

POSTED BY HORSELISTENING.COM

## Ready? Steady!

**Achieving consistency in riding is not a matter of waving a wand and then simply hanging on for the ride. It's more than learning a few "tricks" and hoping they all fall together in an effortless synchronization. In fact, riding smoothly through transitions left and right, up and down while maintaining a steady rhythm and impulsion, outline and self-carriage is nothing to be scoffed at!**

If you have tried to put together a series of movements, you are probably familiar with how



you need to be aware of the horse's balance. You likely know that you need to actively maintain the horse's engagement through the various bends and figures in order to maintain a rhythmical, uniform look and feel to your ride. You understand that in horseback riding, in particular, a lack of excitement is a highly desired state.

You see, it's because what we interpret as calm or routine might be just the right thing for horses and their riders.

The opposite—confusion, frenzy, turmoil—all paint a picture (and feeling) of discomfort and disarray. In riding, excitement

manifests in ways that indicate discomfort for the horse. When a horse bucks, rushes or pins his ears, he is sending out messages that he is not feeling good in his work. The rider that has to make a spectacle of riding by using loud or overly active aids or voice cues certainly gives the spectator something to look at, but is inevitably not riding for the benefit of the horse.

### What It Takes to Be Steady When You Ride

Boring is very underrated, but highly valued in horseback riding. You might be tempted to think that you are watching paint dry when you see a horse flowing effortlessly from one figure to the next, setting a consistent rhythm regardless of what he is doing, and a rider that is just "sitting there". People might complain that riding (especially flat work) is not a spectator sport and therefore not deserving of attention.

The truth is that both the horse and the rider have to achieve a very high level of proficiency to portray such composure and tranquility. To appear to be doing nothing, the rider and horse must both make continual adjustments to their balance, in order to stay in balance while they

[CONTINUED ON PAGE 5]

- TO LESSON OR NOT TO LESSON? 2
- WHY THE ARABIAN HORSE? 3
- WHY DOES A HORSE NICKER? 3
- A HORSE'S PRAYER 4
- DO HORSES NEED A MAN-MADE SHELTER? 4
- JUST A HORSE 6
- 6 REASONS TO THANK MY HORSES 6
- 20 QUESTIONS WITH ... 7
- FUN & GAMES 8

BY ARABIAN HORSE WORLD MAGAZINE



### MIKE NICHOLS, RIP

By Denise Hearst

On November 19, 2014, the world lost one of its most brilliant directors of stage and screen, and the Arabian horse lost a passionate breeder and friend.

(Mike is pictured here with the mare \*Fantazja [Negatiw x Fornarina]. Photo by Judith.)

A turning point for Mike Nichols, as far as horses go, was in 1960, when photographer Richard Avedon gave him a copy of Lady Wentworth's "The Authentic Arabian Horse." Shortly thereafter, he visited Crabbet Stud in England and purchased \*Maheyl by Bright Shadow.

After that came the lightening bolt of seeing \*Bask at the 1968 Nationals. "I was stunned by this great horse," Mike said. And then a trip to Poland and his acquisition of several great horses, including \*Elkana (Aquino x Estebna by \*Naborr) and Elkin (Aquino x Ellenai by Wielki Szlem), who would go on to be named 1972 U.S. National Champion Mare and Stallion, respectively.

Mike Nichols reflected on his life with Arabians in a conversation with Arabian Horse World:

"If I've had any revelation about the art of breeding Arabian horses it may be that it is more like my other job, making movies, than I thought. Namely that you prepare like crazy, for a long time. You research. You develop. You build. You rehearse. You prepare everything you can. And then you jump in and wait to see what surprises there will be. You improvise. And out of the surprises come some of the best things. I think that the fatal attraction for me is the planning of the distant future. Not just this year's breedings, but next year and ten years from now, the offspring of the horses you will breed and their offspring. For people who have been bitten by it, it is a metaphor of some kind, for what God has given us and how we can be part of passing it on." ■

# Scott Trees

## ... BECAUSE OF THE HORSE.

Scott was an excellent speaker at this year's Arabian Horse Association Convention, he spoke of "Not enough fun at the horse shows, that there is more pressure for the win. Some of the fun has got left behind."

Scott Trees has always been a great deal more than simply a noted Arabian horse photographer and videographer. An artist, teacher, philosopher, a very good horseman and a great photographer in general, he's also an incurable dreamer. Perhaps it is the very diversity of his activities and abilities that have made him the innovative and creative force behind a whole new chapter of equine photography. Always a trend setter and ahead of his time, it has been his ability to dream, coupled with his vivid imagination that has given the Arabian breed some of its most enduring and defining images.

In 2009, the International Museum of the Horse at the Kentucky Horse Park in Lexington, Kentucky showcased Scott Trees' photography. The exhibition featured Arabian horse images created by him in his travels throughout the world. Entitled *Because of Horses*, the show was a unique compilation of the best of Trees' work.

