



Palos
Verdes
Peninsula
Horsemen's
Association

DISPATCH

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November 2011



Annamay Naef 1995 - 2011



PHOTOS BY NICOLE MOORADIAN

Annamay Naef, Page 6: Whether she was sorting or competing in a gymkhana on her horses Tango and Hobby, Annamay Naef was a fixture in the Peninsula's equestrian community. Hundreds of people decked out in zebra stripes and hot pink (her favorite color) attended her memorial service.

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NEWS BRIEFS

Memorial trail ride rescheduled

Organizers of the memorial trail ride in honor of Annamay Naef, who died Sept. 5 in a car accident at the intersection of Hawthorne Boulevard and Palos Verdes Drive North, have rescheduled the ride to Dec. 18 due to a rainy forecast, according to a notice posted on the event's Facebook page.

The ride was originally scheduled for Nov. 6.

The cost of the ride is \$5; all proceeds will be donated to Ride to Fly, a therapeutic riding program. The ride will start at 9 a.m. at Ernie Howlett Park and return to the park at noon.

Local competitors take top spots

Local equestrians reined in ribbons at the California Dressage Society Championship Show in October.

Carlos Santos and Louise Koch brought back multiple wins, including a third-level championship.

Orange County IEL kicks off show season

The Orange County Interscholastic Equestrian League kicked off its lat-

Meeting to spotlight wild horses' plight

by CHARLENE O'NEIL

PVPHA VICE PRESIDENT OF EDUCATION

Home on the range? Not anymore! Speaker Susan Rudnicki just attended a three day conference in Virginia on the topic of wild horses. Rudnicki will be sharing some sobering details at the November general meeting of how our horses are treated. She will address the issues of helicopter herding, horse slaughter, the Bureau of Land Management's \$76 million budget and alleged financial mismanagement, and animal cruelty. She will show footage of herding events and explain how people can make a difference politically.

Sometimes people just don't want to look at the unpleasant or the painful, but they owe it to the breed of animal they own and love to take another look.

The PVPHA is attempting to contact a representative of the BLM to speak on the same issues during a general meeting next year.

To hear Rudnicki speak, attend the PVPHA's general meeting at the Empty Saddle Club at 7 p.m. on Nov. 17. U

est season with shows at the Rancho Mission Viejo Riding Park at the beginning of October and November.

As of the Oct. 9 show, Palos Verdes led in the overall rankings. Results from the November shows were unavailable at press time.

Palos Verdes, Peninsula, Chadwick and Rolling Hills Prep all compete in

the Orange County IEL.

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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EVENTS

Nov. 7

Dr. Joao Rodrigues talk on working burros in Spain, Portugal
Empty Saddle Club

Nov. 11

ETI Corral 8 Awards Banquet
More info: 310-982-9835
Torrance Marriott

Nov. 17

PVPHA general meeting
More info: 310-548-3663
Empty Saddle Club

Nov. 25

TGIF celebration
Empty Saddle Club

Nov. 28

Equestrian committee meeting
Rolling Hills Estates City Hall

Dec. 3

Holiday Parade of Lights
Silver Spur Road

Dec. 3-4

Robert Gage clinic
More info: 310-613-5884
Peter Weber Equestrian Center

Dec. 10-11

Interscholastic Equestrian League horse show
More info: ocie@cox.net
Rancho Mission Viejo Riding Park

Dec. 18

Annamay Memorial Trail Ride
More info: <http://is.gd/Annamay>
Ernie Howlett Park

Send events to pvpha2010@cox.net.



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Dr. Sylvia Ouellette: Ulcers common equine medical problem

by ERIN RYAN
PVPHA RECORDING SECRETARY

Dr. Sylvia Ouellette (formerly Greenman) discussed ulcers during her presentation at the PVPHA general meeting Oct. 20.

According to Ouellette, ulcers are a common medical condition in horses. An estimated 50 percent of foals and one-third of adult horses confined to stalls may have mild ulcers. Up to 60 percent of show horses and 90 percent of racehorses may develop moderate to severe ulcers.

