



COMMUNITY CALENDAR

Native Plant Sales

GEORGE F CANYON PRESERVE
NATURE CENTER

Monthly Plant Sales are Back! Come to our nature centers during our sales to learn more about growing local native plants and purchase some for your garden!

27th Annual Cowboy Poetry and Music Festival and Chili Cook-Off

MAY 4, 7 PM

EMPTY SADDLE CLUB

More information on pages 3 and 8

City of RHE Mayor's Breakfast Ride

MAY 11, 8:30 AM

rhe.city/mayorside

More information on page 4

Lomita Sherrif Mounted Posse Community Training and Play Day

MAY 11, 11 AM – 3 PM

ERNIE HOWLETT PARK

Empty Saddle Club Gymkhana Series

MAY 12, 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: pvpaha.dispatch@gmail.com

COME ONE! COME ALL!

27th Annual

COWBOY MUSIC

and

POETRY FESTIVAL

With CHILI COOK OFF!

Sponsored by the Palos Verdes Peninsula Horsemen's Association

MAY 4th, 2024 7 PM

EMPTY SADDLE CLUB

39 Empty Saddle Club Rd RHE CA. 90274

To SIGN UP or MORE INFO call

BRUCE 562-331-0686

We hope to see you at the Cowboy Music and Poetry Festival this Saturday, May 4th! Come by the Empty Saddle Club to enjoy an evening of poetry and music, or share your own poetry and music. There will also be a Chili Cook-Off — for additional information and the contest entry form, see page 5.

To sign up or or get additional info, call 562-331-0686.

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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.

WELCOME NEW MEMBERS:

🐾 Marianne Hansen 🐾

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EMPTY SADDLE CLUB GYMKHANA SERIES

CASH ONLY!!!

DATE

MAY 12th

SIGN UP @ 7AM

EVENT STARTS @ 8AM

LOCATION

**39 Empty Saddle Road
Rolling Hills Estates,
CA90274**

**\$75
ENTRY
FEE**

YEAR END AWARDS

Buckles, Pads, & More!

Semi-Formal Dress Code

No Tank Tops, Midrifs or Shoulders Showing

CASH & PRIZES AT

EVERY EVENT!



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

Updates of events - Instagram @Rafter.X.Roping

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WITH QUESTIONS

Mayor's Breakfast Ride

From the City of RHE

Local equestrians are invited to meet at Chandler Park with their horse on Saturday, May 11, 2024 at 8:30 a.m. to saddle up for a tour of beautiful scenic trails! Chandler Park is located at the northwest corner of Crenshaw Boulevard and Palos Verdes Drive North, just west of Rolling Hills Estates City Hall. The tour will conclude at Ernie Howlett Park, located at 25851 Hawthorne Boulevard, where our local scouts will be serving up a delicious pancake breakfast from 7:00 a.m. to 11:00 a.m. at Ernie Howlett Park. Tickets are available for purchase at City Hall or your local scout troop for \$10* starting Monday, April 15th.

*Exact change needed day of event

Free Community Training & Play Day
Sponsored by:
Lomita Sheriff Mounted Posse



May 11, 2024 from 11-3pm at Ernie Howlett Park, following the Mayors Ride and the Pancake Breakfast.

Limited to 30 horse/rider teams, must register & sign waivers.

Open to all levels of riders over the age of 21.

Out of fairness to the participants NO late arrivals accepted



For more info. text/email Debbie 310-567-4517 or Brenda 310-871-9404 or lomitaposse@yahoo.com

- Featuring:
- Sensory 🎈
 - Obstacles 🚧
 - Games &
 - Posse Training

CITY OF ROLLING HILLS ESTATES PRESENTS

MAYOR'S BREAKFAST RIDE

MAY 11, 2024
8:30 AM - 11:00AM

JOIN THE MAYOR FOR A SCENIC MORNING RIDE ALONG OUR BRIDLE TRAILS AND A SPECIAL PANCAKE BREAKFAST MADE BY OUR LOCAL SCOUTS!

