



## EVENTS

Sept. 9-11

### Portuguese Bend Horse Show

310-318-8258

Ernie Howlett Park

Sept. 17

### RHE City Celebration

Empty Saddle Club

Sept. 17

### City Celebration Gymkhana

Empty Saddle Club

Sept. 17

### PVPHA Poker Ride

Info: 310-365-6750

Chandler Park

Sept. 18

### ETI Corral 8 finals horse show

Info: 310-982-9835

Ernie Howlett Park

Sept. 23-25

### Cowboy Days

Info: emptysaddleclub.com

Empty Saddle Club

Sept. 24

### Steve Harris Memorial Dinner

Info: 310-373-7224

Empty Saddle Club

Sept. 25

### LSAC horse show

Show contact: 310-326-3983

Ernie Howlett Park

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# Local riders take top honors at Arabian Youth Nationals

by **NICOLE MOORADIAN**  
DISPATCH EDITOR

Several local riders competed in many different divisions in the 2011 Arabian Youth National Horse Show in Albuquerque, N.M. during the last week of July.

The annual event—which riders qualify for by winning Top 5 awards at regional championships, earning a certain number of blue ribbons or winning equitation medals, among other methods—showcases the top horse and under-17 rider combinations in the country.

Entrants have their choice of numerous divisions, including western pleasure, hunter pleasure, reining, trail, working cow, sport horse, hunters over fences, equitation, saddle seat disciplines, driving, mounted native costume and even sidesaddle. Divisions are often split between age groups (13 and under, 14-17 and 17 and under are the most common) as well as assigned a

JTR (“junior to ride”) or JOTR (“junior owner to ride”) designation.

Rolling Hills Estates resident Haley Harrington took home championship roses in two classes. Atop her half-Arabian pony Benito Sidiago++/, she was named unanimous national champion in the half-Arabian sport



KATI MOSTELLER / FACEBOOK

**The Arabian Horse Association gives Youth National Champions roses, much like these from 2009.**

horse hunter under saddle division. While riding trainer Theodore Lange’s horse Resounding, she was named unanimous national champion in the Arabian sport horse hunter under saddle class.

Additionally, Harrington and Benito Sidiago++/ took home a reserve championship in half-Arabian hunter hack, a top 10 in half-Arabian working hunter and a top

10 in hunt seat equitation over obstacles. She also rode Resounding to a top 10 in Arabian hunter hack.

Students of trainer Kim Arranaga also brought home numerous ribbons. Each of her students won at least one top 10 award.

**See “Youth Nationals,” Page 8.**

## NEWS BRIEFS

**RHE Council approves Chandler Ranch Project**

The Rolling Hills Estates City Council voted unanimously on July 26 to allow the Chandler Ranch project to move forward.

The project, which will put 114 homes and a new golf course on top of the Chandler's Sand and Gravel facility and Rolling Hills Country Club, was initially opposed by many local equestrians because it asked for the removal of the horse overlay and would block the completion of a proposed loop trail.

Negotiations between the developers and the PVPHA resulted in the developers donating about \$1 million to the city for equestrian improvements. The city would match the \$1 million donation with money from the Quimby fees the developers are required to pay. Quimby fees must go toward park improvements.

The approximately \$2 million would pay for trail improvements as well as improved facilities at Ernie

Howlett and other equestrian parks.

The Chandler Ranch project will now go before the Torrance Planning Commission and a regional boundary commission. Both must approve a 32-acre land swap between RHE and Torrance.

**Local rider competes at AQHYA World Championships**

Rolling Hills Estates rider Marley Mainwaring and her horse RL Impulse competed in the western riding and performance halter divisions at the 2011 AQHYA World Championship Show on Aug. 5-13.

Last year, Mainwaring, who trains under Jan Ball, beat out more than 100 other riders to win a seventh and two fifth-place ribbons in western riding at the All-American Quarter Horse Congress in Columbus, Ohio.

Results from the show were unavailable at press time.

