



Palos  
Verdes  
Peninsula  
Horsemen's  
Association

# D·I·S·P·A·T·C·H·

Volume XXIII Issue 12

Pam Turner, Editor

December 2009

**HAPPY HOLIDAYS!  
SEE YOU IN 2010!**



PVPHA General Meeting, Founder  
Charlene O'Neil and Ruth Sobeck  
Nov. 19, 2009  
By Erin Ryan

Before starting the formal lecture, Dale informed the group that our newsletter, the Dispatch, would be going on-line shortly. Members would at that time have the option of getting the Dispatch emailed to them, or continue receiving a printed copy via the postal service.

Chandler and the Golf Course are working together to redesign the course and to include 114 new construction homes. This area is in the horse overlay area. The developer is trying to have the homes taken out of the horse overlay. That would mean smaller lots, which would not be large enough for horses ever. By changing the demographics, voting would be impacted. Also, the city's original general plan has a trail going all the way around that property. The developers claim they cannot put in that trail. These two concerns have prompted the PVPHA to fight these changes. We will be asking our membership to support us.

A "Laminitis Risk Evaluation" Survey was handed out, allowing horse owners to assess if their horse was in the high risk category. Here is the survey:

### **Laminitis Risk Evaluation**

\_\_\_1. Has your horse ever had laminitis?  
(yes=10; no=0)

\_\_\_2. Is your horse overweight? (Body score of 6 or higher = 10; less than 6 = 0)

\_\_\_3. Is your horse in a positive caloric state?  
This occurs when more calories are taken in than are required. A nutritional and exercise evaluation is necessary to make this calculation. (5000 or more calories than required = 10; 100 to 5000 more calories than required = 5; calories do not exceed requirement = 0)

\_\_\_4. Is your horse given access to grass pasture? (yes, all the time = 10; yes, part of the time = 5; no = 0)

\_\_\_5. Age of your horse; less than 2 yrs = -5; 2 – 18 yrs = 0; over 18 yrs = 5)

\_\_\_ Your horse's total

A high risk horse = a total score of 25 or higher

### **What is founder?**

The words founder and laminitis can sometimes be used interchangeably. Other times laminitis is used when describing how the sensitive laminae in a horse's foot becomes inflamed, and founder used when the coffin bone rotates. Regardless of the terms used, a general understanding of this process is important for all horse owners.

Laminitis/founder can occur severely and acutely, and it can be a one-time occurrence or a chronic/recurrent problem. The front feet are more commonly affected than the hind feet, all four feet can be affected at once, or just a single foot. In severe cases the coffin bone might rotate (the toe or tip of the coffin bone will move down due to tension applied by the deep digital flexor tendon) or the whole coffin bone can sink toward the ground. These changes can be so profound that the coffin bone can ultimately penetrate the sole of the foot.

### **What is it caused by?**

Laminitis/founder can be caused by many factors, including excessive feed intake, circulation of toxins in the bloodstream of ill horses (diarrhea, colic, retained placenta), trauma (road founder), excessive weight bearing, following corticosteroid administration, equine metabolic syndrome (EMS), over-weight horses and Cushing's disease (pituitary pars intermedia dysfunction). Basically, anything that causes your horse's metabolism to tip the scale will create problems.

### Who can get it?

Although there are breeds that can be more prone to laminitis/founder like Tennessee Walkers, Fox Trotters, Andalusian's, ponies and older ponies, any horse with the right conditions can get it.

### What does it look like?

Most of the time owners will notice a reluctance or inability to move, an increased respiratory rate, painful expression, standing with the hind feet under the body and forefeet camped out, bounding digital arterial pulses, and feet that are hot to the touch. In horses in which the coffin bones(s) have already sunk, there might be a depressed area immediately above the coronary band. Blood might ooze from this region.

### How is it treated?

Know that laminitis/founder is a medical emergency. Do not force your horse to move. If your horse can walk, prepare an area with deep bedding and move him into it. While waiting for the vet, do not feed or medicate the horse. The vet will administer the proper medication to treat this problem and the underlying condition. Drugs that help relieve the inflammation and provide pain relief will be used. Also icing the feet (not more than 72 hours) can help. Afterwards, hoof support will probably be recommended. Selection will depend on the horse, vet and farrier.

