



Palos  
Verdes  
Peninsula  
Horsemen's  
Association

# DISPATCH

Vol. XXVIII, Issue 3

PVPHA.org

March 2014

## COMMUNITY CALENDAR

March 5, 12, 13, 26

**Louise Koch dressage clinics**

Info: 310-377-3507

*Portuguese Bend Riding Club*

March 20

**PVPHA general meeting**

*Empty Saddle Club*

March 29

**Tack sale**

*Rolling Hills General Store*

April 5-7

**Lee Smith video clinic**

Info: 310-345-3274

*Location to be announced.*

*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](mailto:pvpha2010@gmail.com).*

## Fire Station, Rim trails connection a 'high priority,' says RPV

by **SHARON YARBER**  
VICE PRESIDENT OF CIVIC AFFAIRS

As horseback riders, trails are an essential component of our enjoyment of the equestrian lifestyle we cherish in Palos Verdes.

For those interested in staying current on trail-related issues, the city of Rancho Palos Verdes posts quarterly reports on its website about trails within the city and on the Palos

Verdes Peninsula. These reports are submitted to the RPV City Council.

The most recent quarterly report, which is dated December 2013, includes mentions of the Fire Station and Rim trails connection, Martingale Trail, and Sol Vista Trail.

To read prior reports and for more information on the city's Trails Network and Conceptual Trails plans, visit [bit.ly/1qr8SML](http://bit.ly/1qr8SML).

*See "Trails," Page 8.*

NEXT PVPHA GENERAL MEETING: MARCH 20

## March meeting: Jan Ball to preview new LSAC classes

by **BETSY SCHOETTLIN**  
VICE PRESIDENT OF EDUCATION

Join the Palos Verdes Peninsula Horsemen's Association at its March 20 meeting to hear Jan Ball talk about the two new divisions that will be available at the four upcoming Los Serranos Award Circuit Western shows up at Ernie Howlett Park. Ball will explain what to expect in the new gymkhana classes and the brand new "no frills" classes for kids!

Ball began training champion horses and riders on the Palos Verdes Peninsula in 1973. An accomplished rider herself, she has won many national championships, including the acclaimed Cow Palace Grand Nationals Trail Event in San Francisco.

Ball began her training with top trainers Sharon McKay and Rod Kelly, and continues her education by attending clinics and consulting with the country's most renowned coaches.

The meeting is scheduled for 7 p.m. March 20 at the Empty Saddle Club in Rolling Hills Estates. As a reminder, the Empty Saddle Club requests that meeting attendees leave their dogs at home. U



RICHARD WHITAKER / FLICKR

## NEWS BRIEFS

**Happy Hoofers taking applications**

The Happy Hoofers, a 31-year-old organization for women in Palos Verdes, is accepting applications and membership renewals.

The start of the membership year was March 1.

“Today’s ‘Baby Boomer’ horse riders are redefining ‘middle-age’ Baby Boomer women, currently the largest and most financially powerful demographic group in the U.S.,” according to the group’s official Facebook profile. “If you would like to be a part of this passionate female equestrian ‘women at the reins’ (group) ... don’t hesitate.”

Members receive a copy of the Gazette, emails from the group and a 2014 directory.

Membership costs \$35 for Palos Verdes residents.

For more information, contact the organization via the HappyHoofers PalosVerdes Facebook page at facebook.com/happyhoofers.

**Check status of RHE riding rings**

Did you know you can find the status of the riding rings and round pens in Rolling Hills Estates by visiting the city’s website? Find out if the Ernie Howlett, Dapplegray, Chandler and Pepperwood arenas and/or round pens are open by visiting [bit.ly/O91Lcy](http://bit.ly/O91Lcy).

Also, RHE Maintenance Supervisor Mike Goldsmith told the Palos Verdes Peninsula Horsemen’s Association that his general policy is to groom and lock the rings whenever a significant rainfall is forecast. This policy, which also applies to the all-weather arenas at Ernie Howlett Park, prevents water from settling in uneven footing, which could cause rings to remain closed longer than necessary.