"The show was an effort to share some of my favorite images and chronicle my remarkable life's journey ... a journey of discovery and accomplishment I was able to take because of horses," says Trees. "Because of horses I have traveled the world, had the opportunity to capture the essence and beauty of exotic locations, and met interesting people from all walks of life."

Scott Trees' professional highlights include shooting equine advertising/editorial imagery for international clients and being published in most major equine magazines worldwide.

Check out his beautiful portfolio of work on his Facebook Page at <https://www.facebook.com/pages/Scott-Trees-Photography/245113558834563> or within his website at [www.treesmedia.com](http://www.treesmedia.com). ■

# To lesson or not to lesson?

***That should not even be a question! I've met many people who are fascinated by horses enough to want to 'get' their own horse. Often, acquaintances or people I've met will ask me my opinion about buying a horse—where do they start?***

I run through all the typical questions with them: Why do you want a horse? Are you aware of all the aspects of horse ownership? Have you budgeted for all the up-keep costs (and we go through the breakdown—the initial purchase price of the horse is dwarfed when compared to maintenance costs, never mind emergency vet bills should they happen). Why wouldn't you want to lease a horse, part-board or take weekly (multiple?) lessons first, to see if you really are interested in all the associated responsibilities in the long run?

And then, after all these questions are articulated and clearly answered, I hit them with my final question: Are you willing to take lessons (yes, on your own horse!) long-term?

At times, this can become a contentious issue. Many people are not committed to taking lessons, especially if they are themselves, or know of, long-term horse owners. The argument: "Well, so-and-so has had horses forever and never took lessons. They learned from their horse, and they're doing just fine!"

The world of lessons opens up a

range of experiences that are not possible to achieve on your own:

- technical know-how (this should go without saying—you can't possibly "know" how to do something if you've never been officially taught it in the first place!)
- help in resolving problem behaviour or finding the source of issues—riding or horsekeeping
- exchange of ideas and information (from a person who presumably knows something you deem valuable to hear from)
- goal setting advice from someone other than yourself (where are you now? what should be your next step?)
- encouragement when you need it, and a "push" when you equally need that



I watch with wonder when some people get on and ride their horses with nary a lesson in years, while on the other hand, I see the "top riders" of our sport working tirelessly with their mentors/trainers even though they are at the peak of performance and technical ability. Of course we are not all heading for the Olympics, nor are we riding in that sort of capacity. But certainly some input can be useful for everyone at some point in time.

**As for the final question: How do you know if you've found the right instructor?**

**The answer to that one is easy—just listen to your horse! ■**

.....  
**"I hit them with my final question: Are you willing to take lessons (yes, on your own horse!) long-term?"**

## Video

### 2014 AHA CONVENTION - WRAP UP

*With a theme of 'Connect, Collaborate, Create,' this year's Arabian Horse Association Convention focused on connecting with one another as an Arabian horse family. It is up to each of us, as members of this family to come together to promote and protect this breed that we all love.*

*At Convention, keynote speaker, Scott Trees put it well when he asked "what will you say when asked, why an Arabian?"*

*This thought provoking question asks each of us to take on the responsibility of helping to proliferate this amazing breed. ■*

## Why The Arabian Horse?

**Here is a link to a video he played, answering that very question. <http://vimeo.com/112732941>**

BY NANCY DIEHL, VMD, MS

THE HORSE.COM

# Why does a horse nicker?

***Vocalizations are one of many means of social communication among horses. Horses tend to rely more on visual and other cues than on vocalizations. Vocalizations out of context are probably less informative or useful to the receiver horse without other meaningful visual or olfactory cues. It's been suggested that vocalizations in horses are not likely to be transmitting very specific information but rather more likely providing social cues. Much more research could certainly be done, as the little we do know is so interesting.***

People who have been around horses can probably all agree on what a nicker is, but here's a definition from "The Equid Ethogram" by Sue McDonnell, PhD: "(A nicker is) a low-pitched, gutturally pulsated vocalization ... the character of the nicker varies with the excitement of the situation." Usually the horse's mouth is closed but you see the nostrils moving. Nickers are generally short in duration (less than 2 seconds long), though you might hear multiple in succession. The volume will often rise and fall even within that short duration.

A nicker is commonly described as a companionable greeting or solicitous

type of vocalization. This makes intuitive sense both because of its nature as a quiet sound, but also in the close-contact social situations in which it is typically heard: Between two friendly herdmates, between a mare and her foal, and between a stallion and a mare.



Horses also nicker toward a familiar handler or perhaps toward anyone doing familiar things that are reinforcing for the horse (for example, at feeding time). A study by Juarbe-Diaz and others found that mares that bonded with their foals were more likely to nicker than mares that rejected their foals (mares that rejected tended to squeal more).

