



COMMUNITY CALENDAR

Sept. 6-8

Portuguese Bend National Horse Show

Info: 310-318-8258
Ernie Howlett Park

Sept. 11, 15, 25, 26

Louise Koch dressage clinic

Info: 310-377-3507
Portuguese Bend Riding Club

Sept. 15

ETI Corral 8 horse show

Info: eticorral8.com
Ernie Howlett Park

Sept. 19

PVPHA general meeting

Empty Saddle Club

Sept. 21

RHE city celebration

Empty Saddle Club

Sept. 27-29

Rob Gage clinic

Info: 310-377-3507
Portuguese Bend Riding Club

Oct. 3-4

Gil Merrick dressage clinic

Info: pbrownsch@cox.net

Events listed here are not necessarily sponsored or endorsed by the Palos Verdes Peninsula Horsemen's Association. To add an event, send the information to pvpha2010@gmail.com.

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Keep your horse cool in hot summer months

by JOHN MADIGAN,
GARY MAGDESIAN and
W. DAVID WILSON
SCHOOL OF VETERINARY
MEDICINE, UC DAVIS

Here are 10 important tips to prevent heat related problems in horses.

1. Heat can kill. High environmental temperatures can bring dehydration, exhaustion and heat stroke in horses and can produce illness and death. This is serious business and you must take steps to ensure your horse is protected when traveling in a trailer, being ridden on trail rides, or in competition events.

2. Drink water. Maintain hydration in your horse by allowing free access to water at all times during hot weather. It is a myth that a hot horse drinking water will experience colic or other medical problems. Never let your horse pass up a chance to drink water. Only horses that have been deprived of water for a significant time (many hours or days) need to have water provided in smaller amounts over time.

Let your horse drink on the trail or after a class at a show. Hint: You can lead a horse to water, but you can't make him drink. This is true, so offer some hay and your horse will often drink after eating the hay. Soup-consistency bran or pellet mashes are another means of getting extra water into your horse.



MICHAEL L. BAIRD / FLICKR.BAIRDPHOTOS.COM

3. Shade. Provide shade as much as possible.

4. Limit what you do with your horse during peak heat.

Ride or compete with your horse in the early mornings when it is cooler.

Have the ride or event management consider a change in the program schedule to limit afternoon activities during peak heat.

Shorten your ride.

Go slower and provide frequent breaks for your horse, in shade.

Encourage horses to drink whenever they want water.

5. Ventilation. Provide open vents and windows in trailers, which can open for cross ventilation; however, don't let your horse stick its head out while on the road.

6. Know signs of fatigue and overheating in your horse and stop before more severe signs of heat exhaustion begin. Symptoms include a persistent high respi-

See HEAT, Page 10.

Longtime equestrian supporter headed to Louisiana

by **MELODY COLBERT**
PVPHA RECORDING SECRETARY

Two of our greatest local equestrian supporters will soon be heading to new pastures in Shreveport, La. Priscilla and Steve Regur are two very special “horse people” who have formed a cornerstone for the equestrian lifestyle in our community for over a quarter of a century.

They plan to relocate by the fall, moving from Rolling Hills Estates to live near their daughter Katie, who grew up riding and competing on the Hill. Their son Andy will remain a resident of Palos Verdes.

For 37 years, Priscilla has volunteered with Amigas de Las Lomas, a non-profit auxiliary of the Crippled Children's Guild of Orthopaedic Hospital that has held an an-

nual charity horse show at Ernie Howlett Park to benefit the hospital. During her 20-year tenure as show manager, Priscilla served with distinction by instituting a Grand Prix with a \$9,999.00 cash prize. She presided over the 50th anniversary horse show where a record \$50,000 was raised for the hospital.

Priscilla is quick to point out that the success of the Las Amigas shows are due almost entirely to the wonderful volunteers who handle every aspect, from mucking to security. But she admits that she herself spent 7 months out of every 12 planning and preparing for the annual show.

Priscilla's husband, Steve, has always been an active participant in these endeavors despite working a full time job. For family vacations, the Regurs used to go on horse drives in the Eastern Sierra. On one trip, the cook was unavailable, but Steve was able to pitch in, and ultimately he became the regular cook for the outfit during the season. There's a guy who can do it all—ride a horse, figure the logistics for feeding dozens of people out in the middle of nowhere, and whip up gourmet meals! Steve is looking forward to retiring from his corporate career and finding new adventures.

