



COMMUNITY CALENDAR

PVPHA Monthly Meeting
THURSDAY, APRIL 20, 7 PM
EMPTY SADDLE CLUB

Palos Verdes V6 Ride
APRIL 24-28
Reservation required:
v6ranch@gmail.com

Cowboy Poetry and Music Festival
SATURDAY, MAY 6, 7 PM
EMPTY SADDLE CLUB

Mayor's Breakfast Ride
SATURDAY, MAY 6, 8:30 AM
CHANDLER PARK – ERNIE
HOWLETT PARK

Equestrian Committee Meeting
MONDAY, MAY 22, 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



Manes for Movement works with a young girl

PVPHA April Meeting: Equestrian Trivia with Manes for Movement

By Jan Spak

Please join us on Thursday, April 20th at 7pm at the Empty Saddle Club for Equestrian Trivia! This evening's event will be hosted by Manes for Movement. Bring your team of up to 4 people for some fun and exciting trivia action which will cover all topics equestrian. In addition to testing your smarts for some fun prizes, you will get the chance to learn about the incredible work being done at Manes for Movement.

Manes for Movement is a 501(c)(3) nonprofit organization located in Rolling Hills Estates. Their mission is to help improve daily function and positively impact the lives of children and adults with disabilities in the South Bay and greater Los Angeles community through the use of equine-assisted therapies and activities. Currently, Manes for Movement offers a full continuum of services from recreational

adaptive horseback riding lessons to medically based therapy interventions, like Hippotherapy. They currently serve children 18 months to adulthood with a variety of neurodevelopmental, genetic, and psychological diagnoses. In 2022, Manes for Movement provided over 1800 hours of direct service hours to children and adults with disabilities, and are striving to provide over 2000 hours of direct services in 2023. Not only does Manes for Movement offer life-changing services, but they also serve as a valuable avenue for teens and adults to volunteer their time assisting with their programming while inspiring the volunteers to participate in better disability inclusion and advocacy in the South Bay community. We can't wait to see you come out for our night of trivia and hear about all the great work being done by the Manes for Movement program!

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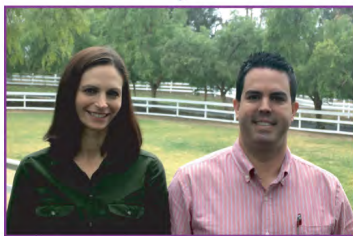
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MAY 6, 2023 7 PM

EMPTY SADDLE CLUB

39 Empty Saddle Club Rd RHE CA. 90274

To SIGN UP or MORE INFO call

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Obituary for Dean Nelson – A Cowboy Through and Through

By Nancy Wildman



I am sad to report that the Peninsula equestrian community has lost a valuable member and all around good guy. Harold Dean Nelson, known as Dean to everyone, passed away on March 19th at the age of 96.

Born in Orient, Iowa on August 22, 1926, Dean was an animal lover from the start. As a child he would clean up after the elephants whenever the circus was in town. When his family moved to Los Angeles in the late 1930's he started working at Hollywood Park where he became an exercise jockey. He even raced horses at the Caliente race track in Tijuana, Mexico.

Eventually Dean got a job at Dupee Stables in Culver City which worked closely with Hollywood studios to provide horses, riders, and riding lessons for many of the western movies of the time. There, Dean became a groom, wrangler, instructor, judge for local horse shows, and stunt double. His most famous student was Elizabeth Taylor whom he taught to ride for the movie *National Velvet*, which was released in 1944. Apparently, Elizabeth's mother insisted that Dean escort her daughter on all of her rides and even to her senior prom (not as a date but as her chaperone)!

Dean was also the original "Tommy Trojan". Dean and his white Arab first made an appearance in 1947

at a USC football game at the suggestion of Tommy Walker, the USC football kicker and band leader, after some creative thinking at the stables. As Dean told the story, Tommy suggested he dress up as a Trojan at the upcoming UCLA game at the Coliseum. Before the band was to appear out of the tunnel he would come charging out at a full gallop and circle the football field while waving his sword. Dean said "I'll do it". He recalled the entire crowd going crazy at the sight of the charge. Although Dean only did the ride one time, the Trojan on a white horse later became a staple at USC home football games. The white horse, "Traveler", went on to become the official mascot of USC and his successors are ridden at games to this day.