Vocalizations, and particularly the nick-

er, are not commonly used as indicators of health or wellness in the horse (though we do see things like grunts or teeth grinding, for example). However, I would certainly use the presence or absence of vocalization, in context, as one part of the entire picture of a horse's behavior in a given situation to assess overall welfare.

I have not been able to find any good research looking at specific behavioral or physiological responses by the receiver of the nicker vocalization (which is a shame, because who doesn't like hearing a good nicker?!). Mares might nicker to show estrous behavior toward a stallion; foals might go to their mares; another horse might greet the one that nickers. However, these responses might be elicited not only by the nicker but also by visual or olfactory cues or other types of vocalizations made concurrently.

There seems to be more research done on the effects of the whinny and louder calls (more on that next time!), and we know that vocalizations in many species can have effects on the receiver's behavior as well as emotional state. ■

# Do horses need a man-made shelter?

**There are many good reasons to provide a physical or man-made shelter of some type for horses on turnout. Weather extremes can be challenging, and shelters offer convenience and benefits when we work with our horses. Man-made shelters can also be essential when we have a sick or old infirm horse. But, shelters can be difficult to manage. They need to be safely constructed, kept clean, and spacious enough for all horses in a group to use in order to decrease agonistic encounters.**

There is scant experimental work on what domesticated horses need or would choose with regards to physical shelter. But if we survey the research and observations that are available, we can say that most acclimatized, healthy horses can be provided an outdoor living environment with only natural shelter, such as trees.

Horses have physiological adaptations to the environment as it varies over the seasons. A thin hair coat in the summer, along with sweating, allows heat dissipation. A thick hair coat and the loft of the hair in the winter provides insulation and protects skin from wetting. But horses can also adopt behaviors that allow them to maintain comfort according to ambient conditions, known as “behavioral thermoregulation.”

Variation in landscape is important in successful outdoor living. Both feral and domestic horses choose over a course of a day or across seasons what we estimate are the best micro-habitats. For example, the Assateague ponies occupy different areas on the island in summer and winter. Horses use ponds, salt marshes, and non-vegetated areas to keep cool and avoid insects in the summer. Trees and shrubs provide both windbreak and overhead protection from precipitation. I observed horses in Iceland—kept on expansive, treeless pastures—use the natural up-

heavals of the ground, forming mounds and ditches, as windbreaks.

Movement, foraging, and digestion help horses metabolically maintain warmth. Resting and nonforaging time has been described in many groups of horses as increased during the summer or concentrated during the warmest parts of the daytime in all seasons. Horses tend to huddle or stand resting close more during hot weather, probably for group tail-swishing and insect avoidance, as well as to keep cool by not exercising. We don't seem to see huddling so much in inclement weather, but when horses are in an exposed area, we do see them adopt a characteris-

tic posture with their heads low and hind-ends to the wind.

It is generally recommended that heavy precipitation combined with wind creates the greatest thermoregulatory challenge for horses. Camie Heleski, PhD, an equine science professor and re-

searcher at Michigan State University, reported the rare use of a physical shelter by groups of primarily Arabian horses mostly when there was windy-snowy and windy-rainy weather. Yet I have followed tracks in fresh snow to see where ponies sought shelter near and within dense shrubs, leaving a man-made shed completely unused. Also, anecdotally, I've observed my ponies use their run-in shed for shade and shelter much more in the hot, high insect months of the summer, rather than during the cold winter months.

So with or without physical shelters available, horses rely on the natural variations in landscape and habitat in order to physiologically and behaviorally cope with environmental challenges. A farm management scheme that has these variations in the landscape, gives horses freedom of movement, and provides adequate grazing or supplemental forages should allow acclimatized, healthy horses to do well without a man-made shelter. ■



## A Horse's Prayer

*Feed me, water me and care for me. And when the day's work is done, provide me with shelter, a clean, dry bed and a stall wide enough for me to lie down.*

*Talk to me. Your voice often means as much to me as the reins. Pet me sometimes, that I may serve you more gladly and learn to love you.*

*Do not jerk the reins and do not whip me when going uphill. Never strike or kick me when I do not understand what you mean but give me a chance to understand.*

*Watch me, and if I fail to do your bidding, see if something is wrong with my harness or my feet. Examine my teeth when I do not eat.*

*Do not tie my head in an unnatural position, or take away my best defense against flies by cutting off my tail (I don't take away YOUR mosquito curtains.)*

*Don't smoke in my barn or leave me tied up overnight and perhaps burn me to death while you are sleeping in your comfortable bed.*

*And last, my master: When my strength is gone, do not to death, or sell me to some cruel owner to be slowly starved or worked to death, but take my life in the kindest way, and your God will reward you—hereafter.*

~ Author Unknown. ■



[READY? STEADY! CONTINUED FROM PAGE 1]

progress in space, together, through various movements. How do they do it? Here are a few ideas.