RHE.CITY/MAYORSRIDE

Breakfast tickets may be purchased in advance from your local scout troop or at RHE City Hall. Price: \$10

START: CHANDLER PARK 4045 PALOS VERDES DR. NORTH

END: ERNIE HOWLETT PARK 25851 HAWTHORNE BLVD.

Recreational Riding Lessons, Camps, Events

www.MysticCanyonStable.com

RELATIONSHIP THROUGH GROOMING, TACKING, RIDING, LIFE SKILLS

Arena, Trail English, Western, Bareback

Chili Cook-Off Contest Entry Form

FIRST PRIZE: \$100 SECOND PRIZE: \$50 THIRD PRIZE: \$25

WHEN: Saturday, May 4th

WHERE: Empty Saddle Club

NAME: _____

PHONE: _____

EMAIL: _____



CONTEST RULES

1. Chili needs to be in a crock pot.
2. Chili needs to be at the Empty Saddle Club by 5:00 PM.
3. Once you have emailed your entry form to Sharon@sharonyarber.com with “Chili Contest” in the subject line, you will receive a number. That number will be placed with the crock pot. Judging will be in the kitchen of the Empty Saddle Club between 5:30 and 6:00 PM by Sean Martin and guest chefs.
4. Please send in your entry by Friday, May 3rd, 2024
5. Deadline to enter: May 4, 2024
6. Winners need not be present. Winners will be announced at the Cowboy Poetry and Music Festival May 4, 2024.

Sponsored by Palos Verdes Peninsula Horsemen’s Association

www.pvpha.org

Empty Saddle Club April Gymkhana

By Jared Xepolis

Empty Saddle Club Gymkhana Event #2 was a beautiful one!

38 Riders showed up for what started out as a cold morning but quickly the sun came out to have some fun! The community showed up with over 100+ spectators and supporters for the youth equestrian scene in Rolling Hills Estates! Tag your family on this post if you want to join in!

Results

Beginner

- 1st - Audrey Anderson
- 2nd - Quinn Xepolis
- 3rd - Justice Hendrix

Intermediate

- 1st - Clara Garcia
- 2nd - Gigi Galuppo
- 3rd - Gia Song
- 4th - Rylee Rodriguez
- 5th - Susie Born

Advanced

- 1st - Gwen Dyer
- 2nd - Chelsea Treach
- 3rd - Holly Lentz
- 4th - Madeline Marshall
- 5th - Nyah Lambert.

Thank you to our sponsors @tophandropes, @von_plateau, @keenanddevelopment, Ruth Sobek

DVM, and Larry Kelly & Donna Fernandez DVM!

All updates for events are on @Rafter.X.Roping or Empty Saddle Club on Facebook.



Trail Reminders

Equine Emergency Preparedness

Equine emergency preparedness efforts remain a priority in our community. We have an Equestrian Emergency Subcommittee that works with City staff on disaster readiness efforts. You can learn more at www.RHE.city/EquineEmergency. All local equestrians are encouraged to sign up for the City's equestrian notification system by texting "RHEhorses" to 888-777.

Landfill Trail Closed to Dogs

From the city:

Effective immediately, the Landfill Trail is temporarily closed to all dogs. Warnings to stay on the perimeter trails and keep dogs on leashes have been disregarded, and as a result, LA County Sanitation has decided to temporarily close the Landfill to all dogs as they develop an enforcement plan. As of this update, equestrians still have access to the trail, but it is important to be mindful of all PV Landfill rules. All equestrian riders and walkers may not access unauthorized trails. Please share this message to ensure all who use the Landfill know what needs to be done to maintain our access to the trail. Equestrians can enter the landfill through Peter Weber Equestrian Center for the time being.

