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BY COLLEEN SCHMIDT/KEVIN FLEMING, CTV CALGARY

Baby Arabians born to national champ

A horse farm north of the city of Calgary, Alberta is celebrating a rare event after one of its mares carried and gave birth to twins.

A colt and a filly were born to a national champion show horse at Morning Sun Arabians near Crossfield on May 3rd.

Owners Mike and Sheena Steenhardt have raised horses for years but they got a bit of a surprise when the mare went into labour.

The seven year old mare gave birth to twins in early May. The little colt and filly are just over two weeks old.

"She was a week overdue and she was quite restless and she went to lay down and we rushed downstairs and the filly was born and we looked at each other and said, well this baby is awful small but the mare wasn't that big because she's in such good physical shape because she's a show horse, so she got up turned around and went

to lay down and then I found the other leg. There was another baby coming," said Mike.

Mike says he had to help deliver the colt or he wouldn't have survived.

Experts say it is rare to see the mare accept both young and care for them without help.

"They're going to end up being a little small, they'll probably be really good kid's horses. They'll

probably be a hand shorter than normal, but we don't know that yet, so really one would have been better than two, but seeing as we have two we said we'll do our best to make sure they survive," said Mike.

The Steenhardt's say the mare will go back to being a show horse as soon as the colt and filly are more independent.

Morning Sun Arabians welcomed six foals into the fold this year.

Read more and check out the video at: <http://calgary.ctvnews.ca/baby-arabians-born-to-national-champ-1.1291184#ixzz2UjWNP7x2>. ■



Welcome

Summertime is upon us ... time to get out and enjoy our horses. Whether your horse activities take you to shows, wilderness trail rides or easy riding around home, practice safety first, enjoy the good weather and sleek horses and good times with other horse folks.

If you are looking for some interesting "website" reading for the downtimes be sure to check out the discoverarabianhorses.com website. Read the journal / blog of a young girl taking riding lessons. She has captured her riding journey and shares exhilaration of special moments when everything seems to work, the disappointments when a ride goes bad and the determination to "stick to it" to continue the long slow journey of improving and becoming a true "horseman/woman".

For those rainy days you can download all kinds of educational and colouring sheets for the kids. Play word games and brain-teasers with horses as the theme. As you explore the website think about those people you know who might enjoy a visit to the farm to see your horses, who might enjoy a few hours in the country to see how you spend much of your free time. Think about those people you know (family, friends, workplace colleagues, neighbors etc.) who you can expose to you "lifestyle".

Enjoy your horses and friends ... and a happy and healthy summer.

Gary

PS www.discoverarabianhorses.com is your connection to the exciting world of Arabian horses. Remember, "it is all about the horse". ■



Gary Millar
President & CEO

Calendar

WESTERN CANADIAN BREEDERS CHAMPIONSHIPS

Friday, July 12 to
Sunday, July 14, 2013.
Saskatoon, Saskatchewan.

For prize lists, entry forms and complete information access their website at www.wcbreeders.ca

REGION 17 CHAMPIONSHIP SHOW

Tuesday, July 23 to
Saturday, July 27, 2013.
Langley, BC.

For prize lists, entry forms and complete information access their website at www.region17.com

CANADIAN NATIONAL CHAMPIONSHIPS

Monday, August 12 to
Saturday, August 17, 2013.
Brandon, Manitoba.

Canadian Nationals stands alone as the only Arabian Horse Association (AHA) championship show offering a full range of competition with Canadian flair. Spectators can enjoy 187 different classes in youth, western, dressage, hunter and english disciplines.

For prize lists, entry forms and complete information access their website at www.arabianhorses.org

BATTLE OF THE BREEDS, MASTERS TOURNAMENT

Wednesday, September 4 to
Sunday, September 8, 2013.
Spruce Meadows, Alberta.