To understand why horses are prone to ulcers, it is helpful to know some horse anatomy. Holding only about four gallons, the horse's stomach is small compared to humans. It is divided into two distinct parts. The non-glandular portion (esophageal region) is lined by tissue similar to the lining of the esophagus. The glandular portion is lined with glandular tissue, which produces hydrochloric acid and pepsin, an enzyme needed for the digestion of food. This part of the digestive system also produces substances to protect the stomach from the effects of the acid and enzymes.

In humans, eating stimulates the production of hydrochloric acid. In the horse, hydrochloric acid is constantly being produced. If a horse does not eat, the acid accumulates and can start to irritate the stomach, especially the non-glandular portion.

There can be multiple factors that can increase the risk of ulcers in horses, including the following:

Fasting (not eating): Horses evolved to graze, eating many small meals frequently. This way the stomach is rarely empty and the stomach acid has less of a damaging effect. If horses and foals do not eat frequently, the acid builds up and ulcers are more likely to develop. You can elect to provide small amounts of food multiple times during the day. Often hay net allows constant grazing. There are toys that spit out treats when kicked around. So there are several options for keeping your horse nibbling throughout the day.

Type of feed: The type and amount of roughage play a role in ulcer development. Roughage, because it requires more chewing, stimulates production of more saliva. The swallowed saliva helps to neutralize stomach acid. There is an increase in acid production when concentrates like grain are fed. Try to decrease this type of food source.

The type of roughage is also important. Alfalfa is higher in calcium, and it is thought that this may help decrease the risk of ulcers (from an article by Dr. Foster).

Amount of exercise: As the amount of exercise increases, there is often less chances to feed (more fasting, less roughage) and heightened stress, which increases the risk of ulcer development. Exercise may increase the time it takes for the stomach to empty, so large amounts of acid can remain in an empty stomach for a prolonged period of time.

Stress: Stress itself may decrease the amount of blood flow to the stomach, which makes the lining of the stomach more vulnerable to injury from stomach acid.

Medications: Chronic use of non-steroidal anti-inflammatory drugs such as phenylbutazone and flunixin meglumine (Banamine) will also increase the likelihood of ulcer development.

Signs and symptoms

Signs of ulcers can be subtle and non-specific; sometimes no signs are apparent whatsoever, while other times the signs can be so severe that they require a trip to the hospital. Ulcers impact general health and can mimic other diseases like lameness.

In foals, signs include intermittent colic, often after nursing or eating; poor appetite and nursing for only very brief periods; teeth grinding; excessive salivation; diarrhea; and lying on the back.

In adult horses, signs include poor appetite or backing away from food at feeding time; weight loss and poor body condition, such as a dull and dry coat or; not gaining muscle mass; colic or recurring colic; mental dullness, behavioral or attitude changes; poor performance; excessive lying down while in the stall; stretching to urinate; reluctance to galloping; discomfort upon tightening the girth; teeth grinding; or excessive salivation.

Dressage horses may show a poor tolerance to lateral work, sweat profusely or refuse to continue a movement.

Diagnostics

To diagnose ulcers, a veterinarian can perform bloodwork to determine whether the horse's red blood cell count is low—a sign of a severe ulcer—or low packed cell volume, also known as hematocrit.

The veterinarian can also perform a fecal test to search

for occult blood, a sign of actively bleeding ulcers. The Succeed Test, which is done stall side on a fresh manure sample, distinguishes between bleeding from the stomach or hind gut (a sign of right dorsal colon ulcers). The test costs about \$50 and takes about 10 minutes.

A gastroscopy—which allows the vet a visual inspection of the interior of the stomach by means of a gastroscope inserted via the nose through the esophagus—can also be done. Nevertheless, the horse can't eat within 12 hours of the start of the operation or drink within eight hours to give the vet a clear view of the stomach. The horse is also sedated. Because the equipment is now portable, it's possible to do the exam in your own barn.

A veterinarian will use a combination of medical history, clinical signs, laboratory tests, and special examinations to make the diagnosis. Gastric ulcers can be life-threatening. If your horse or foal is showing signs of gastric ulcers, contact your veterinarian immediately.

