



PALOS VERDES PENINSULA HORSEMEN'S ASSOCIATION

DISPATCH

Vol. XXXV, Issue 4

PVPHA.org

APRIL 2021

COMMUNITY CALENDAR

PVPHA General Monthly Meeting:
CANCELLED

Dr. Ruth Sobeck's First Aid Clinic
SATURDAY APRIL 17, 1:00 PM

Equestrian Committee Meeting
MONDAY, APRIL 26, 7:00 – 9:00 PM.
The Equestrian Committee normally meets on the 4th Monday of each month. You can view and participate in meetings virtually. Instructions are available on the city website.

Semi-Annual Tack Sale
SATURDAY MAY 1 AT ROLLING HILLS GENERAL STORE.
Contact Kelly Yates for more info:
310-694-7226

PVPHA Membership Renewal: JULY 1

Events listed here are not necessarily sponsored or endorsed by the PVPHA.
To add an event, please email: pvpha.dispatch@gmail.com



Photo provided by Dr. Ruth Sobeck.

Dr. Ruth Sobeck astride her horse Blossom.

Dr. Sobeck Hosts First Aid Clinic

Dr. Ruth Sobeck, a local equine veterinarian and lifelong horse lover, will be holding a free clinic on equine first aid! The clinic will take place on Saturday, April 17th, one o'clock PM, on the lawn in front of the Rolling Hills General Store/Kelly's Korner (26947 Rolling Hills Road, Rolling Hills Estates).

All attendees should bring a mask, a blanket or chair to sit on, a photo or list of your first aid supplies, and any horse leg wraps you already own, to practice with.

If you're planning to order lunch from Kelly's Korner, make sure to order ahead of time (310-541-2234) and arrive early enough to eat. Also, Rolling Hills General Store will be offering 15% off medical supplies the day of the event, so don't forget to stock up! If you have any questions about the event, please text or call Kelly Yates (310-704-7226).

This clinic is not sponsored by the PVPHA and participants attend at their own risk. All attendees absolutely must wear masks and observe social distancing.

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TRAIL PROTECTION FUND

Please consider making a donation to the PVPHA Trail Protection Fund. All donors receive recognition with their name in the Dispatch in the following month. All donations are tax-deductible.

Thank you to the following PVPHA members for their generous donation to the Trail Protection Fund:

🐾 Terry and Bill Griggs 🐾

WELCOME NEW
MEMBERS:

🐾 Melissa Sheridan 🐾

FOLLOW US ON FACEBOOK!

Keep up with the PVPHA, our monthly Dispatch, and local events, news, and concerns by visiting facebook.com/pvpha.

Please share our articles and post relevant content and local equestrian happenings to our page. Don't forget to click the "Like" button to get updates sent to your feed!

the secret is out...



...AND LOMITA FEED IS
100 YEARS OLD
THIS YEAR!!!

Horses and Reiki Healing Energy

By Jean Brusavich

What is Reiki?

For those unfamiliar with Reiki, a brief definition is: “Reiki” (pronounced ray-key) is a simple, yet powerful relaxation and stress management technique. It is Japanese in origin, founded in early 1900s by Mikao Usui. Reiki is not a religion, but a belief system.

Why is Reiki Ideal for Animals?

Because animals are extremely sensitive to energy, Reiki is a natural healing method that treats the entire animal, including physical, mental, emotional and spiritual levels simultaneously. It is safe, gentle, stress-free, non-invasive and painless in nature. While there is no need for physical contact, some animals love “hands on” approaches and are accepting of Reiki’s healing energy.

Reiki has been known to assist animals with issues such as:

- Abandonment
- Anxiety
- Depression
- Distrust
- Grief
- Illness
- Injury
- Pain
- Stress
- Trauma
- Medication Side Effects
- End of Life Transitioning

Offering Reiki to Horses:

As I begin offering an animal Reiki, I make sure that the space around me is calm and peaceful. I always put my animal clients first, and by that I mean, I do not force anything on an animal. I give them an “out” so when an animal feels they have had enough, they can walk away from Reiki’s healing energy (it usually looks like they are walking away from me, but it is Reiki’s healing energy that they move away from).

