



## COMMUNITY CALENDAR

**PVPHA Monthly Meeting**  
THURSDAY, MARCH 16, 7 PM  
EMPTY SADDLE CLUB

**Equestrian Committee Meeting**  
MONDAY, MARCH 27, 7 – 9 PM  
CITY OF RHE COUNCIL CENTER

*Events listed here are not necessarily sponsored or endorsed by the PVPHA. To add an event, please email: [pvpaha.dispatch@gmail.com](mailto:pvpaha.dispatch@gmail.com)*



*Susie Lytal working with Prince Charming, a Ride to Fly horse*

## PVPHA March Meeting: Susie Lytal

By Jan Spak

Our next PVPHA meeting will welcome back a familiar face, Susie Lytal, with a new demonstration of her updated techniques to help our horses deal with pain and injuries. As an added bonus, Susie has agreed to let us raffle off a free session with your horse! So make sure you get there by 7 PM on March 16th at the Empty Saddle Club to get your free raffle ticket for a chance to win that free session with Susie!

Susie Huber-Lytal, MS, CESMT has been performing bodywork for nearly 30 years. Since the early 90s she has been doing Equine Sports Massage and has added various modalities as the years went by. Her lifelong dedication to learning the academics of equine biomechanics and decades of experience in barns working with horses has given her a unique insight into performance and pleasure horses alike.

This time around, Susie will be discussing various types of equipment she uses to make the horses feel better! There will be Pulsed Electromagnetic Field (PEMF by Magnawave), Transcutaneous electrical neural stimulation (TENS by Pro Stim), a fascia release gun (Rapid Release), redlight and near-infrared light systems (ReVitaVet) on the agenda, with demonstrations on willing participants after another informative discussion about these modalities and how she uses them on our horses.

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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:

 *Kathy Browning* 

**WELCOME NEW MEMBERS:**

 Lauren Gorski Allen 

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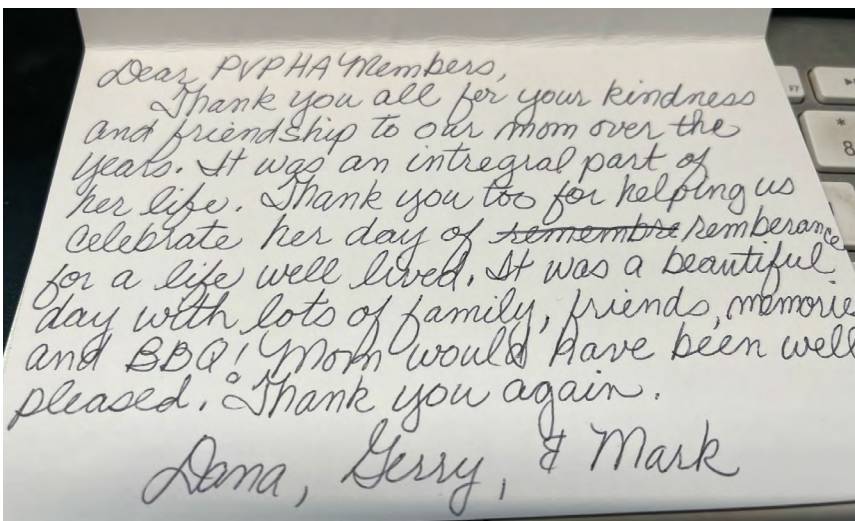


# Remembering Lost Friends



We live in such a beautiful horse friendly community, full of well-kept trails, with abundant fauna and flora of nature. I took this picture Thursday, Feb. 9 on an afternoon Crest Road ride. The rains provided green hills and clean views of the tip of Catalina at the view spot near the Fire Station. I've ridden quite a few times in the last few weeks, but this was the first ride without tears... for my missing mentor and friend, Carla Routt. It took me 3 weeks or so for it all to sink in, after being awarded such a gift from her family, and this was the day I finally seemed to realize that Chexx is really mine now, to love and care for. The next day Dr. Sobek took a photo of me & Chexx heading down Georgeff trail, which she posted on Facebook. My heart is full!

See you on the trails,  
A very grateful Kathy Stowe



A thank you note from the family of Carla Routt:

*Dear PVPHA Members,  
Thank you all for your kindness and friendship to our mom over the years. It was an integral part of her life. Thank you too for helping us celebrate her day of remembrance for a life well lived. It was a beautiful day with lots of family, friends, memories, and BBQ! Mom would have been well pleased. Thank you again.  
Dana, Gerry, & Mark*



# It's Tick Season! What You Should Know

By Nancy Wildman

Tick season is here and due to the unusually wet weather, it's likely to be a bonanza year for these icky critters! Ticks are disease carrying pests that are attracted to all land based mammals. That means not only your horse, dog, and cat, but you too are a likely target of these eight-legged parasites. Following is a brochure obtained from the Greater Los Angeles County Vector Control District that summarizes general information, health risks, life cycle, appearance, and proper removal of ticks. This information pertains to ticks in both Los Angeles County and Orange County.

