging must go under the heel to keep the bandage from sliding up. At least ½ inch of

padding should extend below the bottom edge of the bandage, to keep it from binding.

- Bandage back up the leg to just below the knee or hock. Leave at least ½ inch of padding above the bandage, and be sure that it does not bind at the knee or hock

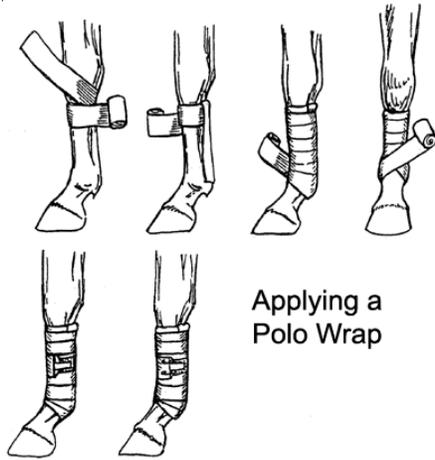
Finish the bandage on the outside of the leg in the cannon area, not over a tendon or a joint.



Steps in Applying a Shipping Bandage

**STABLE BANDAGES:** Stable bandages are used for protection in the stable, to prevent “filling” or swelling, of the legs after hard work, for warmth, and sometimes to treat injuries or cover a wound dressing. When applying stable bandages, always bandage the legs in pairs that is, both front legs, both hind legs, or all four. If one leg is bandaged and the other is not, the un-bandaged leg may be stressed and may swell. Stable bandages must be removed and reset at least every twelve hours (morning and night). A stable bandage is put on like a shipping bandage, but it ends just below the fetlock joint. It must be snug enough to compress the padding around the tendons and other structures of the leg. The pressure must be evenly distributed over the entire bandage, and not too tight (you should be able to slip two fingers inside the finished bandage). The bandage must be run in the same direction as the leg pad.

**POLO WRAPS:** Polo wraps are used when exercising your horse.



Applying a Polo Wrap

Wash new wraps ahead of time so they are easier to handle

The tighter the bandage is rolled the easier and neater it is to apply

Never leave a wrap on longer than 12 hours

This newsletter does not have enough room to describe the different types of materials available for the various wraps. Instead we recommend visiting the local feed store to get introduced to these products first hand; the clerk will be glad to show you each kind of wrapping material for the particular type of bandage you are interested in using.

This meeting was an excellent demonstration on how to apply various wraps. Debbie also invited members to practice wrapping. This skill can be used in many applications. Thank-you Debbie Taymour for sharing your talents with the PVPHA!

**WRAPPING PRECAUTIONS:**

- Always use pads
- Leave 1/2 to 1 inch of padding extended above and below wrap
- Never sit or squat
- Make sure pressure is smooth and even
- No wrinkles
- Wrap front to back, inside to outside
- Do not pull wrap on tendons

**BANDAGING MISTAKES:**



Uneven Padding: does not cover heels; too short; lumpy and uneven



Continuous band of tape indents bandage; padding uneven and sloppy



Uneven padding; too short; no padding showing above and below edges of bandage; fastened with strings over a joint.



Uneven wrapping; pulling against tendon instead of cannon bone; indents bandage.

**Proposed Chandler Ranch/Rolling Hills Country Club Development**

The re-circulated EIR for the new development of 114 houses and the redesign of the Rolling Hills Country Club and Golf Course has been released and may be viewed on the Rolling Hills Estates Website.

The Comment period closes August 4, 2010. Comments should be submitted to Ms. Niki Cutler at the City of Rolling Hills Estates, 4045 Palos Verdes Drive North, Rolling Hills Estates, CA 90274

**MEMBERS CLASSIFIED:**

For Sale: Automatic hay-feeder, battery powered, feeds 1 to 6 times, \$2,000. 310-326-1082

**HINTS FOR THE WRAPPER:**

Wraps that are wider create less bulk



## Meet Molly.

She's a grey speckled Appaloosa pony who was abandoned by her owners when Hurricane Katrina hit southern Louisiana. She spent weeks on her own before finally being rescued and taken to a farm where abandoned animals were stockpiled.

While there, she was attacked by a dog and almost died. Her gnawed right front leg became infected, and her vet went to LSU for help, but LSU was overwhelmed, and this pony was a welfare case. You know how that goes.

But after surgeon Rustin Moore met Molly, He changed his mind. He saw how the pony was careful to lie down on different sides so she didn't seem to get sores, and how she allowed people to handle her. She protected her injured leg. She constantly shifted her weight and didn't overload her good leg. She was a smart pony with a serious survival ethic.