Some animals give off signs if they are accepting Reiki. For example,

- dogs may yawn or lick their lips

- a cat may move in/out of the energy until they find a place they are comfortable

- horses may move closer to me and move in/out of energy, turning their body into a position where the energy will flow where they want it to go.

Examples of Offering Reiki to Horses:

Purple was a horse that had never experienced a Reiki session before. I was standing just outside of Purple’s stall as I began offering Reiki to Purple as he was standing in the back. Purple looked at me, or rather felt something (Reiki healing energy I was sending him) and he walked up to the front of the stall, stayed there a few minutes, then walked away and moved to the back of his stall. A few minutes later, Purple circled up to the front, stayed for another minute, then circled to the back. Purple continued this little dance a few more times, moving into and out of the Reiki healing energy.

Finally, Purple moved up to the front, turned his body so his backside was closest to the front. Purple remained there for the next 20 minutes.

Why, you wonder, did he turn his backside towards me? Purple had a urinary tract infection and I believe, that once he felt Reiki’s healing energy moving through his body, he turned his body into a position where he felt Reiki flow into his urinary tract and let the healing energy of Reiki work.

On another occasion, I offered Reiki to a horse by the name of Sedona who had received Reiki before.



Jean Brusavich offering Reiki to horse Purple. All photos provided by Jean Brusavich.

Sedona had a left back hoof injury. As I began offering Sedona Reiki, she walked up to the front of her stall, turned her body so her backside was facing me. Sedona lifted her injured back left leg, resting her weight on her hoof. The best example to explain this position is that it looked like she positioned that leg on her "tip toes." Since I knew that is where she hurt, I focused the Reiki healing energy in that area.



Sedona the horse. Photo provided by Jean Brusavich.

Examples Offering Reiki to Dogs:

I have had dogs come up and head-butt me, which I take to mean they want my hands on them and I usually put my hands on their heart and chest. Another example is if I put my hands on a dog before they are ready, they may growl and or leave the room. (My dog Jake is a good example of that. He enjoys Reiki, but only from a distance.)

Offering Reiki to animals can be an amazing experience. It is important to remember to put no expectations on the animal and their response to Reiki. But I am always fascinated by their responses. Sometimes, you may not notice anything, but know that the energy is flowing and will continue to flow as long as the animal

wants and needs it. If it is their first experience, they may shy away (as Purple did initially), but upon my return visits and they know what to expect, they welcome me.

Here is a short video of a horse named Diego receiving Reiki energy:

<https://www.youtube.com/watch?v=rQhsvt8oXvY>
Diego had no medical issues. Watch how Diego watches and moves in/out of the Reiki energy. The session was about forty minutes but this video was cut to less than a minute.

PLEASE NOTE: REIKI IS NOT A SUBSTITUTE FOR PROPER VETERINARY CARE. CONTACT YOUR VETERINARIAN FOR ANY PERSISTENT PROBLEMS.

Jean Brusavich is a lifelong animal lover and the founder of TranquilPET, a holistic healing center for animals. Along with Reiki energy healing, she provides canine aquatic therapy and animal massage. For more information, visit www.tranquilpet.com/services/reiki

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Tiffany Chiu tiffanyjchiu@hotmail.com 310 621 4247

Help Heal Wounds

Reprinted from *Horse & Rider* Spring 2021 Issue

Few horses get through life without at least a few minor skin wounds, whether from scrapes, scuffles, or other mishaps. Here's what you can do to support the process so they can heal quickly.