In addition to her duties with Las Amigas, Priscilla has served on the RHE Equestrian Committee for 36 years! This is a citizen committee that serves as an advisory body to the City Council for equestrian issues. Priscilla was thanked formally for her years of service at the July 9 City Council meeting, receiving well wishes and a beautiful commemorative plaque from Mayor Frank Zerunyan.

Those of us who know Priscilla will miss her greatly; we know she and Steve will continue their volunteerism and shine their own special light wherever they are. We wish them both the best things in life! U

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Volunteers to keep an eye on nature preserve trails

by **ERIKA MALDONADO**
PALOS VERDES PATCH

After walking on one of many trails within the Palos Verdes Nature Preserve last October, Barbara Ailor couldn't help but weep when she returned home. A friend had suggested she check out this specific trail because of the poor condition it was in, and after seeing it, Ailor knew something had to be done.

Thus was born the Volunteer Trail Watch program, which after eight months of planning and revisions was approved earlier this month by the city of Rancho Palos Verdes.

Ailor compares the program to a neighborhood watch where volunteers report to park rangers, serving as "eyes and ears" for the preserve. Conserving, educating and easing tensions between trail users is what Ailor's volunteer program aims to do.

"A common misconception about the preserve is that people think it's

a park," said Ailor. "There are no formalized bathrooms or parking lots. It's not a playground for people to mess up."

Because so many native plants and species thrive within the preserve, conserving and rebuilding this critical natural habitat is a top priority for the Palos Verdes Peninsula Land Conservancy. The volunteer program will help educate the public on the importance of the preserve.

Dogs off leashes, use of unmarked trails and poor trail etiquette are a few problems this program will help solve. Ailor also hopes the program will create an understanding between hikers, mountain bicyclists and equestrians who use the trails.

"Having people out there to educate and share smiles will do a world of good," Ailor said. "People will enjoy doing it. They'll make new friends and get some exercise."

Hikers, mountain bicyclists and equestrians who wish to volunteer

must commit to working four hours per month. Training by the Mountains Recreation and Conservation Authority rangers will begin June 29, with additional training sessions on July 13 and 20.

Rancho Palos Verdes is participating in and investing in the program because the city is a land manager interested in the benefit of the Volunteer Trail Watch, according to Katie Howe of the Rancho Palos Verdes Parks and Recreation Department. The city will provide funding for two training sessions for up to 30 volunteers and a web portal to track volunteer hours at a cost of \$11,400 yearly. The PVPLC, however, will manage and direct the program.

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BEAUTIFUL BUT DEADLY

Oleander is toxic to horses, people and other pets

by **HORSE REPORT**

UC DAVIS CENTER FOR EQUINE HEALTH

Oleander is an evergreen shrub that seems to grow everywhere in California—in yards, parks, and along freeways. It is often grown as a hedge that can reach up to 20 feet tall. The leaves are thick, leathery and dark green. White, pink, or yellow flowers that are sweetly scented grow in clusters at the end of each branch.

Oleander is also one of the most poisonous plants and contains numerous toxic compounds, many of which can be deadly to people and animals. It is especially dangerous to horses; signs of a poisoned horse include severe diarrhea, colic, and abnormal heartbeat.

The primary toxins in oleander are cardiac glycosides, which affect the heart. Cardiac reactions consist of an irregular heart rate, sometimes characterized by a racing heart that subsequently slows to below normal further along in the reaction. The heart might also beat erratically with no sign of a specific rhythm. Other toxic effects include nausea, excess salivation, abdominal pain, diarrhea (sometimes with blood), kidney failure, and colic in horses. Oleander poisonings can also affect the central nervous system and cause drowsiness, tremors, seizures, collapse, and even coma that can lead to death.

Several years ago, a sick 4-year-old Standardbred racehorse was brought to UC Davis' William R. Pritchard Veterinary Medical Teaching Hospital (VMTH). The owner reported that it had stopped eating the day before and was clearly unwell. The horse appeared to be in shock, judging from the color of its mucous membranes, a heart-beat racing at 160 beats per minute (bpm, a normal heart-beat for a horse is 28 to 44 bpm), and a slightly elevated temperature. It also had significant discomfort from ileus—a condition in which the bowel does not move the



VASILE COARDOS / FLICKR

Just four oleander leaves can kill an adult horse. This plant is just as deadly dry as it is live.

contents at normal rates of flow because of lack of neuromuscular control. The ileus had caused a backward flow of fluid and intestinal contents back into the stomach. Since horses cannot vomit, this poses a serious problem. To treat this condition, a nasogastric tube was inserted into the horse to drain the accumulating fluid while tests were performed to determine the underlying problem.