Goldsmith said he strives to minimize the inconvenience of closed rings whenever possible.

**RHE staff to follow up on Carriage Trail repair**

The bridle path on Palos Verdes Drive North in front of the Rolling Hills Covenant Church has been obliterated at the point where construction of a new driveway was recently completed.

According to Andy Clark, community services director for the City of Rolling Hills Estates, there is a provision in the construction permit that requires the church to restore the trail. The trail will be somewhat “realigned” in the process.

The date of when the trail will be restored is unknown; however, Clark said that staff will be following up on this.

**RHE to sell excess GGT footing**

Rolling Hills Estates will sell off the excess GGT footing from Ernie Howlett Park, the council decided.

The footing will be removed from arena No. 2. It will be replaced with sand.

Approximately 75 percent of the GGT footing from the arena will be sold; the other 25 percent will be used in arena No. 1. For more information, visit [is.gd/8ETIhH](http://is.gd/8ETIhH).

**ETI, LSAC release show schedules**

The websites for ETI Corral 8 and the Los Serranos Awards Circuit have been updated with the competition schedule for the 2014 season.

ETI will hold its English horse shows on April 27, May 18, June 22, July 20 and Sept. 14, with a rain date set for Sept. 28.

LSAC’s western shows will be held May 4, June 29, July 27 and Aug. 10.

For more information, visit [eticorral8horseshow.com](http://eticorral8horseshow.com) and [palosverdes.com/ljac](http://palosverdes.com/ljac). U

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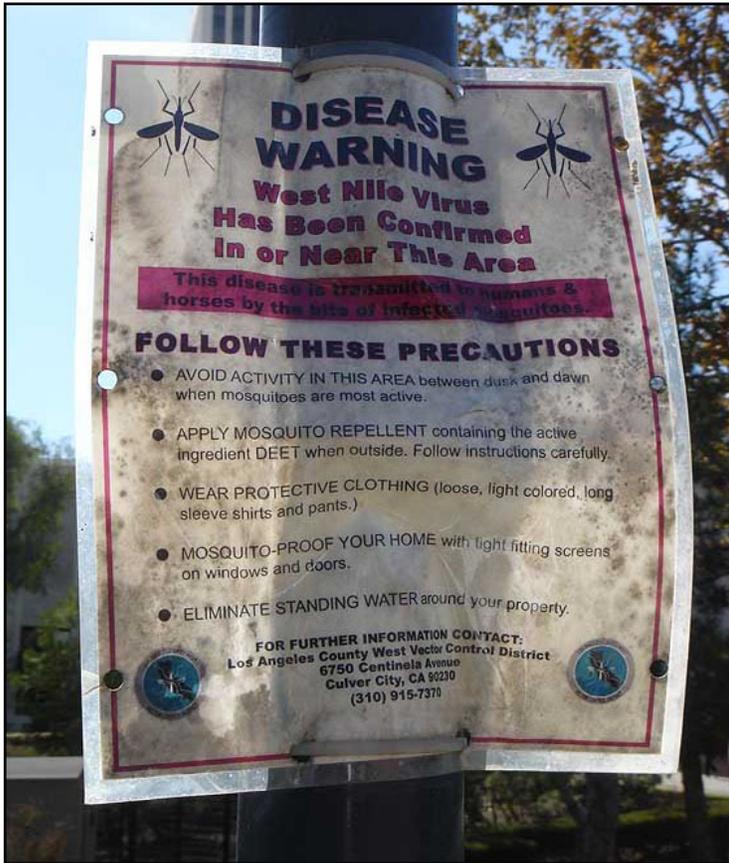
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IK'S WORLD TRIP / FLICKR

FILE PHOTO: A posted sign warns of West Nile virus found in the area.