**1. Maintain energy level** Impulsion is the first main component of any riding. Keeping the energy at a steady level requires a horse and rider that are adaptable and quick to respond to changes of balance. Too much energy, and the horse falls to the forehand. Too little energy, and the hind end disengages and the horse again falls to the forehand. You need to ride strategically in order to keep the energy at the most effective level that helps the horse maintain a comfortable balance.

Use half-halts to prevent the horse from running out from underneath you. If you can aid quickly enough, and your horse is responsive enough, you will be able to control the leg speed but allow the energy to be transferred over the horse's topline. You can develop a rounder, bouncier gait by half-halting so the energy doesn't just translate into leg speed.

On the other hand, you may need to use leg aids to help the horse increase his energy level when coming to a more difficult movement. For example, horses tend to often "suck back" when coming into a corner or turn. They might shorten their hind leg stride length and hollow the back, resulting into a bracing movement through the corner. To counteract the drop in energy, use both legs to urge engagement of both hind legs. Maintain the rhythm

that has already been established by not allowing the horse's legs to slow down in the approach to the corner.

**2. Maintain straightness** The moment the horse lose straightness, the rhythm and energy level is affected negatively. The straighter you can keep your horse, the easier it will be to establish energy and impulsion. So in a way, impulsion and straightness are interchangeable much like the chicken and the egg—which one is needed first to improve the other?

You must know your horse to answer that question. Some horses lose straightness because they lack impulsion. So the secret to helping those horses move straighter is to get them to work better from the hind end. Other horses lose impulsion because they over-bend on one direction, or brace into stiffness in the other. These horses have plenty of leg movement, but they drift out or fall in, perhaps because they have too much energy that is ending up on the front legs. These horses would need half-halts and secure aids that encourage them to keep their body in alignment while they move.

Straightness isn't something that anyone is born with. Both the horse and the rider likely have a stronger and weaker side and the resulting movement is determined by how the rider can control both her and her horse's crookedness. This takes time (years?) to develop but yes, you can chip away at it slowly but surely and one day. Realize that your horse is tracking straight on the lines and bends.

**3. Communicate** Constant communication is one of the key ways to maintain consistency. Through half-halts before and after each manoeuvre, the horse/rider team shares in the knowledge of things to come. Use weight and rein aids for bend, turns and to reinforce half-halts. Use your voice to reinforce your aids, and always be sure to acknowledge your horse's efforts while you ride.

The quiet rider is the one who is communicating subtly but regularly enough to avoid any surprises. The confident horse is the one who indicates that he knows his job and what is expected. You will know that you're on the right track when someone says that it looks like you're doing nothing, while the horse is floating along with an active regularity seemingly under his own initiative.

**4. Practice** Well, it is true that (as close to perfect as possible) practice makes perfect. There is no replacement for practice, and all you have to do is get out there and put the time in. Well, maybe it isn't quite that easy.

You have to put in the best quality rides in that you can, over time. Maybe that means that you need more than one lesson a week with a qualified instructor. Or maybe it means that you and your friend can help each other out by being an "eye on the ground" and giving each other feedback. However you want to approach the concept of "effective" practice, make sure that you develop a routine for the benefit of both your body and your horse.

#### **Here is your "homework":**

Think about your rides and how you might be able to develop more regularity and steadiness in what you do. Even if you don't maintain "perfect" rhythm and stride length through your whole ride, see if you can be steady for longer and longer periods of time. As you and your horse get better at maintaining rhythm, energy and stride length, make things more challenging by introducing more transitions and changes of bend. Work on developing flow, swing, bounciness, roundness, and all those things that make your horse snort and release through the body even more. ■

# Just a Horse

*From time to time, people tell me, "lighten up, it's just a horse," or, "that's a lot of money for just a horse."*

*They don't understand the distance traveled, the time spent, or the costs involved for "just a horse." Some of my proudest moments have come about with "just a horse."*

*Many hours have passed and my only company was "just a horse," but I did not once feel slighted.*

*Some of my saddest moments have been brought about by "just a horse," and in those days of darkness, the gentle touch of "just a horse" gave me comfort and reason to overcome the day.*

*If you, too, think it's "just a horse," then you will probably understand phrases like "just a friend," "just a sunrise," or "just a promise."*

*"Just a horse" brings into my life the very essence of friendship, trust, and pure unbridled joy.*

*"Just a horse" brings out the compassion and patience that make me a better person. Because of "just a horse" I will rise early, take long walks and look longingly to the future.*

*So, for me and folks like me, it's not "just a horse" but an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment.*

*"Just a horse" brings out what's good in me and diverts my thoughts away from myself and the worries of the day.*

*I hope that someday they can understand that it's not "just a horse" but the thing that gives me humanity and keeps me from being "just a woman/man."*

*So the next time you hear the phrase "just a horse" just smile, because they "just" don't understand.*

~ **U n k n o w n**  
Author. ■

## 6 Reasons to thank my horses

***Horses have given to us in so many ways that it can become difficult to measure their contribution to humanity. In history, horses were literally beasts of burden, walking beside or carrying people to their successes as societies and civilizations. These days, horses have been relegated to a perhaps more simple life as either livestock or recreational pets, once again dependent on their human counterparts for their safety and relevance in society.***

On a more personal level, horses continue to contribute to our lives in very specific and measurable ways. Here are six reasons why I thank my horses for their impact on my life.