Treatment

Medications and changes in management practices are the cornerstones of therapy for equine gastric ulcers. Different medications are used to decrease acid production, buffer the acid that is produced, and protect the lining of the stomach from the effect of the acid.

A veterinarian may prescribe acid blockers, such as Gastrogard and Ulcergard (Omeprazole). Gastrogard is the only drug that completely cures ulcers; however, it's expensive and requires a 28-day dosing cycle. It's administered as an oral paste with a once-per-day dosage. The generic version is one-tenth the cost, but it doesn't work. Stick with Gastrogard or Omeprazole.

Other options include stomach and acid production inhibitors like Cimetidine (Tagamet) or Ranitidine (Zantac). The medications are administered three to four times per day, one hour before feeding. These medications are a little more cost effective and better tolerated by horses.

Limited absorption stomach coatings—such as sucralose, milk of magnesia, papaya juice or aloe vera juice—don't do anything to reduce acid production, so they don't help the horse heal.

In addition to medications, changes in management are almost always necessary, including increasing the amount of roughage in the diet; increasing the number of feedings; avoiding or decreasing the amount of grain; using supplements to add vitamins; using mineral and vegetable oils to add calories the horse may need; giving probiotics to aid in digestion; and/or reducing stress by

See "Gastric Ulcers," Page 10.

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A Eulogy for Annamay

by SEAN MARTIN
SPECIAL TO THE DISPATCH

Editor's note: Annamay Naef, a fixture at local gymkhanas and riding events, died in a car accident at the beginning of October. The following eulogy was given at her memorial service by Sean Martin, her trainer. It has been edited only for clarity.

What more can I add that most of you haven't already figured out. Everyone's presence here today—and all the well wishes that have been received the last couple days—shows the impact she had on people's lives, whether you knew her or not. I think the best word to describe Annamay is what Lisa always called her by, "Annamazing." She truly was a beautiful and amazing young lady.

As many of you know, Annamay rode with me for a very long time—almost half her life. Which, of course, she was more than happy to remind me of all the time: "Sean, you're getting old!" Ladies and gentlemen, I'm only 30 years old, but you know how it is. From a teenager's per-

spective, that's old.

Annamay was one of my very first students and always held a special place in my heart. Over the years, she and I became very close. With all the ranch trips and traveling we did, it's difficult not to. She and I were always in sync with each other, no matter what we were doing or what we were talking about.

But when it came to Annamay and I having to plan our traveling schedule together, figuring out what trips she wanted to go on never made sense to me. In Yuma, there is a big competition [with a] good pay out, awesome turn-outs, good food. But Annamay never wanted to go to that event, because she said it was too far of a drive. It's maybe a four-and-a-half- [to] five-hour drive to Yuma.

I know most of you are thinking, *WOW that is a long drive*. But she was more than happy to go with me to haul a horse up to Bridgeport. If you don't know where Bridgeport is, it's just north of Mammoth, so it's a good six-, maybe seven-hour drive. But the kicker was after we dropped the horse in Bridgeport we were going to head over to Santa Rosa, which is an additional four or five

hours. So in total for that day we drove about 10-12 hours, but driving to Yuma was too long of a drive for her.

[It] never made sense to me, but she was the best road companion you can ask for because she loved to talk, so it was easy to stay awake. But the last hour everywhere was tough driving, because she would always know when that last hour was and pass out so I had to fend for myself.

I've come to the conclusion that Annamay obviously loved this state, because she never wanted to travel outside of it, but she would spend all day driving anywhere in California. [She] never wanted to drive out of state, even if it was a shorter drive. But she and I got to see a lot of this beautiful state together, and I was very fortunate to spend it with her.

Annamay's most pride and joy had to be definitely Tango. When they first approached me about working Tango, I had never started a draft horse before, but I said, "Oh well, I'll give it a try."

So I pull up with the trailer, and Heinz is walking this big, beautiful paint shire down the trail. We go to put Tango in the trailer, but he wasn't too thrilled about that idea. I don't know how many of you realize this, but Heinz is a pretty big strong guy, and Tango yanked him out of the trailer like a rag doll. I said to myself, "Jiminy Christmas, what am I getting myself into." Because compared to Heinz, I'm one of those elves in the Wizard of Oz, [thinking], *What on Earth is he going to do to me?*

We did manage to get Tango in the trailer; it took us 45 minutes. But we did it. Working with Tango ended up being a breeze. He has a good head on him, very smart, and he picked things up no problem.