In 1948, Dean married Shirley Lorain Mc Mahan whom he met at Pacific Bell Telephone Company, his employer for forty years. The couple purchased a house in Hawthorne and after having three children, Steve, Deana, and Linda, they moved to Rolling Hills Estates. A vacant lot was purchased and with the help of Dean's parents, his brother and his wife, plus other friends of theirs, they built the house on Pony Lane with their own hands using blue prints designed by Cliff May. The family moved in in 1961 and Dean lived there until the end.

Once on the peninsula, Dean got involved with the Long Beach Mounted Police. He helped them prepare for many parades, including the prestigious Rose Parade. In addition to grooming, braiding, and saddling, transporting the beautiful palominos to various events was one of his biggest responsibilities. Besides driving them to places like Pasadena and the Astrodome in Houston, where Donny and Marie were the half-time entertainment, he escorted them by Tiger Air Freight to Hawaii, and by train to Las Vegas and possibly Rio de Janeiro (details are a little sketchy on that trip).

Acting as manager for Los Caballeros, Dean arranged many of the Catalina rides in the fall and the Los Barrachos de Rancheros Visitadores rides in Santa Ynez in the spring. Among Dean's memorabilia and many photos there is a fabulous framed newsletter from September of 1960 chronicling the exploits of the many men enjoying the Catalina ride. The

logistics and the size of the ride made it quite an accomplishment and a testament to Dean's organizational skills!

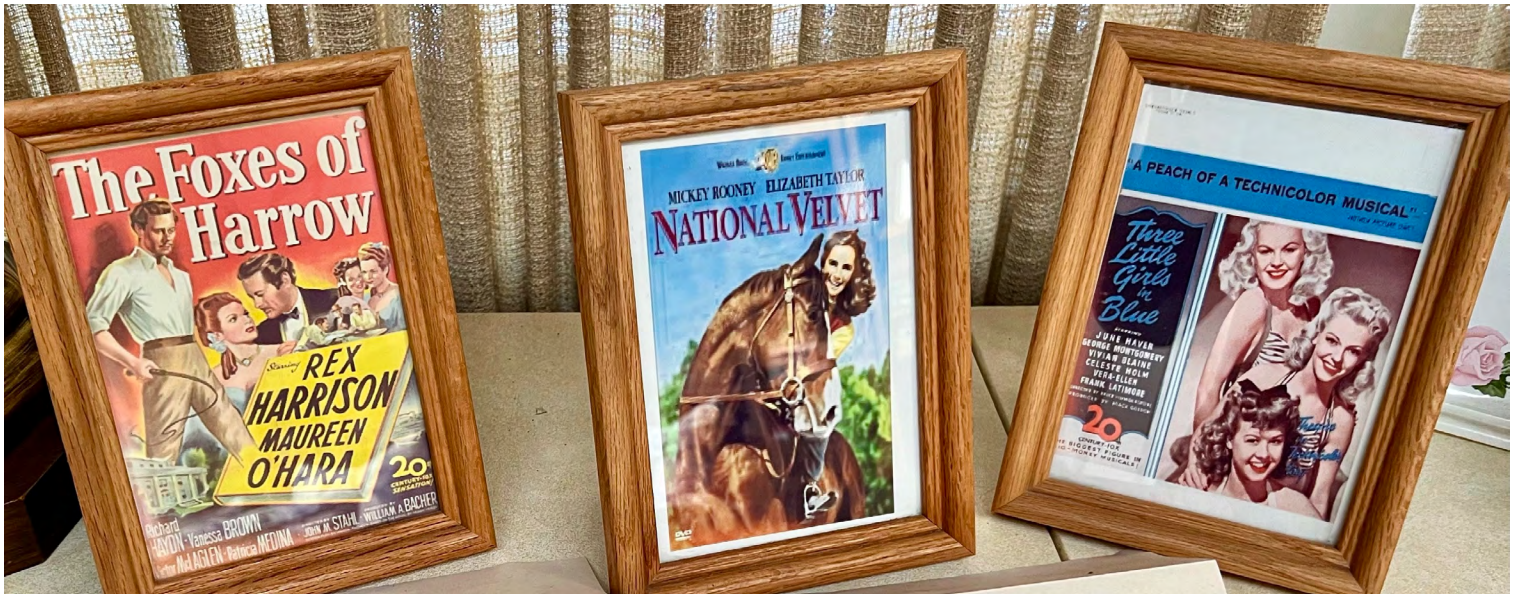
As an honorary member of the Empty Saddle Club Dean taught children and adults to ride, led the Happy Hoofers Drill Team, gave carriage driving lessons, and catered many events there. He was a big supporter and asset to the San Pedro Peninsula Hospital Hospice Services who helped care for his wife before she succumbed to cancer in 1984. Consequently, Dean was always happy to host or cater events for the organization at the club.

