



COMMUNITY CALENDAR

Cowboy Days

OCTOBER 13-15

EMPTY SADDLE CLUB

More information on page 3

PVPHA Monthly Meeting

THURSDAY, OCTOBER 19, 7 PM

EMPTY SADDLE CLUB

Halloween Hoedown

OCTOBER 22, 9AM-2PM

DAPPLEGRAY LANES ARENA

More info on page 9

Equestrian Committee Meeting

MONDAY, NOVEMBER 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: pvpha.dispatch@gmail.com



At this month's meeting Sarah Gragg will speak to us about her therapy work with horses followed by Tips and Tricks.

PVPHA October Meeting: Sarah Gragg / Tips and Tricks Share

By Jan Spak

Mark your calendars for our final monthly meeting of 2023 on October 19 at 7 PM at the Empty Saddle Club. This will be a fun-filled and informative meeting you will not want to miss. First we'll have a presentation from Sarah Gragg regarding her therapy work with horses. I know we can all benefit from her extensive knowledge and insight into the lessons our "always honest, in the moment" equine partners can teach us. You can read her speaker bio on page 9. Then we'll all have an opportunity to "pay it forward" with a "Tips & Tricks" (aka Halloween) sharing competition for the best and most helpful ideas you use with or for your horse. It can be anything from grooming to healthcare to riding to trailering to training... you get the picture! Bring any and all of your best tips and tricks! Following everyone's presentations, we'll vote on the most helpful ones and award the winners Lomita Feed gift cards in the amounts of \$20 for 1st place, \$10 for 2nd place, and \$5 for 3rd place. (Hint: you may get extra points if you make your presentation in your best Halloween costume!)

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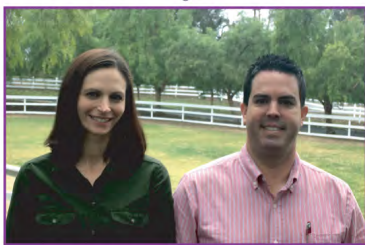
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COWBOY DAYS

Schedule of Events (subject to change)

Friday, October 13th

3:00 PM	Cutting (Cutting Arena)
6:00 PM	Opening Ceremony, Happy Hour, Silent Auction Opens (Lawn/Clubhouse)
6:15 PM	Cow chip Bingo starts (Roping Arena)
6:30 PM	Chili Cookoff (Patio adjacent to the Clubhouse)
7:00 PM	Taco Dinner by Martin Performance Horses. Music by DJ Goody (Lawn)
8:00 PM	Table Horse Racing (Clubhouse)

Saturday, October 14th

7:00 AM	Coffee and Doughnuts (Kitchen)
10:00 AM	Team Roping (Sign up will close at 9 AM) (Roping Arena)
11:30 – 2:30 PM	Lunch (served at the kitchen). Tickets available for purchase
12:00 PM (approx.)	Happy Hoofers & Jr. Drill Team perform (Roping Arena)
12:30 PM	Kids/Adult Gymkhana (Sign ups close at 11:30 am) (Roping Arena)
6:00 PM	Happy Hour and Silent Auction (Clubhouse/Lawn)
6:30 PM	BBQ dinner by “The REX Seaside Steakhouse” and live music by James Kelly Band (Clubhouse/Lawn)

Sunday, October 15th

8:00 AM	Breakfast available for purchase (Kitchen)
8:30 AM	Trail – Adult. Sign up ends at 8 AM. Walk-thru @ 8:15 AM (Show Arena)
10:30 AM	Trail – Jr/Youth. Sign up ends at 10 AM. Walk-thru @ 10:15AM (Show Arena)
11:30-2:30 PM	Lunch (served at the kitchen). Tickets available for purchase
12:00 PM	Ranch Sorting. Sign up ends at 11 AM (Roping Arena)
4:00 PM	Award Presentations (Roping Arena)

Note: Awards for each event will be presented at the conclusion of the event with the exception of “The All-Around Awards” which will be presented at 4 PM on Sunday.

All registration material for events and meals are available online. Please visit:
emptysaddleclub.com

Ring Worthy at the 65th Annual Portuguese Bend National Horse Show!