Although the chances of contracting Lyme Disease from a tick on the Palos Verdes Peninsula is very small, it is possible. Lyme disease carrying ticks have been found here and therefore it is worth familiarizing yourself with the information presented here.

Recently I was bitten by a tick when I was hiking with my dog on the trails east of the Palos Verdes Stables. Fortunately I found it within a few hours of the hike, but by that time it was already latched on. I was able to remove it with a tick removal tool (available at pet stores) and the following day I asked my doctor if there was anything else to do about the bite besides cleaning it. She prescribed a single dose of an antibiotic called doxycycline. If taken within 72 hours of being bitten by a tick carrying Lyme disease, it has an 85% rate of preventing disease progression. Of course, you should speak to your own physician about what to do if you get bitten by a tick.

For additional information about ticks and other disease carrying insects in our neighborhood, contact:

Los Angeles County West Vector & Vector-Borne Disease Control District  
6750 Centinela Avenue Culver City, CA 90230  
(310) 915-7370  
[www.lawestvector.org](http://www.lawestvector.org)



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# Vector Spotlight Ticks



## General Information

Ticks are blood-sucking arthropods. They are a concern because some species can transmit diseases or parasites to humans, pets and wildlife. Ticks do not fly, jump or fall out of trees. They are usually found in grassy areas, in brush and in wooded areas. Contrary to popular belief, ticks do not imbed their heads in skin. Ticks are equipped with mouthparts adapted to penetrate and hold fast in the skin of its host. Additionally, they secrete a cement-like material that helps them stay attached to their host.



## Health Risks

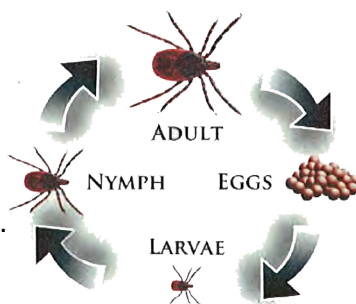
Ticks can transmit several diseases including Lyme disease and Rocky Mountain spotted fever. Disease transmission occurs during the feeding process. If the victim of a tick bite seeks medical attention for any reason, the tick bite should always be reported. Early symptoms of Lyme disease may include head and muscle aches, sore throat, nausea, fever, stiff neck or fatigue. Later symptoms may involve the skin, eyes, heart, nervous system, brain or joints.

Most ticks spend a bulk of their lives on or near the ground waiting for a suitable host animal. Since they cannot run or fly, ticks must climb onto an appropriate object, such as tall grass or weeds. It is from these advantageous positions that they wait for a suitable host to pass by. This behavior is called questing.



## What is their life cycle?

Ticks go through four life stages: egg, larva, nymph and adult. During the larval stage, ticks have only six legs. They develop their last pair of legs in the nymphal stage. Ticks require a blood meal to grow and molt into each stage. Females can produce between 3,000 to 4,500 eggs.



## What do they Look Like?

- The Pacific Coast tick (*Dermacentor accidentalis*) is one of the most common ticks found in Orange County especially along the coastal regions. It is reddish brown in color with white or pale yellow markings.
- The Western Black Legged tick (*Ixodes pacificus*) is the only tick in Orange County known to transmit Lyme Disease. It is redish brown with black legs and is approx. 1/8 inch long, with the males being slightly smaller.



## I Found a Tick On My Skin!

### Tick Removal

- Using tweezers, grasp the tick's mouthparts as close to the skin as possible
- Gently pull the tick straight out with steady pressure.
- Do not twist the tick, or try to remove it with fire or petroleum jelly
- Apply antiseptic to the bite area after removing tick.
- Wash your hands with soap and water

### Protect Yourself

The best protection is to avoid coming in contact with ticks. Around your home:

- Keep grass mowed low & cut back dense shrubs
- Remove leaf piles

When camping:

- Stay on groomed trails
- Wear long pants and long-sleeved clothing
- Tuck pants into socks or boots
- Conduct regular tick checks throughout the day

Greater Los Angeles County Vector Control District



/vectorcontrol



/GLACVCD

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**WWW.BCHCALIFORNIA.ORG**

## Get On Down to the BCHC Rendezvous!

**By Nancy Wildman**

For those of you who enjoy the outdoors and anything horsey, the BCHC Rendezvous will be an excellent way to spend the last weekend of March! This is a little bit like the old Horse Expo but geared toward trail riders in particular.