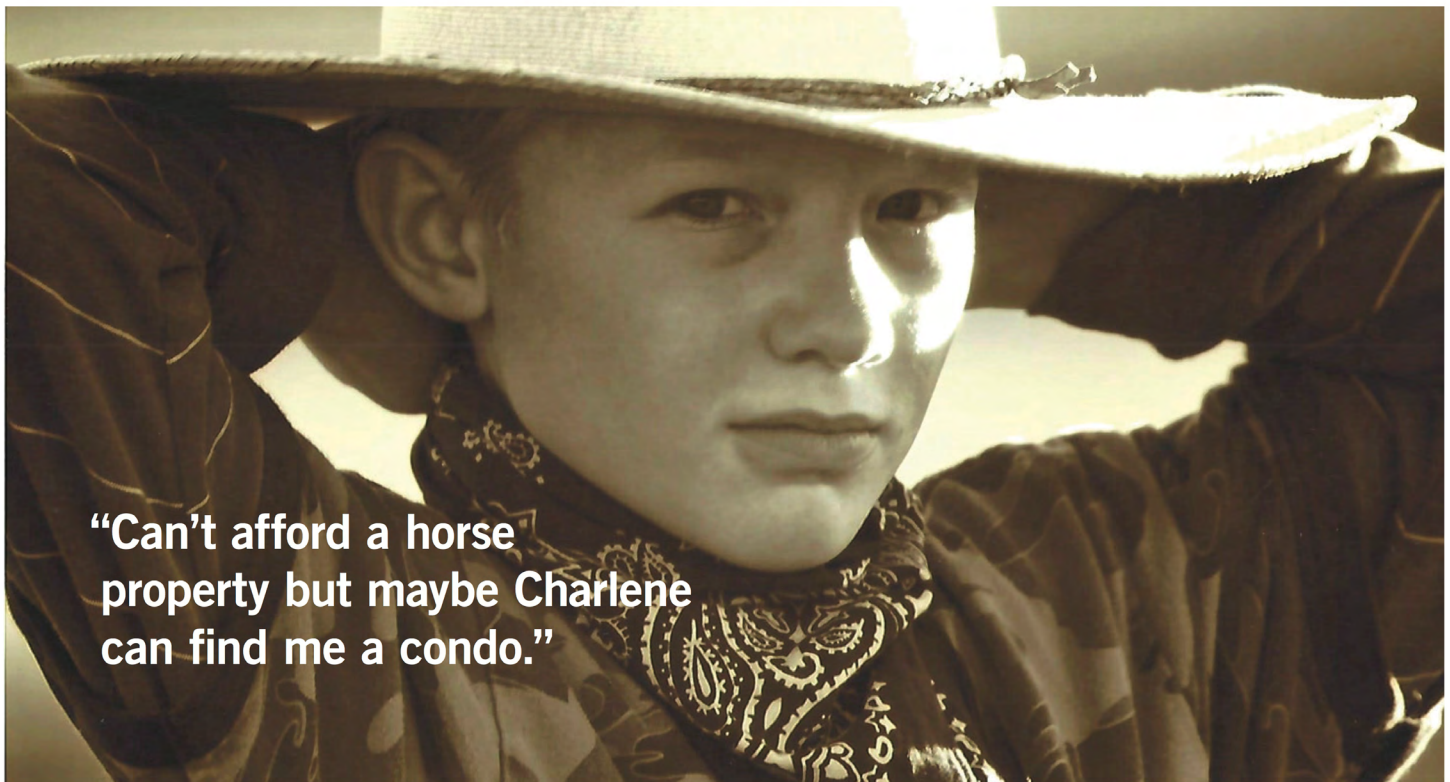
1. Call your veterinarian when in doubt about sutures. Most cuts heal just fine if left unsutured, but some larger lacerations, as well as wounds near mobile areas such as joints, do better if stitched shut. If you're not sure whether a wound needs sutures, consult your veterinarian without delay.

2. Clean the wound immediately and thoroughly. Flushing a wound right away with water or isotonic saline solution clears out debris that could cause infection. The moisture also encourages granulation, the formation of new tissue across the "bed" of a wound, and epithelialization, the growth of new skin tissue over the surface. Also, keep in mind that small wounds can be deceptively deep—check them daily for swelling, soreness, or puss and call your veterinarian if any of these occur.

3. Cover wounds, when possible. Not every wound can be easily bandaged, and some do better if left uncovered. However, a bandage will provide a barrier against contaminants and will keep the healing area from drying out. This protection is especially important for lower leg injuries, which are closer to the ground and, therefore, are at increased risk of infection.