There are multiple ways of supporting the foot and frog, such as pads, impression materials (putty), special shoes (wooden clog shoes, gel boots, handmade shoes).

### Prevention:

Not all cases of laminitis/founder can be prevented, but many can by following simple management rules:

- Maintain an appropriate body condition, particularly in ponies

- Restrict intake of lush grass (e.g., in the spring)
- Minimize or eliminate concentrates from the diet
- Store concentrates in an area that even horses that have escaped from pastures cannot gain access to
- Do not administer pharmaceutical drugs without first consulting with a vet
- Provide regular foot care (i.e., corrective trimming and/or shoeing) by a professional farrier

Once a horse has foundered, it is always at risk for future episodes.

A big thank-you goes out to Dr. Ruth Sobeck and Charlene O'Neil for sharing their insights, information and stories.



### FROM THE EDITOR ...

*A Horseman's Christmas Poem*  
Author Unknown

It's the night before Christmas, we're out in the barn

Blanketing horses to keep them all warm

They're eating their dinners, tucked in cozy stalls

Not aware that it's Christmas or any special day at all.

They can dream of spring pastures from their pine-scented beds.

No visions of sugarplums dance in their heads.

But we people think of merry parties and such

Maybe feeling a little sad at missing so much.

This season is special but the horses don't know

We've got work to do before we can go. We finish the chores and head on inside

To get ready for dinner and our own yuletide.

It's nearly midnight, the carols are sung.

I remember a story told when I was so young

How at midnight on Christmas Eve

The creatures of the barnyard can speak with ease  
I am called to the barn, I wade through the snow

I really can't explain, I know I must go  
I slide open the door, pause for a while

Then slowly walk down that dimly lit aisle

A nicker from Cherries, a wink from Sandy

Sleepy old Ben waking to see

Molly rustling her bedding, Reba, a snort soft and light

Each horse gave a greeting as I walked through the night

I thought about parties bright lit and warm

The ones we don't go to 'cause we have the barn

And vacations and holidays that we don't get

When we're working long hours for bills to be met

Walking all the way to the end of the aisle

I stop to stroke Luci, it brings me a smile

She snuffles my face, hot breath on my skin

It starts me to thinking about my horses, my kin

I could be at parties with laughter and mirth...

But where I am right now is the best place on Earth!!!

Happy Holidays!



Pam Turner

### What's Happening!

December: Happy Holidays! No General Meeting  
January 16: PVPHA Cowboy Poetry and Music Festival at 7pm. Chili and cornbread feed starts at 6pm.

### Member Classifieds

4Lease: small Morgan/Qtr mare – Trail riding only calm & well broke \$100/mo Janice 310-793-6511

## The Chuck Wagon

By Darla Bracken

Colonel Charles Goodnight, a former Texas Ranger, had the first ranch in the Panhandle—the JA—in Palo Duro Canyon. You can see his dugout cabin near the rim if you visit there. He is credited with the invention of the chuck wagon in 1866. He converted an old Studebaker Army surplus wagon into a vehicle to carry “chuck”, as cowboy food was known as was also the lower part of the beef carcass. He built a tall box, which included shelves and drawers for supplies with a hinged lid. This box was made to fit the back of the wagon. When the hinged lid was lowered, it

created a worktable. There were also foldout legs attached also to stabilize the workspace. The wagon was about 10 feet long and 38 to 40 inches wide. The 'boot' or bottom of the box was used to carry cooking utensils such as the Dutch oven, long-handled tin skillets, pots and pothooks for cooking over the campfire. Tin plates and cups and iron knives, forks and spoons were included for serving. The Studebaker wagon with its steel axle was chosen because it could withstand the grueling journey, which sometimes lasted as long as 5 or 6 months. The design was widely copied and soon wagon makers, including Studebaker, produced what they called a 'Roundup' model.

Underneath the chuck wagon, they stretched a cowhide (and later a piece of canvas) hammock-style attached to the underbelly of the wagon to carry the fuel for the fire—wood, cow chips, whatever they could find. Known as the 'possum-belly', this fuel storage area was vital as fuel was rather scarce on the prairie. "Prairie Coal" otherwise known as cow patties or 'brown rounds' became one of the most readily available fuel sources.