In October of 2008 Dean was seriously injured in a carriage driving accident during Cowboy Days at the Club. Among his injuries was a fractured back which made walking painful and difficult. As a result he spent most of his remaining years at home with his second wife Johnnie and his wonderful caregiver, Albert.

Dean was loved by many and will be missed by all.



This beautiful yet comical chair was presented to Dean by the Barrachos de Los Rancheros Visitadores as a token of appreciation for managing their many rides in and around Santa Ynez.



Dean taught Elizabeth Taylor to ride for National Velvet in 1944. He worked as a stunt double for three movies; Three Little Girls in Blue (1946), The Foxes of Harrow (1947) and Forever Amber (1947).

In Memoriam

Portuguese Bend Pony Club and the Horseless Rally

By Lisa Petrich Binns

On Saturday, March 11th, rain or shine, Portuguese Bend Pony Club hosted the 2023 Horseless Rally. Seven (out of eleven) clubs from the Camino Real Region participated in the exciting event composing of ten teams of five riders, one team captain, one barn manager and an advisor. The Horseless Rally is exactly that — a complete horse show sans the horse. This long held event is for the uncertified and D-certified riders to experience all the real aspects of a horse show but without the pressure of preparing a horse. Competitors executed the USDF Introductory level dressage tests A, B or C and jumped a course of 7 jumps. The competitor age range was as young as 6 to 14, and a barn manager up to 18. The Horse Management judge was Portuguese Bend member Rachel Bond (C-2, HB), the judge was lifetime Pony Clubber and district commissioner, Krishna Van Buren, and this year's organizer and extraordinary was Janna Bahny. The families at PBPC volunteered their time and effort to pull off a fabulous event for all.

Rallies are Pony Club events that allow members to test their knowledge and skills in both horse care and riding in a competitive atmosphere. Pony Club values teaching independence and teamwork. This means parents, coaches, and chaperones are not allowed in the barn area to allow the members to compete independently. Members work with their teammates under the supervision of Horse Management judges. These are trained and certified volunteers who are available to answer questions, do safety checks, and to judge and score the teams on their overall organization and horse care skills.

Teams may be of mixed ages and skill levels. To ensure that competition is fair, members are judged based on their certification and competition level. Team Captains are responsible for representing the team in all official matters, while Stable Managers are in charge of coordinating the team schedule. As a team, members work together to ensure that each horse and rider is properly turned out and prepared to compete to the best of their abilities.

The 10 teams were divided into 2 groups, Gold and Silver divisions, with ribbons 1st to 5th place. The teams were awarded in 2 categories- Horse management and Overall. Our very own Portuguese Bend Pony Club placed 2nd in Horse Management and 5th in Overall. Lunch was served to over 70 and much fun was had by all. It was truly a team effort from the competitors, parents, chaperones and friends. For more information about our fabulous Portuguese Bend Pony Club, please contact our District Commissioner, Krishna Van Buren at krishnavanburen@gmail.com or visit PortugueseBend.PonyClub.org



The PBPC Team members (pictured with Red ribbon, clockwise) consists of:

- Ellie Buttles, D2, Team Captain
- Malia Ujiki, Advisor
- Isabella Parrent, Horse Management
- Poppy Binns, D1
- Nora Wheeler (the youngest competitor) uncertified
- Amanda Wechsler (not pictured, scratched due to illness) uncertified



Group photo of all competitors! All photos provided by Lisa Petrich Binns



The PBPC team hard at work (top) and conducting a safety check (bottom).