**Trainer struts stuff at meeting**

With a little help from some stu-

dents, local trainer Sean Martin demonstrated how horsemanship basics apply to gymkhana events during July's general meeting.

After Martin's presentation, which included a barrel racing demonstration, meeting attendees were treated to apple pie and ice cream.

Veterinarian Ruth Sobek spent the August general meeting answering questions about equine health during a roundtable discussion at the Empty Saddle Club.

Sobek has practiced veterinary medicine in the South Bay since 1993.

**Save the date: PVPHA Poker Ride**

The PVPHA's 20th annual Poker Ride will once again be held in conjunction with the Rolling Hills Estates City Celebration on Sept. 17.

Sign up from 8 a.m. until 10 a.m. at Chandler Park; participants can ride alone or with friends.

Each poker hand costs \$10 (tax-deductible), and riders may purchase multiple hands. Non-riders may purchase hands for riders to carry. Make checks payable to the RHE Pepper Tree Foundation. All proceeds will support equestrian activities in Rolling Hills Estates.

Winners will be announced and prizes will be awarded at 2 p.m. at the PVPHA booth at the Empty Saddle Club. Participants don't need to be present to win; however, non-present winners can't pick their prizes.

For more information, contact Gil Houle at 310-365-6750.

*Want your show results published here? Have an event that you would like to promote? Submit a news brief! News briefs are generally 2-3 short paragraphs. To submit a news brief, email the text to [pvpha2010@gmail.com](mailto:pvpha2010@gmail.com). The editor reserves the right to not include briefs and to edit briefs for length and clarity. U*



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TRAINER SPOTLIGHT: LISA BALDWIN

# Student: 'No shortcuts' with trainer Lisa Baldwin

*Vogue Farms trainer's multi-disciplinary approach helps teach confidence*

Lisa Baldwin, Vogue Farms owner and trainer, combines multiple riding disciplines, a positive outlook and great communication skills to create her unique teaching style. With personal successes in riding, training and showing western, English, cross country and dressage, Baldwin has amassed numerous tools to help communicate concepts to her students and/or work through difficult issues with their horses.

"Lisa's training style is very thorough and there are no shortcuts," said student Allison Barker. "She builds a great foundation for both the horse and the rider, which teaches confidence and lets you take ownership of your riding."

Baldwin—a people person with trademark large-brimmed straw hat, warm smile and contagious laugh—is strict in her training, with a focus on building skills; however, she also develops confidence in her students, stresses safety and most importantly, encourages a love of the sport and a respect for horses.

"My lesson program is centered on teaching basic skills and building upon those skills to develop confidence and a higher level of riding," Baldwin explained. "Just like building a house, in riding, you must have a strong foundation in which to build upon. My primary focus is teaching basic skills and confidence and building upon that."

Like many equestrian "greats," Baldwin started her riding career at age 5. At age 11, Baldwin saved all her chore money and bought her first horse for \$150. As the old adage states, you get what you pay for, but Baldwin



COURTESY LISA BALDWIN

**Savanna Rudack, riding her horse Paint the Town, was champion in the Short Stirrup division at the June 2011 ETI Corral 8 horse show. She also took both blue ribbons in her jumping division.**

was able to train and show the horse successfully. She also was known for riding horses no one else wanted to.

Not being able to afford a "move up" horse, Baldwin took a hiatus from riding until she was an adult. When she resumed her riding career, every horse she touched turned into champion. As an adult, she competed in Western, English, dressage and cross country, amassing many local, regional and state championships. She trained with many notable trainers, including Rob Gage, Julie Smith, Jim Hagman, John Ward and Ludger Thole. Coupling her training and showing experience with the wisdom she amassed from her trainers, she began taking on students of her own.

In 2002, Baldwin became a professional trainer. Since then, she has coached many students of all ages to championships in the show ring as

well as helping those who are not interested in showing learn how to feel comfortable riding and being around horses and ponies.