### 1. Self-Development

I'm not sure if I was a life-long learner before I ever rode, or if horse riding has made me into a life-long learner. Regardless, there is no doubt that you will never finish learning how to ride. There are infinite levels of pretty much every skill and idea that goes into riding, and just when you think you know it all, your horse calmly throws you a new curve that makes you dig into the depths of your character and come up with something you had never realized to that point. Yes, it is true that horses help us humans develop humility and selflessness.

### 2. Exercise and Athletic Growth

Without a doubt, riding keeps you active, flexible and vibrant. The horses keep me heading to the great outdoors even in the direst of weather conditions, if only to make sure that they are comfortable, fed and warm/cool as required by the season. Regular riding also plays an important part in developing and maintaining my level of activity—and the best part is that the better I get at riding, the more fine-tuned my body needs to become to respond even better to the horse's movements.

### 3. Generosity of Spirit

Day after day and ride after ride, I marvel at the horses that allow us to share

in their strength and presence through riding. Not only do they carry us and go left and right as commanded, but they also often become partners in movement and do their best to respond to our sometimes unclear or ineffective aids.

### 4. Keeping Me Grounded

Although there is most definitely the aura of excessive-ness (and expensive-ness) surrounding the riding or owning of horses, it is ironically the horses that keep me earth-bound and in my place. For if you have the opportunity to care for the horses, and put some sweat (and sometimes tears) into their upkeep and maintenance, you will know what it means to be one person just doing what needs to be done without the expectation of any reward other than just meeting everyone's needs.

### 5. Making Friends

One thing I know is that no matter where I go, I can find and make friends in the horse world. I think that despite our differences of style and discipline, all horse people share in one common interest—the horse. Many of my closest and longest lasting friendships originally began at some horse event, barn or activity. Thanks to the horses, I have friends of all ages and from all over the country—and my social life is full of get-togethers with horsey friends.

### 6. Beauty and Grace

Maybe you're like me when it comes to horses. To this day, I am captivated every time a horse kicks up his heels, arches his neck and gallops off into a joyful celebration of life. My 32-year-old Kayla still marches out to the field with a spark in her eyes and a bounce to her (very long) strides that reminds me every day of this beautiful and remarkable thing we call life.

So it is that horses give us opportunities for experiences and growth that are not part of everyday urban living. I, for one, am always aware of the gifts that horses have given to me over the years.

**There is so much to be thankful for. ■**



Share this demo to your region and clubs. <https://www.youtube.com/watch?v=aS1Z1AIKLMk&feature=youtu.be>

# Website

## ARABIAN HORSE ASSOCIATION

The Arabian Horse Association has been designing a new website with the help of KGBTexas Communications. The new website will be easy to use and interactive. At the 2014 AHA Convention, a sneak peak demo of the website was played. If you were unable to attend Convention, you can watch the demo here.

The website is projected to be finished mid-year 2015. We can't wait to see the completed project and hope you are as excited as we are! ■

WITH ... KELLY AND KAITLIN PAYNE

## 20 Questions

about your life with Arabian horses

**1** What is your current involvement with Arabian horses?

*Kaitlin: Currently, I live on a farm with our Arabian horses that I show with my Mom every spring and summer.*

*Kelly: I live with my family and horses on a farm east of Fort Saskatchewan. Kaitlin and I share our horses and show together.*

**2** How many years have you been around horses?

*Kaitlin: All my life.*

*Kelly: I begged for a horse since I was young and was lucky enough to get my first purebred Arabian "Sir Bolton" when I was 14. Neither of us knew anything.*

**3** They say, "the Arabian horse finds you". How did the Arabian horse find you?

*Kaitlin: I was very lucky to be born as my Mom's daughter.*

*Kelly: Before I owned my very own Arabian, I was always most attracted to the beautiful pictures I would see in the books/magazines I'd read.*

**4** Who is or has been your favorite horse companion?

*Kaitlin: I've had a few. My Mom's gelding she had for a long time was MY first*

*horse. "Spoons Sherateer" was really special. My brother and I would play outside in the backyard and he would be right there beside the fence just watching. He taught me lots as my first horse. He passed away at 31. Enrico+++// has been pretty special too. I have gotten too experience many successes with him and he is just an all around amazing horse.*



*Also, BD Shavonna. I have been through so much with her. From barriers we have overcome to accomplished goals, she is a great horse and my best friend.*

