



## EVENTS

Sept. 17

### RHE City Celebration

*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*



CHRISTINE AND DAVID SCHMITT / FLICKR

**Coping with loss, Page 6:** What do you do when your beloved pet dies?

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## Dr. Ruth Sobeck answers horsekeeping questions

by ERIN RYAN

PVPHA RECORDING SECRETARY

At the August general meeting, we were fortunate to have Dr. Ruth Sobeck as our guest speaker. Attendees were able to ask questions on those topics that were of interest. Here are subjects that were discussed (answers have been edited for style, punctuation, grammar and clarity):



LOSTINFOG / FLICKR

### What are a horse's normal temperature and heart rate?

The average temperature is 98-101 degrees; however, 101 degrees is rare for a healthy horse.

I would also recommend that you purchase a digital thermometer that can provide the temperature in eight seconds. The faster thermometer is worth the extra money. Take the horse's temperature several times to make sure you get an accurate reading. Some of the units do not have re-

**If a horse is colicking, it's OK to let him roll—it won't twist his intestines, Sobeck says.**

placeable batteries, so one can expect to buy several over a lifetime.

A horse's heart rate should be 28-48 beats per minute. Count the beats for 15 seconds then multiply by four (most cell phones have calculators and stop watches). That number increases with exercise, pain and fright.

**See "Horse tips," page 4.**

## Join us for annual ice cream social

by NICOLE MOORADIAN

DISPATCH EDITOR

The PVPHA will host its annual ice cream social at 7 p.m. on Sept. 15 at the Empty Saddle Club. Join fellow equestrians for brownies, ice cream, sundaes and banana splits.

If you play the guitar or another instrument, bring it over for campfire singing around the fire pit. U

## NEWS BRIEFS

**Ernie Howlett Park hosts annual Portuguese Bend National Horse Show**

The 50th annual Portuguese Bend National Horse Show benefitting the Peninsula Committee Children's Hospital was held Sept. 9-11.

The show is the home of the Pacific Coast Horse Shows Association's equitation medal finals. Out of the 41 entries, Olivia Champ took home the first-place medal. Champ also won the child rider high-point award.

Grace Shelton, aboard Friponnier II CH, won the \$10,000 Seahorse Jumper Classic. Friponnier is owned by the Dotson family.

Riding Hayley Formolo's horse Markelo, Stephanie Muhr took home the adult rider high-point award.

**City Celebration to feature Poker Ride, gymkhana**

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.

The City Celebration will feature booths from local vendors, lunch catered by a local Boy Scouts troop and a gymkhana scheduled for 9:30 a.m. Local equestrians will also hold demonstrations, including a parade of breeds, in the roping arena.

**Cowboy Days 'All-Around Cowboy' buckle now open to nonmembers of Empty Saddle Club**

For the first time, people who aren't members of the Empty Saddle Club can compete to win Cowboy Days'



COURTESY LINDA COOPER / MAVERICK FARMS

**Trainer Linda Cooper and her students strike a pose at the Portuguese Bend National Horse Show.**

All-Around Cowboy (or cowgirl) belt buckle. As an added plus, this year's winner will also receive a saddle from Corriente Saddle Co.

The annual event, which features roping, team sorting, cutting and gymkhana competitions, 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 Hoedown 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.

**Council to decide future of Peter Weber Center**

The Rolling Hills Estates City Council was expected to announce a decision Sept. 13 on who will run Peter Weber Equestrian Center. The two finalists are Doreen and Gil Houle and Scott Hill of Seahorse Riding Club. The Council's decision was not available at press time.

*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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COURTESY ERIN RYAN

Monika Malone rides her PMU rescued mare, Molly, at Walnut Creek Park in San Dimas.

## Take a day trip to Walnut Creek Park

by ERIN RYAN

PVPHA RECORDING SECRETARY

For those who want an outing with their horse but don't want to take time off from work for an extended trip, there is a lovely area in San Dimas just west of Puddingstone Lake and the Pomona Fairgrounds where a little creek slips through a lovely ravine surrounded by trees, providing lots of water crossings and cool shade even in summer.

Only an hour and 15 minute drive, the staging area at Walnut Creek Community Regional Park can be reached by taking the northbound 605 Freeway to the eastbound 10 Freeway. Exit north on Grand Avenue, turn east on Baddillo Street, south on Lyman Avenue and east on Scarborough Lane. At the end of the lane is the staging area that will easily park multiple rigs.