## WEST NILE VIRUS FOUND IN LONG BEACH

by NICOLE MOORADIAN  
DISPATCH EDITOR

Two dead crows in Long Beach tested positive for West Nile virus during the first week of March, signalling the start of the active season. Three birds have tested positive in Santa Clara County.

No equine cases have been reported so far this year.

According to the American Association of Equine Practitioners, one in three horses that contracts the disease will be euthanized.

A vaccine is available for horses, and owners are advised to contact their veterinarians for more information.

Last year, 13 horses across the state tested positive for the disease, which is spread by mosquitoes and can cause inflammation of the brain and spinal cord. Los Angeles County reported 151 human cases of West Nile virus, and 313 dead birds tested positive, including some in the South Bay. No horses tested positive in Los Angeles County, according to [westnile.ca.gov](http://westnile.ca.gov). U

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RICHARD A. FOWELL

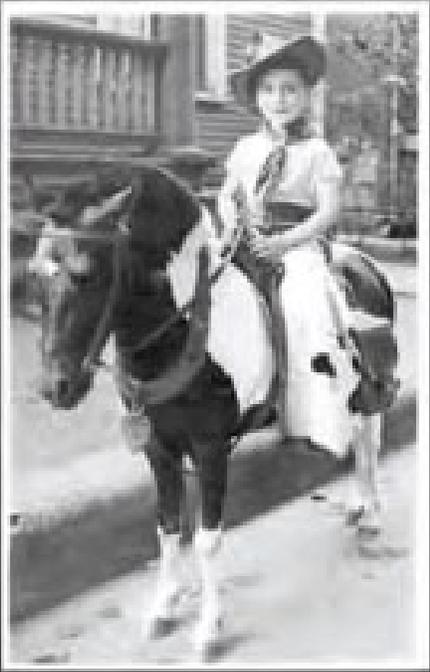
**MEDITATION ON HORSEBACK: A lone rider on Butcher Hill contemplates the Santa Monica Mountains on March 9.**

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# NAIL EMERGENCY

*What would you do if your horse stepped on a nail?*

by RUTH SOBECK, DVM  
SPECIAL TO THE DISPATCH

*Editor's note: Dr. Ruth Sobeck posted this piece on Facebook on Sept. 15, 2012, a week after a client's horse stepped on a screw. Because the advice is timeless, Sobeck agreed to share it and images from the accompanying X-rays with Dispatch readers.*

These are X-rays of a horse that stepped on a nail last week. I thought it was a good opportunity to review what went *right* in this case to improve the odds of a good outcome if this ever happened to you!

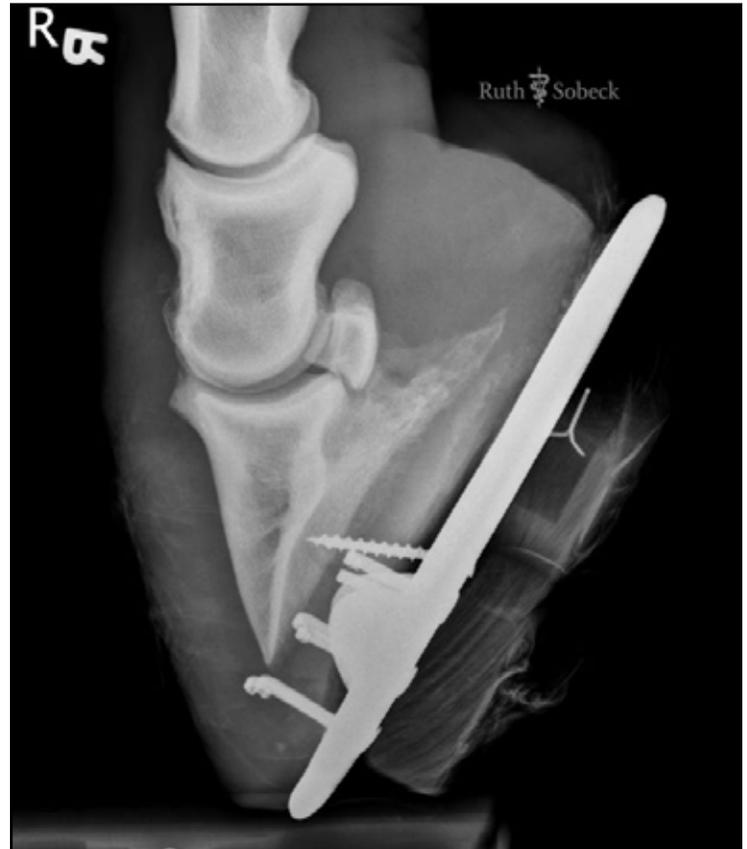
**1. Check your horse's hooves every day and before and after every ride.** This owner knew the horse did not have the nail (screw in this case) 12 hours before it was noticed. The longer the nail is in place, the more opportunity it has to create a bad infection.