4. Minimize movement. Deep wounds near joints and other highly mobile areas may take longer to heal because the motion tears at the fragile healing tissues. Your veterinarian can advise you on how long your horse should stay on stall rest and whether a bandage or cast is needed to limit movement.

5. Use topical ointments judiciously. In the early stages of healing, stick with ointments that keep the wound covered to avoid any bacteria growth or infection. You should also look for an ointment that help keep the wound moist and aid movement of white blood cells in the area. Later, when granulation has progressed, you can begin using thicker, emollient-type preparations that provide a barrier against flies and minimize scarring.



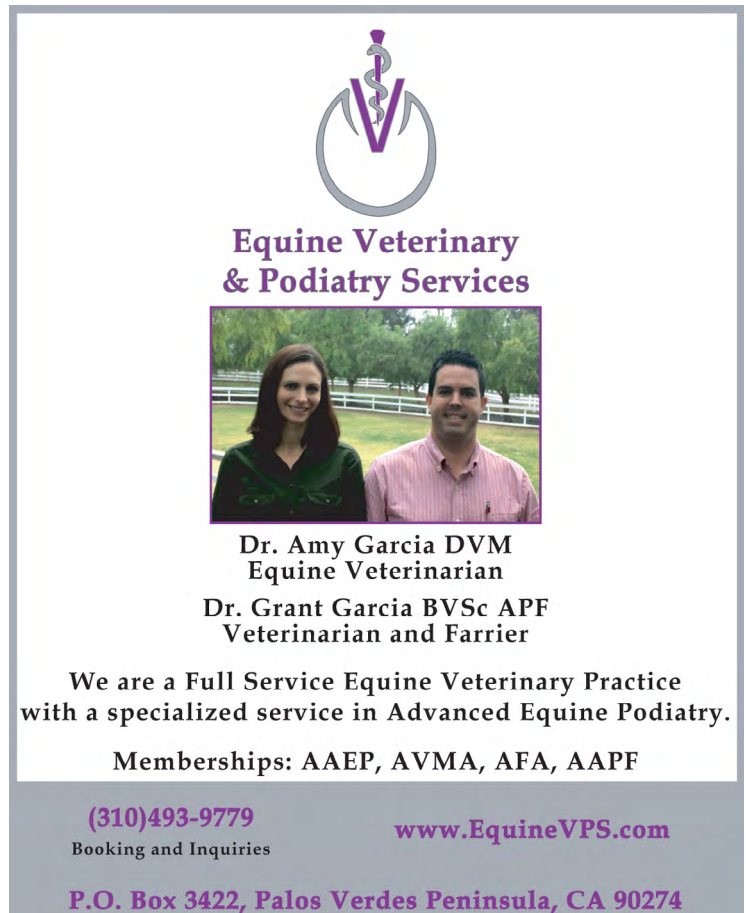
"Can't afford a horse property but maybe Charlene can find me a condo."



LARRY H. KELLY, IAED/C, DVM
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Nancy Wildman has created two equine emergency cards, to write down any important medical or contact information. On the facing page, there is a full-page sheet, that you can fill out and keep in your barn. The smaller card below is to carry with you while you are riding, in case something happens while on the trails. Cut on the dotted line. Fold in half down the center of the page, then fold in half again to end up with a "card" containing important information on all four sides. Having this information accessible in an emergency could be critical. Be safe!