*Kelly: I've had a few. My gelding I owned until the age of 31 "Spoons Sherateer" will always hold a special place in my heart. We learnt a lot together. Enrico+++// is also very special. He has taught me so much and helped my accomplish things I never would have thought possible.*

**5** Who has been your (horse) mentor?

*Kaitlin: My horse mentor would have*

*to be my Mom. I have always seen her as my role model and someone I have looked up to.*

*Kelly: I have learnt from a lot of different people over the years and still continue to.*

**6** What is your favorite horse book?

*Kaitlin: The Pony Pals series.*

*Kelly: The Black Stallion series.*

**7** What is your favorite horse movie?

*Kaitlin: My favorite horse movie is Spirit.*

*Kelly: The Man From Snowy River.*

**8** What are some 'Arabian horse activities' in which you participate?

*Kaitlin: Currently we show our Arabian horses.*

*Kelly: Showing our Arabian horses.*

**9** What would be your most memorable experience or moment with an Arabian horse?

*Kaitlin: Honestly, the first time my mom won her first regional champion with Enrico+++// was pretty exciting!!! I knew how hard she worked and hearing her number called and seeing stunned and then burst into tears was great! I was so happy she finally got to experience that feeling.*

[CONTINUED ON PAGE 10]

# Editor Message

At **DISCOVER ARABIAN HORSES.COM** we are always excited to bring you this vital line of communication.

The newsletter is published in November, January, March, May, July, and September and will continue to be sent to you by e-mail blasts. It will also be posted on the DAH website with a link on Facebook and Twitter.

The newsletter will cover many topics:

- We will feature, *The Arabian Horse in History*, where the generally ignored role of specific horses in history will be presented.
- Will also have a spotlight section where we present information on a specific Arabian horse owner, trainer, barn, program, or event in our industry. What a great opportunity to get to know our fellow horsemen and horse lovers.
- "Activities" puzzles, games for the young and the older ... just play.
- Check out our articles, stories and classifieds.
- 20 Questions ... about your life with Arabian Horse ... with.
- The team is more than willing to work with other horse associations regardless of breed type or discipline to assist them in getting their message out.

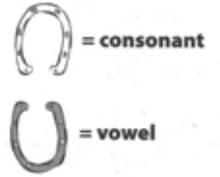
Tell us what you would like to see added or if you would like to be added to our e-mail listing, please e-mail:

**info@discoverarabianhorses.com** ■

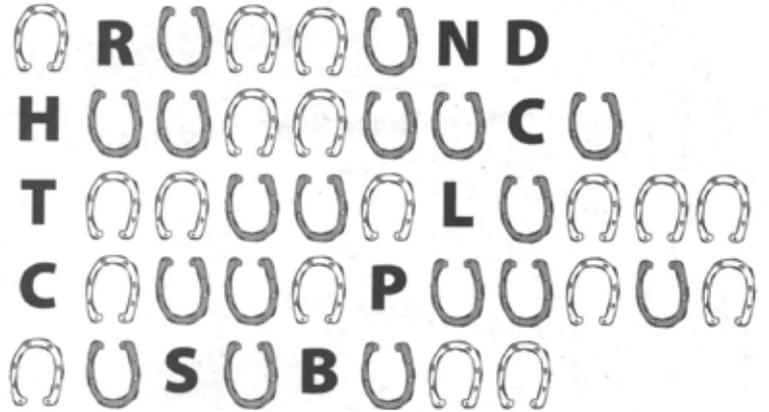
SEE HOW MANY PUZZLES YOU CAN SOLVE

## Horseshoe Clues

See how long it takes you to put together the name of the bridle and saddle parts that go below. Here's a hint: The horseshoes that are upside down should be replaced with consonants, while those that are right-side up are place holders for vowels. ■



### Parts of a BRIDLE



### Parts of a SADDLE



ANSWER: BROWBAND, HEADPIECE, THROATLATCH, CHEEKPIECES, NOSEBAND, SEAT, GIRTH, POMMEL, CANTLE, STIRRUPS, FORK, HORN

## Grain Barrel Mix-Up

In the feed room there are three grain barrels. You can't see what's in them, but they're labeled CORN, OATS, AND CORN & OATS, respectively. You just found out that, by mistake, the new stable hand forgot to check the labels and all of the barrels are filled with the wrong types of grain.