An electrocardiogram (ECG) revealed that the horse had ventricular tachycardia, which is an irregular and overly rapid heartbeat. Pleural effusion—fluid in the chest around the lungs—and pericardial effusion—fluid around the heart—were signs that the horse's heart was failing. This condition was treated as an emergency with lidocaine administered intravenously to slow the heart rate. Eventually the heart rate was brought down to 60 bpm, substantially closer to the normal rate of 40 bpm than before, and the arrhythmia was converted to a normal sinus rhythm.

Blood work and urinalysis results then indicated a build-up of toxins and renal failure. By now, the horse was quite weak and was staggering. It was immediately put on intravenous fluids to flush out the toxins and eventually was stabilized. Meanwhile, testing continued to determine the exact cause of illness. The diagnosis of toxicity was confirmed by laboratory tests, which showed the presence of oleander in the blood, feces, and stomach fluid. The owners of the horse had not realized that the pasture the horse had been turned out in days before was

RUTH V. SOBECK, DVM

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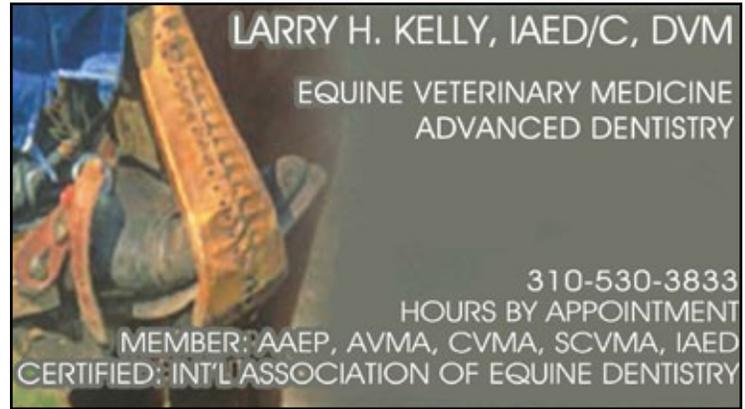


surrounded by oleander.

Fortunately, this story has a happy ending. With continued intensive treatment and supportive care, the horse began to recover and was eventually released from the VMTH. Three months after this incident, the owner reported that the horse was doing very well and was back in training.

Not every case ends this well, so remember that preventing exposure to oleander is by far the best course of action for your horses and other animals.

This article originally appeared in the March 2013 of the UC Davis Center for Equine Health Horse Report and TheHorse.com. It is republished here with permission. U