For more information access their website at www.sprucemeadows.com

Tell us about your event, e-mail info@discoverarabianhorses.com ■

BY AMANDA PRESTON WWW.SHIMMERE.COM

Endurance Riding

As a “resolution” to try new things outside of my comfort zone this year, I decided to give endurance riding a go. The Endurance Riders of Alberta held a clinic May 11 in Penhold, AB. Jaye Yavis and team put together a very well organized, educational and fun day including a 5-mile mock endurance ride through some very neat trails.

So, I don't trail ride ... I may hack out in my pasture once in a while, but I don't road ride or trail ride. I did a lot in my teens, but I don't feel wholly comfortable in the “uncontrolled” environment where there are no fences anymore. I do, however, feel very strongly

about schooling opportunities for young horses. When I'd heard about the endurance clinic, and how it was geared towards people who had never tried the sport before and would have groups of horses that were happy to go slow, I thought I should take my young Standardbred gelding.

I e-mailed and registered to go, found out a few of my show-ring friends were also registered and planned for a new adventure. Friday evening I took my youngster out to my arena outside for a hack to make sure things were good to go for the next day and I found they weren't. He had had his hooves trimmed the day previous and was just a little tender footed. Not lame, not “off”, but just a little more sensitive. Now I really should have been using my Keratex to toughen his soles before that trim, but I didn't, my bad. I just didn't feel confident that he would be

able to handle whatever footing there may be on the trail. I didn't know what to expect. I opted to leave him home.

You know those signs all over that read “Horses are like potato chips, you can't have just one”? Truly, this is the reason why. A girl needs a backup! My backup comes in the form of a 23-year-old Anglo Arab gelding named Celebrity Ruler, aka Bucky. Ol' Bucky was my FEI dressage horse and is convinced that he's not a senior at all. I won't argue with him. So I popped up on him Friday evening, asked him how he was feeling

and e-mailed the ERA to see if it would be appropriate if I brought him. The answer from all parties “Yes!”. So we packed up and bright and early

ly Saturday morning, we headed south to Penhold.

The clinic was slated to start at 11 am, I rolled in about 10:45. I thought I'd register, unload and then get where I needed to go, had no idea what to expect. The place was PACKED when I showed up with at least 30 rigs already on the grounds, and more arriving behind me. I trucked down to register at about 10:55 and was told “You're late!” by Jaye. She was giving me a hard time as I'd arranged to bring 50 of my water-proof business cards with horses' normal vitals printed on them to distribute with the welcome package. They registered me, gave me a number and a grease pen to write “117” on my old curmudgeon's hip and told me where to meet for the clinic to start. Done and done!

The clinic kicked off at 11:35 am. Trailers were still arriving. I felt better about being “late”. Jaye started off with introductions and an overview of what the





New Blog ...

TAKING IT ALL IN STRIDE ... Jacquie Ganton has just recently launched her new blog in partnership with the Discover Arabian Horses.com and will have new articles posted every week or two, so check back often! A link has been placed on our website and notifications will be posted on Facebook.

Jacquie has been working with horses for over 20 years now. She started riding and showing at age 8 and has been teaching lessons and working with young horses for the last 10 years. Three years ago she officially started her horse business, Stride Equine Arabians, which offers training, lessons and coaching services to the amateur Arabian horse owner as well as recreational riders. Her team currently consists of approximately a dozen riders, about half of whom will compete this year!

Jacquie currently trains out of Tamrac Ranch near Beaumont, AB, but she resides with her husband (Brendan) and 3 kids (Grady, Kaelyn and Ryley) in Leduc, AB. <http://strideequinearabians.blogspot.ca/> ■

day would be. Dr. Deanna Spiker DVM, a vet well experienced in endurance riding was the first to speak. Dr. Spiker was very informative about what they were looking for when vetting a horse in and vetting during the ride. I was very happy that it was information that I regularly teach in my first-aid clinics. Next to speak was an equine massage therapist/chiro about stretching horses after a workout (again, same information in my first-aid courses) and then a lady who had worked on marking the course giving an overview of what we would be riding through. The trails are marked with surveyor's tape. Always keep the tape on your right side. Turns were marked with 3 strands of tape with an odd-coloured strand marking the up-coming turn by either being on the right or left side of the group. Alrighty! This makes good sense, right? Pie plates with instructions were posted too. Right on, okay. Oh, and we get to go out with a trail boss. Hallelujah!! Enter Sarah Donaghy and her 15-year-old ex-racing Standardbred mare "Art". I joined Sarah and another couple who were interested in taking a slow, relaxing ride and were assigned a head-out time of 2:20 pm.