**2. If you find a nail, and are not certain it is in an unimportant location, please leave the nail in place and call your veterinarian.** As you can see by the x-rays, it is extremely helpful to see where the nail is in relation to vital structures within the hoof! If you are concerned that the horse may drive the nail deeper by bearing weight, you can do as this quick-thinking farrier did: tape blocks of wood around the nail on the bottom of the hoof to prevent the nail from penetrating deeper.

**3. Make sure your horse's vaccinations, particularly tetanus, are up to date.** Having antibodies against tetanus already on guard can prevent this deadly disease from taking hold.

**4. Make arrangements for emergency care in your absence!** This owner was en route on a flight across the country when this nail was discovered by the people she entrusted to her horse's care. Because she had prepared for an emergency ahead of time, there was no delay in getting proper emergency care, including the initial veterinary exam with x-rays, arranging for a trailer ride, and the visit to the referral clinic where the horse underwent surgery to remove the nail (screw) safely and receive the most effective follow up care.

**5. Insure your horse, when possible, for major medical.** This was not an economic decision for the owner because her horse was insured. Are you as prepared? U



IMAGES COURTESY RUTH SOBECK

The X-rays show the position of the screw in this horse's hoof from different angles. In the top image, the blocks of wood taped to the bottom of the hoof to prevent the screw from penetrating deeper are visible.

# 9 things to do with your horse when you can't ride

by *Melody Colbert, Corresponding Secretary*



EXPERIENCE KISSIMMEE / FLICKR

**Will your horse smile on cue?**

**1. Teach your horse an easy trick or two**, such as smiling! Tickle his nose between the nostrils while holding an aromatic treat closed in your hand. As soon as his lip starts to go up, praise him and give him the treat. Take a little longer between the lip curl and the reward to encourage him to keep trying and lifting that lip until it's way up! Say the word, "Smile!" as you do this. Eventually, you won't have to tickle his lip. It takes about 3 minutes for a clever horse to learn this trick—just take a couple of minutes every time you visit the barn to reinforce and improve the trick! Think of cute habits your horse already has that you can turn into tricks with a reward and a voice cue.

**2. Have someone take a picture of you and your horse performing a trick**, and email it to the Dispatch at [pvpha2010@gmail.com](mailto:pvpha2010@gmail.com).

**3. Give your horse a good curry and brushing**—it's great exercise for you, too! If you avoid sheath cleaning like the plague, consider taking up clicker training! You can do it, and your horse with thank you. To learn more about clicker training, check out trainer Shawna Karrasch's website at [shawnakarrasch.com/blog](http://shawnakarrasch.com/blog).

**4. Create a treat piñata.** Get a Jolly Apple hanging stall toy and drill a 3/4-inch hole in the bottom. Load treats or hay pellets in through the hole and hang the toy in the center of the stall just above his head. You'll have a few laughs every time you watch your horse bobble the apple to make the treats fall out so he can retrieve them off the ground.