Baldwin believes ultimately her job is to find a way to communicate to her students and their horses with the approach that works for them. Because of her multi-disciplinary background, Baldwin is able to use a variety of tools to help guide her students and their horses to perform at their peak.

Baldwin teaches because she wants to make a difference

**Continued on the next page.**

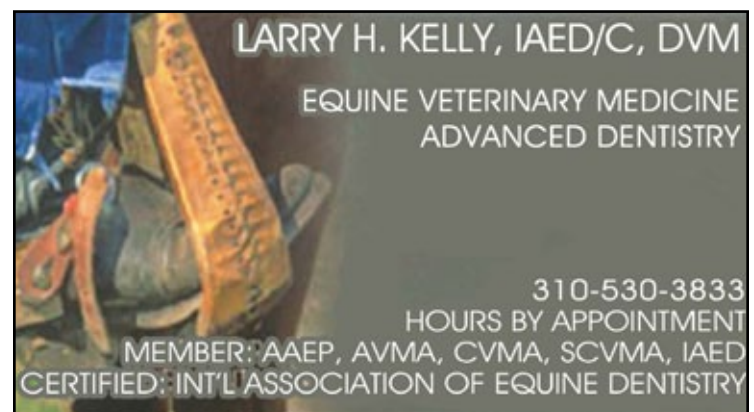


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in the riding community. Her focus is to build a strong foundation for her students and to instill fun and safety. This can translate to the show ring, to other riding disci-

plines or to life in general. Licensed as a trainer in Rolling Hills Estates, Baldwin teaches primarily at Chandler Park; however, she can teach at any of the public arenas. She accepts beginner through advanced riders and has lesson horses as well as access to horses for lease for riders without a mount.

Some of Lisa's key accomplishments include:

- LA County A Circuit Hunter Champion, 2001
- LA County Reserve Champion—High Point, 2001
- LA County Reserve Champion—Equitation, 2001
- San Fernando Valley Overall Champion, 2001
- San Fernando Valley Hunter Champion, 2001
- San Fernando Valley Equitation Res. Champion, 2001
- Region 10 Hunter Champion, 2001
- Top 10 PHA (now CPHA), 1997
- OSHA Adult Amateur Hunter Champion, 1994
- OSHA Hunter Under Saddle Res. Champion, 1994
- NHSA Circuit All Around (won both Western and English classes), 1991



JANE HUGHES

Carolyn Erinwein, 11, atop Lisa Baldwin's horse Manolo, won the \$500 Hunter Classic Advanced Medal and was champion of the Modified Division in the May 2011 ETI Corral 8 horse show.

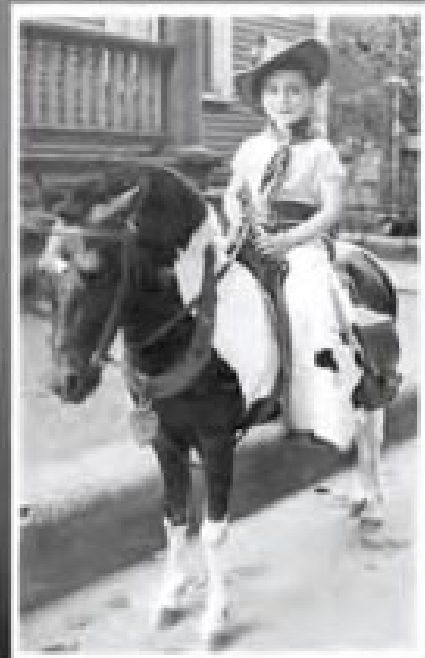
To find out more about Lisa Baldwin, give her a call at 310-849-0749 or check out her on Facebook. U

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## PRESIDENT'S MESSAGE

# Welcome, Kelly Yates and Kitty Kohles

by **DALE ALLEN**  
PVPHA PRESIDENT

Two new directors were elected to serve on the PVPHA Board. Welcome Kelly Yates, our new vice president of fiscal affairs, and Kitty Kohles, our new corresponding secretary.

