



EVENTS

July 15-17

Las Amigas de Las Lomas Show

Show information: 310-833-1425

Ernie Howlett Park

July 16

Happy Hoofers Moonlight Ride

More info: wilippo@aol.com

Rolling Hills General Store

July 21

PVPHA general meeting

Empty Saddle Club

July 24

LSAC horse show

Show manager: 310-326-3983

Ernie Howlett Park

Aug. 2

ETI Corral 8 horse show

Info: 310-982-9835

Ernie Howlett Park



COURTESY LARRY KELLY

Healing equines in Mexico, Page 6: A local veterinarian travels to one of the poorest parts of the continent.

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Does your saddle fit?

by ERIN RYAN

PVPHA RECORDING SECRETARY

June's general meeting featured Susie Lytal from the Worthy Horse. She spoke about the functional anatomy, myth and mystique about saddle fit and its effects on both the rider and the horse.

Horses have been ridden for centuries with reasonable success and comfort, yet in modern times, they have suffered from poor saddle fit as specialized interests have influenced standards of saddle construction in new and unwelcome ways.

Modern sport horses, pleasure horses and performance horses in all disciplines are now bred larger and are shaped distinctly differently than horses of previous centuries. Warm-



EXPERIENCE SCOTTSDALE / FLICKR

Western saddles shouldn't extend past your horse's last rib.

bloods are larger and specialized in English disciplines that require different conformation for excellent performance in dressage compared to jumping. Western horses are expected to perform in all-around capacities that harken back to foundation-bred quarter horse types. Ponies are

See "Saddle fit," Page 4.

Learn how horsemanship principles apply to gymkhana events at meeting

by CHARLENE O'NEIL

PVPHA VICE PRESIDENT OF EDUCATION

July's general meeting will feature Rolling Hills Estates resident Sean Martin, who will be he is doing a demonstration on the basics of horsemanship and how they apply to gymkhana events.

Martin plans to have several of his students participating in the demonstration for the innovated and fun-filled evening of horsemanship.

The PVPHA will also be serving join us for pie and ice cream!

Additionally, President Dale Allen plans to explain the PVPHA's position on Rolling Hills Estates' options for horsekeeping requirements.

The general meeting is scheduled for July 21 at 7 p.m. U

NEWS BRIEFS

Join the Happy Hoofers on Moonlight Trail Ride

The Happy Hoofers have invited members of the PVPHA to participate in this summer's moonlight ride.

Riders will meet at the Rolling Hills General Store at 7 p.m. and ride up Si's Trail to Cliff Hix's Ring to picnic.

The Hoofers will provide chicken and table settings; participants should bring their own drinks and side dishes.

For more information or to RSVP, contact Susan Wilippo at 310-987-2770 or wilippo@aol.com

Las Amigas to host annual horse show

Las Amigas de Las Lomas will host its 54th Annual English Horse Show at Ernie Howlett Park on July 15-17. The show, which benefits Orthopaedic Hospital Los Angeles, will feature a \$9,999 Grand Prix Jumper Classic, as well as meals from the Chuck Wagon Grill, vendors and pony rides.

Spectator admittance is free, however, private tables are available. For more information, call 310-703-1804.

Driving Pairs cares

PVPHA member Hardy Zantke is encouraging people to support the Foundation for Angelman Syndrome Therapeutics in its quest to receive a \$250,000 grant from Vivint Home Security.

Angelman Syndrome is a neuro-genetic disorder that affects one in every 15,000 children, including Zantke's grandson. Those affected have severe lifelong disabilities, including lack of speech, inability to walk, sleep disorders and seizures.

FAST is an all-volunteer organization dedicated to finding a cure for Angelman Syndrome.

Vivint Home Security will give away its \$250,000 grant to the charity that receives the most votes from Facebook users by Aug. 27. Voting is free, and people can vote once per day. Visit <http://helpsavetheangels.com> and following the step-by-step instructions to vote for FAST.

Calif. declares EHV-1 outbreak contained

After an outbreak of equine herpes virus that led to quarantines across the state, the California Department of Food and Agriculture declared the EHV-1 outbreak contained June 3. In all, there were 22 confirmed cases of the virus, and two horses were euthanized.