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equinedvm@tshepa.net



GEE GEE EQUINE HOURS MAY 1ST

MONDAY	CLOSED		
TUESDAY	11AM	TO	5PM
WEDNESDAY	10AM	TO	5PM
THURSDAY	10AM	TO	5PM
FRIDAY	10AM	TO	5PM
SATURDAY	9AM	TO	4PM
SUNDAY NEW!	9AM	TO	1PM

CALL OR TEXT **424 263 5914**

Pony Camps this Summer

Mystic Canyon Stable

www.mysticcanyonstable.com

CAMP plus NEW RANCH and RIDE

Weekly camps for 7+ years old: June 10—August 15, Monday—Thursday: 9—1 PM; ADVANCED Camp Weeks July 22, 29 (for weekly riders who can Tack Up, Walk, Trot independently)

MAX 12 riders, in 2 riding groups of 6 riders

Weekly rates: \$500/Rider on Private Lesson Pony or Horse

Our UNIQUE camp lets Campers ride BOTH English and Western Reins with Bareback Pad on the trail plus Care for our rabbits, hens, cat, & dogs, with daily learnings and PHOTOS that show step-by-step learning process, inspiring conversations at home each night about what they've learned!

Helpers assist Campers during daily grooming & riding, developing responsible horsemanship. It's like having your OWN equine partner for the week!

Camp t-shirt, loaner helmet, & boots provided.

Extra barn time is available after camp for \$10/hour! Help take care of animals, feed, clean, organize, and have more hands-on FUN learning at the barn!

NEW RANCH and RIDE for 6+ years old

June 10—August 15 Monday—Thursday: 1-3:30 PM

Weekly rates: \$440/Rider on Private Lesson Pony or Horse

Hang out during lunch break at the barn, then join an afternoon lesson daily. Each day add to what you learned while hands-on gaining skills, confidence, and capabilities. YEEHAW for practical ranch life skills!

Victoria Rose Horsey Summer Camp

Come horse around with us this summer!

At the Victoria Rose Show Horses Summer Horse Camp riders will learn to lead and groom their horse along with a lesson or trail ride. Other activities include equine crafts and hands on equine activities such as decorating, bathing, or painting the horse. Camps are hosted during the weekends of the summer.

\$325 per child

June 22 & 23

June 29 & 30

July 6 & 7

July 13 & 14

August 10 & 11

August 17 & 18

August 24 & 25

Contact:(310) 738-1065 for more information

Email: victoriaroseshowhorses@gmail.com

Website: vrshowhorses.com



Kids Horse camp

June 22,23
June 29 &30
July 6&7
July 13&14
Aug 10&11
Aug 17 &18
Aug 24&25
12:30-3:00

Riding lesson,
games and crafts!
\$325 per child

310 738 1065

www.Vrshowhorses.com

Rolling Hills
Estates, CA

Oceanview Performance Horses

Summer Horsemanship Camp at Portuguese Bend Riding Club

Dates available from June to August

Learn the basics of horse care, horsemanship, and horseback riding. Tons of hands-on horse time!

Offering 3 Camp Levels:

- Junior Horsemanship Camp
- Senior Horsemanship Camp
- Adult Horsemanship Camp

**EARLY REGISTRATION SPECIAL!
PRICES WILL INCREASE ON JUNE 15!**

For more information visit:

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Summer HORSEMANSHIP CAMP

Learn the basics of horse care, horsemanship, and horseback riding. Tons of hands-on horse time!

Offering 3 Camp Levels:

- Junior Horsemanship Camp
- Senior Horsemanship Camp
- Adult Horsemanship Camp

OCEANVIEW PERFORMANCE HORSES
AT
PORTUGUESE BEND RIDING CLUB

DATES AVAILABLE FROM JUNE TO AUGUST

**FOR MORE INFORMATION VISIT:
OCEANVIEWRIDING.COM**

Palos Verdes Stables Summer & Holiday Riding Camps

Summer and Holiday Riding Camps at Palos Verdes Stables provide children the opportunity to experience the horse world in a safe, fun and hands-on environment. Our camps educate young riders in the basic principles of horse care, teamwork and riding fundamentals. Campers not only learn horse safety, proper horsemanship and basic riding skills, but their self-confidence grows as well, as they become more knowledgeable and comfortable around the horses. Our experienced and energetic counselors provide close supervision, instruction and encouragement for each camper. Our camps offer a unique amount of actual riding time for each student...an hour of riding each day and the opportunity to experience both in the ring instruction, as well as, trail riding! We welcome all levels of riders, ages 6-12.

