



COMMUNITY CALENDAR

PVPHA Monthly Meeting
THURSDAY, FEBRUARY 15, 7 PM
EMPTY SADDLE CLUB

Empty Saddle Club Gymkhana Series
FEBRUARY 11
More information on page 4

BCHC Packing Internship Scholarship Application Deadline
MARCH 15
More information on page 6

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



PVPHA February Meeting: Tecar Therapy with Gabrielle Derrig

By Jan Spak

Continuing our 2024 “Horse & Human Connection” theme, we are privileged to have Gabrielle Derrig, owner of Body by Gabby as our guest speaker on February 15 at 7 PM at the Empty Saddle Club.

Gabrielle Derrig is a professional with expertise in acupuncture and athletic training. Gabrielle has enhanced the quality of life for individuals dealing with challenging conditions such as multiple sclerosis, muscular dystrophy, and fibromyalgia. She has excelled in injury prevention and post-injury rehabilitation along with preparing her clientele for sport and fitness competitions and day-to-day physical activity.

Last year Gabrielle got her certification in Equine Massage and Bodywork to be able to blend

her work on both horse and rider. At our meeting she will present her practice and showcase her treatments with the use of Tecar Therapy, a technique that has been used all over Europe since 1995.

Tecar Therapy is a diathermy (deep tissue thermo therapy) which emits high frequency electromagnetic waves to stimulate the cells in the body. It can increase local body tissue temperature to promote the body's healing response and improve cell metabolism. Mark your calendars so you don't miss how Gabrielle's practice of Massage and Tecar Therapy can help you and your horse. Gabrielle is currently taking appointments for humans and will begin taking appointments for horses on March 1, 2024.

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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.

🐾 Myra Kriwanek 🐾
🐾 Diana Torres 🐾

Thanks to Diana Torres for her very generous donation to the Trail Protection Fund on behalf of Ruth Sobeck DDS as thanks for her outstanding photography!

WELCOME NEW MEMBERS:

🐾 Helen Frykman 🐾
🐾 Tiffany Kim 🐾
🐾 Gina Churchill 🐾

JAMES A. GIACOPUZZI, D.V.M.



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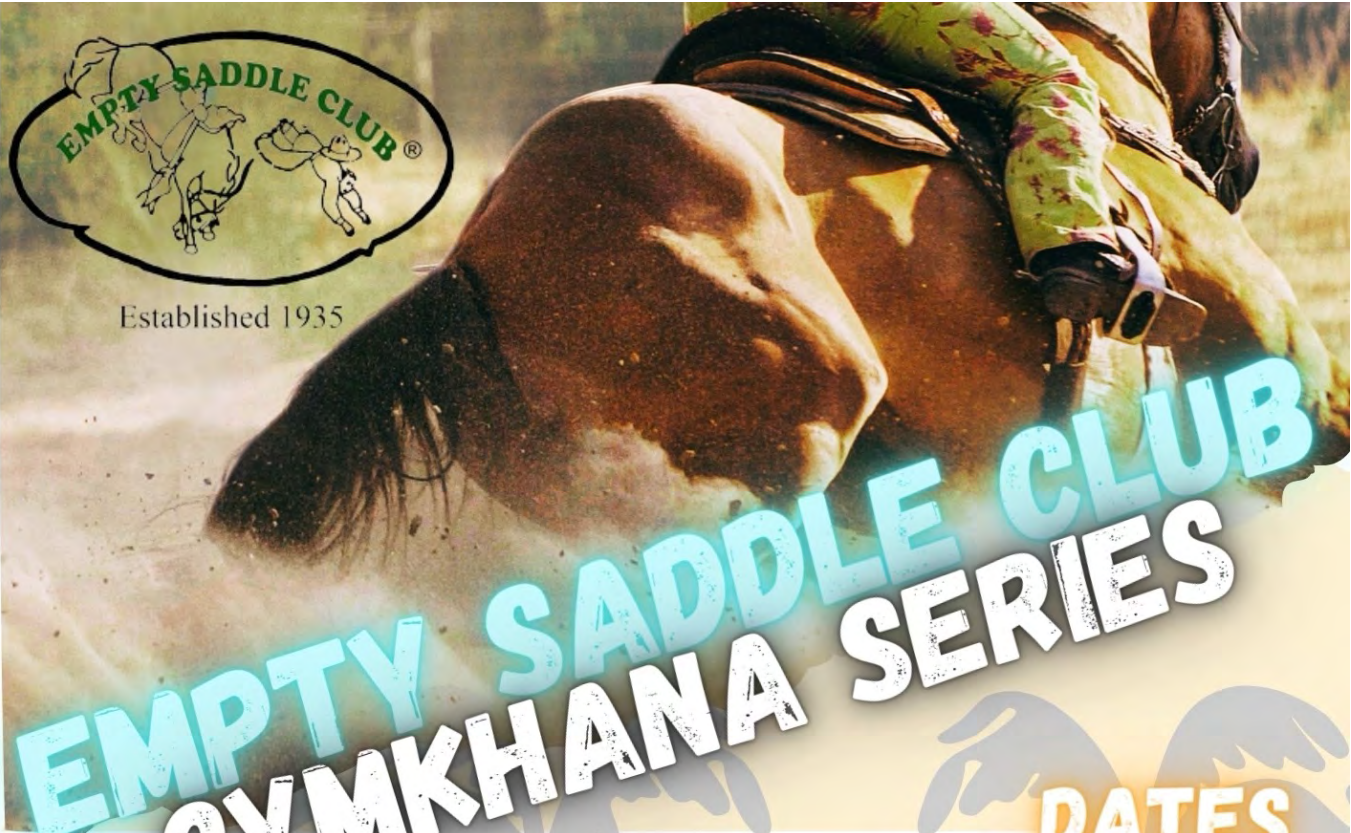
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EMPTY SADDLE CLUB GYMKHANA SERIES