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 Booking and Inquiries

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My Information



Name _____

Address _____

Phone (C) _____ (H) _____

Emergency Contact _____

Phone(C) _____ (H) _____

Horse Info: _____

Useful Phone Numbers

My Vet

Lomita Sheriff.....(310) 539-1661

Rolling Hills Community Association.....(310) 544-6222

Rolling Hills Main Gate.....(310) 377-4318

City of Rolling Hills Estates.....(310) 377-1577

City of Rancho Palos Verdes.....(310) 377-0360

Local Veterinarians

Amy & Grant Garcia.....(310) 493-9779

James Giacomuzzi.....(310) 798-6721

Larry Kelly.....(310) 530-3833

Ruth Sobeck.....(310) 530-8194

Horse Hauling

Christy Arbuckle.....(310) 345-3009

Linda Fitton.....(310) 503-7187

Ellen Paulson.....(310) 803-0717

Porter Horse Transport.....(310) 569-0449

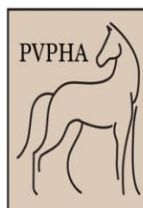
Tracy Savich.....(310) 919-8683



Equine Emergency Information

For additional copies or membership information visit

<http://www.pvpha.org>



PALOS VERDES PENINSULA
HORSEMEN'S
ASSOCIATION

Horse's Name: _____

Breed _____ Gender _____ Color _____

Owner: _____

Cell Phone: _____

Home Phone: _____

Emergency Contact: _____

Phone #'s: (C) _____ (H) _____

Veterinarian: _____

Phone #: _____

Transportation: _____

Phone #: _____

Local Veterinarians

Amy & Grant Garcia.....(310) 493-9779

James Giacopuzzi.....(310) 798-6721

Larry Kelly.....(310) 530-3833

Ruth Sobeck.....(310) 530-8194

Normal Vital Signs

- **Heart Rate:** 32-40 beats per minute
-Listen to the heart or feel the pulse and count the beats for 15 seconds. Multiply that number by 4.
- **Respiratory Rate:** 8 -20 breaths per minute
-Observe the horse in a relaxed environment and count the movements of the chest or nostrils.
- **Rectal Temperature:**
-Any digital thermometer will work; Be Careful!
-Adult: 99.0 – 101.5°F
-Foal: 100.0 – 102.0°F

Information to Gather Before You Call the Vet

Primary Complaint - What, where, when (how long)

Current Vital Signs -Temperature, heart rate, respiration rate

Medications Given - What, how much, and what time

Other- Concurrent illnesses, pregnant or foal at side

Equine Hospitals

Chino Valley Animal Hospital (55 miles east)

2945 English Place, Chino Hills, CA 91709

(909) 628-5545

SoCal Equine Hospital (60 miles east)

875 Sixth Street, Norco, CA 92860

(951) 737-1615

Humphrey, Giacopuzzi & Associates

Equine Hospital (70 miles north)

4774 Donlon Road, Somis, CA 93066

(805) 386-4291

West Coast Equine (75 miles north)

4310 Sand Canyon Road, Somis, CA 93066

Phone: (805) 386-7151

San Luis Rey Equine Hospital (93 miles south)

4211 Holly Lane Bonsall, CA 92003-7106

(760) 726-4566

Alamo Pintado Equine Medical Center (142 miles north)

2501 Santa Barbara Avenue, Los Olivos, CA 93441

(805) 688-6510

Horse Hauling

Christy Arbuckle.....(310) 345-3009

Linda Fitton.....(310) 503-7187

Ellen Paulson.....(310) 803-0717

Porter Horse Transport.....(310) 569-0449

Tracy Savich.....(310) 919-8683

Dr. Sobeck's Medical Supplies List

By Dr. Ruth Sobeck

Here is a short list of horse medical supplies that Dr. Ruth Sobeck recommends that you have on hand. If you are interested in learning more about equine first aid, Dr. Sobeck will be holding a clinic on the subject. See page 1 for more information.

No-bow quilts (Cashel is better quality)

Bandage (cotton knit track bandage or flannel wraps, NOT nylon!)

Telfa pads (8x8", can be cut down)

Adaptic Dressing 3x3' and 3x8"

4" white cling gauze roll, non-woven is best

BB Satin Star cotton sheets, package of 12 (roll 3 together for each set)

6" brown gauze roll

4" Vetrap

3" Elasticon tape

Gorilla tape, 2" and 3"

Animalintex poultice, 8x16"

Household cotton roll

Equifit Hoof Tape

Silver Sulfadiazine ointment

Neosporin ointment

Betadine Scrub

Betadine Solution

Drawing Salve (Ichthammol)

Nitrofurazone ointment and plastic wrap for "furacin sweat"

Nail brush

Clean towel

Saline solution for contact lenses

Thermometer: digital, 6 second, with flexible tip, from drugstore

Stethoscope (staples.com carries them!)