Bring a lunch—after the ride back to the staging area there is a grassy patch that begs for some folding chairs, an ice chest and good conversation.

Despite the toasty temperatures while driving to the

See "Day Trip," Page 9.

## Letter: FAST wins grant

Two months ago, you were among the first to publish my plea for Facebook votes for helpsavetheangels in the Vivint Give Back Contest. (See July 2011 issue.) I am extremely happy to report that thanks to your help as well as so many friends who came to our support, FAST (Foundation for Angelman Syndrome Therapeutics) was announced the overall winner on Sept. 6 and got the grand prize of \$250,000.

The money is earmarked to help fund clinical trials on a drug that is already FDA approved for another cause. The leading researcher, Dr. Weeber, who has cured Angelman Syndrome in a mouse already, believes this drug holds great promise to help humans. The clinical trials with Angelman children are scheduled to start within the next couple of months. We keep our fingers crossed that they will be successful, in which case, you and all who voted for us on Facebook might be part of this miracle.

Those who are interested in the development can either go to FAST's website at [cureangelman.org](http://cureangelman.org) or can also read the weekly blog at [finnsfather.com](http://finnsfather.com).

Thank you to all who voted for us, from the bottom of my heart.

—Hardy Zantke

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# HORSE TIPS: Local veterinarian discusses colic, HYPP, dandruff, first aid

*Continued from Page 1.*

Again, take your reading several times to make sure your count is accurate.

## What should I do before the vet arrives to make my horse comfortable if I suspect he has colic?

An estimated one in 10 horses each year suffers from colic, and it is the No. 1 killer of horses, according to researchers. It's not a disease; rather, the term "colic" refers to abdominal pain that generally originates from the stomach, small intestine or large intestine. Colic can be a malfunction, displacement, twisting, swelling or blockage, among other issues.

Walking does not usually help and will make your horse more tired. It is OK to let your horse lie down and okay to let him roll. Rolling will not cause a twisted gut (that is probably why he is rolling). Banamine, which can be hard on the kidneys, can mask colic signs, so it is better not to medicate before the vet arrives. Some colics are "shocky" (hypoglycemia), which can cause kidney failure. If pos-

sible, check the temperature and heart rate and move the horse to a safe place to lie down. Put all food away.

## What can I do for skin dandruff?

Different methods work with different horses. I would recommend starting with over-the-counter products like Head and Shoulders shampoo, then trying moisturizers like Aveeno. Benzoin peroxide products are super degreasing. Stripping off the dead skin sometimes can help. Nevertheless, the issue may be more complicated, and sometimes a skin biopsy may be in order.

## What can I do if I suspect my horse's sore back is due to HYPP?

Hyperkalemic periodic paralysis, a disease of the muscle, stems from a genetic defect identified in descendants of the American Quarter Horse sire Impressive. To date, the only confirmed cases of HYPP have been discovered in descendants of this horse.

Go online to UC Davis HYPP Testing for more informa-

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tion. You can send in hair follicles and have them tested to see if your horse actually has it. There are other things that can cause a horse's back to quiver, such as some skin conditions like herpes.

### What should I put in a first-aid kit?

The PVPHA has an excellent list on its website. Include water-soluble wound ointment—not Blue Kote—which can easily be washed off if the horse requires stitches. Also pack bandage materials, like quilting and wraps, non-stick dressing and gauze, as well as eye ointment.

Hoof abscesses can be helped with ickamole, which can be smeared on hoof then wrapped with duck tape. It heats up and acts like a poultice aiding to bring an abscess to a head faster. Phenylbutazone (bute) is an anti-inflammatory, but can be bad if too much is given.

Don't use antibiotics without your vet recommending the dosage and time it should be administered because it can be under-dosed. Don't include tranquilizers due to the risk to human exposure. If you have to use it, Ace would be my suggestion. If your horse steps on a nail, it is helpful to leave the nail in so the vet can x-ray the area and see where the nail impaled the hoof.

Although there has been a lot of literature regarding worming dosage, I would recommend pasting every other month as preventive maintenance. Use a weight tape once a month to record weights to keep track of trends. Overweight horses are at risk for laminitis. Some will founder because of illness, but if it is because of weight, keeping horses slim can reverse the signs.