The Back Country Horsemen of California (BCHC) Rendezvous follows a tradition of gathering together of outdoor enthusiasts. The event features equine training clinicians, scores of vendors, horse and mule packing seminars, gentle use/leave no trace classes, Western art show, awards and accolades, Dutch oven cook off, trail challenge, beer and wine tasting, cowboy church, youth classes, raffles, and auction. The BLM will even be there with 30 wild horses and burros available for adoption. Bring a trailer if you're interested in bringing one home. There's always lots to learn, lots of fun, and plenty of horses and mules at the BCHC Rendezvous!

Admission is free and camping is available for a fee. For a great time get your friends together and head down to the California Ranch Company in Temecula March 24th – 26th. For details see their website at: <http://www.bchcalifornia.org/rendezvous.htm>





## Join us for the Palos Verdes V6 Ride!

**April 24-28, 2023**

There are only a few spots available so act quickly to insure your place in the herd! Prices are listed below. For more information call Nancy Wildman at (310) 729-3266.

*Particulars for the 5 Day Session:*

Ride Fee: \$725

Horse Rental: \$400

Non-Rider Fee: \$550

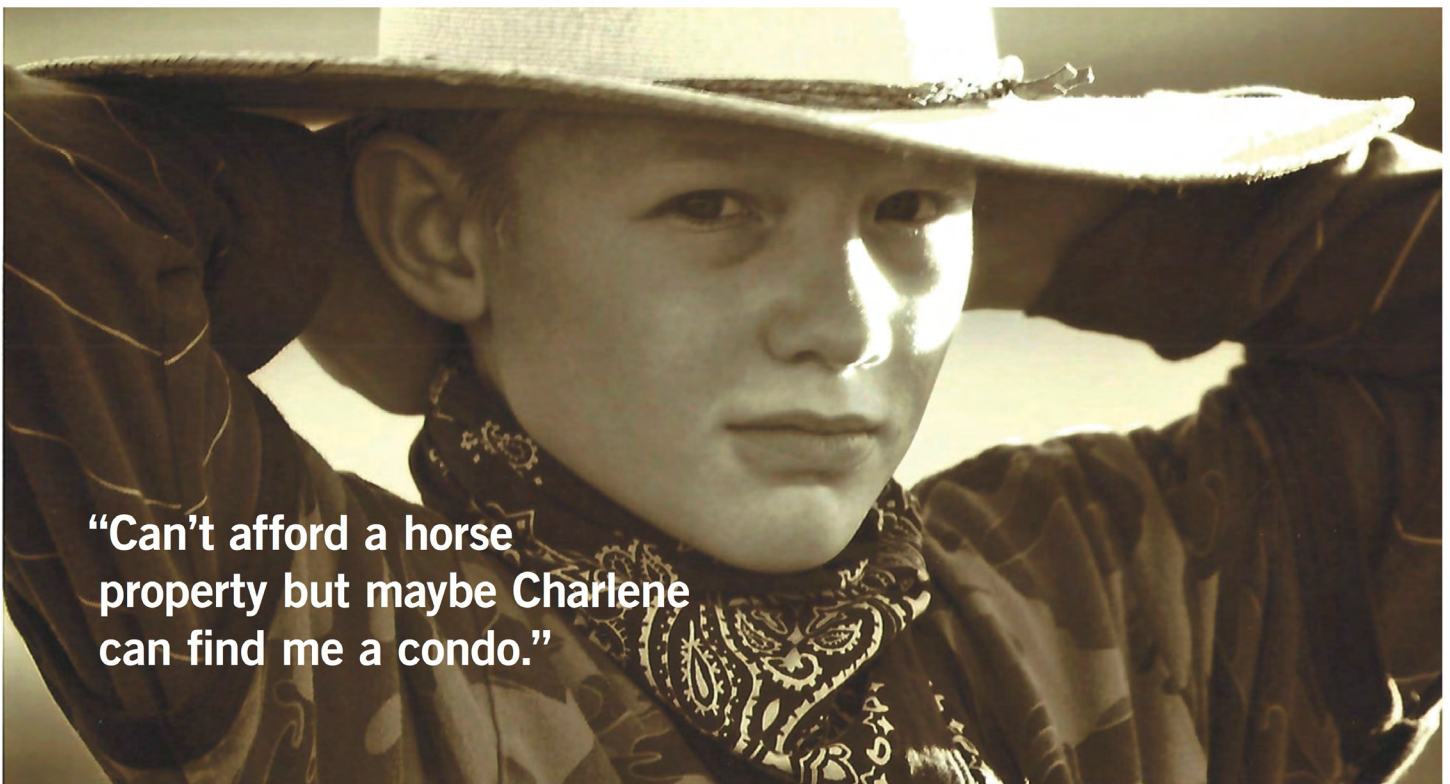
Bunkhouse: \$85 per night (plus bed tax)