Your challenge is to figure out the correct labeling for all three barrels. Here's the hitch: You can look inside only one of them. Which barrel should you open to be able to figure out how all of the barrels should be relabeled, and why? ■

ANSWER: You should look in the barrel labeled Corn & Oats

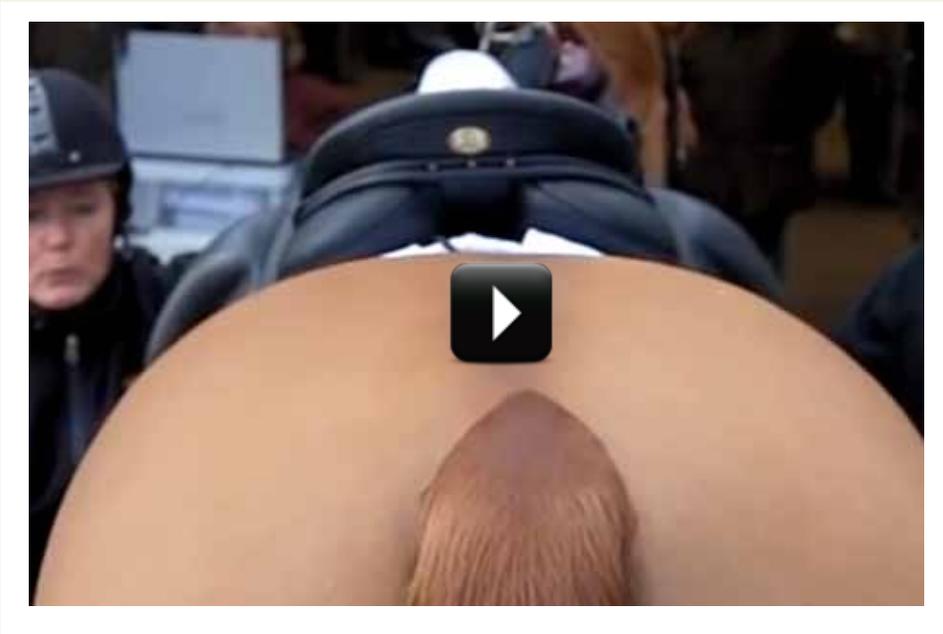
# Video

## MOUNTING FROM THE GROUND - CENTAUR BIOMECHANICS



The equine biomechanic experts at Centaur Biomechanics in the UK captured the impact of mounting from the ground on the horse's saddle and back in this high speed camera footage.

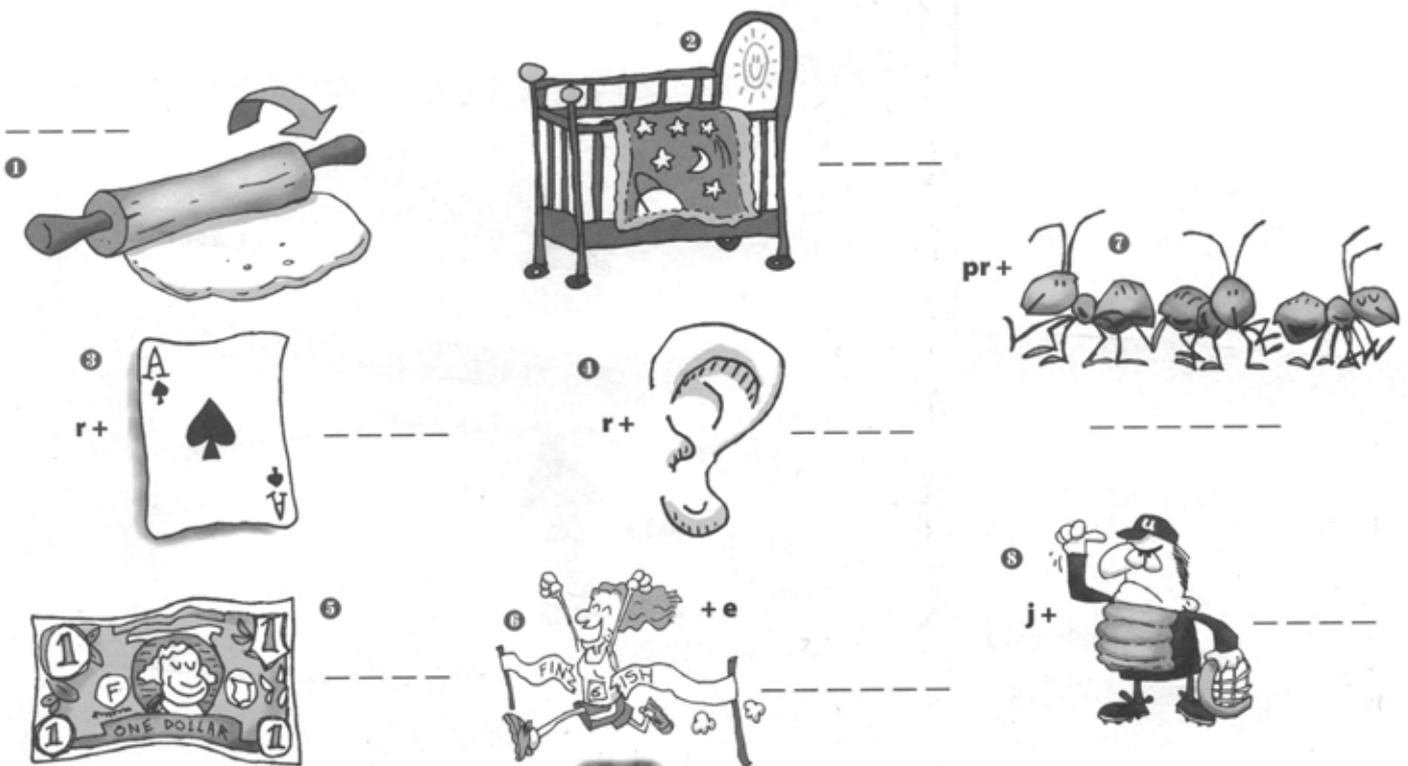
The video is only 59 seconds long, but by the 27 second mark, you'll be screaming, "OMG, SWING YOUR LEG OVER ALREADY!" It's torture to watch. ■