By Maureen Hazard

Exhibitors and their horses alike were jumping for joy at finding the new and improved Ring 2 at the 65th Portuguese Bend National Horse Show (PBNHS), held once again at Ernie Howlett Park this past September 8th–10th. Thanks to a partnership between the City of Rolling Hills Estates, the RHE Equestrian Committee, Parks and Activities Commission, the City Council and the Peninsula Committee for Children's Hospital that puts on the PBNHS, plans were made and funds were raised to fully replace the footing in the ring. The City contracted with West Coast Footing "Tractor Dean," a renowned footing expert, who worked tirelessly with GGT Installation to complete the work just in time for the PBNHS. "The renovations in Ring 2 really improved the facility and gave the riders the best footing to show off their horses and their riding skills," according to PBNHS manager Robin Serfass.

All weekend long the horse enthusiast was treated to exceptional riding, including the prestigious PCHA Horsemanship Medal Finals for riders 14 and under and 18-34, as well as the PCHA Victor Hugo-Vidal Adult Horsemanship Class for riders 35 and over. In addition, the \$10,000 Harman Jr.-A/O Jumper Classic and the \$15,000 Seahorse Jumper Classic challenged some of the West Coast's finest riders with difficult and exciting courses.

All in all, the Portuguese Bend National Horse Show packs a lot into three days and never disappoints. So be sure to mark your calendars for next year's event scheduled for September 7-9, 2024

Results for the show can be found on the facing page.