DATES

- FEBRUARY 11TH**
- MARCH 10TH**
- APRIL 14TH**
- MAY 12TH**
- JUNE 9TH**
- JULY 7TH**

- SEPTEMBER 8TH***
- OCTOBER 13TH***
- NOVEMBER 10TH***

\$75
ENTRY
FEE

LOCATION

**39 Empty Saddle Road
Rolling Hills Estates, CA 90274**

YEAR END AWARDS

Buckles, Pads, & More!

***INCLEMENT WEATHER DATE**



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**SIGNUP @ 7AM
EVENT STARTS @ 8AM**

3 EVENTS – BARRELS/POLES/MYSTERY PATTERN EACH TIME!

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Rules of the Road: No Horses on the Bike Path

By Sharon Yarber

We in the Palos Verdes Peninsula equestrian community are blessed with some of the most amazing dedicated trails that other communities envy. In order to assure that we can continue to enjoy these benefits, it is incumbent upon us to exercise both common courtesy and to follow the rules, whether we particularly like them or not. When certain individuals fail to follow the rules, it jeopardizes our relationship with the broader community which includes, unfortunately, some people who are not particularly fond of horses.

One rule that everyone should know, but of which many may be unaware, is that horses are not allowed on the asphalt bike path that runs along Palos Verdes Drive North. The signage setting forth this rule is not great, so it is possible that those who have ridden on it recently are not aware of the rule, but it is the rule in Rolling Hills Estates and needs to be followed.

Rain – we know we need it. We live in drought prone California and rain helps our water supply, helps cause all those nice grasses and weeds on which our horses love to graze to grow, and reduces fire risk in this high fire area in which we live and ride. Yes, rain does put a damper on our riding when the trails are too slippery and the arenas and round pens are locked up, but that does not mean it is permitted to ride on that bike path. I often walk my dog along that path and after the most recent rains I observed a number of piles of horse “road apples” which, once rained upon become horse “road pancakes”. Just as we expect others to observe the rule that no bikes or other wheeled vehicles or objects are allowed on our horse trails, we must also observe the rule that no horses are allowed on the bike path. Your cooperation is sincerely appreciated.



YOU'RE INVITED TO THE

JAN BALL EQUESTRIAN RECOGNITION

MONDAY, FEBRUARY 12 | 10:30 AM
PETER WEBER EQUESTRIAN CENTER
26401 CRENSHAW BLVD.
ROLLING HILLS ESTATES, CA 90274

FOR QUESTIONS, PLEASE CONTACT
310-377-1577 ext. 100



YOU'RE INVITED TO THE

CAROL DEAN PORTER EQUESTRIAN RECOGNITION

TUESDAY, FEBRUARY 13 | 9:30 AM
ERNIE HOWLETT PARK
25851 HAWTHORNE BLVD.
ROLLING HILLS ESTATES, CA 90274

FOR QUESTIONS, PLEASE CONTACT
310-377-1577 ext. 100

Palos Verdes Landfill Trail Update – Important Reminder!