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Trail Report

By Nancy Wildman

The hills are alive and incredibly green after all the rain we've had this year, but the trails are showing the effects of all that water. Here's a quick rundown of the conditions of some of the more prominent trails on the hill.

Rolling Hills

All trails are currently closed. I will keep you posted on repairs and trail openings as the information becomes available.

Westfield and Palos Verdes Estates

I haven't had time to check any of the trails in Westfield or the trails that are behind Ernie Howlett Park and Fitzpatrick Canyon so I cannot comment on their condition. If you would like to report any information please text it to me and I will pass it along.

Chandler Preserve

Despite some ruts, these trails are in pretty good shape.



Left: The view from the Chandler Preserve. Notice the snow capped mountains in the distance.

Right: Ruts in the trails on the Chandler Preserve

All photos by Nancy Wildman



Rancho Palos Verdes Land Conservancy

I hiked there the other day and the trails I walked on were in good condition. Unfortunately, unless you keep your horse in Portuguese Bend, these trails are difficult to get to because of the Rolling Hills Trail closures.

Landfill Trail

This trail has remained in pretty good shape throughout the rainy days. In fact, using the roadbed adjacent to the trail you can ride here in any weather.

Rolling Hills Estates

In general, all of the trails in RHE and the Empty Saddle Club area are in passable condition. There may be ruts and mud in spots so use caution.



Dapplegray Loop Trail and Golf Course Trail

Although muddy in spots, the trails are open and passable. Water is still running down the trails in a few places and deep ruts are present as well, so use caution. On the plus side, the streams are running and are quite pretty.