The traveling pantry or Cowboy kitchen carried all the food staples needed for the long drive: flour, brown sugar, cornmeal, coffee 'in the bean', beans, lard, salt fatback, sometimes dried fruit when it was available, salt and pepper. A firkin or quarter-size covered barrel of sourdough starter for making biscuits was included as was a full-size water barrel which held 2 days water supply for the 10-15 cowboys. The herd and the horses had to be watered from natural playa lakes and other water sources along the way. The coffee pot was on duty 24 hours a day. Re-supply places were few and far between in the early days so the chuck wagon had to very carefully stocked. Beef was fresh and plentiful on the hoof and they wasted nothing.

The body of the wagon was used to carry bedrolls and slickers, branding and running irons, bulk food supplies and horse feed, lariats—whatever else might be needed. A jockey box held the hand tools.

Other items included in the chuck wagon box were a coffee grinder, a meat grinder, a lantern, medicine, a Bible, a wind-up alarm clock (had to be up early to fix breakfast) and whiskey. The wagon was pulled by horses, mules or oxen, which were also the driver's responsibility.

The cook or 'cookie' as he was known by all was certainly king of this mobile domain. He was not only the cook, but also served the crew as barber, banker, doctor, settler of disputes, letter writer, father figure and confessor while serving as the vital morale booster to the group. They battled everything from wind, sand, and rain to rattlesnakes, gunshots and sickness. The cook was usually an older man and good ones were hard to find and even harder to keep. The cookie had to be able to take a lot of ribbing being called 'dough puncher', 'pot wrangler or wrassler', bean master, biscuit shooter, dough belly, belly cheater or 'gut robber' always behind his back—to his face he was called 'Cookie'. If you complained about the food, the job was yours.

Cowboy etiquette, known by all except the greenest of green horns, dictated that:

-Riders always stayed downwind of the chuck wagon so as not to get dirt in the food.

-Horses were not to be tied to the chuck wagon.

-There was no using the worktable as the dining table.

-Cowboys were very careful not to let the lid touch the dirt while serving themselves from the pot.

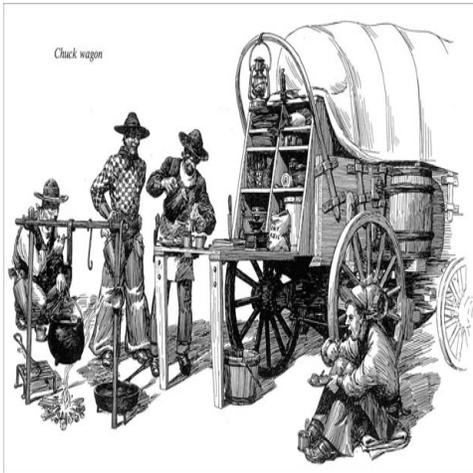
-Never take the last of anything unless everyone had been served.

-Always scrape your plate clean and stack it in the wreck pan to be cleaned (when water was scarce, they were cleaned with sand.)

The menu varied little "Beef, Bacon, Biscuits and Beans and always Coffee". With dried fruit, an occasional pie appeared, if the cook were of a

mind, and the brand of the outfit was sometimes cut into the top crust as the steam vent.

As the cowboy storytellers gathered around the evening campfire, they told many Texas tall tales or 'windies'. The pocket musicians or mouth organists (harmonica players) added their part to the evenings quiet winding down time before retiring to their bedrolls for a night's rest (if they weren't on night watch). As Charles Goodnight and Oliver Loving and the JA cowboys traveled along the trail they created to eastern New Mexico and Colorado, we can only imagine what they felt when the dinner bell rang and the chuck wagon cook yelled "Chuck's up, Come and get it!!" It had to be a very inviting and welcome sound.



Chuck wagon

## SOURDOUGH STARTER

Hundreds of recipes for sourdough starters exist and all are wonderful to work with. For our purpose, a simple recipe is to take 2 cups flour, 2 cups warm water, ¼ cup sugar, and stir together. Set the mixture in a warm corner and stir daily for 4 to 5 days. The mixture will bubble and double in size as it ferments; it will produce a strong odor. If the mixture is not stirred or used for several days, a dark liquid will form on top—this is known as hooch, and is an alcohol, drunk by many of the old miners—but the mixture will become fresh again by simply stirring and possibly adding a small amount of flour and water.