By Melody Colbert

PV Landfill is a Class One Landfill, which is the most toxic designation possible by the Federal EPA. The PV Landfill accepted 40% of the hazardous wastes for LA Region, and accepted over 47 Billion pounds of hazardous wastes over the 300 acre site between 1952-1980. PVL was a co-disposal site; injecting toxic liquids into solid wastes on a daily basis from 1952 - 1980. (From the South Coast Open Space Task Force of the Sierra Club, History of the Palos Verdes Landfill publication).

The history of "The Dump", as it is sometimes referred to, is often forgotten. But it is important to remember that the site still contains all the materials that were dumped there. Fortunately, the site has been under the control of and maintained by the LA County Sanitation Districts and the Calif Dept of Toxic Substances Control, ever since an extensive gas collection and control system was installed in the 1980s. This is what makes the site safe for recreational users.

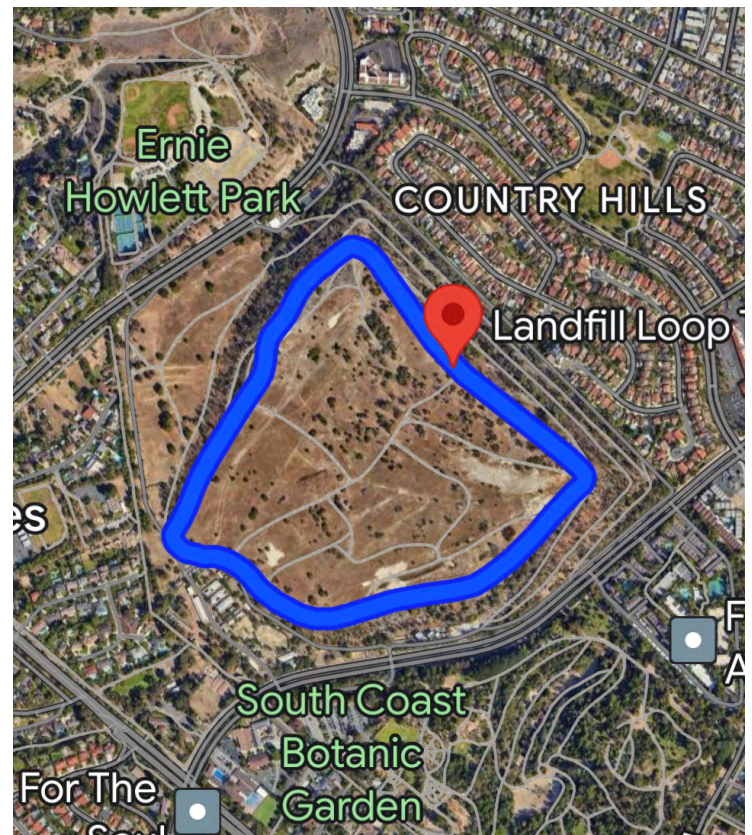
But, since it is all "fill", the soil on the site is constantly settling and moving, so maintenance of the pipes and control valves is a 24/7 job. There are trucks and staffers at all hours of the day and night -- including weekends -- working to maintain this safety system.

This is why it is important to heed the NO TRESPASSING signs and use only the designated Perimeter Trail when visiting this site. In order to ensure that no one is gaining access to pipes and control machinery, or exposing themselves or their animals to

injury or even escaped toxins through the subsidence of land (sinkholes or fissures), for their own safety, every user MUST use ONLY the "top deck" Perimeter Trail.

If maintenance workers are forced to issue commands or corrections to users who violate the rules, or their work is interrupted or interfered with by users who are "off trail" or otherwise abusing the privileges of recreational use of the site, we run the risk of losing access to those trails -- and the landfill trail will be closed to us forever.

Please take this notice to heart, and help spread the word to anyone you know who likes to use the Landfill trail. Use it properly, or we will lose it!