I headed back to my trailer and caught up with my show friends, Caylyn Walker and Catherine Farmer. They were relaxing on the grass while

their horses grazed beside their trailer waiting for their head-out time of 2:00 pm. (I understand that normally large groups head out together, they're not staggered like we were.) They commented to me how relaxing it was to be there, no braiding, no rushing to warmup rings or to catch gate keepers in the hitching rings as you're praying your freshly polished boots don't get scuffed as you run into the sand ring. What a treat! Their seasoned show mounts looked very relaxed, as did my old Bucky.

When the time came close, I tacked up my old boy, changed into my breeches, half chaps and helmet, and met up with my group. Now, Bucky's a bit of a codger. He's really a curmudgeon and truly has his own mind about things. Even now, he's quite sure he knows more than I do and my job is to just sit there as he takes care of business. His expression is usually one of irritability or serious concentration. When I popped up on his back and walked with him to the starting area, his ears were perked right up and his head was high with interest. He stayed that way for our entire ride. I'm quite sure that ride was the most fun the old boy has ever had with me. He kept up with Art and Sarah, didn't look twice or spook at anything. He trotted along, cantered and even "jumped" the small logs on the trail when he decided it was easi-

er than picking up each foot at a walk. I felt completely at ease and enjoyed the ride with him. Sarah talked about her experience in endurance with her horse, and her previous horse, when she was in BC. She moved from Abbotsford to Okotoks just last year. She and Art have over 1000 competitive miles under their belts! Art wasn't impressed at our request for the slower pace, but she humoured us to the best of her ability. Sarah came from a similar background to myself in the equestrian world, shown Arabs, hunter/jumper and eventing but found her passion on the trail.

The trail took us down a road, into a lovely wooded path, through a rolling pasture and then through quite dense bush as we followed a livestock path. I really felt a bit lost in the last leg and asked Sarah more than once if we were indeed on the right path. She assured me we were and located another marker. Yes, she knew very well where we were going and guided us well.

Once we returned to the "base" we



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Discover Arabian Horses is increasing its exposure to the outside world.

Facebook Pages differ from Facebook Groups and Facebook personal profile pages in several respects and we would like to lay out our reasons for creating the Page.

- Page information and posts are available to everyone on Facebook. This makes our events, postings, and pictures available to anyone on Facebook.
- Anyone can like a Page to become connected with it and get News Feed updates. Some find this to be a far more convenient way to stay up to date.
- Groups are basically chat rooms, there's no real "look and feel" to them. Their primary focus is for live discussions that can be continued at any time.
- Pages, however, act more like a blog with actual content pieces and the ability to add new tabs, static information, and the like. A Page is definitely a more interesting place to be.
- When it comes to getting visibility off of Facebook: Pages can be seen by non-Facebook users, and can be crawled by search engines as any other static page would. Facebook Groups cannot!
- Finally, Pages come with analytical tools that administrators use to track visits. These tools help us analyze if we are getting our message 'out there.'

We need your help! There are more than 1400 individuals within our database. The next time you are on Facebook, please visit and like our page. Find the link below or on our website. <https://www.facebook.com/pages/Discover-Arabian-Horsescom/626982870651572> ■

BY ALISON PECUSH

10 Diet and Fitness Myths

Myth #1: If you don't eat carbohydrates, you'll lose weight.

Losing weight is a science: Calories/energy consumed vs. energy burned. Whenever you eat more calories than you burn, you'll gain weight. Whenever you eat less calories than you burn, you'll lose weight. According to all the experts and research there isn't any other way to lose weight, besides surgery.