From left to right: PBNHS manager Robin Serfass, Martha Tuffli, Don Tuffli

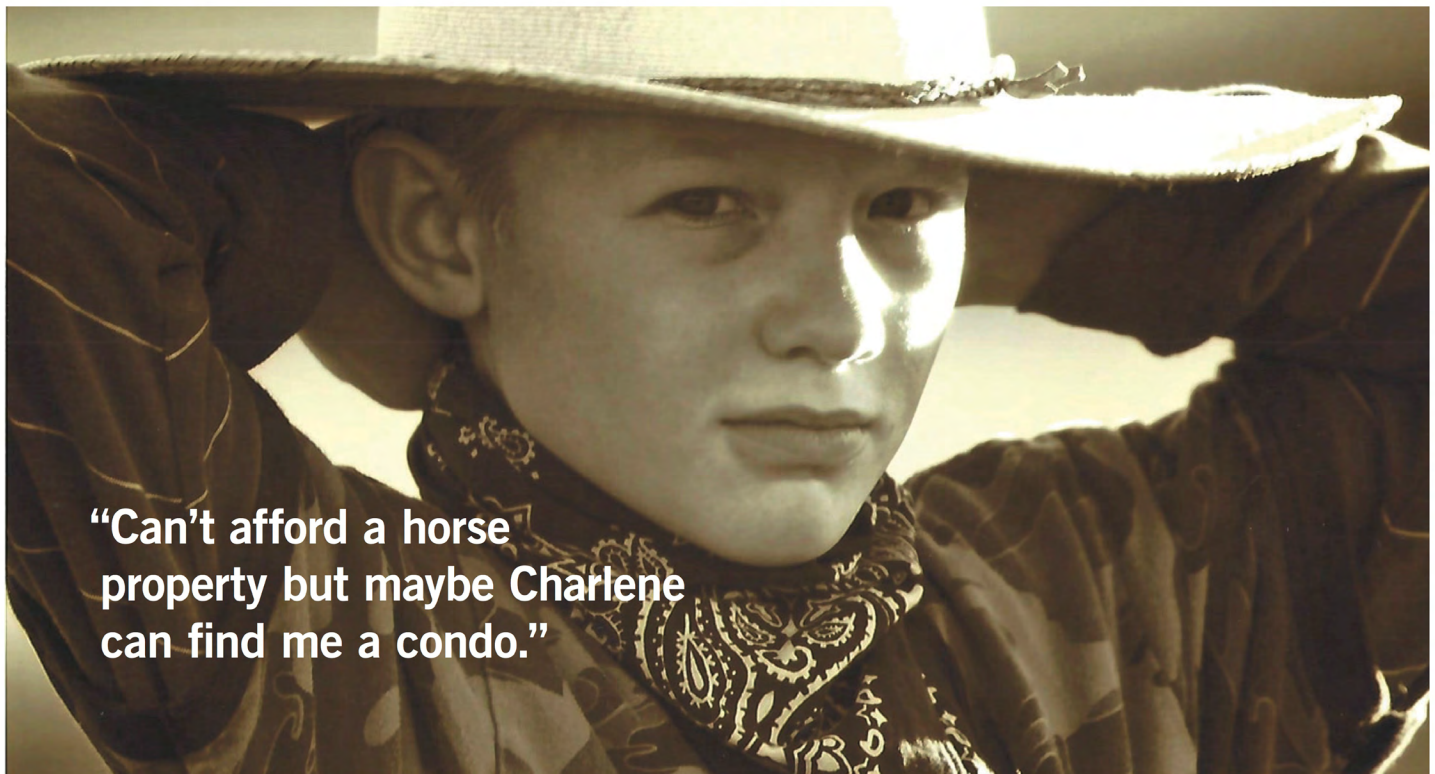


Julie Martin Memorial Trophy Winner Legend Vant Winnenhof (horse)

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Julie Martin Memorial Trophy (High Point Jumper): LEGENDA VANT WINNENHOF (HORSE)
Bob Martin Memorial Trophy (High Point Jumper Rider): KALEA IULIANO
Betty Learned Memorial Trophy (Adult Rider Showing Outstanding Sportsmanship): LILY SWIFT
Darcy Field Memorial Trophy (Junior Rider Showing Outstanding Showmanship): MARIKO KOKKA
Christmas Perpetual Trophy (Trainer Showing Outstanding Sportsmanship): LINDA COOPER
Gabriel C. Duque, Jr. Memorial Trophy (High Point Amateur Rider): JENNI RYAN
Kazarian Family Perpetual Trophy (High Point Junior Rider): NOAH KAI NELSON
"Two Jacks" Perpetual Trophy (Overall High Point Rider): NOAH KAI NELSON
John Bradford Upp Memorial Trophy (High Point Children's Rider): SOPHIE MATARAZZ
Best Child Rider: VIOLET TATUM
Best Adult Rider: MADELINE KLOBUCHAR
Red Onion Open Jumper Classic: GEORGES BITTAR - CEZANNE B (HORSE)
Georgia Storm Claessens Memorial Children's - A/A Jumper Classic: LACY STORMES
Harman Family Jr. - A/O Jumper Classic: KALEA IULIANO - LEGENDA VANT WINNENHOF (HORSE)
Seahorse Open Jumper Classic: ZACKO HARDIN - TSH FIRST EDITION (HORSE)
The Carol Deane Porter Jumper Style of Riding Trophy: ZACKO HARDIN
Windsor Stables Hunter Classic: SOPHIE MATARAZZO
Junior - A/O Hunter Classic (Archie Cox III - sponsor): ABIGAIL STELLAR
PCHA Horsemanship Medals Finals, 14 & under: KALEA IULIANO
PCHA Karen Healey Adult Horsemanship Medals Finals, 18–34: ANGELA HERRING
PCHA Victor Hugo-Vidal Adult Horsemanship Medals Finals, 35 & over: MADELINE KLOBUCHAR



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

September Meeting Recap

By Carolyn Paddock

“I thought, 'I'm dead. [My horse Zena] is a Shire and Haflinger cross, a big ol' honking thing. She's gonna crush me” Debbie Lang told the group gathered at the September meeting of the Palos Verdes Peninsula Horseman's Association.

“We had relay races with all the other Sheriff's stations,” said Lang, a 21-year member of the Lomita Sheriff's Posse. “I ran to the other side of the arena, and the footing was terrible, and as we started running back, [Zena] slipped and fell, and I looked and saw her face and... she looked at me and twisted her body and hurt herself so she wouldn't crush me,” continued Debbie. “That is teamwork.”

True teamwork like Lang and Zena have, true partnership with your horse, takes dedication and time. The more you put into the partnership, the more you get out. Joining a mounted posse or patrol is one of the many ways you and your horse can become a team by serving your community and improving your horsemanship.