The thing to remember about using sourdough is when some of the starter is removed to make

biscuits, replace the amount taken out with the same amount of flour and water. For instance, if 1 cup of starter is removed, then put 1 cup flour and 1 cup water in with the starter in the crock. Never use metal to store the starter in.

*Official Cowboy Days Sponsor!*

## COWBOY POETRY AND MUSIC FESTIVAL COMING DOWN THE TRAIL...

Yep, it's getting' to be that time of year agin. So, all you cowboy and cowgirl poets and musicians pull out them poems, dust off that geetar and tune it up! We're gonna hev a fine ol' time at the Empty Saddle Club on January 16, 2010. Here's sum wurdz o' wisdom about the fine art of cowboy poetry:

## COWBOY POETRY WISDOM...

Reciting poetry is like a haircut.

If it's good, you feel like a million bucks.

If it's bad, you hide your head under a hat.

Cowboy Poetry is as old as them cowboys themselves! For lack of anything better to do after a hard day on the range, cowboys of the past would sit around the camp fire at night and entertain one another with poems, tall tales, or just some good old cowboy stories!



### *The Origin of the Singing Cowboy*

The original country western music! Western Cowboys really did sing cowboy songs to the cattle at night. Singing songs like "Old Dan Tucker," "Nearer My God To Thee," "In the Sweet By and By" or "The Texas Lullaby" soothed jittery cows, which helped reduce the likelihood of stampede. Thunder and lightning were the most common causes of cattle stampedes. At night, if a storm came and the cattle started running, it was the cowboy's job to jump on his horse, head them off and round them up safely. The job was a dangerous one in the wild west, riding through the dark, with prairie dog holes all around, not knowing if the next turn would be your last.

That's why singing to cattle was so important. Two men on guard would circle around with their horses on a walk. If it were a clear night with the cattle bedded down and quiet, one man would sing a verse of a song, and his partner on the other side of the herd would sing

another verse. They would go through a whole song that way, right through the night.

**The following article is reprinted in its entirety from The Dec.2009/Jan. 2010 issue of *The Equestrian News*.**

### Developer Seeks to Erase Trails in Rolling Hills

New Homes, Golf Course Seek to Remove Horse Overlay

By Vic Otten

Equestrians, a developer and a private golf club in Rolling Hills Estates are teed up for what is looking to be a real showdown over the proposed expansion of a golf course and the creation of a new housing development that would involve removing just under 228 acres of land from the City of Rolling Hills Estates Horse Overlay Zone. The equestrians are riled up, in part because the developer is refusing to incorporate a trail system that is mapped into the city's General Plan or to live up to its early promises to compensate equestrians for the loss of land by providing funds to improve other horse-related city infrastructure.

In a somewhat ironic twist, the name of the main company behind the development is Chandler Ranch Properties, LLC (CRP). Homes in the proposed development make no accommodations for horses, sheep and chickens, however. Available documentation on the \$300 million project indicates it will cover 225.5 acres and include 114 Mediterranean-style, single family homes and a redesigned golf course on the existing sites of Chandler Quarry and the Rolling Hills Country Club.

The existing golf course has coexisted with equestrians for decades, but the new course, as imagined by the Arnold Palmer Design Company, makes no such accommodation. The local equestrian community, which prides itself on the preservation of open space and public access to a small but wonderful trail system, is prepared to fight that plan.

"Chandler wants special privileges from the city that would benefit only the small number of people that can afford to belong to this club or purchase one of the expensive homes," said Dale Allen, president of the Palos Verdes Peninsula Horsemen's Association and a longtime resident of the area. Another local, Jim Moore of Cowboy Boot Camp, said many residents are irked by the project because they feel that it could be designed in an environmentally-friendly manner that is consistent with rural aspects of the neighborhood. "They've made it clear they don't think horses and golf mix," Moore said. "What they're trying to do is develop a gated community in a horse overlay zone."

Reached by phone, CRP project manager Mike Cope said he had "no comment."