News briefs are generally 2-3 short paragraphs. To submit a news brief, email the text to 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: ANNE LINDSAY

Anne Lindsay no stranger to PV Peninsula

New Peter Weber Equestrian Center trainer Anne Lindsay specializes in English disciplines at all levels.

by ANNE LINDSAY
SPECIAL TO THE DISPATCH

My passion for horses started when a classmate in elementary school told me about her horses. We talked horses before school, during recess and after school. I was hooked; I went home and got my brother hooked. The next year we moved to where we could have horses in the back yard, and my brother and I each got a horse from the local horse trader for about \$125 apiece.

A few years later, I was very fortunate to be able to ride with one of the greatest horsewomen ever: Barbara Worth Oakford. I rode with her during my junior years. Barbara allowed me to ride many other horses; on weekends and vacations we rode an average of seven horses of all shapes, sizes and temperaments per day. It was a huge learning experience especially riding with such a true horseperson.

After I moved away to the central coast, I started giving a few lessons and training horses. My business grew, but the area did not at that time did not have enough interest in English riding, so I moved to Los Angeles.

Along with Susie Edlund, I trained at Malibu Tennis and Riding Club and Portuguese Bend Riding Club, where I had the opportunity to work with Bill Herring. I trained many young horses at that time and competed at shows.

I also taught in the local rings on the Peninsula. I also attended clinics with dressage greats and hunter/jumper trainers.

My students today compete in OCHSA, ETI, Gold Coast and Interscholastic Equestrian League horse shows. We have had numerous wins at shows while competing at all levels in classes ranging from walk/trot to hunter and equitation medals. We also have had many wins in ETI's year-end awards.

I am now training at Peter Weber Equestrian Center, and I look forward to teaching many new riders.

Lindsay can be reached at 310-753-3402. U



COURTESY ANNE LINDSAY

Anne Lindsay's student Kristen Yule won the 2010-2011 IEL Junior Varsity Medal Finals.

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Continued from Page 1...

Saddle fit: Lytal explains basic principles

no longer barrel-shaped beasts, but can be found more elegantly proportioned and leggier than their counterparts of earlier times.

Saddles are arguably a necessary piece of equipment that makes performance easier for rider and theoretically the horse. Meant to distribute a rider's mass over a larger surface area, saddles serve as a static interface between two dynamic systems—horse and rider. Ideally, a saddle will support the rider's pelvis and legs while allowing the horse to move freely underneath.

In reality, many saddles don't fit the horse very well. These saddles often pinch and restrict movement, causing unnecessary pain for the horse while negatively impacting the rider's performance.

A saddle that is too narrow will pinch and restrict the shoulders, impinging on the spine and surrounding tissues, and cause back soreness. A too-wide saddle sits too low and can bruise the withers while unbalancing the rider, causing the rider to tip forward. This, in turn, can cause bracing as the rider consciously or subconsciously fights saddle imbalance.

An ill-fitting saddle can cause many performance issues, such as a raised head or head-tossing, irregular movement, resistance to take one or both leads, and unwillingness to go up or down hills.

It is a worthy pursuit to determine if a saddle is impinging on a horse's ability to perform for you. If you are having problems with your horse, determining if pain is a causal factor will begin the process needed to work toward the outcome your desire.

For those instances when a horse inverts or raises its head, muscle activation is disrupted, leaving the horse