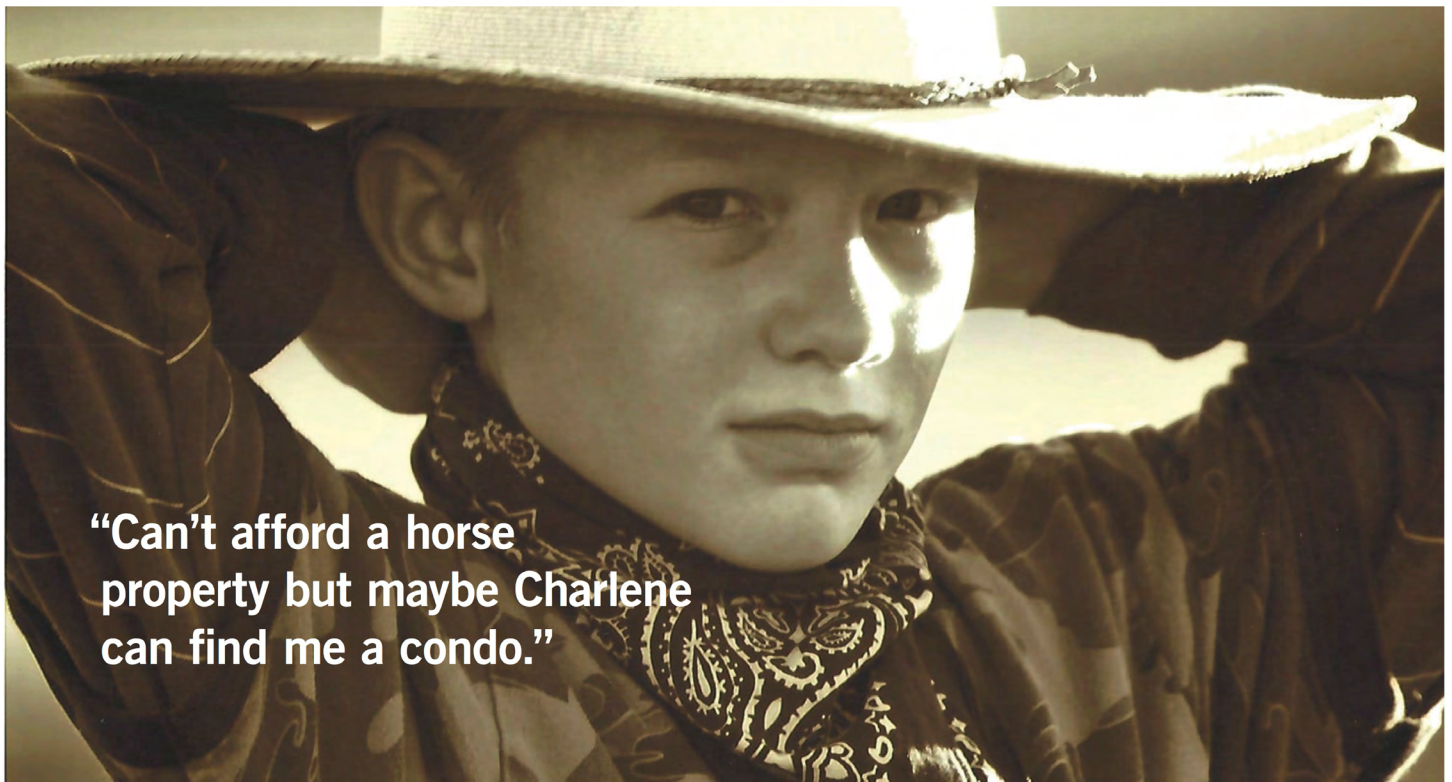
PV Drive East

Trail CLOSED at PV Drive East (Narbonne Avenue) to Clubview Lane. Trail will remain closed indefinitely.



What's Missing Here?

When Mike Goldsmith from the City of Rolling Hills Estates Maintenance Department installed this hitching post at the corner of Rolling Hills Road and Palos Verdes Drive North, he included 4 purple trailer ties with which anyone could tie up their horse. Now there is only one left. If you or someone you know has accidentally taken one home can you please return it? Thank you!



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

March Meeting Recap: Susie Lytal

By Nancy Wildman

Last month's PVPHA Meeting with Susie Lytal was a big hit! Susie gave us a little background before getting into the discussion about what she does for horses. Susie has been passionate about horses since she was 2 years old and has been riding and working with them for most of her life. Her primary goal is to help our horses feel better by educating us about their needs and providing several modalities of treatment to help resolve their aches and pains.

She explained that horses need three things from us; friends, forage, and freedom.

It makes sense too! If you observe horses for even a short period of time you'll see that what they mostly want to do each day is graze, roll, and play with their friends.

Therefore, owning a horse is a two way street. We need our horses to be healthy and available for our use. In exchange, we need to do our best to keep them healthy and happy. To that end, Susie



Susie came with all of her gear and even demonstrated its use on members of the audience. On the left, Shelly Osada experiences PEMF therapy while, on the right, Kelly Yates gets hooked up to RLT and TENS. All of the modalities discussed are available for use on humans as well as animals but Susie works strictly with horses. Photo by Nancy Wildman

has a variety of mechanisms that help promote wellness including;

PEMF or Pulsed-Electromagnetic Field Therapy uses technology to stimulate and exercise cells to help resolve cellular dysfunction and to support overall wellness. PEMF can penetrate deeply into the body to promote pain reduction and relaxation. Effective PEMF should reduce pain, tenderness, muscle tension, triggerpoint size, edema, and redness while enhancing functional recovery.

RLT or Red Light Therapy is a treatment that may help skin, muscle tissue, and other parts of the body heal. It exposes individuals to low levels of red or near -infrared light. Infrared light is a type of energy your eyes can't see, but your body can feel as heat. Red light is similar to infrared, but you can see it. Conditions that respond to infrared light and red light are generally anything that involves inflammation including arthritis, abscesses, navicular pain and much much more.

TENS or Transcutaneous Electrical Nerve Stimulation is a method of pain relief involving the use of a mild electrical current. TENS may be used to help with many types of chronic pain, such as arthritis or other joint pain, back and hock pain, shoulder tension or pain, muscle pain, and neuropathic pain.

Susie demonstrated these three methods using audience members who clamored for the opportunity. Keep in mind that they are but a portion of the treatment options Susie can provide your equine partner. Give her a call to discuss exactly what she can do for your horse.

At the start of the meeting members were provided with a free raffle ticket for a treatment session with Susie (a \$175 value). The lucky winner of this generous gift was Cindy Parsons. We hope you and your horse enjoy your session with Susie as much as we enjoyed her presentation. Thank you, Susie!

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MONTHLY PHOTO!

Sandi Calleros took this photo of her horse Moonie looking at the beautiful snowcapped mountains! Gorgeous!

Thanks so much for sending in this photo! Submit your horsey photos to pvpha.dispatch@gmail.com to be featured!

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