PALOS VERDES PENINSULA HORSEMEN'S ASSOCIATION

DISPATCH

Vol. XXX, Issue 6 PVPHA.org June 2016

COMMUNITY CALENDAR

June 12
LSAC Horse Show
Ernie Howlett Park

June 16
PVPHA general meeting
Empty Saddle Club

June 19
Dreamscape Equestrian Dressage show
Info: dreamscapeequestrians.com
Ernie Howlett Park

June 25
"Between the Twines" equine nutrition clinic
Info: jjreinke@hotmail.com
Palos Verdes First Baptist Church

June 26
Peninsula Equestrian Circuit horse show
Ernie Howlett Park

July 10
Dreamscape Equestrian Dressage show
Info: dreamscapeequestrians.com
Ernie Howlett Park

July 12
LSAC Horse Show
Ernie Howlett Park

July 19
Special RHE Equestrian Committee meeting
Rolling Hills Estates City Hall

Events listed here are not necessarily sponsored or endorsed by the Palos Verdes Peninsula Horsemen's Association. To add an event, send the information to pvpha2010@gmail.com.

DALE LOFGREN

Julie Unvert competes in the first Dreamscape Equestrians Dressage Show on May 14. For more photos, see Page 6.

NEXT PVPHA GENERAL MEETING: JUNE 16

Gone camping: Share your horse-centric vacations

by TIFFANY CHIU
VICE PRESIDENT OF EDUCATION

Have you ever dreamed of going on a horse-centric vacation or wanted to go horse camping but just didn't know where to start? You are not alone! Join the Palos Verdes Peninsula Horsemen's Association on June 16 at 7 p.m. at the Empty Saddle Club.

We'll share stories, photos and answer questions about horseback riding around the globe, from local California camp sites and dude ranches to vacations on horseback in Asia, Europe and beyond!

If you have photos or a story to share, email Tiffany Chiu at tiffanyjchiu@hotmail.com or call 310-621-4247. A few minutes of sharing enrich us all!

As a reminder, the Empty Saddle Club requests that meeting attendees leave their dogs at home.

INSIDE THIS ISSUE

Events calendar	1
Dreamscape Equestrian photo	1
May general meeting information	1
News briefs	2
Myth busting with Dr. Ramey	3
Dreamscape Equestrian article	6
Youth Achievement Award	8
Trail Protection Fund donors	9
Equestrian Committee notes	10
Membership form	11
Dispatch ad rates	11

NEWS BRIEFS

PVPHA to hold elections in July

The following positions are up for election at the July general membership meeting of the Palos Verdes Peninsula Horsemen's Association: president, vice president of civic affairs, vice president of membership and corresponding secretary.

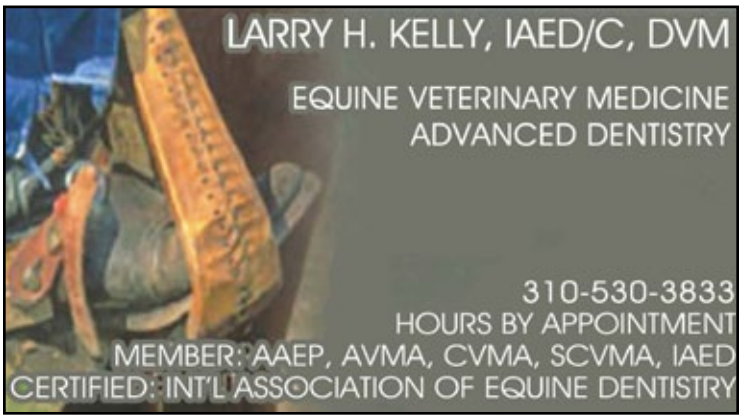
Those who are interested in running or nominating someone for a position on the board of directors should contact nominating committee chair Melody Colbert via phone at 310-427-4378 or via email at melcolbert@aol.com.

New horse show organizations on the Peninsula

The Peninsula Equestrian Circuit is a new (IRS approval pending) nonprofit 501(c)7 organization whose president is Valerie Ciarollo. The PEC will operate similar to the ETI organization whose local chapter is apparently currently inactive. South Bay Equestrian was disbanded by its founders.