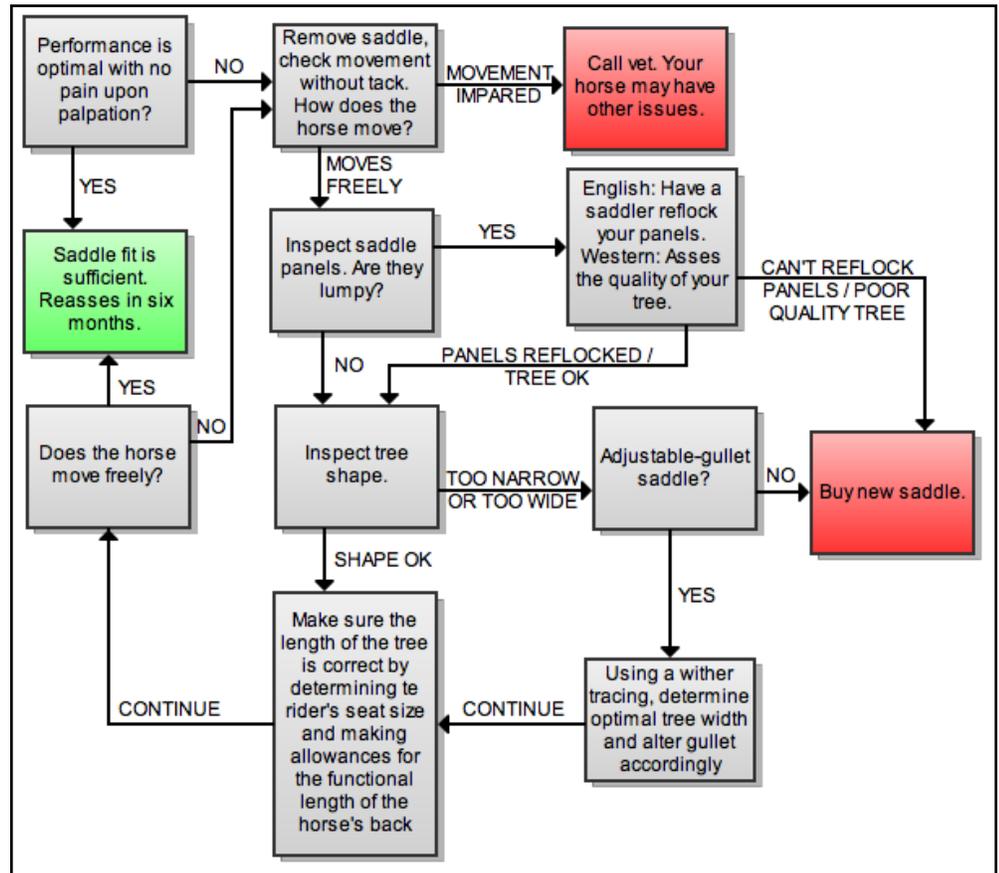


CHART BY NICOLE MOORADIAN. INFORMATION COURTESY SUSIE LYTAL.

Does your saddle fit? Use this easy-to-follow flow chart to learn the answer.

Nine signs your saddle might not fit

1. Your horse resents saddling or tightening of the girth. This could indicate a current problem or a habitual response.
2. Your horse raises its head going up or downhill, indicating that its back is hollowed, which is a sign of discomfort.
3. Hairs under the saddle area are discolored, which can indicate an injury to the skin and underlying tissues.
4. Hair under the saddle is curly or wavy.
5. Your horse resists certain movements, like cantering on one or both leads, lateral work, stopping poorly or not moving forward freely.
6. Your back is sore because you're riding stiffly or bracing against an imbalanced saddle.
7. Your torso doesn't move much when you ride, possibly because your English saddle's twist or your western saddle's seat is too wide.
8. Communication between you and your horse is blocked—your horse can't "hear" what you're saying with your body.
9. Your horse is tender or flinches when you palpate (touch) its back after riding. Poke your horse often to learn what's normal for it.

unable to lift its back and engage the hindquarters. The front end of the horse is ineffective for stopping due to hollowing of the back and inverted posture.

A poor-fitting saddle also causes the performance problems beyond a sore back. The hind end of the horse is unable to be engaged due to hollowing of the back and inverted posture. Improper saddle fit does not allow the horse to engage the large muscles of the haunches.

When the horse is allowed to lift its back, the muscles are actively engaging the hindquarters. The front of the horse is elevated due to the engagement of the hind quarters. Proper saddle fit allows the horse to use its body well and perform optimally. The hind end of the horse is lowered due to engagement of the hind quarter. Proper saddle fit allows the horse to engage the large muscles of the haunches and provide power, also known as impulsion.

An additional note, the length of your saddle should not go beyond the last rib of your horse.