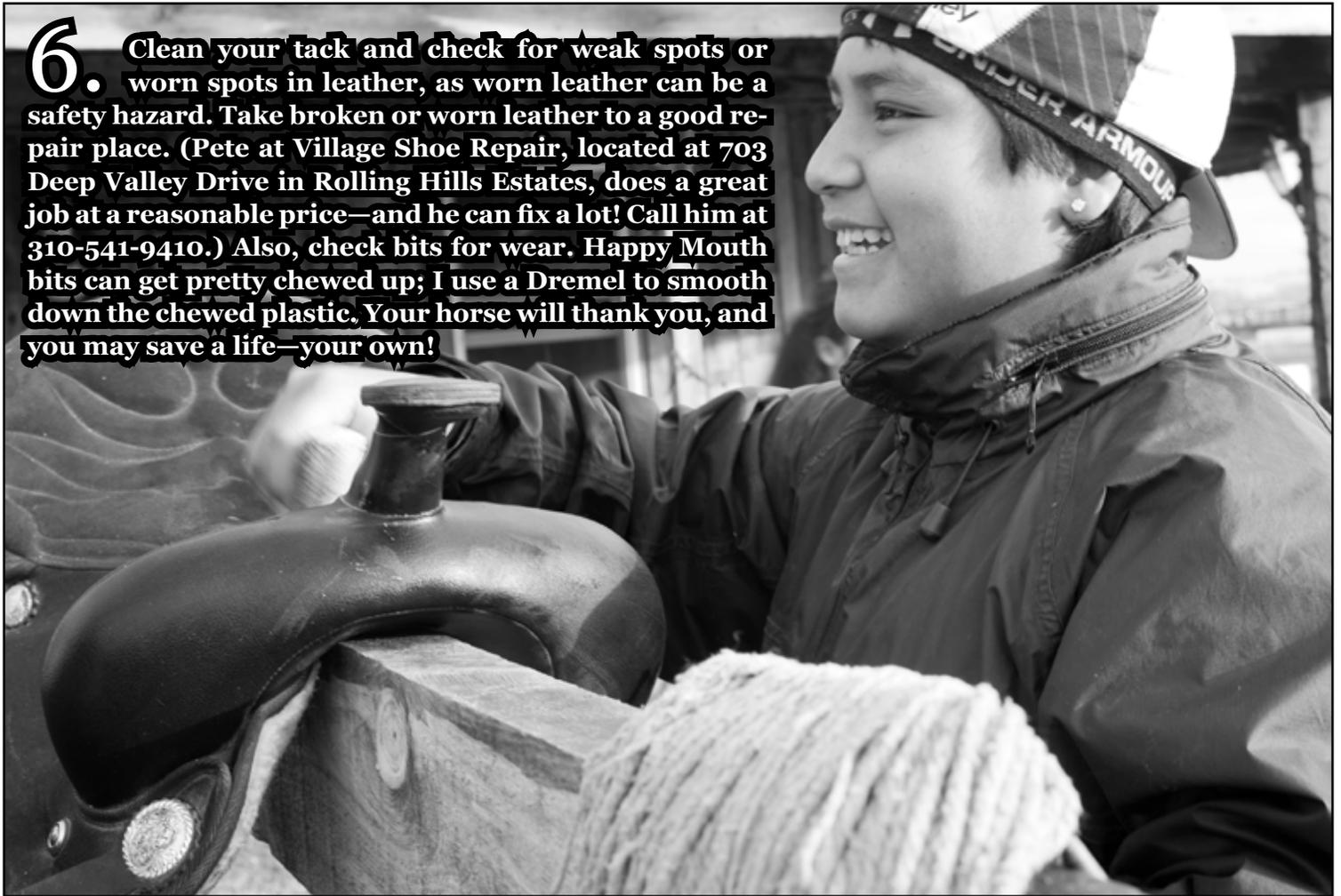


JULOCHKA / FLICKR

**Massage is a great way to bond with your horse.**

**5. Give your horse a massage.** Jim Masterson developed the Masterson Method, an easy way to relax your horse. Watch this 7-minute video about massaging the bladder meridian before you go to the barn and try it on your horse: [youtu.be/GPVyG37Wveo](http://youtu.be/GPVyG37Wveo). You will be amazed, and you will feel an incredible sense of connection to your horse.