Remember, if you eat too many calories you will gain weight. It's best to eat foods that fill you up and satisfy your hunger without adding too many calories. This translates into eating lots of fruits and vegetables while limiting fast food, chips, crackers, and deserts.

Myth #2: If you don't look overweight, you don't need to exercise.

Even if you don't appear to be overweight you can still be "over fat" inside (which means that your body fat in relation to your muscle mass is dangerously high). High body fat has been associated with a number of medical problems including diabetes, heart disease, stroke, cancer, etc.

Consider that heart disease, which is often the result of inactivity and poor eating habits, kills almost as many people in this nation as all other causes of death combined. That's a lot. If nothing else, you should exercise to ward off heart disease. It doesn't take much more than a daily brisk walk to reduce your risk.

Myth #3: If you exercise daily, you don't have to watch what you eat.

Even if you exercise regularly you should still keep track of how much and what types of foods you're eating. Regular exercise and sound nutri-

tional habits go hand in hand. Without one, the other has a limited effect.

Myth #4: To lose weight and keep it off you must exercise hard all the time.

Absolutely not. Just adding a short, brisk walk to your mornings can help you start shedding pounds right away. And, if the habit continues, the weight is more likely to stay off. Do only what you can comfortably do, eventually you'll be able to do more for longer. What's important is to do something you like and do it on a regular basis.

Myth #5: Getting a little sore is good—it shows you've really worked something.

Delayed muscle soreness means one thing: You did too much too soon. Next time go easier and stop sooner. As you gain strength and endurance, you'll be able to do more and more without stiff muscles the next day. It's better to do less and not get sore. You'll be able to exercise more over the long run and won't need to take time off because it hurts too much to move.

Myth #6: I need exercises to work my 'lower abs' and reduce my pot belly. First, there is no such thing as 'lower abs.' The six-pack you're going for is actually one long muscle, called the rectus abdominis, that extends from

below your chest to your pelvis. To work your abs, you should do exercises to target all four muscles: the rectus abdominis, internal and external obliques and the transverse abdominis. Second, doing crunches will not help you get a 'six-pack' if you have a layer of fat over your abdominal area. In order to see the muscles, you must reduce your



Alison Pecush

Alison has joined in partnership with the Discover Arabian Horses.com and will be bringing us numerous articles which will be included in our newsletter and on our website focusing on how we can be healthy and fit whether we are riders or not.

With 6 years experience, Alison is a Fitness Specialist II with Strathcona County working out of Millennium Place in Sherwood Park, AB and can be reached at alison.pecush@strathcona.ca or 780-416-7212.

Her personal motivations to exercise states, "I have a passion for health and fitness. I exercise to be healthy and to be able to meet the challenges of daily living with ease. Exercise provides the best quality of life possible - mentally, physically and emotionally."

Alison's specialties include:

- Personal Training (individual, couples, group).
- Specialized in Stretching, Stretch Techniques.
- Circuit Training.
- Specialized Sport-Specific Speed, Agility, Quickness and Strength programs.
- Training for weight loss, general health and wellness. ■

body fat.

Myth #7: If I can't workout often enough and hard enough, I might as well not even do it. The general rule for weight loss is to do cardio 4-5 times a week for 30-45 minutes as well as weight training 2-3 times a week. Some people simply don't have the time to workout that much and they think, since they can't do all of that, why do ANY of it? Remember: Any exercise is better than no exercise, even if it's only a 15-minute walk. Being physically active is proven to reduce stress and make you healthier. So, even if you can't make it to the gym, you have no excuse not to do something active each day.

Myth #8: Low-fat foods help you lose weight.

'Low-fat' or 'fat-free' doesn't necessarily mean low calorie or calorie-free.

Check the calorie content of foods, especially cakes, biscuits, crisps, ice creams and ready meals.

Extra sugars and thickeners are often added to boost flavour and texture, so calorie content may be only a bit

less, or similar to standard products.