Moore agreed to remove her leg below the knee, and a temporary artificial limb was built. Molly walked out of the clinic and her story really begins there.

'This was the right horse and the right owner,' Moore insists. Molly happened to be a one-in-a-million patient. She's tough as nails, but sweet, and she was willing to cope with pain. She made it obvious she understood that she was in trouble. The other important factor, according to Moore, is having a truly committed and compliant owner who is dedicated to providing the daily care required over the lifetime of the horse.

Molly's story turns into a parable for life in Post-Katrina Louisiana. The little pony gained weight,

and her mane finally felt a comb. A human prosthesis designer built her a leg. The prosthetic has given Molly a whole new life, Allison Barca DVM, Molly's regular vet, reports. And she asks for it. She will put her little limb out, and come to you and let you know that she wants you to put it on. Sometimes she wants you to take it off too. And sometimes, Molly gets away from Barca. 'It can be pretty bad when you can't catch a three-legged horse,' she laughs.

Most important of all, Molly has a job now. Kay, the rescue farm owner, started taking Molly to shelters, hospitals, nursing homes, and rehabilitation centers. Anywhere she thought that people needed hope. Wherever Molly went, she showed people her pluck. She inspired people, and she had a good time doing it.

'It's obvious to me that Molly had a bigger role to play in life, Moore said. She survived the hurricane, she survived a horrible injury, and now she is giving hope to others.' Barca concluded, 'She's not back to normal, But she's going to be better. To me, she could be a symbol for New Orleans itself.'



This is Molly's most recent prosthesis. The bottom photo shows the ground surface that she stands on, which has a smiley face embossed in it. Wherever Molly goes, she leaves a smiley hoof print behind.



## PVPHA's HORSE TRAINER SPOTLIGHT

KEN ANDERSON

I am Ken Anderson, a reader, a rider, and a teacher. I have loved horses from the age of two when, my parents told me, I said, "Good night forsey" to a bronze horse head plaque my parents had received as a wedding gift and hung in the hallway. I remember pointing out every horse we passed when on road-trip family vacations. I rode a horse first when I was ten years old. It was a trail ride I still remember as if it were yesterday. I loved it! I even liked that bowlegged soreness that comes when one first rides. About a year later, I started taking lessons at Palos Verdes Stables riding western. I soon learned that at Rolling Hills Stables, then the Red Barn, one could go for two hour trail rides, so I started doing that, every Saturday. The barn manager was impressed with my passion for horses because I came early each week so I could help groom and saddle all the horses. She encouraged me to take English lessons with her daughter on her retired jumper. I was hooked. From that point onward I have ridden hunt seat and dressage exclusively. My parents could not afford for me to own a horse, but I worked at the stables grooming, cleaning tack, leading trail rides, and doing barn chores to pay for my lessons. Eventually, I half-leased two different horses from a nice family who lived too far away to ride regularly. When in high school, I saved enough money to buy my first horse, a four year thoroughbred race horse. I trained him and showed him successfully as a hunter, until I got too tall for him and sold him as a child's hunter. With the money I received for that horse I purchased another thoroughbred, a big chestnut gelding. Shortly after this the Red Barn was torn down and Rolling Hills Stables moved to the present location. In the interim I moved my horse to Portuguese Bend Riding Club. By this time I was in college and teaching riding lessons at Palos Verdes Stables. I showed my horse lightly as a hunter, but he had soundness problems, so I decided to train him as a dressage horse and to find him a new home. Well, this horse was a very talented dressage horse; I kept him for the rest of his life. I learned a tremendous amount schooling him from Training Level to Prix Saint George. I rode in clinics with innumerable dressage masters and attended every seminar and symposium I could, which I still do today. I can still remember the day I was hooked on dressage. A German clinician came to the

barn to give some lessons and he rode a boarder's draft-thoroughbred cross hunter and under his elegant guidance the horse just danced over the ground. I remember thinking how I would love to be able to do that with a horse.

I have always been an avid reader, so it was only logical that I should major in English in college. I continued to teach riding lessons; my students mostly had their own horses and I went to hunter shows with them. I also worked at the university grading Freshmen English papers and tutoring students. I guess it was destined for me to be a teacher. I now teach high school English for Torrance Unified School District. I still read avidly, especially books about dressage. Now, I still teach riding, as time allows, mostly dressage, and a little jumping.