**6.** Clean your tack and check for weak spots or worn spots in leather, as worn leather can be a safety hazard. Take broken or worn leather to a good repair place. (Pete at Village Shoe Repair, located at 703 Deep Valley Drive in Rolling Hills Estates, does a great job at a reasonable price—and he can fix a lot! Call him at 310-541-9410.) Also, check bits for wear. Happy Mouth bits can get pretty chewed up; I use a Dremel to smooth down the chewed plastic. Your horse will thank you, and you may save a life—your own!



SUSAN SERMONETA / FLICKR

Cleaning tack is a great rainy day activity.

**7.** Go through old tack and plan to sell unused equipment at the March 29 tack sale at the General Store. Don't feel like selling it yourself? Drop it off with proprietor Karen Savich as a consignment offering. She can also arrange to give equipment to someone who makes regular pickups of unwanted items for use by horse owners in need across the border. Local therapeutic riding center Ride to Fly also accepts donations.

**8.** Write something. Take a pen and notebook (or electronic device!) with you to the barn and share a memory of an adventure, tell the story of how you and your horse found each other, write about how horses have changed your life, or "interview" someone—you may make a new friend or learn something you never knew about an old one! Then email the story to the Dispatch at [pvpha2010@gmail.com](mailto:pvpha2010@gmail.com).

**9.** Bake your horse some homemade treats. For starters, try this recipe for carrot-apple cakes.

*Ingredients*

- 1 carrot
- 1 apple
- 1 cup molasses
- 2 ½ cups oats
- 2 tablespoons oil

Preheat the oven to 300 degrees. Grate the carrot and apple. In a bowl, mix all ingredients together. Place mixture in a baking pan and bake for 40 minutes until golden brown. Place in refrigerator for 4 hours to cool. U

For more ideas, check out this list of 214 things to do with your horse in 2014: [bit.ly/1no8ZJs](http://bit.ly/1no8ZJs)

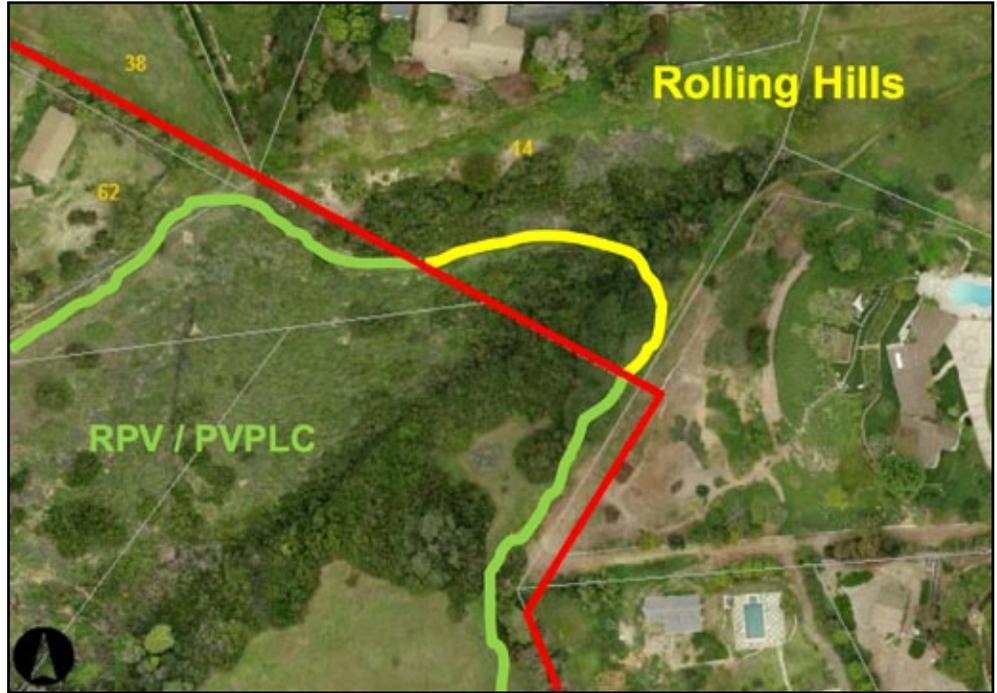
# TRAILS: Roundup of trail issues in RPV, Rolling Hills