To schedule a saddle fit evaluation, call to schedule an appointment; Lytal will be happy to discuss you and your horse's individual situations. Lytal can be reached via phone at 310- 488-4389 or by email at theworthyhorse@gmail.com or susielytal@theworthyhorse.com. U



FIVE FURLONGS PHOTOGRAPHY / FLICKR

If your English saddle is too narrow or too wide and doesn't have an interchangeable gullet system, you will need to find a new saddle, Lytal says.

JENN WINNICK, DVM, CVA



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RICH MAN/POOR MAN

A local vet pays his “debt to society” by traveling to Mexico and providing veterinary services to some of its poorest residents

by **VIC OTTEN**
CONTRIBUTING WRITER

Many of us travel though life carrying the baggage of things beyond our control. Our life experiences shape who we are and how we perceive the world. Many of us use those experiences in a productive way to try and make the world a better place.

For veterinarian Larry Kelly, it was the cruel treatment of livestock by his grandparents that changed him forever. Haunted by the memories of mules being worked to near exhaustion and having to sleep outside at an altitude of 10,000 feet, Kelly's destiny was being forged as a young boy—and he did not even realize it.

This is a story about extreme poverty and what at first glance appears to be horrific cruelty to animals.

The Calling

Larry Kelly has been a large-animal veterinarian in Los Angeles County for many years. He was raised in the Colorado mountains and his family relied on mules and horses to survive.

“My grandfather was a mule skinner,” Kelly said. “He and my father really treated the animals horribly; they were truly beasts of burden, but that is how people survived in those times. They did not know any better...”

“Some of the family photographs just make me cringe to this day.”

Kelly emphasized the fact that these horses and mules weren't pets.

“When you think about it, the invention of modern transportation re-



COURTESY LARRY KELLY

A version of this article was originally published by Mules and More Magazine's website at mulesandmore.com. It is reprinted with permission from the author and publisher.

ally saved equines in this country,” he said. “They became pleasure animals and not worked to death. In poor countries, animals are still the primary source of transportation. They are worked extremely hard and there is rarely veterinary care available.”

Kelly’s assistant, Victor Delgado, was born in Fresnillo, Zacatecas, which is west of Mexico City. Like many immigrants, he came to this country for a better life.

Delgado was amazed at how long horses were used in America. He would tell Kelly, “Do you realize how old horses are in my country? In Mexico, my father cannot use a horse older than about 14 years.”

Delgado explained to Kelly that this was primarily due to a complete lack of veterinary care and how hard the animals are worked. In many parts of Mexico there are no vets, there are no farriers, there is no worming, and people use homemade tack. He would tell Kelly, “If you go down there you can really help the people; help the animals and you will help the people.”

The Concept

With a specialty in equine dentistry, it made sense that Kelly’s idea was to improve the equine’s mouth.

“If we can improve the mouth, the animals will last longer,” he said. “They will eat better and get better nutrition. Their teeth will last longer and the animal will live a longer, more productive life. It is like tuning up a car; you get more miles out of it.”

Since 2004, Kelly and Delgado have been traveling to the poorest parts of Mexico to provide free veterinary services. All but one trip has been financed by Kelly with some help from friends.

The Mexico City Dump

For the hundreds of people that live in cardboard houses at the dump

outside Mexico City, life is a constant struggle. They get up early in the morning and collect people’s trash. They are not paid to do this, but they occasionally get a tip. Once they bring the trash back to the dump, they sort through it scavenging for anything usable—including food.

Kelly said the conditions of the animals at the dump are the worst that he has seen in Mexico.

“Their teeth are bad,” Kelly said. “Their skin is full of saddle sores. They use discarded doormats and used tires as saddle pads. There is no surrounding vegetation for the animals to graze on. The people feed the animals cardboard. The people and their horses are emaciated.”

Despite their living situation, the people seem happy. Kelly said they are constantly smiling and that the traditional family unit is present.

The Return to Veracruz

Last November, Kelly and Delgado returned to Veracruz. They had been reluctant to travel to Mexico because of escalating violence related to organized crime. As an estimated 28,000 people have been slain in Mexico in the last four years, they had a legitimate concern. Only a couple of years before, Veracruz saw 20 murders, missing officials, and a grenade attack on a tourist area in one month.