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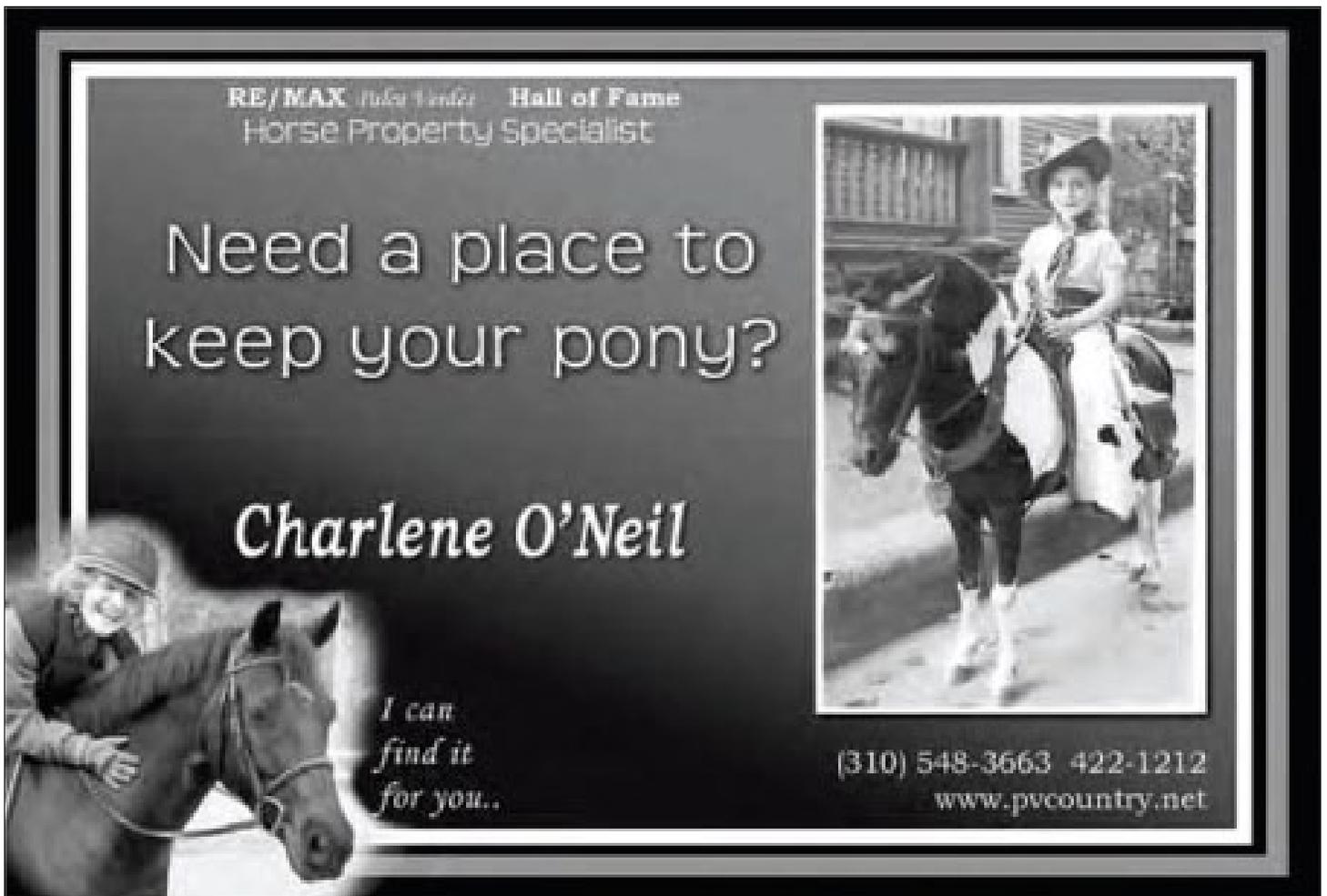
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FIRST AID BOOT CAMP

by **MELODY COLBERT**
PVPHA CORRESPONDING
SECRETARY

About 100 people filled the bleachers, benches, and lawn to attend Jim Moore's clinic on equine first aid. Jim introduced the event as one in a series called "What Your Horse Wants You to Know" as part of his Cowboy Boot Camp program, which focuses on teaching good horsemanship. This clinic was a super bargain because the cost was free!



MELODY COLBERT

Attendees gather at a Cowboy Boot Camp clinic dedicated to equine first aid.

Normal vs. Emergency:

Featured speaker Dr. Sylvia Ouellette DVM began by asking, "What is normal, and what is a true emergency?"

For a horse, normal temperature range is 99-100.5 degrees. Heart rate is 30-40 beats per minute. Respirations should be 12-16 breaths per minute. It is important to know what is normal for your horse, so it's a good idea to take these measurements and record them from time to time. If you don't know how to do these, I recommend you go online and search "how to take a horse's (pulse, temp, etc) and you will likely find a video showing how it's done. Other indicators of a horse's general metabolic condition are: color of gums, and gum refill rate; also "skin tenting" to check for dehydration.

Audience members responded to Ouellette's question about what constitutes an emergency with examples like colic, heavy bleeding, lameness, unexplained swelling, eye injuries, broken bones, not eating for an extended time, and diarrhea with a depressed attitude.

In the event of an emergency, Ouellette advised horse owners to stay calm, remove their horse from danger and other horses, and contact their vet. Owners should be sure to leave a call-back number—don't assume the veterinarian has a contact number. Owners should describe what happened and the horse's condition, as well as the location because the vet may be able to come to the rider on the trail if necessary. If the owner is at home, he or she

should be sure that a trailer is available—if necessary, he or she should arrange to have a friend or service on-call in case the horse must go to the hospital because the vet cannot haul the horse! Of course, a trailer does no good if your horse won't go in, so owners should practice loading their horses before they have an emergency!