*Continued from Page 1.*

## Fire Station Trail and Rim Trail Connection (Portuguese Bend Reserve)

In August 2011, Cathy Nichols, the owner of property traversed by an unofficial trail historically used by the public as a link between the Rim and Fire Station trails in the Portuguese Bend Reserve, closed the trail across her property. Nichols and the Rolling Hills Community Association informed the city of RPV and the Palos Verdes Peninsula Land Conservancy that the trail traversing her private property would be physically closed with barriers. The City installed private property signs and signs notifying trail users of the trail closure.

In response to Nichols' trail closure, city and PVPLC staff began to explore alternative trail routes within the preserve boundary limits. Ultimately, it was concluded that due to the steep topography and the sur-



COURTESY OF CITY OF RANCHO PALOS VERDES

The yellow line indicates a former trail that traversed private property in Rolling Hills. A new trail connection in the area is a high-priority project for the Palos Verdes Peninsula Land Conservancy.

rounding protected habitat, a trail connection could not be created without impacts to protected habitat, significant grading or construction of a bridge.

At this time, the trail connection traversing Nichols' property remains closed. A trail connection on city-owned property in the Portuguese Bend Reserve has not been created;

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however, it has been identified as a high-priority project for the PV-PLC when funding sources, such as grants, become available.

Nichols continues to express no interest in realigning the trail or reopening the trail on her property.

While many equestrians are unhappy about this trail closure, it is important and appropriate for horseback riders to respect the property rights of Nichols and not attempt to use the trail or interfere with the signage, as such conduct could jeopardize continued access to the preserve and the trails in Rolling Hills.

### Martingale Trail

Martingale Trail in RPV extends from the city-owned Martingale Park on Martingale Drive to the boundary with the city of Rolling Hills, at which point the RPV's public trail terminates. Historically, trail users—equestrians in particular—have continued past the city boundary and traversed private property in Rolling Hills to connect to the Willow Springs Trail in Rolling Hills.

In January 2013, RPV was contacted by Cheryl Marcz, the resident of Rolling Hills whose property is traversed by trail users. Marcz indicated her interest in donating a portion of her property to RPV as a way to eliminate her liability concerns caused by trespassers onto her property.

Seeing this as an opportunity to complete the existing gap between Martingale Trail and Willow Spring

Trail in Rolling Hills, RPV staff met with the involved parties in June to discuss the details.

RPV staff expressed an interest in Marcz's offer; however, they wanted to make sure that the land offer would guarantee public access from RPV to the Willow Springs Trail. Rolling Hills officials indicated that the matter would need to be considered by the Rolling Hills Community Association Board of Directors.

RPV staff were notified in September 2013 that the RHCA Board reached an agreement with Marcz. The RHCA will have a dedicated public trail easement across Marcz's property that will connect to Martin-

gale Trail.

According to RHCA staff, the trail—like all trails within Rolling Hills—will be for pedestrian and equestrian use only, and a three-rail fence will be constructed along Marcz's property line with an opening for trail access. The trail easement will likely take approximately four months to record.