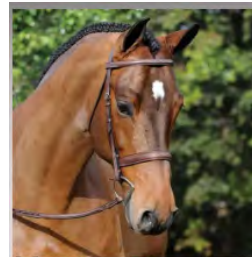
“The more you do [with your horse], the more you become confident, you become one with the horse and enjoy everything about it,” Jan Spak, Vice President of Education at PVPHA, told the group. “If you're green, you got to be willing to put in the time and the effort to learn.”

And joining a horse community is one of the best ways to learn.

Both the Lomita Sheriff's Posse and the Long Beach Mounted Police were represented at the September 21 meeting, where the group learned all about the fascinating and fun world of mounted posses and patrols. These are two examples of great groups to join within our local horse community, and are strongly endorsed by members of the PVPHA.

“How you learn is with people who share your passion” said Spak.

Lang agreed: “every single job I had, you had a 'partner'... but you never really did.” At least not in the true sense of the word. “I got into horses when I was almost 50 years old... I didn't know what I was doing,” said Lang. “Because of the Posse, because of



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[all the groups I have been involved with], I became a knowledgeable horse person.”

But joining a horse community isn't just about what you can get out of it; it's also about what you can give back to others.

The Long Beach Mounted Police has been around since 1935, when a group of local oil businessmen got together to form the group to support the Long Beach Police Department. They are “a parade and educational organization,” according to Kathy Stowe, Vice President and Co-Captain of the Long Beach Mounted Police. The group has ridden in hundreds of parades over the years, including 2 Presidential inaugurations, and they will participate in the 2024 Rose Parade in Pasadena after a 4 year absence.

“It really makes people happy,” said Stowe. “When [the parade crowd] see[s] the horses, they light right up.”

The group also hosts a yearly scholarship as another way to give back to the community, focusing on students pursuing veterinary science or other equine-related programs.

“We need [more vets]!” said Stowe.

As for the Lomita Sheriff's Posse (according to their brochure) they are “a dedicated group of horse enthusiasts committed to promoting public safety and community engagement.” One of their activities includes conducting regular trail patrols to help maintain a safe riding environment for the local horse community on the Palos Verdes peninsula.

“Right now we're focusing on the e-bikes, because the kids are going crazy all over the trails,” said Lang.

They also conduct search and rescue, assist with the homeless population, and participate in crowd control at big events.

“If I die tomorrow,” Lang said, “I know I have [had] a purpose with my life, and that's what... the Posse has given me.”

Joining a horse community can provide opportunities for leadership, learning, community, partnership, and service... but it can also provide fun for both you and your horse.

“Cowgirl dreams [do] come true!” said Stowe, a self-proclaimed horse girl since she was young. And “the horses enjoy it [too]!”

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Raffle Riders Had Lots of Fun!

By Melody Colbert

Saturday Sept 23 was a beautiful day for a ride - especially for a ride that ended in a raffle!

Though only 19 riders participated this year (we think because of the concurrent Beach Life/Ranch concert down the way), it was truly a family affair with lots of relatives riding the course.

Forty-five prizes were awarded, and we were fortunate that several community-based businesses again made generous contributions. Equine veterinarians Grant and Amy Garcia DVMs, Ruth Sobeck DVM, James Giacopuzzi DVM and Larry Kelly DVM all supported the fundraiser with significant prizes. Local restaurants including Raffaello's Ristorante, Lamppost Pizza, Truxton's American Bistro and Cheesecake factory (courtesy of Pam Schachter, RHE city council member). A beautiful hand-painted horse masterpiece by Sheryl Steckel graced the prize table. Many more prizes were donated by individuals and businesses who support this equestrian community. You can see the complete list on our Facebook page.

Hope to see everyone next year for Raffle Ride '24!



Sherri Lofgren holds raffle tickets in front of riders Kathy Chessmore and Chris Chessmore Wolf. Photo by Dale Lofgren.



Mother and son team, Ashley and Colton Copp, riding their horses, Nala and Happy, at the City Celebration Raffle Ride.



Ruth V. Sobeck and other lucky raffle winners with their prizes.