Kelly and Delgado had previously been detained—held at gunpoint by a 12-year-old boy—because they were traveling with medicine. They were told by airport workers that they did not have the proper paperwork but it was really just a shakedown for money, Kelly said.

Because of the vegetation, the animals in Veracruz are less emaciated than in other parts of Mexico, yet the horses still have major dental issues, bad skin, bad hooves and parasite infestations.

“We would sit there and pull hun-

dreds of ticks off these animals; there were even ticks in the mouths of some of the animals,” said Kelly.

The last day that Kelly and Delgado were in Veracruz, they returned to a village that they had visited two years earlier. Delgado pointed out a horse that they had previously treated. At that time, it was so emaciated that Delgado hung his hat on the animal’s hipbone and took a picture. This time around, the horse had gained so much weight that Kelly did not recognize the animal.

The Barriers To Help

Sending help is not always easy. A dearth of equipment and supplies, as well as crooked Customs officials, are just a few of the roadblocks Kelly has encountered in his travels.

He explained that he has more tools in his truck than the entire surgical room at the veterinary school. The veterinarians in Mexico, however, desperately need tools and supplies. He remarked that they reuse almost everything—syringes included. He has witnessed vets sharpening old, dull syringes.

In the old days, Kelly would try to send tools to the local veterinarians through the proper channels; however, the cost and paperwork associated with shipping supplies became inefficient and cost prohibitive.

Several years ago, Kelly sent down a generator. The company that made the generator said that it shipped to Mexico. Kelly paid for the generator and was told that it arrived in customs. The local vet, however, did not have the money to get the generator because the government charged a 20 percent customs fee and taxes. When Kelly arrived in Customs, he was told that the generator was not there; he had to pay the official \$100 to find it.

“Because of the government and corruption, there simply is no way

Continued on the next page.

to send stuff to Mexico through the proper channels," Kelly said. "The people are so needy, and we cannot even send them supplies. The same is true with drugs. You cannot purchase the drugs we need in Mexico; they simply do not exist.

"We have to smuggle them in."

Rich Man/Poor Man

Kelly explained that when they arrive at a village, they are treated with incredible hospitality. After work, they are often invited into the mayor's house and offered food. Each home has a water basin to clean up; the water is generally brown and putrid. There will be a small amount of food on the table. The family will stand behind them while they sit at the table.

"In many cases, the food they are offering you is all they would have to eat in the entire day," Kelly said. "They are starving and yet they insist you eat."

Kelly and Delgado have come up with a name for experiences like this. They call it "Rich Man/Poor Man":

"These people are some of the poorest on earth yet they are rich in spirit," Kelly explained. "They are starving but will offer you their food."

"Sometimes in the U.S., we will be working on a person's animal and be told to be careful not to scratch the barn. We refer to those people as Poor Man/Rich Man—they are poor in spirit but have lots of money."

He explained that despite the condition of the animals, there is a symbiotic relation between the extremely impoverished and their animals—each needs the other to survive. Kelly stated that one of the people on his last trip was very upset with how the animals were treated.



COURTESY LARRY KELLY

Many of the horses Kelly examines are emaciated, and they often have sores on their backs from poor padding or ill-fitting saddles. If you look closely, you can see the large sore on this horse's back.

He tried to explain to her that the poor are victims of where they were born. They have no money and not even basic education. They don't even know about trimming hooves or worming.

"Look how the world has treated them," Kelly said.

Why continue the trips? The answer is simple.

"I owe it to society," Kelly said. "These people are no different from my family—they simply do not know any better.

"I was blessed to be able to go to veterinary school and have a moral obligation to the less fortunate."

Kelly added what he and Delgado have done is like planting a tree. By making return visits, he ensures that his tree continues to grow.

Kelly and Delgado are planning another trip to Mexico later this year. They welcome donations of money and medicine. Kelly can be contacted through his veterinary practice at 310-530-3833. U

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PRESIDENT'S MESSAGE

PVPHA supports eliminating 2-horse limit for smaller properties in Rolling Hills Estates

by **DALE ALLEN**
PVPHA PRESIDENT

The Rolling Hills Estates Planning Commission has been reviewing the horsekeeping requirements through a series of public hearings. The purpose of this review is to update the current horsekeeping requirements in the city.