A new, for-profit, dressage-focused LLC known as Dreamscape Equestrian has been created by Rachael Goldsmith. Goldsmith announced at the March meeting of the Rolling Hills Estates Equestrian Committee that all shows would have California Dressage Society ratings.

—Melody Colbert



Myth busting with Dr. Ramey

by MELODY COLBERT
CORRESPONDING SECRETARY

Dr. David Ramey is much more than a veterinarian—he is a researcher, truth-seeker, publisher, practitioner and promoter of science-based medicine. You can read volumes about him and by him on the Internet; at the May general meeting, he spoke about his philosophy before addressing horse "myths" vs. facts.

Ramey explained that there are plenty of products and services being peddled, often at great expense, as being beneficial to horses or as cures. Unfortunately, many of them have no evidence to support their manufacturers' claims. Yet, people want to do something to help their animals, so they may be persuaded to try these products and services by the salesmen.

Ramey also answered several questions about treatments, during which he cited any evidence that exists about each case.

RAMEYEQUINE.COM

Dr. David Ramey

Barefoot trimming

Researchers have studied wild horses and found that the shape of the feet are affected by miles travelled and type of ground. Hard ground causes chipped, upright hooves; soft ground results in "platter shaped" feet. The conformation of wild horses differs greatly from domesticated ones, and there is overwhelming evidence that wild horses have poor foot health, according to Ramey.

His conclusion? Some horses do well without shoes; some do not. Some horses have foot-related lameness issues that are helped with shoes. The bottom line is that sometimes you may have to give up something, such as cost or convenience, in order to have the protection that shoes can offer.

Continued on the next page.

Continued from the previous page.

Vitamin and mineral supplements

Ramey conducted a study of five major commercially available supplements. Because there is no authority that verifies the concentrations or even existence of the components listed on labels, his study took what was listed on the labels as factual. The idea was to find out through analysis what percentage of necessary nutrients was lacking in hay. He found that "good forage" in alfalfa and oat hay provides all the nutrients that horses need.

Furthermore, many supplements provide very small quantities of nutrients, so that if your horse isn't getting enough of something, he is not going to get it from the supplements. Nobody verifies potency, purity or efficacy of these supplements.

Alfalfa—good or bad?

Types of feed are not inherently bad or good. Alfalfa has more protein and fat and less fiber than grass hays. Feeding alfalfa may mean feeding less volume and less time spent eating, while feeding grass hay may give the horse something to do.

Glucosamine/Chondroitin Sulfate?

It's impossible to know the actual potency of the products, and claims are often bogus, Ramey said. Studies have shown glucosamine does nothing, and there is nothing to suggest it helps anything. Most studies cited were done in a test tube, and the levels used are up to 2,000 times more than what can be achieved in a horse.

Only 2 to 5 percent of the nutrient is available to the horse—most of it is excreted and removed by the liver. No efficacy rates are known. There was only one study of chondroitin sulfate: it was injected, with no result.

'Synergistic' supplements

There is no proof of such a thing, Ramey said. He explained that diseases have a natural course of progression. This course is essentially a wave of up and down, and when an improvement follows a treatment it may simply be the manifestation of an "up" part of the cycle; however, people logically may assume that the improvement is due to the treatment.

The rule of thumb: 80 percent of the time, things will improve on their own; 15 percent of the time, we can actually help by administering antibiotics, removing foreign objects etc.; 5 percent of the time, the condition is incurable.

Shockwave therapy

Shockwave therapy may have some temporary analgesic—or pain relieving—effect; however, the last nine studies have shown a negative effect. There is some evidence that it can actually be harmful to injured tissues.

Vaccinations

Vaccinations do prevent some diseases, including tetanus, West Nile virus, and eastern or western equine encephalitis. The efficacy of vaccines for herpes and influenza is less certain, and there is no evidence that the strangles vaccine works.

Most studies use titer counts—the amount of antibodies found in blood—as evidence, and side effects are usually rare. Therefore, most vaccines are considered to be worth the risk of administering. There is not a strong base of evidence to make recommendations either way.

Diatomaceous Earth

Don't bother using diatomaceous earth for worm control, Ramey said.

JAMES A. GIACOPUZZI, D.V.M.