Niki Cutler, principal planner for the city of Rolling Hills Estates, stuck to the facts: "The project proposed right now, the existing general plan shows the property in a horse overlay zone. The project proposes to take the area out of the horse overlay zone. There is also a trail indicated in our general plan that the proposal does not want to keep in its plan. Ultimately it will be up to the city council to decide if they want to accept the project with the proposed changes to the equestrian zone."

Allen said that CRP appears unwilling to engage in "a meaningful dialogue" with equestrians to reach a compromise. "The developer has taken an all-or-nothing approach, which has forced us to retain attorneys and consultants to prepare for an extensive legal battle which could easily be avoided if we would be allowed to participate in the process," Allen said.



Rolling Hills Estates community members (including the author far left) enjoy the miles of trails that are part of the city's General Plan

CRP completed its required Draft Environmental Report, a document that despite its heft failed to include the city's Horse Trail Map. The CRP position seems to be that the trail must be eliminated because it will interfere with the design of the golf course. But Allen is not buying that: "The trail proposed by the city runs along the perimeter of the property. It is not like it cuts through the middle. We are talking about a trail that is only a few feet wide." One interpretation of events is that Chandler simply wants to cut off any form of public access to the area.

But CRP and the country club have some hurdles to overcome before they can proceed with their plans. Foremost among them, convincing the city council it will be a good idea to compromise the vision of the community set forth in its original charter. According to the city's official Web site: "Rolling Hills Estates was incorporated on September 18, 1957, in order to preserve its rural environment and equestrian lifestyle, as characterized by rolling hills, vast open spaces and three-rail white fences." The site goes on to tout "more than 25 miles of scenic bridle trails" but is curiously silent on the presence of a golf course. CRP also has to come up with an Environmental Impact Report that will withstand a legal challenge.

Cutler said public hearings on the proposal will begin "late this year or early next year," and that the hearing dates will be posted on the "Community Issues" tab of the city's Web site. "We will also be sending notices of the hearings to property owners within 500 feet" of the proposed development, "as required by law, as well as to other groups, such as homeowners associations, which we notify as a matter of policy."

*Vic Otten is an environmental attorney and mule owner who lives in Rolling Hills Estates. For more information on the city of Rolling Hills, visit <http://www.ci.rolling-hills-estates.ca.us>; to read the CRP draft environmental impact report, visit <http://www.ci.rolling-hills-estates.ca.us/comm-issues/chandler/index.htm>.*

**MEMBERSHIP INFORMATION**

**RENEWALS:**

Renewals are sent out in May and need to be received by June 30<sup>th</sup>.

**NEW MEMBERS**

Clip and mail this form to:

PVPHA  
PO Box 4153  
PVP, Ca. 90274

NAME \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Email \_\_\_\_\_

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

Please indicate the donations. Checks are made payable to PVPHA:

- Household Membership \$35
- Tax Deductible Contribution to
- Trail Protection fund \_\_\_\_\_

TOTAL \_\_\_\_\_

**Dispatch Advertising Rates and Policy**

Monthly Rates:

FULL PAGE	\$150.00
HALF PAGE	\$75.00
QUARTER PAGE	\$35.00
BUSINESS CARD	\$20.00
PER LINE	\$2.00

Two line personal ads are free to members.

Ads must be paid in advance

Special Rate: Pay for 11 months in advance and the 12<sup>th</sup> month is free!

Please mail checks for ads payable to PVPHA to:  
PVPHA

PO Box 4153  
PVP, Ca. 90274

Ad copy needs to be camera ready and can be emailed to the Dispatch Editor at pvdispatchmailbox@yahoo.com or snail mailed to:

Pam Turner  
2327 246<sup>th</sup> St.  
Lomita, Ca. 90717

Any additional printing costs must be paid by the advertiser.

**DEADLINE for receipt of Ads is the 20<sup>th</sup> of the month.**

**Rolling Hills General Store**

From Stall To Show Ring...We Have You Covered

- \* TACK \* FEED/BEDDING \* GIFTS \*
- \* CLOTHING/ACCESSORIES \* CONSIGNMENT \*
- \* BLANKET REPAIR/LAUNDRY SERVICE \*



**(310) 541-3668**

OPEN 7 DAYS

MON - SAT 9:30AM TO 6:00PM

SUN 12:00PM TO 4:00PM

*We proudly offer the  
"Monaco Field Boot" by Ariat*

**26947 ROLLING HILLS RD., ROLLING HILLS ESTATES, CA 90274**



## HEARTS IN HAMMERS

### HANDYMAN SERVICES

"Making the World  
a Better Place,  
One Space at a Time"