Additionally, insurance is money well spent if the horse is insurable.

### Is alfalfa bad to feed? What about supplements? Are they necessary?

Alfalfa is easy to eat, rich in calories, but it's linked to stones in the gut. It is best to blend alfalfa with other hays.

In many cases, "supplements" means "expensive urine." A good, basic diet is normally best.

### How should I clean a horse's private area?

Soaps are irritants. I would be inclined to just use water. Also when the horse gets his teeth done and is under anesthesia, you could clean that area, get the big chucks off and check for beans.

### When do I use polo wraps, and when should I use vet wrap?

Polo wraps are used when exercising. Vet wrap should only go over a lot of bandages; otherwise, it can constrict blood circulation.

As horse owners, we all have plenty of questions. A big thank you goes out to Sobek for sharing her time to answer our horse-related questions!

*Dr. Ruth Sobek graduated from UC Davis and has been practicing veterinary medicine in the South Bay for nearly 20 years. She can be contacted at 310-530-8194. For more information, visit [ruthsobek.com](http://ruthsobek.com). U*

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# COPING WITH LOSS



*part 2 of a 2-part series*

by **MOIRA ANDERSON ALLEN, M.Ed.**  
SPECIAL TO THE DISPATCH

Anyone who considers a pet a beloved friend, companion or family member knows the intense pain that accompanies the loss of that friend. Here are some tips for coping with that grief and with the difficult decisions one faces upon the loss of a pet.

## **Am I crazy to hurt so much?**

Intense grief over the loss of a pet is normal and natural. Don't let anyone tell you that it's silly, crazy or overly sentimental to grieve!

During the years you spent with your pet (even if they were few), it became a significant and constant part of your life. It was a source of comfort and companionship, of unconditional love and acceptance, of fun and joy. So don't be surprised if you feel devastated by the loss of

such a relationship.

People who don't understand the pet/owner bond may not understand your pain. All that matters, however, is how you feel. Don't let others dictate your feelings—they are valid and may be extremely painful. But remember, you are not alone: thousands of pet owners have gone through the same feelings.

## **What can I expect to feel?**

Different people experience grief in different ways. Besides your sorrow and loss, you may also experience the following emotions:

Guilt may occur if you feel responsible for your pet's death—the "if only I had been more careful" syndrome. It is pointless and often erroneous to burden yourself with guilt for the accident or illness that claimed your pet's life, and only makes it more difficult to resolve your grief.

Denial makes it difficult to accept that your pet is re-

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ally gone. It's hard to imagine that your pet won't greet you when you come home or that it doesn't need its evening meal. Some pet owners carry this to extremes, and fear their pet is still alive and suffering somewhere. Others find it hard to get a new pet for fear of being "disloyal" to the old.

Anger may be directed at the illness that killed your pet, the driver of the speeding car or the veterinarian who "failed" to save its life. Sometimes it is justified, but when carried to extremes, it distracts you from the important task of resolving your grief.

Depression is a natural consequence of grief, but can leave you powerless to cope with your feelings. Extreme depression robs you of motivation and energy, causing you to dwell upon your sorrow.

### **What can I do about my feelings?**

Most importantly, be honest about your feelings. Don't deny your pain, or your feelings of anger and guilt. Only by examining and coming to terms with your feelings can you begin to work through them.

You have a right to feel pain and grief! Someone you loved has died, and you feel alone and bereaved. You have a right to feel anger and guilt, as well. Acknowledge your feelings first, then ask yourself whether the circumstances actually justify them.

Locking away grief doesn't make it go away. Express it. Cry, scream, pound the floor, talk it out. Do what helps you the most. Don't try to avoid grief by not thinking about your pet; instead, reminisce about the good times. This will help you understand what your pet's loss actually means to you.

Some find it helpful to express their feelings and memories in poems, stories or letters to the pet. Other strategies including rearranging your schedule to fill in the times you would have spent with your pet; preparing a memorial such as a photo collage; and talking to others about your loss.

### **Who can I talk to?**

If your family or friends love pets, they'll understand what you're going through. Don't hide your feelings in a misguided effort to appear strong and calm! Working through your feelings with another person is one of the best ways to put them in perspective and find ways to handle them. Find someone you can talk to about how much the pet meant to you and how much you miss it—someone you feel comfortable crying and grieving with.