State of the Art
Mobile Equine Clinic
Featuring
Eklin Digital X-Ray Instant Images
GE LOGIQ*e* Digital Ultrasound
Vetron-300 Shock Wave
Specializing in
Shoeing Horses Correctly
Pre-Purchase Exams
General Dentistry
Geriatrics
Performance Enhancement & Lameness
Available for Clinics - Call for Appointment
310.798.6721
P.O. BOX 3544
Palos Verdes Peninsula, CA 90274
equinedvm@tshepa.net

Chiropractic

Chiropractic work aims to "unblock the nerve flow"; some say it's about movement. Ramey said he is not persuaded that anyone can do anything significant with a horse's spine.

Research on humans shows chiropractic on the lower spine is no better than any other form of treatment.

Bran mash and psyllium fiber

If your horse is eating sand, feeding it bran mash or psyllium fiber won't fix the problem because you will have to continue to use it as long as your horse is eating sand.

Treating colic: mineral oil and walking a horse

Giving a colicking horse mineral oil is no longer recommended. Water is more important to prevent dehydration and lubricate the horse's digestive system.

Walking a horse who is colicking is OK—it gives the frantic owner something to do.

Acupressure/acupuncture and the 'red light'

It is a misconception that these therapies have been practiced for thousands of years. In fact, early practitioners of acupuncture drove giant nails into patients!

Stem cell therapy, Legend IV, Adequan, Homeopathy

There is no evidence to support stem cell therapy. Legend IV in horses is worthless, Ramey said, because it contains only one-quarter of the amount of hyaluronate sodium that a horse produces naturally.

Adequan and homeopathy don't work, he said.

Deworming

Deworming is done too often. Because resistance to wormers is a problem, it is better to check fecal worm counts a couple of times a year.

The bottom line with most treatments for horses is to keep things simple and easy.

For more information on Dr. David Ramey, visit his website at rameyequine.com or his Facebook page at David Ramey, D.V.M.

Equine Veterinary
& Podiatry Services

Dr. Amy Garcia DVM
Equine Veterinarian

Dr. Grant Garcia BVSc APF
Veterinarian and Farrier

We are a Full Service Equine Veterinary Practice
with a specialized service in Advanced Equine Podiatry.

Memberships: AAEP, AVMA, AFA, AAPF

(310)493-9779
Booking and Inquiries

www.EquineVPS.com

P.O. Box 3422, Palos Verdes Peninsula, CA 90274

CIVIL WAR SESQUICENTENNIAL 1861-1865 USA CSA

Father's Day
"JuneTeenth"
Event

A Civil War Encampment and Program!
See the life and living conditions of the average Civil War Soldier!

Saturday, June 18 11:00-5:00
Civil War Camp

Sunday, June 19 11:00am
Period Church Service outdoors
by Civil War Chaplain

ALL ARE WELCOME!
EQUESTRIAN RIDERS WELCOME
WITH YOUR MOUNTS!

First Baptist Church of Palos Verdes
28 Moccasin Ln
Rolling Hills Estates, CA 90274
(310) 378-1253

DALE LOFGREN

A rider competes at the first Dreamscape Equestrian Dressage Show. Two other shows are scheduled for Ernie Howlett Park this year.

Dreamscape Equestrian hosts first dressage show

by RACHEL GOLDSMITH
SPECIAL TO THE DISPATCH

Dressage is a French term translated most commonly to mean "training." As defined by the International Equestrian Federation, dressage is "the highest expression of horse training" where "horse and rider are expected to perform … (a) series of predetermined movements."

On May 14, after many years of absence, dressage competition returned to the Peninsula with the inaugural Dreamscape Equestrians Dressage Show at Ernie Howlett Park. It was a fantastic success. Twenty-three riders—including juniors, amateurs and even a professional—competed throughout the day in front of judge Sandy Harper (l).

A total of 39 tests, ranging from Introductory Level walk-trot to Fourth Level, were performed. A leadline class was also offered for riders of all ages. The highlight of the day, and the most fun event for spectators to watch, was without doubt the musical freestyle division, where horses and riders performed movements to music.

Both Gee Gee Equine and Superior Saddlery were on hand with apparel and saddles, and management was kind enough to provide breakfast and snacks.

"I want to thank the entire equestrian community for supporting our shows," said organizer Rachael Goldsmith. "Volunteers, sponsors, riders and trainers all made the first show an amazing success! Congratulations to all our exhibitors!"