Camps are limited in size and spots will fill fast so book early!

For more information see our website at <https://www.pv-stables.com/camps>



Peter Weber Equestrian Center Horse Camp

Ages 6 to 12

Lead Instructors for Summer Camp:

Group 1 – Sierra Wilkinson

Group 2 – Mary Hirsch

Group 3 – Lisa Baldwin

Learn how to take care of your own horse!!

Haltering and leading

Tacking up

Horse's diet and supplement use

Hoof and teeth care

Types of colic

Injuries and how to treat them

Equipment and tack

Horse disciplines

Leg wrapping

Riding Program:

Each child will be given an individual lesson by their instructor. They will be on a lunge line at first, and will progress at their own pace. The trainer will allow them to develop and grow with each ride. They will also get a hand led trail ride.

For more information and to register see our website at: pwecent.com/horse-camp

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PVPHA Board Elections

Elections will be held next June, as per the PVPHA bylaws. The following positions are up for election:

- President
- VP Civic Affairs
- VP Membership
- Recording Secretary

Those who are interested in running or nominating someone for a position on the Board of Directors should contact the Nominating Committee Chair Melody Colbert.

Nominating Committee Chair Contact:

Phone: 310-427-4378

Email: melcolbert@aol.com

LONGING FOR HORSE PROPERTY?



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310.422.1212



April Meeting Recap

By Nancy Wildman

The PVPHA April Meeting with Will Friday of Performance Equine Bodywork & Nutrition was a huge success! This well attended meeting was jam-packed with great information on understanding equine nutrition and supplements.

As you may know, Will Friday is a practitioner and instructor of the Masterson Method of equine bodywork. As such he was looking for natural ways to support the health and recovery of horses, and so began his educational journey into horse nutrition. This included courses at Pierce College in Woodland Hills, which is well known for its agricultural science pathway, working with a wide array of PhD's in the field of horse nutrition, reading scientific books on the subject, attending workshops, listening to podcasts like Feed Room Chemist, and any other reliable sources of information he could find.

Will's primary goal for horse owners is to simplify their feeding program while increasing their horse's performance. To that end, Will shared a very comprehensive Power Point presentation that covered a wide range of topics.

We learned that when making nutritional decisions there are a number of important questions that must be considered. These include information about the horse, what it's current diet consists of, and what your goals for the horse are. Will pointed out that a great way to gauge your horse's condition is to weigh and photograph them monthly (weight tapes for estimating the weight of a horse are available at most feed stores and online).

The presentation included information on the calorie needs of a horse depending on the amount of work it is doing, what a horse's nutritional needs are, and how to determine your horse's body condition score. Will also talked

about different types of hay and key concepts like moisture content, Neutral Detergent Fiber, Acid Detergent Fiber, and crude protein, as well as how and when to feed. Supplements, ration balancers, concentrated feeds, complete feeds, senior feeds, and mare and foal feeds were then explained and compared. We learned how to read feed and supplement labels and what to look for and what to avoid. Will discussed the difference between structural carbohydrates (fiber) and non-structural carbohydrates (sugars, starch, fructans, etc.) and how the amounts of these are affected by the type and maturity of the hay. We learned about the micro and macro mineral needs of horses, vitamins, fats and Omega 3,6 fatty acids, pre and probiotics, beet pulp, rice bran, copra, granola feeds, and amino acids.



“Owning horses can be expensive, and I saw a lot of unnecessary and outdated feeding practices that did not support the horse.” - Will Friday

Did you know that of the nine amino acids only three of them are considered “essential amino acids”? Will explained that a horse only needs to consume those three and the remainder are synthesized in the horse’s gut. Therefore, it is very important that a horse receives an adequate amount of those three amino acids in their diet. The three essential or “limiting” amino acids are Lysine, Methionine, and Threonine.