The PVPHA Board of Directors would like to hear from you. Is there a special program or event that you would like to see at our general membership meetings? Please contact any board member with suggestions for program events.

The Rolling Hills Estates City Council has voted to approve the Chandler Ranch/Rolling Hills Country Club project. Watch for more information on this exciting project.

The RHE Equestrian Committee has voted to send the new horsekeeping ordinance to the City Council for approval. The ordinance allows for any lot within the horse overlay zone to have up to 4 horses without restriction on lot size, provided they meet all of the setback requirements and the required square footage of horsekeeping facilities (800 square

feet for the first horse and 300 square feet for each additional horse). The new ordinance as written would also allow property owners to apply for a Supplemental Use Permit (SUP) for additional horses.

The annual PVPHA Poker ride in conjunction with the City Celebration will be held Sept. 17 at the Empty Saddle Club. The ESC will hold Cowboy Days on Sept. 24-25. Please plan to attend both of these great events.

Have a happy summer and enjoy your horses and this lovely area that we are so blessed with. U

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# THE MOMENT AFTER:

*surviving the loss of a pet*

by **MOIRA ANDERSON ALLEN, M.Ed.**

SPECIAL TO THE DISPATCH

*Editor's note: I recently lost my 31-year-old Arabian gelding, who had been part of my family for the past 15 years, to colic. The moment I made the decision to put him down, I felt totally lost. This article offers suggestions on how to handle the first day.*

The world has just ended. Your pet—your friend, your confidante, the companion who was always there for you—has died. Dog, cat, horse, bird, hamster, ferret—species doesn't matter. Age doesn't matter. All that matters is the huge hole that's just entered your life—and the grief.

Conventional wisdom suggests that I devote this column—call it “the moment after” column—to tips on how to start feeling better. But if your pet has died within the past few hours or days, you may not be able to even imagine feeling better. You may be wondering how you can even survive. You may also not want to feel better. Painful as it is, that ragged, miserable hole may seem all you have left of your pet, and you may not want to get rid of it just yet. The thought of “feeling better” too quickly may seem disrespectful. You may feel that you owe your pet a period of grief, of pain. “Feeling better” may seem a lot like “letting go,” and you may not be ready to do that yet.

That's OK. Grief and mourning aren't awkward, embarrassing mental lapses that should be “gotten over” or “healed” as soon as possible. In reality, grief is our final expression of love, the last gift we have to offer. It isn't to be rushed. Instead of trying to “get over it,” we must find ways to “get through it”—and that can take awhile.

So I'm not going to talk about how to “heal.” I'm going to talk about how to survive.

When you face that huge emptiness inside, it's tempting to just give yourself over to grief. At the same time, a certain amount of survival instinct reminds you that you still need to do something to keep going. But what? Grief makes it hard to think, to plan. What can you do to keep that hole from swallowing you?

*Eat something.* You may not feel hungry, but food is important. Grief burns a lot of energy; you need fuel. Eat something that makes you feel good—and if that happens to be a huge slice of chocolate cake, well, this is no time to

worry about your diet. Me, I like tomato soup; it reminds me of sitting warm and snug by a fire while the rain beats on the windows. If you can't face a full meal, nibble. Eat now, whether you want to or not.

*Cry.* Cry as much as you want to, whenever you feel like it. Take the day off from work. If you can spend even one day crying whenever you need to, it will make it much, much easier to face the next day.

*Find something to do.* This may seem trite, but focusing on a task really does help. Finding a project to complete or a task to accomplish helps you focus on the world (and the “you”) that exists outside that hole. It's not a distraction, and it won't make your grief go away. It simply helps you adjust your perception to recognize that while grief is part of your life, it isn't all of it.

*Count your blessings.* When you lose a loved one, it's hard to focus on anything positive. Unless your circumstances are truly dreadful, however, chances are that your pet was not the only good thing in your life. Remind yourself of some of the good things that you still have by deliberately reviewing a list of your “blessings,” such as your family, remaining pets, friends, interests. Review them in your head, or write them down. Again, these don't fill the hole—but they do remind you that there is a world outside that hole, and that you are still part of it.