First Aid: In the Barn or Out on the Trail

If the horse is bleeding, it is important to try to stop it by applying direct pressure using gauze, cloth (a bandana or T-shirt will do) or even using a bare hand if no material is available. Do not remove the layer of gauze or material from the site if blood soaks through; simply add more layers of material so as not to disturb the clotting of blood.

If the wound is dirty, clean it with water before applying bandages to avoid infection.

Do not administer medications to your horse without speaking to your vet first; however, as Lori Barnett of Cowboy Boot Camp pointed out, if you are in the backcountry and hours away from help, you may find yourself giving medications without benefit of veterinary advice. Moore recounted an experience where his horse tore a big flap of skin open on an exposed bolt up in Sequoia National Park one night, and he used Super Glue to close the wound until they were able to return to civilization.

Ouellette agreed the action was appropriate under

those circumstances, and the sorrel horse had the well-healed scar to prove it! Of course, that is an extreme example and no one recommends using glue as a substitute for proper veterinary care.

Ouellette explained that minor cuts and abrasions, as well as shallow tears less than one inch long, that do not go through the full thickness of skin usually do not require veterinary attention. Simply clean with soap and water; apply Betadine solution, Neosporin or another water-based antibacterial; and keep covered if possible. Avoid any cortico-steroid preparations like hydrocortisone as they will invite infection. Heat, swelling, tenderness to touch, and discoloration or odor/discharge are signs of infection and require immediate veterinary care.

For mild swelling in limbs, cold-water hosing for 15-20 minutes at a time, 2-3 times a day and icing are simple and effective treatments. Do not the hose for too long; you do not want to soften hooves.

Snake bites often occur on the muzzle. Time is of the essence in getting a horse to the vet in case of a snake-bite! Antivenin is expensive and not very effective, so supportive care is the primary treatment. If you see swelling of the face, your horse may be in danger of suffocation because he must breath through his nostrils. Carry a length of hose or tubing that you can insert in his nose to keep his airway open (about as long as from the outside of the nostril to the inside corner of the eye).

Fire! Prevention and Preparedness

As for any emergency, it is advisable to have a road-ready trailer available, or a friend or service you can call in case your horse must be evacuated. In case of a fire, remember the following:

1. Stay calm
2. Get out of immediate danger and go to a safe place.

3. If the fire is in your barn, make sure it's out by covering or smothering it.

Nylon tack will melt at 400 degrees; always have a leather halter available. Remove nylon halters, fly masks and fly sheets from horses that are sheltering in place or being evacuated due to fire as they will melt and burn your horse. Never use oil-based or greasy ointments on burns. The most common sites of burn injuries are the face and soles of the feet.

For horses that must be evacuated, microchipping is the best means of ensuring your horse will be returned to you. You may also mark your horse by spray-painting your phone number on it or writing it on his hooves in permanent marker. Identification plates on halters are not secure because halters may be removed if horses are turned out in corrals at evacuation centers. Most evacuation centers will scan incoming horses for microchips.

Firefighter/Paramedic Mike Hapke: What to do when you or a friend is injured on the trail

Mike Hapke advised riders:

1. Ride in pairs; avoid riding alone.
2. Carry a cellphone on your person—not attached to your saddle.
3. Ride with a halter or mecate-type bridle so that you can secure your horse if necessary.
4. Let someone know where you are going, what trails you will take, and when you expect to return.

Hapke began by saying that much of what Ouellette said about “what is normal” for horses can be applied to humans: Heart rate less than 100 beats per minute, respirations 12-18 per minute, blood pressure 120/80 (150/100 for children). If there is no pulse, start CPR! If there is bleeding, elevate the body part above the heart

Continued on the next page.



MELODY COLBERT

Speakers at the clinic included veterinarian Dr. Sylvia Ouellette and firefighter-paramedic Mike Hapke.

Continued from the previous page.
level and apply direct pressure.

He also recommended carrying identification and medical information on your person because even your best friend may not be aware of allergies or medical conditions that emergency personnel may need to know in order to treat you.

If your companion falls from a horse and is injured, do the following:

1. Make sure the fallen person is safe.
2. Secure the horse if it hasn't run off.
3. Call 911 immediately—it may take some time for help to arrive, especially if you are on a remote trail.
4. Assess the severity of injuries—whether it's a sprain or break—and the location of the injury. A pelvic or femur break can bleed out quickly.
5. Assess mental status by asking basic questions such as the person's name, what day it is, or where he is.
6. Limit movement. Do not try to move an injured person, especially if he may have a head injury.