Future shows are planned for June 19 and July 10. A full class list will be offered.

All photos by Dale Lofgren.

Top left: Spectators enjoy meeting one of the competitors and her horse.
Top right: Rider Karen Nocket celebrates her performance during a test at the Dreamscape Equestrian Dressage Show.
Left: Equestrian Miriam Cully pats her horse after a good performance.

Tessa Springer presented with Youth Achievement Award

by TRACY FITZPATRICK
SPECIAL TO THE DISPATCH

Editor's note: Tessa Springer was recognized with the Palos Verdes Peninsula Horsemen's Association Youth Achievement Award during the May general meeting. The following is a letter from Tracy Fitzpatrick nominating Tessa for the award. It has been lightly edited for style, grammar and clarity.

I am writing to recommend Tessa Springer for this award. As the parent of a fellow equestrian, I have had the pleasure of watching Ms. Springer exhibit outstanding sportsmanship and leadership qualities over the past year.

Following an accident at last year's South Bay Gymkhana's season finale, "Battle for the Saddle,"—a competition she won—Tessa returned with a great attitude and got right back to work. She didn't allow what happened to become an excuse or a long point of discussion; she just went about her business in a quiet, focused way.

When it became evident that her horse would be recovering from medical care instead of competing in the 2015 gymkhana season, Tessa took it in stride and began working with a new horse, only to find out several months into the process that the horse had physical limitations that would preclude them from competing together this season.

But, that still didn't stop her. With just weeks until the gymkhana season started, Tessa went to work diligently on yet another horse. When many of us would have thrown in the towel, Tessa got tougher. In an equestrian community that has grown fiercely competitive—and a community in which she proved to be at the top the last few years—Tessa still showed up, even though she knew she wouldn't be the fastest. When she and her third horse this year stepped into the arena at the Annamay Classic last month, Tessa was all business. There was no "show boating," no ego, nothing to prove—just good, old-fashioned horsemanship.

NICOLE MOORADIAN
Tessa Springer with Sean Martin

What Tessa has demonstrated is that at the end of the day, it's about work. There are no shortcuts or cutting corners in horses, because it shows. It's not about winning; winning is only temporary. It's about showing up and doing the best with what you've got to work with. It's about supporting your peers and being part of a community.

Through her determination, Tessa has attained a richer, more sustainable type of achievement than being the fastest rider out there.

To nominate a young rider for the Youth Achievement Award, contact PVPHA President Charlene O'Neil by emailing cmoneil@aol.com or calling 310-548-3663.

CLASSIFIED

FOR RENT: Huge yard with nice stable in a private back yard. Looking for easy going, responsible person. $400/month rent. Doesn't include hay and feeding/cleaning. Call Sandi at 310-200-1958.

GO ONLINE: Buy/Sell/Lease a Horse; Buy/Sell Tack; Rent/Find a Stall. List your ad (including pictures and unlimited words) FREE at www.pvhorses.proboards.com.

Two-line classified advertisements are free to PVPHA members. To submit an ad, email it to the editor at pvpha2010@gmail.com.

Thank you to our generous members

by NICOLE MOORADIAN
DISPATCH EDITOR

We'd like to thank the following members for their donations to the Trail Protection Fund:

- Ann Bertrand
- C.M. Tabellario
- Phil & Marlin More
- Susan Eatherly
- Sue Martin
- Mirta Abel & Family
- Jane O'Malley
- George Walker
- Deborah Regan
- Tim Thomas
- Jerry & Kathy Gliksman
- Keith Campbell
- Carol Melville
- John and Sandy Ollen
- Michelle Goodwin

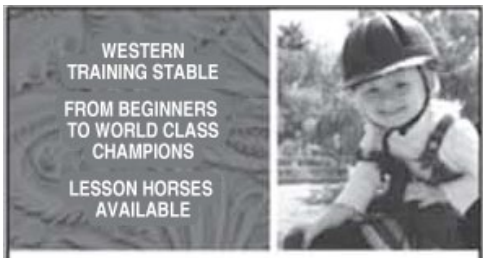
PORTUGUESE BEND
RIDING CLUB

English Trainers - Jen Hannink
Laura Hannink

Western Trainer - Callie Bell

40 NARCISSA DRIVE • RANCHO PALOS VERDES • CA 90275
310-377-3507

WWW.PBRCRIDE.COM



Jan Ball
PERFORMANCE HORSES inc.