Finally, Will reminded us about the importance of taking care when changing feeds.

Any feed changes (forage included) should be made gradually over a 2-4 week period which allows the gut microbiome to adjust to the new feed and reduces incidence of colic and gastric upset.

Visible changes in horse's condition will take a minimum of 60-90 days to occur. Other changes, such as hoof quality, may take longer and will be harder to track.

Make any feed or forage change gradually, across a period of 2-4 weeks by mixing your old feed or forage with the new, gradually increasing the new product and decreasing the old.

Set reminders to document weight and body condition score, and take photos to evaluate changes.

We want to thank Will for taking the time to educate us in this crucial aspect of horse care! If you want Will to help you with your horse’s nutritional needs or with equine body work he can be reached at (310) 804-6783.

Junior Achievement Awards

By Nancy Wildman

Junior Achievement awards are presented quarterly to recognize and honor young riders who have gone above and beyond to help others in the horse community. At the April meeting awards were presented to two outstanding riders from the Portuguese Bend Pony Club.

The riders, Zemi Dominis and Malia Ujiki were nominated by Lisa Binns, Rally and Certification Coordinator for the Portuguese Bend Pony Club. Lisa explained that every Saturday Zemi and Malia arrive at the Pony Club with a lesson plan on horse management and riding. They then teach six kids, ranging in age from 8 to 13, with care, kindness, patience, and fun. They go above and beyond in all they do and set a great example for the younger kids.

Malia, an eleventh grade student at Redondo Union High School and Zemi, a tenth grade student at Palos Verdes High School are both

excellent students and riders and will represent the Portuguese Bend Pony Club at the Pony Club Nationals at the Kentucky Horse Park in Lexington this July. The girls will be able to use their awards to help pay for this exciting competition that occurs only once every three years. We wish you both the best of luck at the competition and with all your future endeavors!



Zemi Dominis, Lisa Binns, and Malia Ujiki of Portuguese Bend Pony Club

Open Trails in Rolling Hills!

Great news! The following trails are now open!

This list is as of April 30th. We will keep you informed as the City of Rolling Hills opens additional trails.

- Blackwater Canyon Trail
- Bowie Trail (Lower & Upper)
- Caballeros Ring
- Hix Ring
- Lower & Upper Si's Canyon Trail
- Purple Canyon Trail
- Saffo's Rest
- Sleepy Hollow Trail
- Upper Willow Springs Trail



MONTHLY PHOTO!

Savannah Edmonds on her horse, Nelson, pushing cattle to the corral on the recent V6 Ranch ride. See more beautiful photos of this fun ride on Dr. Sobeck's facebook page. Thank you Dr. Sobeck for capturing and sharing these wonderful images!

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

RUTH V. SOBECK, DVM

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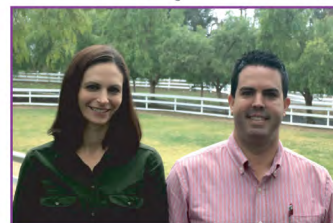
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JOIN THE PVPHA

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

PVPHA
PO Box 4153
Palos Verdes Peninsula, CA 90274

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

E-mail: _____

Phone No.: _____

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: \$ _____

INTERESTED IN WRITING OR PHOTOGRAPHY?

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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Two-line classified ads are free to members.

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PVP, CA 90274

Email print-ready ad copy and proof of payment for ad space to the *Dispatch* editor at pvpha.dispatch@gmail.com.

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**ADS MUST BE RECEIVED BY
THE 25th OF THE MONTH OR
THEY WILL NOT BE PRINTED.**

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NEED AN AD DESIGNED?

Email the editor for help and rates!
Dispatch Editor: Charlie Green
pvpha.dispatch@gmail.com

The PVPHA "Dispatch" is a publication of the Palos Verdes Peninsula Horsemen's Association, a charitable non-profit organization classified by the IRS as a publicly supported tax-exempt organization. Please direct all editorial correspondence to:

PVPHA
PO Box 4153
Palos Verdes Peninsula, CA 90274



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