Glamping tents: \$125 per night (plus bed tax)

Lodge: Parkfield Lodge (10 rooms; 2.7 miles from camp): Rates Vary: \$179 - \$300 weekdays depending on room + tax;

Early Arrival: \$50 per camper or regular rates on lodge and bunkhouse

Email Barb Varian to reserve: [vbranch@gmail.com](mailto:vbranch@gmail.com)



“Can’t afford a horse property but maybe Charlene can find me a condo.”



# February Meeting Recap: Hay! with Bill Lockwood of Lomita Feed

By Nancy Wildman

Our February meeting was very well attended by PVPHA members and friends interested in learning more about the hay we feed our horses. Bill was kind enough to share the knowledge he has gained over the past three years as proprietor of Lomita Feed as well as the owner of a horse with health and food challenges.

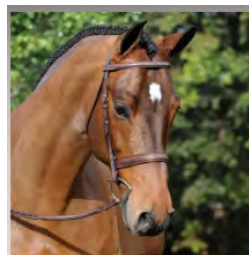
Bill explained that there are three major types of hay: grass hay such as Orchard, Timothy, and Bermuda, grain hay such as Oat and Barley and legume hay such as Alfalfa.

The chemical make-up and taste of all hays are affected by many factors including how and where it's grown, fertilizer, temperature, water and how it's watered, soil, and when it's harvested. The amount of sugar in the hay is locked in at the time of cutting and has more to do with the aforementioned factors than the type of hay. In other words, you cannot assume that Timothy hay is always lower in sugar than Orchard grass.

Bill also discussed the benefits of diversity in hay and hay providers for the horse. As there are several hay providers in Southern California, the horse owner is able to get hays that are produced in different ways and locations. This variety of farming techniques and locations affects the quality and price of the many end products available for the consumer to choose from.

Lomita Feed gets its hay directly from the growers. In particular, their Alfalfa and Timothy hays come from Diamond Valley in northeastern Nevada which is at an elevation of about 6000 feet while their Orchard grass comes from Smith

Valley, also in Nevada, at an elevation of about 5000 feet. High elevation affects the rate at which hay grows and therefore the number of cuttings per season and ultimately, the cost of the hay. More importantly, because high elevation hays take much longer to grow, they have more nutrients stored within them than hay that has grown quickly at lower elevations. However, this does not necessarily make it better for your horse. Some horses, "easy keepers" in particular, might actually fare better with a lower calorie



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and nutrient dense hay. Bill did note that in his experience horses usually prefer the taste of high elevation hays.

Hay testing was also discussed but Bill was quick to point out that it should be looked at as an average. The numbers can vary significantly from one batch of hay to another and it's also expensive. To avoid confusion and wasting money, Bill doesn't test every load of hay. Instead, he sticks with reputable farmers who consistently provide good quality hay which he tests periodically. Test reports and information are available if you're interested.

A recent addition to the Lomita Feed hay line-up is blended hay. Examples are Alfalfa/Bermuda and Orchard/Alfalfa. Mixed hay can give your horse the benefits of different hay varieties without the inconvenience of having to mix it yourself. These hays have been very popular and as a result, they tend to sell out quickly.

Many questions were asked and answered at the end of the presentation. Foremost on most horse owners minds was, "Do you think the price of hay will come down?" Bill said he hoped so but wasn't counting on it. With the constantly changing cost of fuel and fertilizer along with the difficulty in obtaining water, it's safe to assume the price will remain high. He noted that the cost of hay has nearly doubled in the short time he has owned Lomita Feed.

Thank you Bill for spending your evening with us! Despite the bad news about hay prices (which surprised no one) it was an excellent and educational event which was appreciated by all in attendance.



*Bill Lockwood at the PVPHA meeting. Photo provided by Nancy Wildman.*

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## MONTHLY PHOTO!

Kelly Yates sent in this photo of Adam and Clark Buckman putting up sandbags in Dapplegray Lanes. What a cute moment, and what a great opportunity to pass on skills to the next generation!

Thanks so much for sending in this photo! Submit your horsey photos to [pvpha.dispatch@gmail.com](mailto:pvpha.dispatch@gmail.com) to be featured!



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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: \$ \_\_\_\_\_

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The Dispatch is always looking for contributing writers and photographers to help fill our next issue. Contact the editor at [pvpha.dispatch@gmail.com](mailto:pvpha.dispatch@gmail.com) for more information.

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