Sarah Gragg Speaker Bio

By Sarah Gragg

I am a Licensed Clinical Social Worker (LCS 88307). I received my Bachelor's at University of San Diego in Psychology and Sociology: Crime, Justice, Law, and Society. I went on and received my Master of Social Work from USC School of Social Work with an emphasis in Mental Health. I also received my Post Master's Certificate in Equine Assisted Mental Health from the University of Denver and the Institute for Human Animal Connection. I am a Qualified Clinical Social Worker (QCSW) through the National Association for Social Workers. I am a Certified Equine Interaction Professional in Mental Health (CEIP-MH). My areas of interest and specialization include working with children, adolescents, and adults struggling with depression, anxiety, trauma, mood dysregulation, attachment related issues, social and relational issues, and

What I do:

Psychotherapy in the Equine Environment: Some people do not like traditional talk therapy. Psychotherapy in the equine environment (therapy with horses, ponies, and donkeys) is the same clinical treatment that you would receive in a traditional office space, but you have the benefit of the office space being the great outdoors. Having an experiential learning experience, where you can be hands on and interact directly with what you are working on, can be very powerful therapeutically. Through these experiences, people find that "things just make sense." Horses are incredibly present, authentic, and deep connectors. They offer clients non-judgmental, non-biased, live real time feedback. This feedback helps clients reflect, regulate, be vulnerable, and increase self-awareness. All of these factors come together and help clients integrate the experiences from the session into their life and healing journey. I offer individual, family, and couples therapy sessions in the beautiful, natural office of the great outdoors in the company of horses.

neurodiversities, including ADHD and ASD. As a staunch supporter of the LGBTQIA+ community, I provide affirming services to all populations I work with. I utilize Motivational Interviewing, Cognitive Behavioral Therapy (CBT), play therapy, Dialectical Behavioral Therapy (DBT), psychoeducation, Trauma Focused Cognitive Behavioral Therapy (TFCBT), mindfulness, Interpersonal Neurobiology, Problem-Solving, and attachment approaches to meet the needs of my clients. I am a lifelong equestrian. I grew up riding, spending time in pony camps--both as a camper and volunteer-- training horses for the mounted sheriff's posse, working with and training my own horses, and volunteering in an adaptive riding program. After I received my master's degree, I wondered what would be the best way to bring my two passions together. I found the program at the University of Denver to be the perfect way to merge my two passions.

Halloween Hoedown

October 22nd, 9am - 2ish
Dapplegray Lanes Arena



Please join friends and neighbors for a Halloween Hoedown at the private arena!

\$35 to participate in all Horse Back activities (Excludes Jack Pot)
\$10 Per Kid for Face Painting and Crafts
\$25 Per Kid for Stick Horse Race & take home your own stick horse!
\$30 Whiskey Tasting
Food and Drink Prices Vary, Cash/Zelle Bar and Concessions

Schedule of Events

8:00am Late Registration Opens
Snack Bar opens

9:00am Horse Back Activities Begin

Horseback Costume Parade
Trail and Obstacle Course
Bend and Jump
Eggs and Spoon
Pole Bending
Clover Leaf Barrels
Bareback Dollar Bill



11:30ish On Foot Costume Parade

Stick Horse Race
Face Painting Begins
Crafts Begin

Lunch is served

Lunch provided by Rounds Burgers Cash or Venmo

Bar is open

Whiskey Tasting Station Opens





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MONTHLY PHOTO!

Nancy Wildman sent in this photo of goats on the hill behind Dapplegray Elementary School. They did a great job of cleaning up the weeds on the hillsides last month! Thanks to the Palos Verdes Peninsula Unified school district, the fire hazard on the hill is now greatly reduced. The goats were able to access parts of the hill that hadn't been cleared in years because of the difficulty (or impossibility) of reaching those areas with tractors.

Submit your horsey photos to pvpha.dispatch@gmail.com to be featured!



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is currently recruiting riders AND
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Be sure to check with your accountant.

Scholarship opportunities are available!

The Long Beach Mounted Police is a proud sponsor of those who choose to pursue a career in Equine Care and Veterinary Studies. Check out our website listed below for more information.



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

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Palos Verdes Peninsula, CA 90274

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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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Email the editor for help and rates!
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