Be ready for emergencies with Equestri-Safe

A California company called Equestri-Safe represented by Teresa Spencer, displayed some terrific products that can be purchased online at equestrisafe.com.

They offer first aid kits for barn, trailer and trail. They even offer a horn bag with four pockets so that you can have a first-aid kit and still use it as a horn bag! Each kit

is intended to enable you to get from where you are to the vet; they are not “vet kits” and do not contain medications. (Of course, you can add bute or other prescription items to a kit yourself.) Many of the items are also appropriate for human first-aid treatment.

The company also offers customized identification and medical-information holders that attach to your helmet, hat string, horse halter or dog collar. The company also sells horse identification collars and fetlock identification bands. Spencer recommended keeping identification collars in the trailer to be put on the horse(es) upon arrival at an evacuation center. The products feature special nylon that melts at 560 degrees and can be used when normal nylon cannot.

This two-hour presentation went by quickly, but a lot of information was shared. I am grateful that Jim Moore brought these experts together to help us all be better prepared for those inevitable times when we find ourselves in need of emergency help for our equines. U



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BE PREPARED

Here are 10 items you must have ready in case of an emergency, courtesy of Equestri-Safe:

1. Written evacuation/disaster plan
2. Host properties & directions to evacuate animals to
3. Halter and lead rope for every horse on the property
4. First aid kit for horses
5. Form of identification, such as fetlock identification bands or horse identification collars on all equines
6. Truck and trailer in working order to remove animals
7. Vaccination records and proof of ownership for all animals
8. Flashlights and batteries
9. 1-2 weeks supply of hay or feed, water
10. Secondary contact information (e.g. relatives out of the area, veterinarian, etc.)
11. Bonus: Current photos of your animals in case they are removed from your property when you're not home; preferably include yourself in the picture(s).

PRESIDENT'S MESSAGE:
**Looking Forward
 to September**

by **CHARLENE O'NEIL**
 PVPHA PRESIDENT

We had a wonderful dressage schooling show Aug. 4, as well as an excellent speaker and clinician in Cowboy Dressage creator Eitan Beth Halachmy for the August meeting and associated clinic.

Next month, we have our traditional ice cream social on Sept. 19. We'll be watching historic Long Ranger Movies in the clubhouse. On Sept. 21 is the Rolling Hills Estates City Celebration and the famous Poker Ride sponsored and organized by the PVPHA.

So, mount your equines on Saturday, Sept. 21 at 8 a.m. to participate in this annual poker ride. Proceeds are split between the Pepper Tree Foundation and PVPHA. U



PHOTOS BY JOLINA SMET

Left: A rider performs a dressage test during the show.

Right: The Junior Drill Team performed a quadrille during lunch.

DRESSAGE SCHOOLING SHOW DEEMED A SUCCESS

by **CHARLENE O'NEIL and
 NICOLE MOORADIAN**
 CONTRIBUTING WRITERS

The Dressage Schooling Show, sponsored by the Palos Verdes chapter of the California Dressage Society, at Ernie Howlett Park on Aug. 4 combined traditional dressage classes with Western Dressage.

Twenty-two riders had 35 rides at the show, and many more came to watch. The Portuguese Bend Pony Club provided delicious baked goods, tasty chili and more.

Members of the Junior Drill Team provided lunchtime entertainment, with a pas de deux and a quadrille.

Lisa Vidov deserves thanks for doing a great job organizing and managing this successful event.

The show was so successful, in fact, that the PVCDS will consider hosting additional schooling shows.

I know the show was an inspiration to all, and we are so lucky to have our own dressage court! A big thanks to all the volunteers who helped make this show a success. U

Portuguese Bend Riding Club
 Upcoming Clinics and Events
 Hunter/Jumper

Rob Gage: September 27 - 29 **Patrick Spanton:** To Be Announced
 Call or check our Facebook page for dates

Dressage
Louise Koch:
 September 11, 15, 25, and 26 October 9, 10, 16, and 23

Trainers:
Hunter/Jumper: Jen Hannink
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HEAT: Keep horses safe during sultry summer days

Continued from Page 1.

ratory rate that does not come down with rest over 10-30 minutes (normal is 20-40 breaths per minute). Change in mentation, decreased energy level and reluctance to keep going. Dry mucous membranes in the mouth (they should feel slimy). Prolonged capillary refill time—push on your horse's gum. They should be pink to start, then it will blanch to white after pressure, and return to pink in approximately one second.