Notebook to record findings

Scissors

Box cutter

Oral dosing syringe

Snack packs of applesauce

Small bag of wheat bran

Electrolyte powder or paste

Photos of your horse with name, age, breed, sex, vaccine status, stable

address, vet and owner contact info

Medications only as prescribed by your veterinarian

RUTH V. SOBECK, DVM

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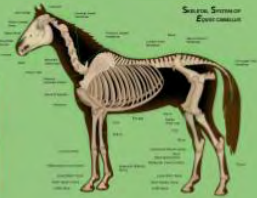
Dr.Sobeck First Aid Clinic

Where? The lawn outside the Rolling Hills General Store/
Kelly's Korner 26947 Rolling Hills Road, Rolling
Hills Estates (310) 541-3668

When? Saturday April 17th at 1 P.M.

Please Bring:

- Your mask
- A blanket or chair
- Leg wraps if you have any to practice with
- Your first aid supplies or a photo or list of what you already have



How to Prepare?

- If you are planning on ordering lunch from Kelly's please order ahead of time, and arrive early in time to eat (310) 541-2234
- Text or call Kelly Yates with any questions (310) 704- 7226

15 % off medical supplies at the Rolling Hills General Store day of event

Next Event: Semi Annual Tack sale May 1st



Randall Davis of Davis Performance Horses out of Barnsdall, Oklahoma will be in town April 6-10 offering private lessons and mini-clinics. He is hauling in two American Quarter Horses out from his training program that would make excellent all-around trail, cow, or ranch horses here on the Peninsula. Contact Eden Heinsheimer for more information at (310) 984-9905.

Photo provided by Eden Heinsheimer.



The April photo theme was: Flowers!

Nancy Wildman sent us this photo of herself riding her horse Bucky at the Harford Springs Reserve, located to the south of Riverside near Lake Matthews. Look at all those gorgeous poppies! Wow! The reserve is known for its breathtaking wildflowers, and it certainly didn't disappoint. Happy spring, everyone!

MAY PHOTO THEME!

From now on, instead of doing monthly themes, we will simply be featuring a particularly lovely horse photo each month!

Submit your favorite horsey pictures to pvpha.dispatch@gmail.com to get yourself and your horse featured in an upcoming dispatch!

PVPHA BOARD ELECTIONS

The following positions are up for election at the next General Membership Meeting (currently suspended due to LA County Safer At Home order) of the Palos Verdes Peninsula Horsemen's Association:

- President
- VP Civic Affairs
- VP Membership
- Corresponding Secretary

Those who are interested in running or nominating someone for a position on the Board of Directors should contact the Nominating Committee Chair Melody Colbert.

Nominating Committee Chair Contact:

Phone: 310-427-4378

Email: melcolbert@aol.com

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 \$ 40.00

Tax-deductible contribution
to Trail Protection Fund \$ _____

Total: \$ _____

INTERESTED IN WRITING OR PHOTOGRAPHY?

The Dispatch is always looking for contributing writers and photographers to help fill our next issue. Contact the editor at pvpha.dispatch@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 visit pvpha.org/store to pay or make checks payable to PVPHA and mail them to:

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PVP, CA 90274

Email print-ready ad copy and proof of payment for ad space to the Dispatch editor at pvpha.dispatch@gmail.com.

Any additional printing costs must be paid by the advertiser.

**ADS MUST BE RECEIVED BY
THE 25th OF THE MONTH OR
THEY WILL NOT BE PRINTED.**

PVPHA Board of Directors

Charlene O'Neil, President	310-422-1212
Nancy Wildman, VP Membership	310-729-3266
Sean Martin, VP Fiscal Affairs	310-418-4583
Sharon Yarber, VP Civic Affairs	310-378-9412
Jan Spak, VP Education	310-291-2484
Melody Colbert, Treasurer	310-427-4378
Erin Ryan, Recording Secretary	310-413-4679
Tiffany Chiu, Corresponding Secretary	310-621-4247

NEED AN AD DESIGNED?

Email the editor for help and rates!
Dispatch Editor: Chloe Green
pvpha.dispatch@gmail.com

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:

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