So after a little time, we bring Tango back for Annamay to start working with him. I believe it was the first ride or second ride on him, I don't recall. But she ended up having an equipment malfunction. He did a flying lead change, and the cinch ended up breaking—and off she went. We figured as big as Tango is, we had time to run to Starbucks grab a couple macchiatos for us and an ice pack for Annamay before she hit the ground. She had a couple more falls after that because of Tango's baby antics. But the thing about Annamay is when she set a goal, she was bound and determined to reach that goal. So she cowgirl'd up and pushed through it.

Tango is not like any other draft horse. When he turns, he's quick, and because of his size, it's like being in a sling shot. Annamay loved running in gymkhanas; Tango loved sorting. Gymkhana and sorting are the two events that Annamay loved to do. She loved gymkhanas more, but I think she did the sorting for me and Tango.

For those of you that do not know what ranch sorting is, I'll give you a brief explanation. We have to round pens put together, so the arena looks like a figure-eight with a

Fallen rider memorialized



CAT SPYDELL / FACEBOOK

by **NICOLE MOORADIAN**
DISPATCH EDITOR

In honor of Annamay, the Palos Verdes Peninsula Horsemen's Association has made a \$500 donation to Ride to Fly in her name. According to the Naef family, the therapeutic-riding organization was Annamay's favorite charity.

Two of Annamay's friends, in cooperation with her family, have organized a memorial trail ride scheduled for Dec. 18. The ride costs \$5, and all proceeds will go to Ride to Fly. For more information, see the news brief on Page 2.

The city is considering a request to rename Rockbluff Trail—a short trail that goes along Rockbluff Park, located on the corner of Palos Verdes Drive North and Hawthorne Boulevard, and ends at the Naef family's home—to Annamay Trail.

The request must be approved by the Parks and Recreation Department. **U**

12-foot opening, which we call the gate, in between the two pens. In one pen there are 10 cows numbered 0-9. You work in a team of two. When the first rider crosses the line, a number is given. We start with that number and try to put it in the other pen and we try to go in numerical order. I say "try" because I know some of you may think it's easy to go 1, 2, 3, 4, 5, 6, etc. When you're running around and adrenaline is going, that simple task turns into a hard one. We try to sort as many cows as we can in 60 seconds.

If you have never seen Tango sort, it's a thing to watch. Tango is definitely flashy, but when he works cows it's awesome. Like I said, for as big as he is, he is very quick

and he is very “cowy,” which means he loves chasing cows.

Annamay and I always did well together. She would always have to remind me that I needed to slow down. Come to think about it, that’s probably why she wanted to go to sorting competitions—it gave her the opportunity to tell me what to do. But she and I did have great success in the sorting arena, mostly because the cows saw her and Tango in the gate and were too intimidated to go towards them.

I think what was so appealing about Annamay and Tango is whatever they

were doing, it was something magical to watch. It didn’t matter if they did well or not. It was fun just to watch them. They had a partnership that was unequalled. They would both walk to the end of the earth for each other.

For a long time, Tango was the only one Annamay loved with all her heart. Then comes along Tito, and I know for a fact she loved and adored Tito so much. Of course she loved Tango a little more—no one could have ever competed with Tango in that department.

Annamay had a beautiful smile that lit up the room. But when she would think about Tito, that smile got a little bit brighter. Her love for him was unconditional. I know what he’s are going through is tough and never could be explained in words. But my wish for him is that he do his best to learn each day, to become a better person to those around him and more importantly, for himself. Live a fulfilling and wonderful life, because I know that is what Annamay wants. Take comfort in the fact that he was the love of her life, and that will never ever change, and she will always be looking over him and be in his heart.