*Reflect on things that don't involve your pet.* The loss of your pet may seem to touch every aspect of your life, but in reality, it hasn't changed everything. Reflect on the things it hasn't changed—the things that you did and enjoyed without your pet. When my cat died of cancer, I forced myself to remember that “The loss of my pet doesn't take away my ability to enjoy long talks with my husband. It doesn't take away my ability to write. It doesn't take away my ability to read a good book. It doesn't take away my ability to create beautiful things. It doesn't take away my ability to enjoy a long walk on the beach...” Focus on those things that your pet didn't “touch” while it was alive—and you'll be reminded of the things that haven't really been “touched” by its death.

*Cuddle something furry.* If you have another pet, give it some extra cuddle time—even though part of your mind is thinking that this isn't the pet you want to cuddle. It's still warm, and furry, and may be very confused and concerned right now. If you don't have another pet, consider

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cuddling a stuffed animal. Spouses are nice, but you need fur. Curl up in bed with a stuffed animal and a heating pad; it's lots better than lying in the dark wishing you had something furry to touch.

*Avoid irrevocable decisions.* Don't do anything you can't undo. For example, if you can't stand the sight of your pet's toys, don't throw them away—put them out of sight. A week or a month from now, you may wish you had them again, perhaps to incorporate into a memorial, and you'll bitterly regret any hasty actions that can't be undone. Similarly, don't rush out and get a new pet until you've had time to think.

*Replace negative imagery.* The last moments of your pet's life can become a powerful image—whether you witnessed them or not. Unless you want that image to overwhelm your positive memories, start working on replacing it with something more pleasant. If you believe that pets go on to an afterlife, for example, try replacing the image of the “last” moment of your pet's life with the “next” moment: The moment it arrives, healthy and whole, on the other side. What happens then? Who greets it? What does it do? Fill your mind with “the moment after.” If you don't believe in an afterlife, concentrate on the special things you did for your pet to make this life a blessing for it.

*Be honest with yourself.* You've been wounded, and you hurt. You're not weak, crazy, or overly sentimental to feel this way. Even if you have to put on a “brave face” for the rest of the world, don't try to fool yourself into thinking that you're not really in all that much pain. If you cut your hand off, it wouldn't help to get angry with yourself for bleeding—and losing your pet is a lot like losing a part of yourself. You will hurt, and it will take time to heal.

*Make a decision to work through grief.* You've heard the saying, “Time heals all wounds.” That isn't true. Time doesn't heal all physical wounds (try cutting off your hand and just ignoring it!)—and it doesn't heal all emotional wounds either. I've met people whose grief has persisted for years: They're just as upset, just as angry, just as miserable over their loss as they were the day it happened. Such people tend to be consumed with bitterness, obsessing over their loss—and not only do they suffer, but they also bring suffering to everyone around them.

Grief is normal, but it is also seductive. It's very tempting to let it “take over.” Before you do, think about how you feel today, and ask yourself if you want to feel ex-

actly the same way in six months, or a year. Notice that I'm not asking you to decide how you want to feel today. Today, you may not have much choice—any more than you could choose not to feel pain if you were physically injured. Your decision about how to manage that injury, however, would be crucial in determining whether, a year from now, you are healed—or crippled.

The same is true of grief. You can't control whether or not you grieve. But you can decide whether or not to let that grief control you. And these ten “survival steps” are a good way to ensure that it doesn't!

*Next issue: Learn how to cope with the loss of your pet over the long term. U*

## Trail ride to kick off Cowboy Days

The Empty Saddle Club's annual Cowboy Days kicks off Sept. 23 at 4 p.m. with a trail ride hosted and led by Vic Otten.

After the trail ride, the traditional “Western Hoe-down Fiesta” TGIF Kickoff party will start at ESC clubhouse at 6 p.m. RSVP in advance to take advantage of the \$10 early-bird price on the Mexican cuisine and the fun-filled evening featuring live music by the Catalina Kings and a silent auction. Tickets will be available for \$12 at the door.

