



COMMUNITY CALENDAR

No PVPHA Monthly Meeting for November or December

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

Palos Verdes Peninsula Holiday Parade of Lights
SATURDAY, DECEMBER 2, 6 – 8 PM
[RHE.CITY/PARADE](https://www.rhe.city/parade)

Annual Tack and Barn Sale
SUNDAY, DECEMBER 3, 9 AM – 3 PM
PETER WEBER EQUESTRIAN CENTER

New Trail Considered at City Council Meeting
TUESDAY, DECEMBER 5, 7 – 9 PM
MCTAGGART HALL, FRED HESSE JUNIOR COMMUNITY PARK

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



Happy Thanksgiving from PVPHA!

LET'S GIVE THANKS...

*for our little ones who reach out with trust
for our precious pets that are true companions
for those traditions that embellish our days
for our perfect weather
for our true friends who stand by us no matter what
for our special times to create
for our roaming times to expand our horizons
for our freedoms in this tenuous world*

We are thankful

- Charlene O'Neil, PVPHA President

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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.

Recreational Riding Lessons, Camps, Events
www.MysticCanyonStable.com



RELATIONSHIP THROUGH GROOMING, TACKING, RIDING, LIFE SKILLS

Arena, Trail English, Western, Bareback

Sunday, December 3

9 am - 3pm

Rain or Shine

Annual
Tack & Barn Sale

Holiday Boutique

**PETER WEBER
EQUESTRIAN CENTER**

*Visit,
buy some stuff,
sell some stuff
and have some fun!!*

Contact: *Kelly Yates* @ 310 704-7226

jerseyj2@cox.net

Cowboy Days 2023

By Lisa Ernst Nguyen

We had an incredible turn-out for 3 club-filled days of cutting, roping, ranch sorting, trail classes, gymkhana and, of course, the All-Around Competition for Adults and Youth. It was so awesome to see the ESC grounds filled with so many vehicles and horse trailers. You could really feel the buzz of excitement in the air. We also had 2 fun-filled evenings of food and music! Friday night we started off with the Star Spangled Banner, a solo played by Oliver Nguyen, while Dylan Rogers proudly put our American Flag on display in the main arena! We then went right into a fabulous “Chili Cook-off” hosted by the Dyer Family, followed by yummy tacos catered by Martin Performance Horses and DJ Goody spinning country tunes! Saturday night we had a delicious BBQ from The Rex Seaside Steakhouse accompanied with music from The James Kelly Band. The dance floor was packed and the crowd was filled with smiles. The blue horse trailer bar deserves a shout out as well. It was quite a star itself, all weekend!

The 2023 All-Around competition drew a crowd again this year as well. So many amazing riders and horses giving it their all! The Youth and Juniors showed up in huge numbers with so much energy and good spirits! The divisions were filled with so

much talent and just an absolute great group of kids. Congrats to all who participated. You all did amazing and we couldn't be more proud of all of the riders.

Community events like these take a village to bring to life, and we want to thank our neighbors who came out to join us, and of course, all of our members who donated their time, our esteemed sponsors, those who sponsored prizes and who donated auction items. We truly could not have done this without you!

We are already looking forward to bringing 2024 Cowboy Days to life and we hope we can gain your support again next year. As always, thank you so much for all you do to support our Club and its various programs year after year.



Audrey Anderson on Chloe. Photo provided by Lisa Ernst.



Joe Bell, winner of the Overall Cowboy Days Adult Competition, negotiating the trail class. Photo by Nancy Wildman



Chili cookoff! Left to right: Hillary Post, John Arbuckle, Kevin Moen, Suzanne Dyer, and Jared Xepolis.