FOR MORE INFORMATION CONTACT:
Jan Ball, Owner/Trainer
Phone 310.377.1335
Site www.janball.com
Peter Weber Equestrian Center
25401 Crenshaw Blvd.
Rolling Hills Estates, CA 90274

Rolling Hills General Store

From Stall To Show Ring....We Have You Covered

* TACK * FEED/BEDDING * GIFTS *
* CLOTHING/ACCESSORIES * CONSIGNMENT *
* BLANKET REPAIR/LAUNDRY SERVICE *

(310) 541-3668
OPEN 7 DAYS
MON - SAT 9:30AM TO 6:00PM
SUN 12:00PM TO 4:00PM

We proudly offer the
"Monaco Field Boot" by Ariat

26947 ROLLING HILLS RD., ROLLING HILLS ESTATES, CA 90274

Notes from the RHE Equestrian Committee meetings

by MELODY COLBERT
CORRESPONDING SECRETARY

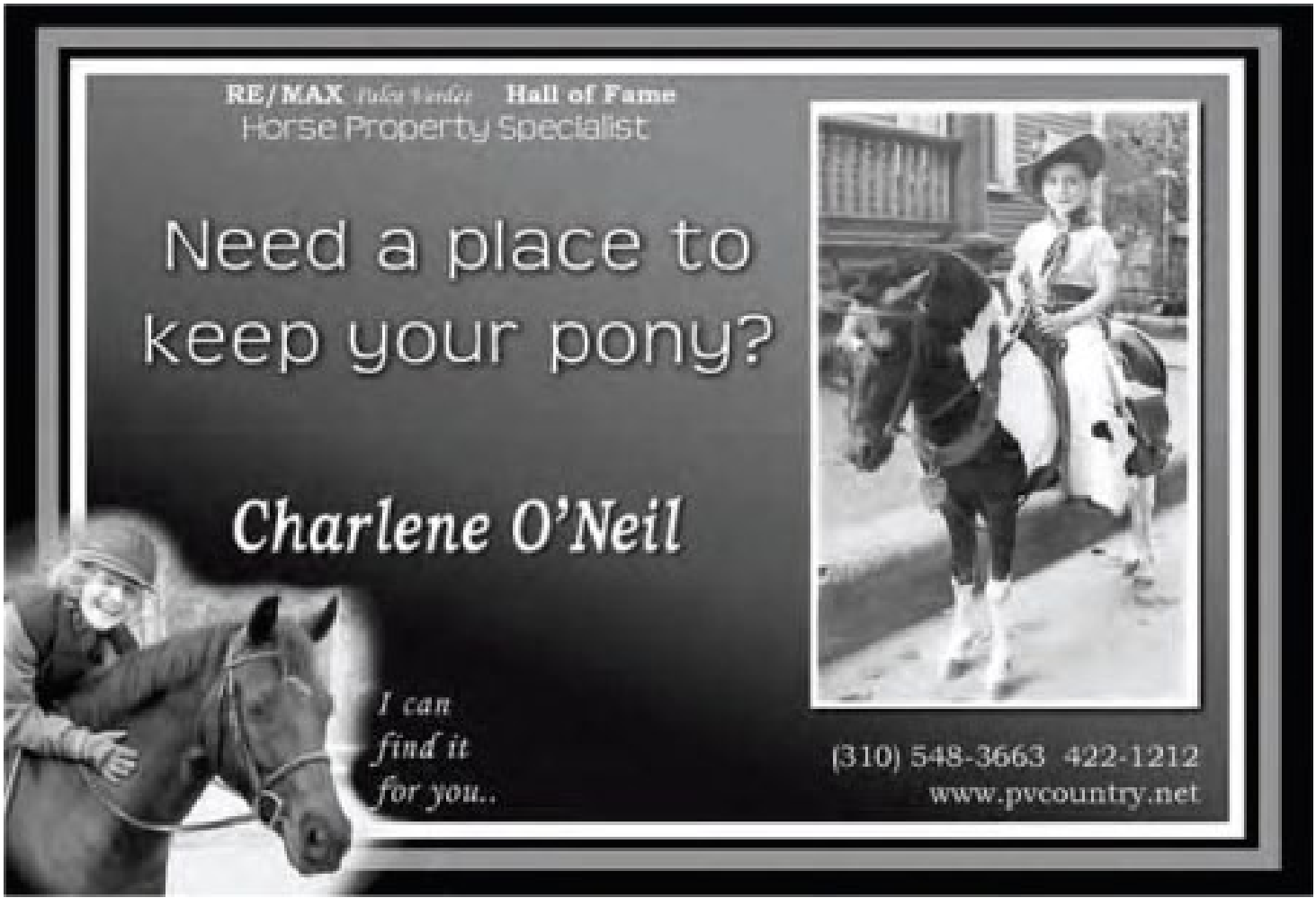
The following items from the March, April and May meetings of the Rolling Hills Estates Equestrian Committee are of particular note to the Palos Verdes Peninsula Horsemen's Association:

