



COMMUNITY CALENDAR

Empty Saddle Club Gymkhana Series

MARCH 10, 8 AM

More information on page 7

BCHC Packing Internship Scholarship Application Deadline

MARCH 15

PVPHA Monthly Meeting

THURSDAY, MARCH 21, 7 PM

EMPTY SADDLE CLUB

Empty Saddle Club Gymkhana Series

APRIL 14, 8 AM

More information on page 7

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



PVPHA March Meeting: Equestrian Photography with Kristy Black

By Jan Spak

This month's meeting will focus on documenting the great connections we have with our special horses. We're happy to welcome Kristy Black, the owner of Riley Cooper Photography to speak to us about creating fine art pictures of you and your horse. Kristy has been in business for nine years with the main focus of her work being maternity, newborn, and family portraiture in the South Bay. From early childhood, however, her love of

horses and equestrian fine art pictures just kept drawing her attention. Finally in 2023, she decided to take a workshop to learn the art of shooting horses and their riders and is now adding fine art equestrian portraits to her business.

Mark your calendars for Thursday, March 21st at 7pm at the Empty Saddle Club to come hear Kristy show us how we can create a long lasting memory of our horse/rider connection.

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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.

🐾 Dixie Yeck 🐾
 🐾 Carolina Kroon 🐾

Thanks to Carolina Kroon for her donation to the Trail Protection Fund on behalf of Ruth Sobeck DVM as thanks for her outstanding photography!

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🐾 Carolina Kroon 🐾

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LONGING FOR HORSE PROPERTY?



Jan Ball Honored with Bench

By Melody Colbert

On Monday, February 12, the City of Rolling Hills Estates and equestrians honored long-time equestrian center riding instructor and horse show coach Jan Ball. A bench with plaque are positioned to face the main riding arena, where generations of youth and adult riders learned lessons of equestrianism and riding from Jan. She still teaches part time at the public arenas, and now lives in the family home where she grew up - three minutes from PWEC.

Mayor Velveth Schmitz made the presentation and several audience members also spoke up to voice their appreciation and express the impact that Jan's teachings have had on their lives.

Thanks for the memories, Jan, and Happy Trails!



Left to right: Mayor Pro-tem Debbie Segura, Jan Ball, Mayor Velveth Schmitz, Council Member/Equestrian Committee Chair Pam Schachter, City Manager Greg Grammer



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Carol Dean Porter Honored with Plaque

By Melody Colbert

On Feb 13, Carol Dean Porter was remembered and honored by representatives of the City of RHE and local equestrians with the dedication of a brass plaque that was installed on the judge's booth (which was designed with her input) at Ernie Howlett Park.

Mayor Velveth Schmitz lead the brief ceremony with descriptions of Carol's 40 years of service to the equestrian community (both local and nationwide) as an instructor, coach, and volunteer.

Carol's husband, Dan Porter, was in attendance. Dan was a charter boat man when Carol came into his life and changed his course forever. He established himself as a premier equine shipper

and still operates Porter Horse Transportation (porterhorsetransportation.com).

After Carol's passing from cancer in 2019, the CDP Foundation was formed, offering scholarships to young riders who have limited means to further their show careers. See: cdpfoundation.org for more information. Carol's many accomplishments and contributions to equestrianism were enumerated in the November 2019 issue of the Dispatch which is available online: https://pvpha.org/dispatch/2019/2019_11.pdf

Many equestrian careers were launched and nurtured by Carol, many equestrians' dreams were fulfilled thanks to her guidance. Many hearts were touched by Carol Dean Porter—may she always be remembered.