Holiday Hoedown 2023

By Nancy Wildman

A great time was had by all in attendance at the Dapplegray Lanes Holiday Hoedown on October 22nd. Riders and their horses arrived with amazing and original costumes for the Horseback Costume Parade. The Trail and Obstacle Course and games including Bend and Jump, Egg and Spoon, Pole Bending, Clover Leaf Barrels, and Bareback Dollar Bill kept the equestrians entertained all morning. For

the non-equestrians they had an On Foot Costume Parade, Stick Horse Race, face painting, and a variety of crafts. Of course, no equestrian function would be complete without a presentation by the Palos Verdes Junior Drill Team who performed for us in their Halloween Costumes. Thanks to everyone who worked so hard to make this a really fun day for the community! All photos by Nancy Wildman



October Meeting Recap

By Nancy Wildman

Last month we were honored to present Sarah Gragg who spoke to us about her therapy work with horses during our two part meeting. Sarah is a Licensed Clinical Social Worker with a Master's Degree in Social Work from USC as well as a Post Master's Certificate in Equine Assisted Mental Health from the University of Denver and the Institute for Human Animal Connection. Sarah specializes in psychotherapy in the equine environment with the help of her therapy horse, Philomena, also known as "Fi".

Sarah told us that "Fi" is a wild mustang born in the alpine plains of Wyoming in the Spring of 2019. She spent the first year and a half of her life in the Bureau of Land Management holding pens before being purchased by a TIP trainer in Arizona. After completing her TIP training Sarah purchased her and brought her home to begin her new life.

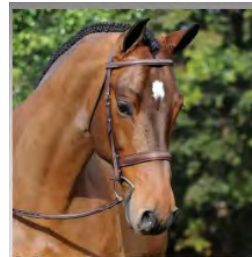
Sarah explained that Fi is affectionate, curious, and always open to exploring and learning with others. In particular, she reminds us to always have an open mind while taking the next step. These qualities make Fi very useful in Sarah's line of work.

According to Sarah, 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 added benefit of being in the great outdoors. She explained that 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.

Other animals can be used in therapy but horses, in particular, 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 Sarah's clients of all ages integrate the experiences from the session into their life and healing journey.

Thanks to Sarah Gragg for sharing her work with us. If you're interested in finding out more about her practice you can contact her at (310) 378-1219.

The second part of our program consisted of "Tips and Tricks" from our audience members. Our first place winner of a \$20 gift certificate from Lomita Feed Store was Dr. Ruth Sobek. She explained to us in humorous detail how she started using clicker training to teach her patients how to willingly tolerate nasal vaccines. She came upon this method when she got tired of being hated by horses who knew she was going to squirt something unpleasant up their nose. Now, after only a few minutes of training and a few cookies, they easily allow her to administer the nasal vaccine.



Horse Boots

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Hygain Feed

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Canisters

Whips

Girths & Pads

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Custom Boots

Candles

Books

Gifts

Gift Cards

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Western Boots

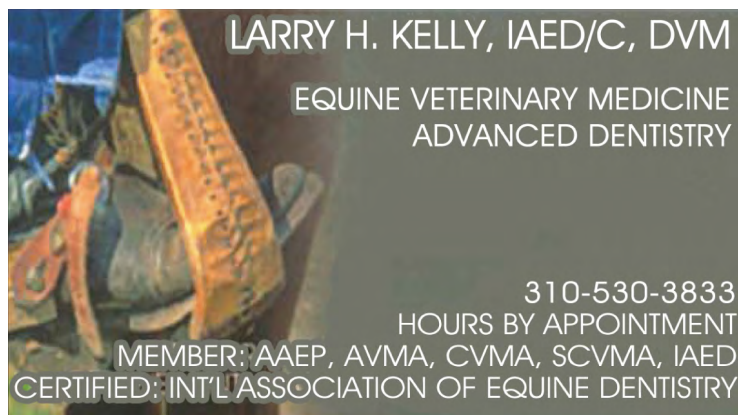


Our second place winner of a \$10 gift certificate from Lomita Feed was Diana Barber who elaborated on how she taught her horse how to urinate on command. This is easily accomplished when the horse knows he won't get fed until he does his business outside the stall. Diana explained that this practice is easily learned and really helps keep the stalls clean.