Bruce Harnishfeger

**562-331-0686**

Heartsnhammers2000@yahoo.com

## RUTH V. SOBECK, DVM

Equine  
Veterinarian

P.O. Box 4080  
Palos Verdes  
CA 90274

Tel: **310.530.8194**

Fax: 310.326.9683




LARRY H. KELLY, IAED/C, DVM

EQUINE VETERINARY MEDICINE  
ADVANCED DENTISTRY

310-530-3833  
HOURS BY APPOINTMENT

MEMBER: AAEP, AVMA, CVMA, SCVMA, IAED  
CERTIFIED: INT'L ASSOCIATION OF EQUINE DENTISTRY

## JAMES A. GIACOPUZZI, D.V.M.



### State of the Art Mobile Equine Clinic

Featuring  
Eklin Digital X-Ray Instant Images  
GE LOGIQe Digital Ultrasound  
Vetron-300 Shock Wave

Specializing in

Shoeing Horses Correctly      General Dentistry

Pre-Purchase Exams      Geriatrics

Performance Enhancement & Lameness

Available for Clinics - Call for Appointment

**310.798.6721**

P.O. BOX 3544  
Palos Verdes Peninsula, CA 90274  
equinedvm@tshepa.net



Danielle Vindez  
Professional Fitness Trainer

AMERICAN COLLEGE OF SPORTS MEDICINE CERTIFIED

310-378-5610

PERSONALIZED · FITNESS · & NUTRITION · MANAGEMENT

WESTERN  
TRAINING STABLE

FROM BEGINNERS  
TO WORLD CLASS  
CHAMPIONS

LESSON HORSES  
AVAILABLE




FOR MORE INFORMATION CONTACT:

Jan Ball, Owner/Trainer  
Phone 310.377.1335  
Site [www.janball.com](http://www.janball.com)

Peter Weber Equestrian Center  
26401 Crenshaw Blvd.  
Rolling Hills Estates, CA 90274




**SILVER BULL**

Work Boots  
Handcrafted Western  
Steel Toe Safety

**Elizabeth Ruiz**  
**(562) 833-4157**

RE/MAX Palos Verdes Hall of Fame  
Horse Property Specialist

Need a place to  
keep your pony?

**Charlene O'Neil**



*I can  
find it  
for you..*



(310) 548-3663 422-1212  
[www.pvcountry.net](http://www.pvcountry.net)

**Thomas A. Hackathorn DVM**  
Equine Medicine and Surgery



Voice Mail / Emergency: 310.265.3999  
E-mail: [pvvet@msn.com](mailto:pvvet@msn.com) • Fax: 310.375.9068  
P.O.Box 3243 • Palos Verdes Peninsula • CA 90274

**VALERIE L. NESTRICK, D.V.M.** HOUSE CALLS  
(310) 534-1200

DOGS AND CATS

**VET TREK**



**Mobile VETERINARY Clinic**

[vettrek@aol.com](mailto:vettrek@aol.com)

P.O. Box 247 • Lomita • CA • 90717  
[www.vettrek.com](http://www.vettrek.com)

**Come join Pat for a trail ride  
adventure on the beautiful  
Palos Verdes Peninsula!**



We offer:  
1 hour to Full day rides  
Birthday Parties  
Moonlight Rides

We are open 365 days a year

E-mail Pat at: [pat@pvhorses.com](mailto:pat@pvhorses.com)

For more information or to make reservations:

**Call Pat at (310) 567-3582**



### PVPHA Board of Directors

President-Dale Allen (310) 325 4903  
VP Civic Affairs-Vic Otten (424) 634-0397  
VP Education-Charlene O'Neil (310) 548-3663  
VP Fiscal Affairs-Melody Colbert-(310) 427-4378  
Treasure Michelle Sanborn-(310) 770-4468  
Membership-Gil Houle (310) 375-5157  
Recording Secretary-Erin Ryan (310) 413-4679  
Corresponding Secretary-Marc Jacobowitz-  
(310)544-4244  
Dispatch Editor-Pam Turner (310) 539-1639