Structures at the Ernie Howlett Park Equestrian Center are slated for replacement. The project is currently undergoing the bidding process.

Though historically business licenses have not been obtained by trainers' assistants, they are still required. The city will notify trainers.

$383,000 in grant funds are finally being released by the state to reimburse the city for improvements at the Peter Weber Equestrian Center. The city has also received a $154,000 grant from Los Angeles County Supervisor Don Knabe.

The committee meets at RHE City Hall on the fourth Monday of each month. Meeting dates are available at www.ci.rolling-hills-estates.ca.us under "Upcoming Meetings and Events." Agendas and minutes are available under "Your Government," "Commissions and Committees," "Equestrian Committee." U



JOIN THE PVPHA

To join the Palos Verdes Peninsula Horsemen's Association, clip and mail this form to

PVPHA
PO Box 4153
Palos Verdes Peninsula, CA 90274

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

E-mail: _____

Phone No.: _____

☐ *This is a membership renewal.*

Please indicate how much you would like to donate; checks should be made payable to PVPHA:

Household membership $ *35.00*

Tax-deductible contribution to Trail Protection Fund $ _____

Total: $ _____

PVPHA Board of Directors

Charlene O'Neil, President	310-548-3663
Nancy Wildman, VP Membership	310-377-7657
Sean Martin, VP Fiscal Affairs	310-418-4583
Sharon Yarber, VP Civic Affairs	310-378-9412
Tiffany Chiu, VP Education	310-621-4247
Michelle Sanborn, Treasurer	310-770-4468
Erin Ryan, Recording Secretary	310-413-4679
Melody Colbert, Corresponding Secretary	310-427-4378

INTERESTED IN WRITING OR PHOTOGRAPHY?

The *Dispatch* is always looking for volunteer writers and photographers to help fill its next issue. Contact the editor at pvpha2010@gmail.com for more information.

Dispatch Advertising Rates and Policy

Monthly Rates:

Full Page (approx. 8″×10″)	$ 150
Half Page (4″×10″ / 8″×5″)	$ 75
Quarter Page (4″×5″)	$ 35
Business Card (2½″×4″)	$ 20
Classified - per line	$ 2

Two-line classified ads are free to members.

SPECIAL: Pay for 11 months in advance, and the 12th month is free!

Please make checks payable to PVPHA and mail them to

PVPHA
PO Box 4153
PVP, CA 90274

Email camera-ready ad copy to the *Dispatch* editor at pvpha2010@gmail.com or snail-mail it to

PVPHA
PO Box 4153
PVP, CA 90274

Any additional printing costs must be paid by the advertiser.

DEADLINE for the receipt of ads is the 20th of the month.

NEED AN AD DESIGNED?

Dispatch editor Nicole Mooradian can help. Email her at nicole@nicolemooradian.com for rates.

The PVPHA “Dispatch” is a publication of the Palos Verdes Peninsula Horsemen’s Association, a charitable non-profit organization classified by the IRS as a publicly supported tax-exempt organization. Please direct all editorial correspondence to:

PVPHA
PO Box 4153
Palos Verdes Peninsula, CA 90274

PVPHA
PALOS VERDES PENINSULA
HORSEMEN’S
ASSOCIATION

PVPHA
PO BOX 4153
Palos Verdes Peninsula, CA 90274