I know Heinz and Ursina used to go back and forth about how Annamay would drive us nuts with her teenager antics. But truth is, they really did raise an amazing and wonderful daughter. All you need to do is look around and see all the faces that she touched. How many of these young riders looked up to Annamay and wanted to be like her? The happiness and joy she brought to others [was wonderful]. It’s hard to imagine a 16-year-old being a role model. But that’s what she was, mostly in part



NICOLE MOORADIAN

Aboard her horse Hobby, Annamay Naef competes in the hurry-scurry race at the 2011 Cowboy Days gymkhana.

to the qualities that her parents instilled in her. The only comfort I can give them is that they raised her with all their love, so in my book, they did everything just right.

I will never get used to not having Annamay in my life. She was my student, my sorting partner, my traveling partner, my biggest supporter and one of my best friends. It’s very difficult to imagine not having her by my side anymore, texting me to nag me about something I need to get done or I should have done. I know right now we are

all asking ourselves all these questions in our head and not understanding why. With time, those questions will all subside.

The reason Annamay and I got along so well and we’re so close is we always had an understanding that we do the best we can and eventually good things will happen. That we live our lives each day to the best of our abilities and that we appreciate and cherish things and people as much as we can.

The best way you can remember Annamay is to always have a piece of her in your heart. Live each day the best way you can. Cherish and appreciate the people and things around you that make your life joyful and meaningful. That is what Annamay would want from all of you. If you do feel soreness in your behind however, it’s her kicking you, telling you, “You need to get your rear in gear.”

Annamay—I love you; I miss you; and I’m very proud of you. U

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Airborne.*Photo and caption by Nicole Mooradian.*

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Continued from Page 5...

Gastric ulcers: Prognosis good if owners follow veterinarian's recommendations

increasing access to companions or reducing a horse's show schedule. Those who continue to show their horses can administer one-quarter of a dose of Ulcergard (Omeprazole) once daily, beginning two to three days before the show and continuing through the show. Additionally, owners should administer Ranitidine once or twice daily while showing.

Many insurance companies that cover horses will most likely cover ulcer treatment, but not prevention. Policies differ, so owners should consult their insurance agent.

The prognosis is good for ulcers as long as treatment recommendations from a veterinarian are followed. U

Dr. Sylvia Ouellette can be reached through her office at 626-256-4788.

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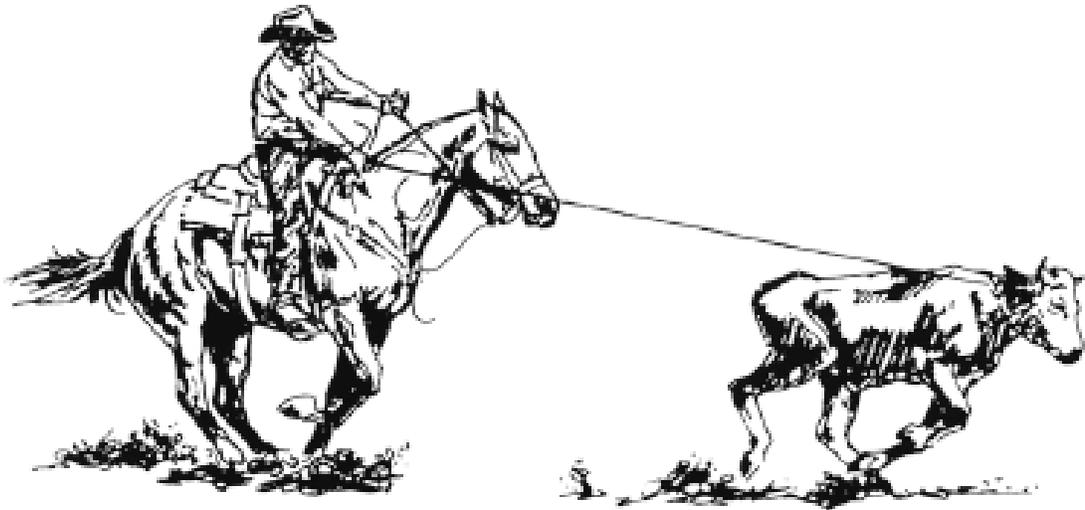
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Dispatch edited by Nicole Mooradian.

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