One of my students, Lauren Pell, recently asked me to help her prepare for an ETI show and I agreed. Lauren and Romulus made me very proud. Their successful performance over fences reminded me just how valuable dressage training really is. While I have successfully competed in many dressage competitions over the years, my real interest in dressage is in the process and the training, not the competition. Shows are just a way of testing how much one has learned, and as such do have value, especially dressage shows where one receives a written evaluation of the performance of a test. The very word dressage means training, so what is really tested is that training. What matters to me are the comments and the score, not the ribbon or award. I would rather ride a Training Level test well than a Grand Prix test poorly. The feeling of harmony with a correctly trained dressage horse is incredible, and dangerous because once one feels a horse moving with rhythmical gaits, suppleness, elastic contact, lively impulsion, straightness, and collection one will never be satisfied with less. The dressage rider, therefore, is never satisfied; there is always something to be improved. To further my own education in dressage I attend clinics and symposiums regularly. I have also graduated from the USDF L Program for learner judges which qualifies me to judge schooling shows which I do several times a year. One is always a student of dressage, as the more one learns the more one realizes how much more there is to learn. I plan to be a student for life.





*Ken, Lauren and Romulus*

## MEET LAUREN PELL . . .

I am Lauren Pell, a fifteen year old who has been riding horses for six years, and I am currently at Training Level 4 in dressage. I have always wanted to ride a giant warmblood gelding, and last year I found Romulus, the fanciest and biggest warmblood I had seen in person. Even though Romulus was far too advanced for me at the time, his owner, Liz Holmes, graciously agreed to me riding him; but she said I had to do dressage because she thought it would help me progress the fastest. Back then I found flatwork tedious, but I readily agreed because I just wanted to ride Romulus, which led me to Ken Anderson. Over the next year, it was Ken who taught me to appreciate and even prefer dressage, a transformation previously thought impossible.

When he first taught me on Romulus though, my opinion of these lessons was pretty low. He started the lesson by saying, "Rider error" every time Romulus refused to take the contact or turn where I wanted him to. He politely explained that because he had seen Romulus do these things with other riders, the fault must lie with me. But he told me not to worry, because we would soon get the basics down and Romulus would listen to me more. I was shocked, because I had always been told that bad performances were just as likely to be the horse's fault. Also, I believed that because I had been riding for 5 years, I must at least know the basics. Apparently, the basics are not very basic because I am still just beginning to master some of them.

After this first slightly depressing lesson, I spent months attempting to keep Romulus "on the bit".

Despite my best efforts, and Ken's constant stream of advice, this concept was so new to me, and Romulus is so fussy with his head, that it seemed impossible to ride him peacefully any more. Yet, by then I was asking for more and more dressage lessons and jumping suddenly became far less challenging. Ken and I would become so engrossed, and I always seemed so close to grasping some new goal that I was happy when Ken let lessons run 45 minutes longer than they were supposed to. Eventually, he managed to teach me how to ride Romulus with sensitive, timed aids well enough that staying on the bit is no longer a major concern, and many other things are incredibly simple as a result.

Another never ending endeavor is for me to develop the perfect seat. Now, I know that while riding one does not "just sit there" like many believe, but until my Ken lessons began, I really did not think that the way I sat or how I used my seat muscles really mattered much. Ken must think it is pretty important though, because I do not think he has given me a lesson without mentioning it. Each lesson he would explain what I was supposed to ask for and how. Every time, the way I used my seat was somehow involved. Although at first I was confused by this, Ken started teaching me on a lunge line, with Romulus in side reins. I gained a new understanding of how the rider can ask for just about everything with his or her seat. Now I am proud to say that when I actually remember to position myself exactly the way I was taught to, I can steer and stop Romulus with little or no reins (usually).

Although these lessons were the hardest to grasp and implement, there were many other memorable moments in the dressage arena. I remember how awed I was the first time I saw Ken ride Romulus. They were able to do movements I had never even heard of, and suddenly Romulus did not just look handsome. He was beautiful, and he seemed to be dancing across the arena. Another time, Ken came to the rescue at one of my I.E.L. shows. The Saturday before he came, Romulus and I had both been frustrated and confused because I was getting different directions from everyone and I could not seem to make Romulus understand me. Then he showed up on Sunday and had an answer for every one of our problems. He got Romulus's neck to finally relax by lunging with side reins, helped me keep Romulus's attention by doing serpentines, explained where circles are in a larger dressage arena, etc. When we

entered the ring we were actually confident and we won a blue ribbon for the first time at an I.E.L. show. The biggest bonus was that every single person who saw Romulus and I ride on Saturday asked what the miracle was that made us so much better by Sunday.