If you don't have family or friends who understand or if you need more help, ask your veterinarian or humane society to recommend a pet loss counselor or support group. Check with your church for grief counseling. Re-

member, your grief is genuine and deserving of support.

### **When is the right time to euthanize a pet?**

Your veterinarian is the best judge of your pet's physical condition; however, you are the best judge of the quality of your pet's life. If a pet has a good appetite, responds to attention, seeks its owner's company and participates in play or family life, many owners feel that this is not the time. However, if a pet is in constant pain, undergoing difficult and stressful treatments that aren't helping greatly, unresponsive to affection, unaware of its surroundings and uninterested in life, a caring pet owner will probably choose to end the beloved companion's suffering.

Evaluate your pet's health honestly and unselfishly with your veterinarian. Prolonging a pet's suffering in order to prevent your own ultimately helps neither of you. Nothing can make this decision an easy or painless one, but it is truly the final act of love that you can make.

### **Should I stay during euthanasia?**

Many feel this is the ultimate gesture of love and comfort you can offer your pet. Some feel relief and comfort themselves by staying—they were able to see that their pet passed peacefully and without pain, and that it was truly gone. For many, not witnessing the death (and not seeing the body) makes it more difficult to accept that the pet is really gone. However, this can be traumatic, and you must ask yourself honestly whether you will be able to handle it. Uncontrolled emotions and tears—though natural—are likely to upset your pet.

Some clinics are more open than others to allowing the owner to stay during euthanasia. Some veterinarians are also willing to euthanize a pet at home. Others have come to an owner's car to administer the injection. Again, consider what will be least traumatic for you and your pet, and discuss your desires and concerns with your veterinarian. If your clinic is not able to accommodate your wishes, request a referral.

### **What do I do next?**

When a pet dies, you must choose how to handle its remains. Sometimes, in the midst of grief, it may seem easiest to leave the pet at the clinic for disposal. Check with your clinic to find out whether there is a fee for such disposal. Some shelters also accept such remains, though many charge a fee for disposal.

If you prefer a more formal option, several are available. Home burial is a popular choice for those who have sufficient property. It is economical and enables you to design your own funeral ceremony; however, city regulations usually prohibit pet burials, and this is not a good

**Continued on the next page.**

*Continued from the previous page.* choice for renters or people who move frequently.

To many, a pet cemetery provides a sense of dignity, security, and permanence. Owners appreciate the serene surroundings and care of the grave site. Cemetery costs vary depending on the services you select as well as upon the type of pet you have. Cremation is a less expensive option that allows you to handle your pet's remains in a variety of ways: bury them (even in the city), scatter them in a favorite location, place them in a columbarium or even keep them with you in a decorative urn (of which a wide variety are available).

Check with your veterinarian, pet shop, or phone directory for options available in your area. Consider your living situation, personal and religious values, finances, and future plans when making your decision. It's also wise to make such plans in advance, rather than hurriedly in the midst of grief.

### What should I tell my children?

You are the best judge of how much information your children can handle

about death and the loss of their beloved pet. Don't underestimate them, however. You may find that, by being honest with them about your pet's loss, you may be able to address some fears and misconceptions they have about death.

Honesty is important. If you say the pet was "put to sleep," make sure your children understand the difference between death and ordinary sleep. Never say the pet "went away," or your child may wonder what he or she did to make it leave and wait in anguish for its return. That also makes it harder for a child to accept a new pet. Make it clear that the pet will not come back, but that it is happy and free of pain.

Never assume a child is too young or too old to grieve. Never criticize a child for tears, or tell them to "be strong" or not to feel sad. Be honest about your own sorrow; don't try to hide it, or children may feel required to hide their grief as well. Discuss the issue with the entire family, and give everyone a chance to work through their grief at their own pace.

### Will my other pets grieve?

Pets observe every change in a household, and are bound to notice the absence of a companion. Pets often form strong attachments to one another, and the survivor of such a pair may seem to grieve for its companion. Cats grieve for dogs, and dogs for cats.