At 8 p.m., the club will host a live auction featuring three terrific vacations:

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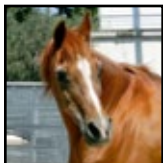
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### IN LOVING MEMORY

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*May you rest in peace, big guy. -NVM*



Continued from Page 1...

## Youth Nationals: Riders Rack Up Championships, Top 10s

Rancho Palos Verdes resident Nicole Gibson rode her half-Arabian mare BSA Jackie O to top 10 awards in half-Arabian ladies English side-saddle and half-Arabian hunter pleasure JTR 13 and under. The two were also semifinalists in half-Arabian hunter pleasure JOTR 13 and under.

Kati Mosteller, another Arranaga student, and her gelding Prince Baskir+/ won reserve champion in Arabian western horsemanship JTR 14-17 for the second year in a row. The pair also won reserve champion in Arabian western pleasure JTR 14-17, received a top 10 award in Arabian western pleasure JTR 14-17 and was named a semifinalist in Arabian western pleasure JOTR 14-17.

Alexandra Davisson and Baloo Enchantress took home two top 10 awards—one in Arabian walk-trot hunter pleasure and one in Arabian walk-jog western pleasure. The pair were also named semifinalists in Arabian walk-trot hunt seat equitation.

Hannah Swanson and her gelding Cytes of Summer+ were named semifinalists in Arabian hunter pleasure JOTR 14-17 and won top 10 in Arabian ladies English sidesaddle.

Lauren Sussman and TR Legacy's Rose also won a top 10 award in Arabian ladies English sidesaddle for the second year in a row. This was also the second year that the pair placed in the top 10 in Arabian western horsemanship. Additionally, Sussman and her mare were semifinalists in Arabian hunt seat equitation 14-17.

Another Palos Verdes resident, though one not affiliated with Arranaga Performance Horses, Maggie McCarthy, competed at the show on her half-Arabian WC Just Imagine. Together, the pair won reserve champion in the half-Arabian ladies English sidesaddle class, as well as a top 10 award in half-Arabian hunter pleasure JOTR 14-17.

The Arabian Youth National Horse Show is held annually in July. U



COURTESY HALEY HARRINGTON / FACEBOOK

**Haley Harrington and her half-Arabian gelding Benito Sidiago++/ walk back to the barn after winning the championship roses in half-Arabian sport horse under saddle. The pair was named unanimous champions in the class—one of two unanimous championships Harrington won during the show.**

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## HORSE FUNNIES

**'What's in the bucket?'***Submission and photo by Nicole Mooradian.*

Have you taken a funny picture of your horse in a crazy situation? Send it to [ghoule@cox.net](mailto:ghoule@cox.net) with a funny caption, and you could win a trail map!

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## CLASSIFIED

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**A note from the editor**

My sincerest apologies for not getting this issue of the *Dispatch* out promptly. At the end of July, my horse lost a monthlong battle with sand colic, and I've spent the last few weeks dealing with the aftermath.

Additionally, I am always in need of content for future issues of the *Dispatch*. How can you contribute? You can write an article or a news brief, submit a favorite recipe, send in a "Horse Funnies" picture or share a photo and caption from a recent equestrian event you attended.

—Nicole Mooradian

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State: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-mail: \_\_\_\_\_

Referred by: \_\_\_\_\_

Please indicate how much you would like to donate; checks should be made payable to PVPHA:

Household membership \$ 35.00

Tax-deductible contribution  
to Trail Protection Fund \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

### INTERESTED IN WRITING OR PHOTOGRAPHY?

The *Dispatch* is always looking for writers and photographers to help fill its next issue.

Contact the editor at pvpha2010@gmail.com for more information.