Check this at the start of your day and frequently throughout the day. If it is prolonged, your horse is trying to tell you to stop, rest, provide water and if other signs of colic or muscle pain occur, you need to stay put and seek veterinary attention.

Listen at the start of your day for gut sounds (if you don't have a stethoscope, put your ear on your horse's flank, behind the ribs). You should hear gurgling sounds on both sides of the belly—that is normal and good. Quiet gut sounds are a warning that your horse may be heading for dehydration or exhaustion.

7. Fans. If you're in a barn with limited ventilation, try to arrange more air circulation by careful placement of a fan in front of the stall or in the aisle way. Keep electric cords out of reach of horses.

8. Hose off your horse or pour water from a bucket over your horse. Cool water is fine; normal temperature (not hot) water is good, too. Evaporation produces cooling and continuous hosing is one of the most effective means of lowering body temperature.

9. Water source. Keep a supply of water available for your horse to drink. Obtain some clean 5-gallon cans and fill them up with water before you travel.

10. Electrolytes. These may be



CARTERSE / FLICKR

Hosing off a horse with water that's not can help a horse cool down via evaporation. Continuous hosing is one of the most effective means of lowering body temperature.

useful if the horse has been sweating excessively. Only use if they can be followed by access to water to drink. Have a plan outlined by your veterinarian if you have not used electrolytes before, and only use electrolytes specifically made for horses.

Trailering Tips in the Heat

If you need to trailer your horse, do so in the cool early morning or late evening hours when it is cooler.

Don't leave your horse in a parked trailer, especially if there is no shade. Just as with a parked car, temperatures inside a trailer can rapidly reach 140 degrees, and the horse can quickly develop heat stroke.

Provide as much ventilation and airflow as safely as possible while on the road.

Be very careful with hauling foals—

they appear to be even more susceptible to heat than adult horses.

John Madigan, DVM, Diplomate CVIM, ACAW is part of the International Animal Welfare Training Institute. Gary Magdesian, DVM, Diplomate ACVIM, ACVECC is the head of the UC Davis Veterinary Medical Teaching Hospital's Equine Critical Care sector. W. David Wilson, BVMS, MS, MRCVS is the director of the UC Davis Veterinary Medical Teaching Hospital.

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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.

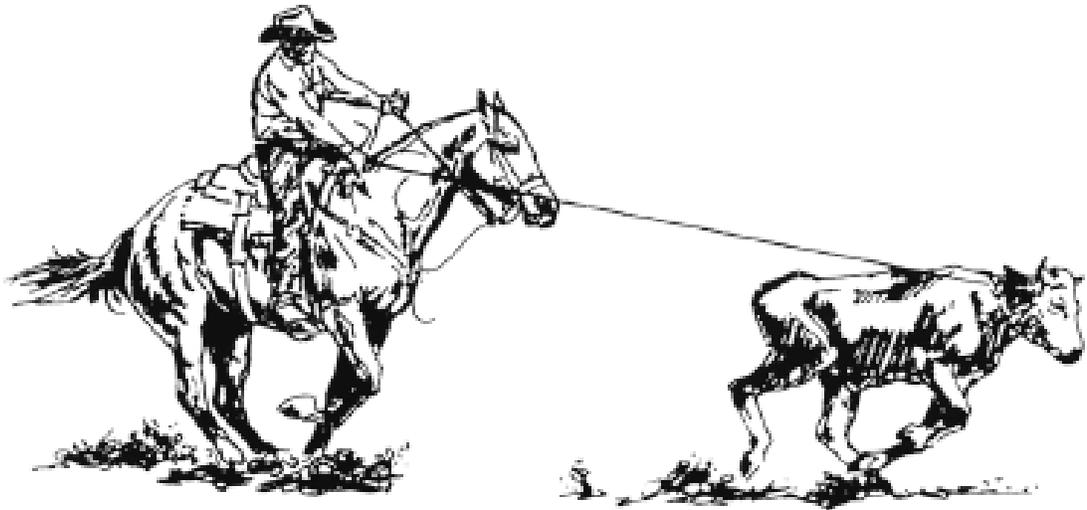
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Dispatch edited by Nicole Mooradian.

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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