Trail Update: Rolling Hills Bent Springs Trail Closed

Bent Springs Trail is closed until further notice because the trail is blocked by a large fallen tree and a downed utility wire. We will keep you notified of changes to trail status. For more information contact:

Kathryn Bishop, Architectural Inspector
Rolling Hills Community Association

www.RHCA.org

310-544-6222

NEED MOVERS?



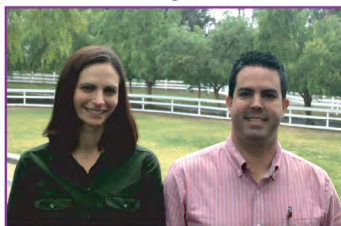
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Attention 18-30 year olds BCHC Packing Intern Scholarship

AMAZING Internship Opportunity within the Forest Service!
Work with Michael Morse and Lee Roeser at the Inyo National Forest Pack Stock Center of Excellence.

Timeframe: June - August 2024 (flexible)

Duties will include assisting Forest Service packers while packing in supplies & equipment for trail crews throughout the Sierras.
May lead to possible employment with Federal Agencies.

Contact Cindy McMurry for an application:
mcmurrycindy@gmail.com 530-640-0429

ESCC Link <https://bit.ly/BchcIntern>

Hurry, applications are due Mar.15, 2024



Selection by 4-15-2024

LONGING FOR HORSE PROPERTY?



January PVPHA Meeting Recap: Performance Equine Bodywork with Will Friday

By Melody Colbert

Jan Spak (VP Education) brought us another winner! About 30 people gathered in the nippy January 18 air at Empty Saddle Club to absorb the wisdom and knowledge shared by Will Friday, a certified practitioner of the Masterson Method as well as a certified Equine Nutritionist (to name just two areas of his expertise).

Kelly Yates kindly brought her 26-year-old QH gelding, Quincy, who was good as gold, to serve as demonstration subject — and demonstrate he did! As Will patiently applied the very subtle, gentle techniques developed by Jim Masterson, as well as some myofascial release movements, Quincy exhibited the classic signs of release of tension and relaxation: blinking, yawning, stretching his legs and shaking his body. All the while, Will explained what he was doing and why, and precisely how it all worked.

Everyone could see the effects of these simple moves—Quincy went from a state of initial nervousness to calm and comfortable.

The Masterson Method, in a nutshell, is a combination of movement exercises, acupressure, meridian releases, massage techniques, craniosacral



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and myofascial releases that helps your horse find relief from accumulated stress and tension.

A truly wonderful thing about this method is that anyone can learn it. You can take your relationship with your horse “next level” and profoundly improve communication by learning how to help him/her to release tension and stress. In addition to offering individual treatment sessions, Performance Equine Bodywork conducts two-day seminars to teach owners who want to learn the basics and reach “next-level communication” with their horse.

Learn more about Performance Equine Bodywork at <https://www.performanceequinebodywork.com/services>

Learn more about Will Friday: <https://mastersonmethod.com/practitioners/listing/will-friday-mmcp/>

If you are interested in having the PVPHA sponsor a weekend workshop locally with Performance Equine Bodywork, contact Melody Colbert at: melcolbert@aol.com

I did gather that in order to participate, your horse should tolerate handling by strangers - because on Day One of the workshop, you will be handling one of the other attendee’s horses - not your own. (If you feel your horse is not a good candidate, then try to borrow a calm horse for the weekend. That way, you will learn the techniques in safety - and so will others - and then you can apply them to your own horse - on your own time- in a safe situation.)

We were very fortunate to have someone as caring and knowledgeable, (and funny!) as Will Friday take the time to give us a fabulous presentation and demonstration. We hope to see him again soon!



Will Friday demonstrating his technique during the PVPHA January meeting. All photos provided by Melody Colbert

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MONTHLY PHOTO!

Sharon Jantzen, of Sharon Jantsen Photos, sent in wonderful light and shadow study she took while riding her pony Rosewood Whisper. What a unique composition that is able to simultaneously show the rider's perspective and an image of the rider herself. Thank you Sharon!

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



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

PVPHA
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Name: _____

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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 for more information.

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Full Page (approx. 8"×10")	\$ 150
Half Page (4"×10" / 8"×5")	\$ 75
Quarter Page (4"×5")	\$ 35
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Classified - per line	\$ 2

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