Foods labelled low-fat should contain no more than 3g fat per 100g.

Watching the quantity is important, people tend to have half-fat spread but then use twice as much.

And things like fruit pastilles may be low in fat, but are high in sugar which turns to fat.

With low fat foods, look to see where else the calories might come from.

Myth #9: Cholesterol is bad for you.

Cholesterol is a fatty substance that is made mostly by the liver.

It can be bad for us, because it forms deposits that line and clog our arteries. Clogged arteries contribute to heart disease.

But we all need some blood cholesterol because it's used to build cells and make vital hormones - and there's good and bad cholesterol.

Saturated fats found in food like meat, cheese, cream, butter and processed pastries tend to raise low density lipoprotein (LDL) cholesterol, known

as 'bad' cholesterol, which delivers cholesterol to the arteries.

High density lipoprotein (HDL), or 'good' cholesterol, transports cholesterol away from the arteries, back to the liver.

So choose unsaturated fats such as vegetable oils, nuts and seeds.

Myth #10: If I skip one meal a day, it'll reduce my calorie intake and I'll lose weight

Although this may work in a minor way only in the very short term, it fails altogether when followed for more than just a few days. There are two reasons for this. Firstly, your body's metabolism is self-regulating and if you are not ingesting 'fuel' when the body wants it your metabolism automatically slows down to protect its energy reserves. Secondly, most people who skip meals tend to subconsciously compensate by eating more when they do eat their fewer meals. The real answer is to eat less food, more often. ■

AUTHOR UNKNOWN

Buy an Arabian horse

I recently read a letter of response to a potential buyer who was “cautioned” not to buy an Arabian by a non-Arab person because they said they are too “spooky”.

Quarter horse people USUALLY say Arabs are crazy, high strung dangerous etc. but that could not be further from the truth. Arabs “are” very different from other breeds but if anything they are more in tune with human emotions. When you are sad, they know and want to comfort you. If you are a child they are ever so gentle and literally “tippy toe” so as not to let the young treasure on their back fall. They BOND with their owners and get depressed when they don’t see them often enough. They also bond with other horses and grieve when they are separated.

Arabians are the closest to psychic of any other breed of animal. Once you’ve spent a great deal of time with one you can literally “think” what you want the horse to do and it will do it without ANY question.

Arabians are extremely LOYAL and many, many examples where the Arabian gave its life for its beloved owner are written in books and history. They were the original war horse, generals, presidents and royalty rode the ever enduring fleet and loyal “protector” grey Arabian in battle.

If anything be a possible flaw that Quarter horse people could recognize it would be the Arab’s arrogance. Just as Arabs treat their humans as treasured “God’s” who should be protected at all costs, they expect the same appreciation and dignity from their handlers. Mistreatment, abuse and people who treat them like a being beneath them, will meet with refusal to perform and a very expressive facial appearance of hate and distrust.

You cannot “beat” an Arab into submission, their spirit is strong, often so strong that they would rather face death than give into abuse and mistreatment.

But this same horse, treated as an “equal” with respect, love, firm patience and “fairness”, will WANT to please you as well as it possibly can, in every sense of the word. The Arabian horse that has always known love and firm but fair and gentle hands, trains so quickly and easily. They are “genius” in their brilliance, often learning to walk trot canter and rein back with a rider fearlessly all in the very first day they are saddled. They can even learn from watching other horses much as a hunting dog learns from hunting with other trained dogs.

So, all of that said, once you TRULY know an Arabian and share the bond and meeting of two equally intelligent minds who feel emotions, you will understand what amazing creatures they are.

I have loved many other horses who were NOT Arabians but the relationship was totally different, on a totally different level of consciousness. When you talk to an Arabian they look you in the eye and see into your soul into your inner being and they “know” what kind of person you are, better than you know yourself!

The blood of the Arabian courses through the veins of 90% of the horses in the world and certainly the higher the percentage of Arabian, the more the Arabian attributes they will have.