<http://www.horsecollaborative.com/watch-this-and-youll-never-mount-from-the-ground-again/>

# Equine Antics

Horses certainly do some interesting things, ranging from playing tricks, to making amusing sounds, to acting out downright strange habits. See if you can name a few of the things they do by solving the picture clues show here. ■



ANSWER: 1. roll, 2. crib, 3. race, 4. ear, 5. buck, 6. jump, 7. whinny, 8. prance

To find the solution of these puzzles or to check out more games and activities, check out the Discover Arabian Horses website "For Kids" section at [www.discoverarabianhorses.com](http://www.discoverarabianhorses.com) ■

[20 QUESTIONS CONTINUED  
FROM PAGE 7]

*Kelly: Watching Kaitlin ride and show our horses has given me so many memorable moments. I'm glad we've gotten to experience all of this together.*

**10** What has been your greatest achievement with your Arabian horse(s) so far?

*Kaitlin: Showing my mom's horse Enrico+++// all the way to a reserve national champion!*

*Kelly: Successfully showing Enrico+++// the last few years. We have had many great successes.*

**11** Which horse do you consider to be your "dream" horse, either past or present?

*Kaitlin: Enrico+++//*

*Kelly: Umm....Enrico+++//*

**12** Horses are amazing teachers. What has your horse taught you that has helped you become a better person?

*Kaitlin: My horses have taught me so many things. I learn something from them everyday.*

**13** What is the best thing about working and playing with your Arabian horse?

*Kaitlin: The bonds and friendships you form with your horses is absolutely incredible.*

*Kelly: The relationship you form. Looking after our horses at home, I'd say we know our horses very well.*

**14** What would you say to a person considering buying a horse to encourage them to purchase an Arabian?

*Kaitlin: They are understanding, smart and beautiful. They will teach you lots and be your best friend.*



*Kelly: They are smart, sensitive animals that bond well with their people. I've never had any regrets with my choice. They've been a great fit with my family too.*

**15** What is your advice to someone, "brand new," considering becoming involved with horses?

*Kaitlin: Learn as much as you can before making too many big decisions. It's always better to know for sure your horse and equipment are the right fit for you. Don't be afraid to ask questions and learn from different people as you can always learn something from everyone.*

*Kelly: Get educated! Read! Go to different horse events. Decide what discipline you'd like to be involved in and get lessons first. Horses are big commitments and the more you can learn, the more educated you can be in making decisions that are best for you.*

**16** Is there a favorite reference book you'd like to share?

*Kelly: The Arabian: A Guide for Owners – I always had this book signed out from the library growing up!!!*

**17** What is the one thing you'd like to do that you haven't done yet?

*Kaitlin: I would love to someday ride a Half-Arabian country horse!!!*

*Kelly: I've been blessed to do so much, I'd be happy to be able to keep doing it!!*

**18** What about "kids" and an Arabian horse?

*Kaitlin: I think Arabians are great kids horses. They understand you so well and teach you so much. I think they are great for teaching children character skills and bringing up their confidence.*

*Kelly: There's nothing better! That's all my kids have ever ridden. I have no regrets!!! They are very much a family horse.*

**19** Why do you think you get such a "rush" being around or riding your Arabian horse(s)?

*Kaitlin: They make me so happy!!! They have helped help me accomplish so many goals and have and continue to make me laugh everyday. If you are having a bad day, they'll find some way to cheer you up!*

*Kelly: They are just so talented and pretty!!! How could you go wrong?!!*



**20** What are your words to live by?

*Kaitlin: Never give up and always believe in yourself!*

*Kelly: Keep learning! You can learn something from everyone!! ■*

## Contact Us

### Newsletter Publisher

Gary Millar  
+1 780 499 9219

For submissions to:

### E-mail Blast

Gary Millar  
gary@millarcom.com  
+1 780 499 9219

### Editor

Lorie Fisher  
+1 780 916 6375

### Newsletter

Lorie Fisher  
info@discoverarabianhorses.com  
+1 780 916 6375

[www.discoverarabianhorses.com](http://www.discoverarabianhorses.com)

©2015 – All rights reserved.



@DAHdotCOM

#DISCOVERARABIANHORSES

#AHRP

#EQUUSALIVE