Whether it was making me ride better in one day or making me learn to love dressage, Ken has always created transformations in both me and my horse. Through Ken's advice Romulus has gained weight and muscle, stopped tossing his head up, learned to actually use his hind legs, and gotten straighter, more rhythmic gaits. I have learned to not just trot along the rail, but to really ride, and I now love dressage so much that I participate in and watch dressage shows and clinics almost monthly.

### FROM THE EDITOR ...

Pam Turner



Lots happening around the Peninsula in our horse world these days. See "What's Happening" for the details. I am saddened by the passing of Jan Sawyer, Dispatch Editor, for many years and also celebrate her exciting and colorful life. Jan was a pillar in the horse community and will be missed by many. When I spoke with her daughter, Wendy, she told me that Jan didn't want any memorial service. Her wishes were to just to spread her cremated remains along the trails she rode for so many years on her beloved horses. Jan was a brilliant Professor of Linguistics at California State University Long Beach and retired as a Professor Emeritus. She had a love of horses, even the difficult ones (some of us do remember Weibka). It was hard for her when she could no longer ride but she still kept a rescue horse in her barn as she couldn't bear looking out her window and not seeing a horse looking back at her. A memory I have of her reflects what a 'tough cowgirl' she was. I drove into Westfield to ride a few years back and saw Jan standing next to Domitidor, her Peruvian Paso, talking with a man who was standing outside of his car. Thinking something may have happened I walked over to offer support. It seems that the horse had slipped and fallen on the pavement with Jan on his back. She seemed unhurt and as feisty as ever. I accompanied her over to her house and unsaddled her horse for her. She refused my offer to put him away saying that she'd do it herself and she was just fine. How like Jan! So, dear friend, I wish you smooth trails and an easy ride through the heavenly fields you now inhabit with your beloved horses and, of course, your little dogs!



## HORSE FUNNIES!?!

*Have you taken a funny picture of your horse? In any crazy situation?*

Please submit them to us, at [ghoule@cox.net](mailto:ghoule@cox.net), add a funny line and win a map at the year end!

Winner will be announced and the prize given at the **2011 Music and Poetry Festival**

## What's Happening!

**July 15** - 7pm: General Meeting

**July 11, Aug 29, Sept. 26** -ETI Corral 8 shows at Ernie Howlett Park

**July 16 - 18:** Las Amigas de Las Lomas Charity Horseshow at Ernie Howlett Park, Contact [joannbennett@cox.net](mailto:joannbennett@cox.net), Free Admission & Parking

**July 24** - 7:30 pm: Happy Hooper's Accoustic Midnight Ride; meet at the General Store

**July 25** (rain date Aug 15) - Los Serranos Awards Circuit Western & Reining Horseshow - Beginners classes available - Ernie Howlett Park. Contact: Trish Harik at 310-378-9911

## From Her Friend and Horseshoers Point of View. . . .

Keith and Rachel DeYoung.

Jan Sawyer was one of the last true great horsemen and definitely the end of a certain era for me. Every six weeks for the last seventeen years, I looked forward to our shoeing appointments. It was so much more than just going to work on her horse. I would make room in my schedule for at least a couple of hours to spend time listening to her stories of when she was a young women and her wild adventures, sitting in her backyard with her horse and dogs while eating plums from her tree, or just talking about how much she loved horses. She was sassy, opinionated, hilarious, and genuine to the very end. At the age of 92, she still had the most intense love of a young horse crazy little girl that I have ever seen. I feel so blessed to have been a part of her life. She is truly missed.

It is with a heavy heart that I announce the passing of Jan Sawyer at 92 years old. Jan was the DISPATCH Editor for over 20 years. In addition to the outstanding job Jan did with the DISPATCH, she was an avid horse person and a great promoter of the Palos Verdes Peninsula Horsemens Association. Jan would sit and talk horses with you as long as you want. I for one will certainly miss chatting with Jan and asking her advice.