The current requirements allow for a maximum of two horses per lot for properties under 20,000 square feet and a maximum of four horses per lot on properties more than 20,000 square feet. In addition, all horses have to be 35 feet from any dwelling,

and must have a minimum of 800 square feet for the first horse and 300 square feet for each additional horse.

Staff ultimately provided the city with four options:

1. Make no changes to the city code.
2. Consider adopting a "stepped approach" based on lot size.
3. Grant a one-time waiver for people who are out of compliance.
4. Consider having a maximum of four horses permitted regardless of lot size, and let current zoning standards govern how many horses can live on a lot. A

resident may apply to keep additional horses by applying for a supplemental use permit.

More information on all of the options proposed by the city staff may be found on the agenda of the June 20 planning commission meeting.

The PVPHA Board of Directors has voted to support option No. 4 stated above and recommended that the requirements for the supplemental use permit be referred to the RHE Equestrian Committee on July 25, 2011 for further study and refinement.

The PVPHA will discuss this further at the next general membership meeting scheduled for July 21. **U**

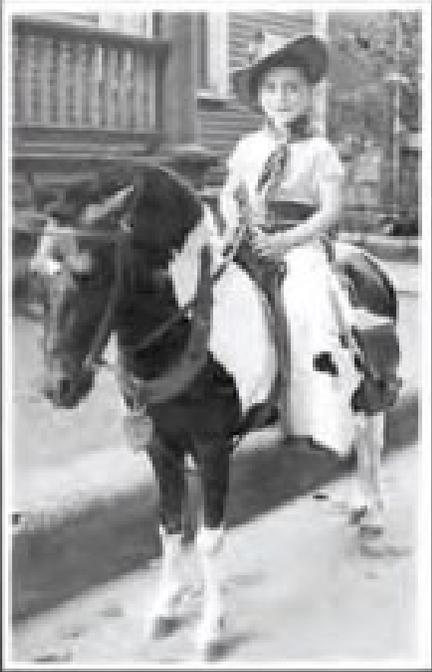
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HORSE FUNNIES

'What are you doing down there?'

Submission and photo by Haley Harrington



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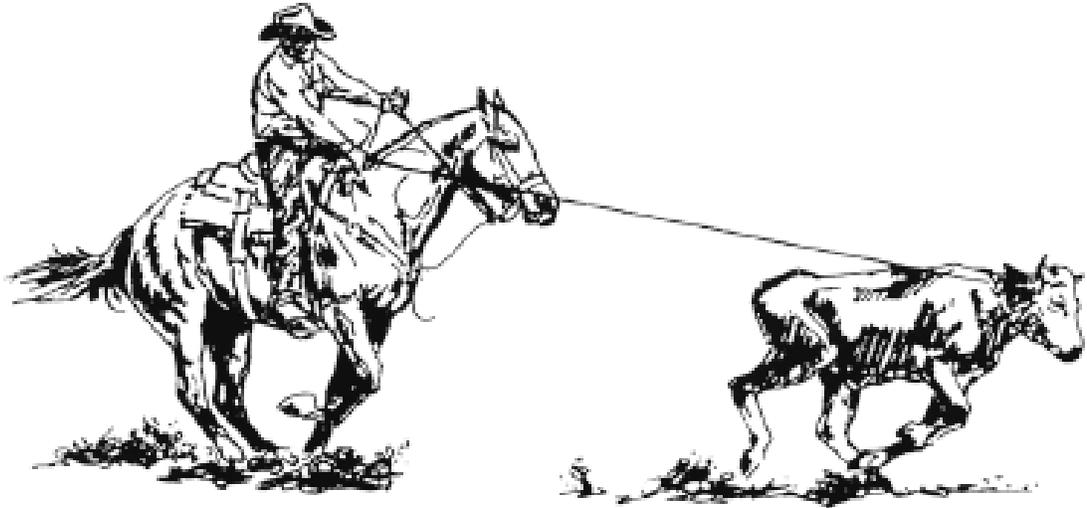
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DISPATCH edited by Nicole Mooradian.

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