Our third place winner of a \$5 dollar Lomita Feed Store gift certificate was Nancy Wildman. She explained her method of pre-portioning hay into bags of different colors specific to each horse. She uses a hanging scale to weigh each horses feed into the appropriate bag then sets them aside for the feeder. This method insures that each horse receives the right amount and type of feed and makes it easy to see whether or not the horses have received their meals. Dr. Sobeck pointed out that as a veterinarian, she appreciates it when owners know exactly how much food their horses are receiving each day. She said this information is helpful in determining what the reason might be when horses have either lost or gained weight.

We also heard from Kelly Yates who explained her method of teaching a horse to stand quietly and in the right position for mounting. As she happened to have her horse with her she gave us a demonstration as well. This method, which she calls "load up", is easy to teach and is an important safety measure every horse should know.

Thanks to everyone for their useful advice! This was a fun meeting where we all learned something useful. As a reminder, owing to the holidays, we will not be hosting monthly meetings in November or December. Happy Holidays!



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COME TO THE COUNTRY!



42 Pony Lane, Rolling Hills Estates

This home was designed by architect Cliff May, creator of the California Ranch. Cliff’s unique style was bringing the outside in with glass. 42 Pony speaks of natural brightness with three walls of glass doors and windows shedding light and views from every room and a LARGE feeling of space because of its’ tall ceilings. Yes, it needs work but the “bones” are definitely there for you! Some of its features are: 3 bedrooms, 2 baths, 2 fireplaces, pastoral views, cul de sac, HORSE property (barn and corrals) on two thirds of an acre of land with “on the trail” access.

- Home 1,856 sq ft
- Land 28,289 sq ft

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Charlene O’Neil

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Information deemed reliable, but not guaranteed.

Thank You Victor Delgado!



The restored trail. I only wish I had a "before" photo so you could see how much work was done here. Photo by Nancy Wildman.

By Nancy Wildman

This section of trail, which is adjacent to the Rolling Hills Little League Field, had become somewhat of a hazard as a result of heavy rains from the past few years. It was badly eroded, about three feet narrower, and the fence had fallen down leaving a four foot drop hidden by bushes. Needless to say, it was in serious need of repair. Enter Victor Delgado, owner of Delgado Landscaping, Inc. Victor keeps his horses a little way down the trail from this spot and decided to repair it before this winter's rains could make it even worse. He brought several of his employees, tools, cement, soil, rocks, and fencing material then spent over two hours restoring this section of trail to a safe and useful state. On behalf of myself, other equestrians, and the PVPHA, I'd like to thank Victor for his thoughtfulness, hard work, and community service! We appreciate you!



New Trail to be Considered in the Lay Preserve

By Sharon Yarber

At the December 5, 2023 City Council Meeting, the City Council is tentatively scheduled to consider an agenda item to determine the trail name, route, and user designation for a public trail across the newly acquired Dorothy and Allen Lay Reserve (Lay Reserve). The City Council Meeting will be held at 7 p.m. at McTaggart Hall in Fred Hesse Junior Community Park at 29301 Hawthorne Boulevard, Rancho Palos Verdes.

Please note that this City Council agenda item was originally set to be considered at an earlier November City Council meeting, but it has been rescheduled to December 5.

The City is soliciting public feedback on the route, user designation, and name of the new trail traversing the Lay Reserve prior to and during the December 5, 2023 City Council Meeting. Any feedback received prior to November 24, 2023, will be included as correspondence with the staff report. Any feedback received after November 24, will be attached to the report as late correspondence.

Please visit rpvca.gov/participate for information on how to participate in the City Council Meeting.

For more information, please direct all inquiries to Katie Lozano, Senior Administrative Analyst, at (310) 544-5267 or via e-mail at trails@rpvca.gov



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MONTHLY PHOTO!

Deborah Regan on Happy with friends Mirta and Machelle Abel along for the ride during the September Raffle Ride. What a great photo by Dale Lofgren!

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Tax-deductible contribution
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Total: \$ _____

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