Once the trail easement has been dedicated, the trail will be accepted into the RHCA trail system and accessible by members of the public who have valid RHCA trail badges.

The city staff report does not discuss the condition of the trail or the improvements that need to be made

*Continued on the next page.*



COURTESY CITY OF RANCHO PALOS VERDES

The dotted yellow line indicates where Martingale Trail continues into Rolling Hills and connects with the Willow Springs Trail.

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COURTESY CITY OF RANCHO PALOS VERDES

The conceptual trail map pictured above shows the proposed Sol Vista Trail, which links the existing trails at Sunnyside Ridge Road and the Palos Verdes Loop Trail along Palos Verdes Drive East.

Continued from the previous page. to make this a safe trail. As it is right now, the trail is very narrow and has points where the trail is virtually non-existent. There is a steep ravine over which a horse really needs to jump to get from the bottom of the trail onto Willow Springs.

The Palos Verdes Peninsula Horsemen’s Association Board of Directors will continue to monitor the situation and let members know when the trail easement has been improved and officially opened.

**Sol Vista Trail**

It is also good to know that the city of RPV applied for and received a grant of \$300,000 from Los Angeles county to improve the Sol Vista trail, which will connect horse properties in the area of Sunnyside Ridge Road to the trail system that includes Palos Verdes Drive East and Palos Verdes Drive North, as well as the Carriage Trail, which loops around Rolling Hills Covenant Church and runs along Green Hills Memorial Park.

The issue is when and whether the city will actually improve the Sol Vista Trail. The city has estimated that the total cost of the trail improvement will be around \$430,000, so the city will need to allocate at least \$130,000 from its own budget for the project. This allocation has not yet been made.

Many equestrians on the east side of the Hill are currently isolated from the trail network, and this connection will give them access to a much greater number of trails.

PVPHA members are encourage to write to the RPV City Council in support of creating this trail connection as soon as possible. The council can be reached at cc@rpv.com. U

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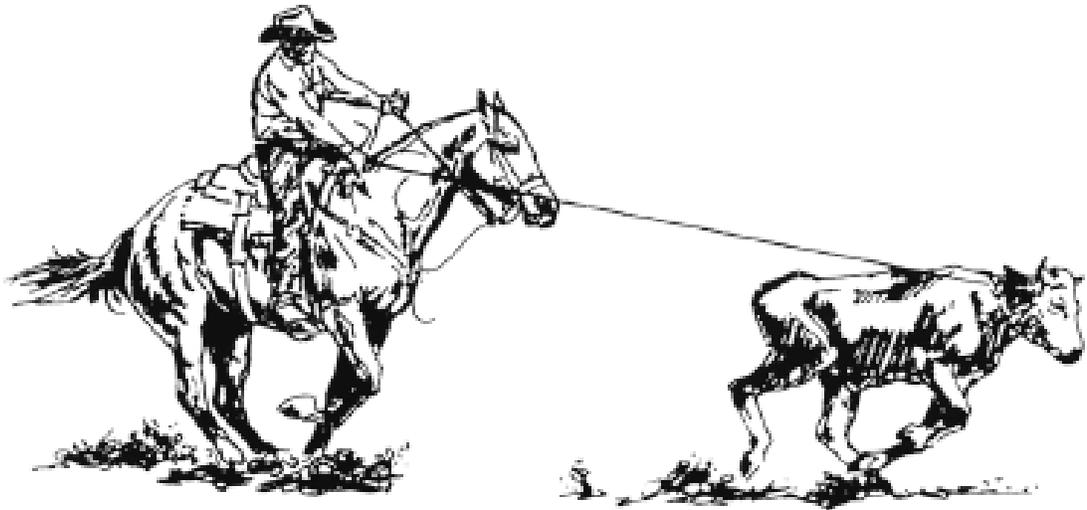
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*Dispatch edited by Nicole Mooradian.*

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