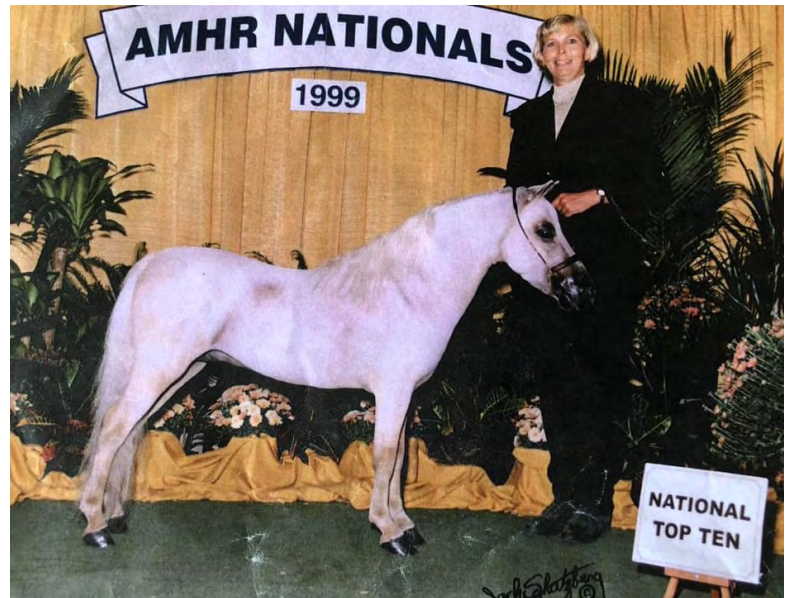
Tribute to Sugar Buck and Dr. Sobeck

By Lori Barnett

Everyone who knows me, knows Sugar Buck.

He was an amazing horse with the biggest loving heart I've ever known. That said, I received a letter in the mail from UC Davis Veterinary School and I initially thought that I'd finally been accepted to Vet School. I thought—yipee! Then I dreaded living in dorms again. Then curiosity got to me and I opened it.

It was a letter thanking Dr. Ruth V. Sobeck DVM for donating to equine research on Sugar's behalf. This is such a positive gesture for a great cause from an amazing, strong, smart woman. Thank you Dr. Ruth!



Sugar Buck winning the National TopTen Miniature Horse Finals in 1999.



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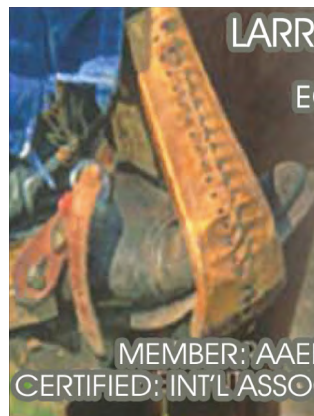
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Swiss Horses Have it Made

By Melody Colbert

Years ago, I read somewhere that in Switzerland it is illegal to house a horse by itself. It turns out that this is just one of the several laws that govern horsekeeping there. Switzerland has some of the highest standards for animal care in the world. I think perhaps we in the U.S. might do well to adopt some of these practices - if not by law, then at least we can consider them when we are thinking about how we can improve the lives of our equines and other pets.

Here are some of the Swiss laws regarding horsekeeping:

All horses, ponies, donkeys, and mules must be able to see, smell, and hear other equids. It's impossible now to keep a horse alone, even if it's accompanied by a cow or goat. Young horses (up to two-and-a-half years old) must be kept in groups.

Working horses must be allowed free time in a pasture at least 2 days a week for a minimum of 2 hours. Non-working horses (retired or broodmares) must have a minimum of 2 hours a day outside in a pasture. Stable managers must maintain a log to document turnout times.

There are strict rules about indoor shelters for horses. A formula was created that considers the size of the horse then calculates the minimum surface area required for that horse to be properly stalled. A formula also calculates the appropriate size for turnout pastures, again size determined by the individual horse's size.

Unfortunately, I was unable to find out specific information on the shelter size requirements. But I did find research that has shown that keeping horses in box stalls contributes to higher stress and anxiety. There is a nice article in the August 22, 2023 issue of Equus Magazine online about this topic.

Farriers and barefoot trimmers receive formal training and must be certified by the Swiss government to do business.

Swiss law allows someone to own up to five horses. If you want a sixth, you must attend a welfare class (paid from your own pocket) to obtain a certificate that permits additional ownership.