## Dispatch Advertising Rates and Policy

### Monthly Rates:

Full Page (approx. 8" x 10")	\$150
Half Page (4" x 10" / 8" x 5")	\$75
Quarter Page (4" x 5")	\$35
Business Card (2 1/2" x 4")	\$20
Per Line	\$2

Two-line classified ads are free to members. Ads must be paid in advance.

**SPECIAL:** Pay for 11 months in advance, and the 12th month is free!

Please mail checks payable to PVPHA to  
PVPHA  
PO Box 4153  
PVP, CA 90274

Email camera-ready ad copy to the *Dispatch* editor at pvpha2010@gmail.com or snail-mail it to  
PVPHA  
PO Box 4153  
PVP, CA 90274

Any additional printing costs must be paid by the advertiser.

**DEADLINE for the receipt of ads is the 20th of the month.**

### NEED AN AD DESIGNED?

*Dispatch* editor Nicole Mooradian can help. Email her at nicole@nicolemooradian.com for rates.

## PVPHA Board of Directors

Dale Allen, President	310-325-4903
Charlene O'Neil, VP Education	310-548-3663
Nancy Wildman, VP Fiscal Affairs	310-377-7657
Kelly Yates, VP Civic Affairs	310-704-7226
Michelle Sanborn, Treasurer	310-770-4468
Gil Houle, Membership	310-375-5157
Erin Ryan, Recording Secretary	310-413-4679
Kitty Kohles, Corresponding Secretary	310-345-3274

*Dispatch edited by Nicole Mooradian.*

# Rolling Hills Estates City Celebration

*Presented by the PVPHA*



**Sept. 17, 2011**  
**Empty Saddle Club**

*Featuring events for the whole family...*

PVPHA Poker Ride (signups from 8 a.m. until 10 am.)

Gymkhana at 9:30 a.m.

Horse demonstrations

Kids' games and races

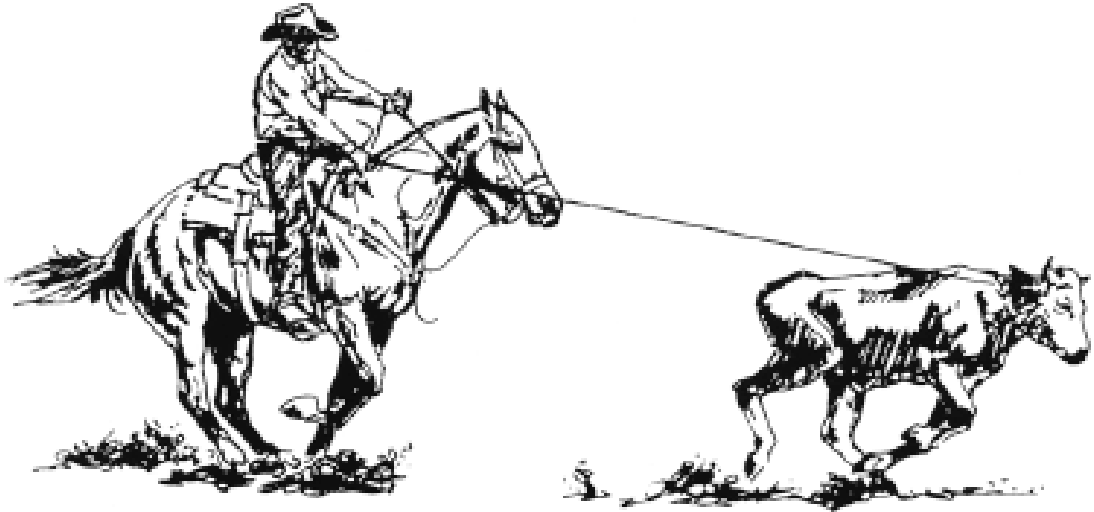
Hot dogs and hamburgers

*and much more!*



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

PVPHA  
PO Box 4153  
RHE, CA 90274



Palos  
Verdes  
Peninsula  
Horsemen's  
Association

PVPHA  
PO BOX 4153  
Palos Verdes Peninsula, CA 90274