Dale Allen

## The Ties that Bind

### Jan Sawyer's Story

as told by June Olney and Others

By Erin Ryan

Jan Sawyer was an irrepressible personality, who had a lifelong obsession with horses. Twenty odd years ago Jan was appointed the position of editor for the PVPHA's new letter, the Dispatch. Back then everything was typed then pasted into correct format. After copies were printed up, Jan had a get together over at her house for a folding and stamping party. It was traditional for Jan to bake a batch of brownies. Although it seemed everyone was always watching their weight, those brownies somehow magically disappeared by the evening's end. From pasting and hand folding to inputting articles into a computer and e-mailing the final draft to the printer and having it posted onto a web site, Jan ushered the Dispatch into the computer age. It was not until recently that she felt another person should take over her long-held position.

Jan's father passed away when she was just a kid, leaving her Mom to raise the kids. History has a way of repeating itself. Jan's husband passed away early, leaving Jan to raise their kids on her own. As for an occupation, after Jan got her undergraduate and master degrees, she worked hard on her doctorate, allowing her to become the department head of Linguistics at a Cal State College. In addition to living here on the hill, Jan had an

opportunity to live in Mexico a spell, where she learned to speak Spanish fluently.

Jan's first horse was a difficult sort of mare who evidently did not enjoy riding certain trails. That did not matter. Jan was a good rider and loved to frequent the canyons, whether or not her mare came along willingly. Jan eventually wanted company for her horse, so took on a Peruvian Paso.

On one such trail ride, there was a tack failure involving the cinch. Something snapped spooking the horse, leaving Jan in the dust. The horse just sort of disappeared. June was along on this ride. After picking herself up and brushing off the dust, the two of them headed down the trail the horse so thoughtfully selected. They walked a ways finding some pieces of tack. As they continued, more tack was discovered. Eventually they came across the saddle. Two blocks further the horse could be seen way up in a field, completely un-tacked, with not a care in the world. Once the horse saw them, he came running back down to them. No one was worse for wear, but it was a memorial adventure.

As time passed, her horses grew old, and, well, you know . . . .

Jan could not live without a horse in her backyard. Fortunately a friend gave her Bueno, a Paso Fino. By that time Jan had stopped riding, but she loved her daily routine of barn chores. Over time, even that became difficult. With help from neighbors, she was able to keep Bueno in her back yard so she could at least go out and feed him carrots.

Jan Sawyer lived an independent life, almost up to the end. She was a horse woman to the end. She could not give up her beloved horse even when her health started to fail. Jan passed away a few weeks ago. I miss our morning visits, but still care for Bueno. Someday soon I hope to find him another good home. Bueno knows Jan is no longer around, but there is no way for me to tell him why his devoted and loving owner no longer comes out to feed him carrots.

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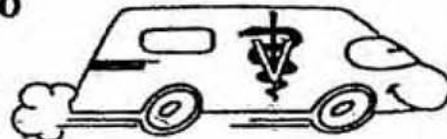


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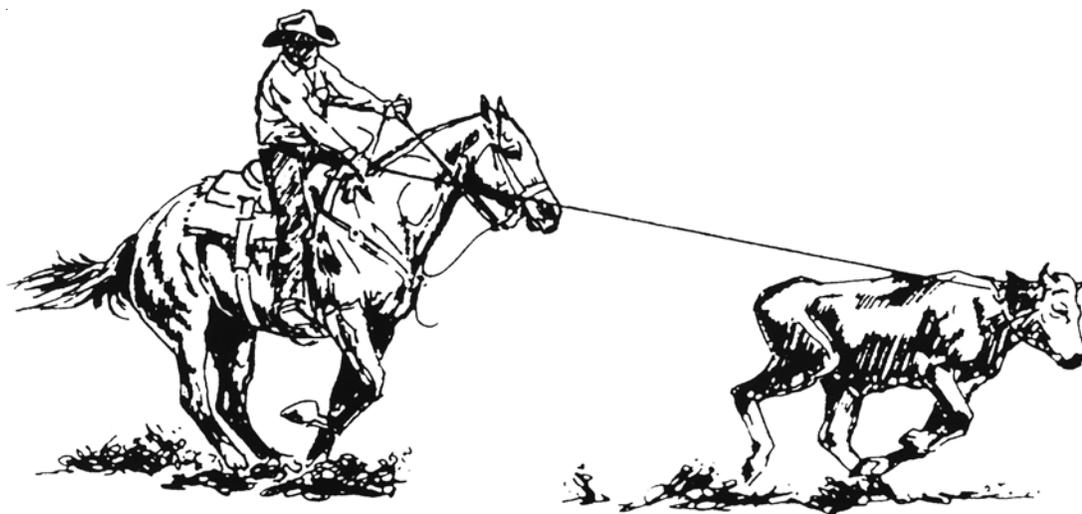


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