Illegal Practices in Switzerland:

- Shortening the base of the tail
- Shaving off tactile hairs (ears and muzzle)
- Non-natural shaping of the hooves
- Adding weights or harmful shoes to hooves
- Training with electric shocks
 - Competing with horses whose nerves have been cut, whose skin has been made hypersensitive, or who have been treated with pain-inducing substances
- Tongue-tying
 - Poling (raising a jump pole just as the horse is going over the jump, so next time he jumps higher to clear the fence)
- Maintaining a hyperflexed head and neck position

Of course, it is not always practical, or possible, for us to provide for our equines the way the Swiss do. But that doesn't mean we can't give some thought and educate ourselves on the ways we may be able to improve their lives.



Photo provided by Nancy Wildman

February Meeting Recap: TECAR Therapy

By Nancy Wildman

Thank you to Gabrielle Derrig who gave us a delightful introduction to TECAR Therapy at our February Monthly Meeting.

Gabrielle Derrig has been in the business of helping to heal humans for over 17 years and is now expanding her business to include our equine partners. She received her certification in equine bodywork last year with the intention of delivering a well rounded service to both horse and rider with massage, stretching, wellness program design for humans, and TECAR Therapy for both.

A wellness program can improve the balance of horse and rider while helping you to stay limber as you get older. It typically consists of an 8-12 week program of exercises that is specifically designed for your needs with the optional addition of online training.

TECAR© stands for the Spanish acronym *Tranferencia Electrica Capacitiva Resistiva*, meaning Capacitive Resistive Electric Transference and is a deep tissue thermo therapy (diathermy) which emits high frequency electromagnetic waves to stimulate the cells in the body.

TECAR works by supplying the area treated with blood rich in nutrients, raising the local temperature, and relaxing the muscles. It can increase local body tissue temperature to promote the body's healing response and improve cell metabolism. It also has the ability to move fluids and energy throughout the body without the use of heat.

An audience member with shoulder issues happily volunteered for the demonstration portion of the presentation where Gabrielle explained how TECAR works while providing treatment. Although the session was short, he reported good results.

TECAR Therapy can be used to reduce pain and inflammation in muscles, ligaments, tendons, fractures/breaks, and joints. It promotes healing & tissue regeneration by providing a faster recovery time whether the body is recovering from a hard

workout, muscle spasms and soreness, an injury, or surgery.

Gabby discussed the differences between TECAR and other modalities such as PEMF, Shockwave Therapy, and TENS. Overall all modalities are excellent options for helping the body to heal itself. However, TECAR Therapy can generate heat with treatment and can treat a smaller area as well as treat deep tissue or more superficial tissue or both. Additionally, you can specifically treat lymphatic drainage with TECAR.

The duration of a TECAR treatment is anywhere from 20 minutes to a little over an hour depending on what is being treated. "Usually when I do a treatment I make sure we are taking care of all ailments and using a full hour long session that can also include bodywork and stretching if needed. Suggestions for mobility work, stretching, and other recovery modalities may be included."

After a session some clients feel euphoric and relaxed. Others may feel tired and in need of a nap. Some may feel recovered and ready to take on the day. Usually for muscle tension you will have a sense of relief right away.

If you are interested in TECAR treatment for yourself or your horse you can contact Gabrielle at (339) 235-0594.



Trail Update

By Nancy Wildman

The trails in Rolling Hills are still closed until further notice. However, the trails in Rolling Hills Estates have fared pretty well. Most are in passable condition, although some are providing water crossing practice for our equine friends. As for the Nature Preserve, go to the RPV website and check their Hiking Trail Conditions & Alerts page (<https://www.rpvca.gov/1007/Trail-Conditions-Alerts>) for the latest information. This photo of the Golf course trail shows recent work by a kind soul and is in excellent shape. Thank you from all us who ride and walk the trails!



MONTHLY PHOTO!

Spring on the V6 Ranch! The 2024 Palos Verdes V6 ranch ride is April 24-28. If you'd like to join in the fun email Barb Varian at v6ranch@gmail.com or call or text Nancy Wildman at (310)729-3266. Space is limited so don't wait. Thank you Nancy for sending in this photo from last year's ride!

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



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We are immensely grateful for your partnership and look forward to continuing our journey together in the years to come. Thank you for believing in us and for being an essential part of our equestrian family.

Thank you
Amanda, Kiley, Sophia and Arte

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