You may need to give your surviving pets a lot of extra attention and love to help them through this period. Remember that, if you are going to introduce a new pet, your surviving pets may not accept the newcomer right away, but new bonds will grow in time. Meanwhile, the love of your surviving pets can be wonderfully healing for your own grief.

### Should I get a new pet now?

Generally, the answer is no. One needs time to work through grief and loss before attempting to build a relationship with a new pet. If your emotions are still in turmoil, you may resent a new pet for trying to "take the place" of the old-for what you really want is your old pet back. Children in particular may feel that loving a new pet is "disloyal" to the previous pet.

When you do get a new pet, avoid getting a "lookalike" pet, which makes comparisons all the more likely. Don't expect your new pet to be "just like" the one you lost, but allow it to develop its own personality. Never give a new pet the same name or nickname as the old. Avoid the temptation to compare the new pet to the old one: It can be hard to remember that your beloved companion also caused a few problems when it was young!

A new pet should be acquired because you are ready to move forward and build a new relationship—rather than looking backward and mourning your loss. When you are ready, select an animal with whom you can build another long, loving relationship—this is what having a pet is all about! U

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# DAY TRIP: Crossing creeks at Walnut Creek Park



COURTESY ERIN RYAN

Brenda Swanney Caropino crosses a creek on her buckskin quarter horse mare, Amber, during a trip to Walnut Creek State Park in San Dimas.

*Continued from Page 3.*

park, the trail was dappled in shade. Riders and horses were splashed with water throughout the ride, a refreshing experience. Considering we have few water crossing up here on the hill, this was an excellent training day for myself and my mare, Maya.

During our visit, we rode down the creek. Maya just hates to get her dainty little hooves wet, but she had to choose between being left behind at the trail head or going along with the group. She decided it was best to stay with her horse friends.

There was so much water that after a while Maya gave up on caring whether her hooves were dry. It was a good thing; I would have really hated sitting at the trail head, hearing nothing but happy, splashing hooves heading down the trail.

To my amazement, the horses were fairly cooperative. With a dozen horses muddying up the water, they could not see where their feet were. I suspect they got on by how things simply felt. It is amazing what a horse can do when offered the chance.

May all your horse adventures be just as wonderful.

For more information on Walnut Creek Community Regional Park, visit [parks.lacounty.gov](http://parks.lacounty.gov). U

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## HORSE FUNNIES

## 'Yee-haw!'

Photo by Kelly Yates.



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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.

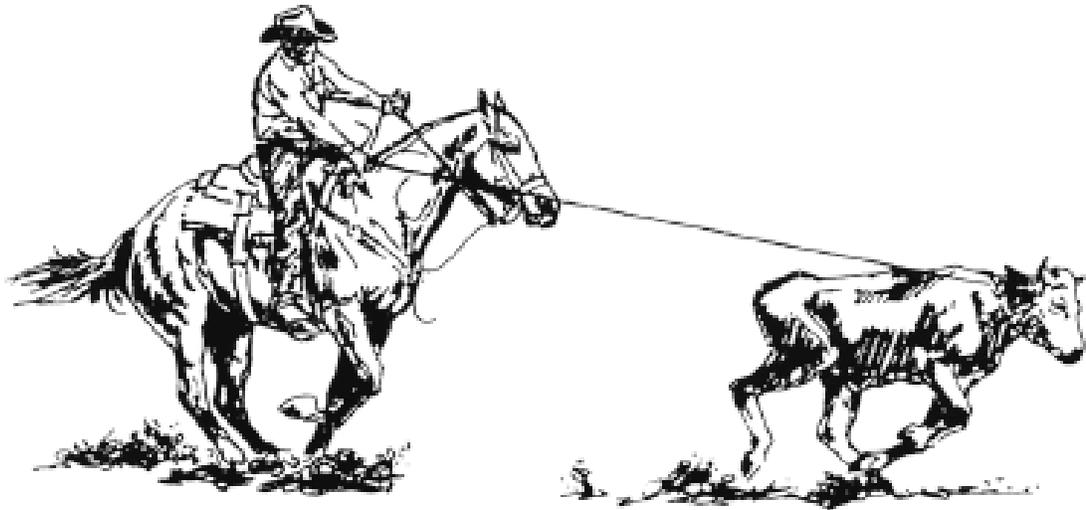
## PVPHA Board of Directors

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
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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.*

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



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