Arabian’s are arrogant, VERY expressive and open and able to convey their every emotion to humans who take the time to see and feel them. If they seem “flighty” it’s just that they are more able to express themselves when they are excited. But never fear as they trust their human and will walk through fire for them if asked to do so. If you are kind and loyal to them that’s exactly what you get back. If you are filled with hatred and try to break their spirit and dominate them, you will get back FIGHT but until you have spent some time with an Arabian you won’t have a clue what I am talking about. They are meant to be your “partner” to “live in your tent” as they did with the Bedouins. They are not “beasts of burden” but they TRULY LOVE you so deeply that they strive to please you like NO OTHER BREED. Once you go Arab everything else is “just a horse”. ■

Horse Person?

We are horse people! You don’t have to understand us.

When looking to buy property, we will head to the barn and pastures first leaving the house for last.

We have no problem eating a sandwich directly after mucking stalls.

We know why the thermometer has to have a string attached to the end, and lights and cords have to be covered or kept out of reach.

We know that all external medicine is either waterproof, blue or yellow.

We are not welcome in laundromats.

We can lower or raise our voices instantly by 5 octaves to shout at the dog who has decided to stalk a horse or make a snack of horse apples.

We would sooner quit a relationship than give up our horse.

We talk to our truck to make it up the hill and believe that a new truck is a luxury car.

We know more about our horse’s diet than our own.

We buy hay and grain before buying our own food.

It’s common to see us wearing barn clothes in public, and we wear them with pride ... mud and all.

We know that mucking a stall is the best cure for depression.

We get along better with most animals than people.

We are quick to lend a hand in a crisis, and we will always make time for a friend.

We know that only horse people understand this special community we’re a part of, and know we share something special.

A hand shake is our bond.

Hope this helps clarify what a horse person is. ■

Horse's Love Reading, too!

BY MRS. BELIVEAU

The children have learned many lessons and new skills this year, but perhaps the learning they take the most pride in is reading. They began the year able to identify sounds and read just a few short words. Now they are able to read stories, magazines, websites, comics, and so much more! What a tremendous accomplishment!

After practicing our reading daily since September, the children were ready and we were off! We spent a morning celebrating and sharing our reading talents with none other than a few gentle Arabian horses.

The students moved through different centers, reading to the horses after completing the activities at each centre. The activities were fun and included labeling the parts of a horse with sticky labels, grooming the horses (and their hooves!), running silly relay races dressed as cowboys and cowgirls, writing special messages on posters to the horses, trying out the feel of a saddle (complete with parent-generated bumps) and making paint-stamped bandanas.

Reading was easily the highlight! There were so many magical moments as the horses leaned in to see the pictures and hear the students read. The children read with confidence and tremendous pride, and the morning is one we will fondly remember.

Keep reading, boys and girls! Thank you, Mr. Millar for motivating us to read all year long!

Mrs. Beliveau is a primary teacher who wants to shout from the rooftops and share the amazing learning taking place in her classroom! Check out her blog *Once Upon a School Day ...* share in the story of our learning at <http://joclynbeliveau.blogspot.ca/> VIDEO at http://animoto.com/play/Q0smWhy4TRck1qdYSZEdGQ?utm_source=blogspot.ca&utm_medium=player&utm_campaign=player ■

WITH ... KAREN CAUGHELL

20 Questions

about your life with Arabian horses

1 What is your current involvement with Arabian horses?

Owner, Exhibitor, Volunteer.

2 How many years have you been around horses?

37.

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

My friend's family had Arabian horses when I was growing up and I spent a lot of time at the farm with her and the horses.

4 Who is or has been your favorite horse companion?

Fire Majik+//.

5 Who has been your (horse) mentor?

Willi Krol.

6 What is your favorite horse book?

The Black Stallion.

7 What is your favorite horse movie?

Hidalgo.

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

Shows, Trail rides, Convention.

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

Presenting the Canadian flag on Fire Majik+// at the Canadian Arabian National Show.

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

Winning Canadian Reserve National Champion with Fire Majik+//.

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

My new horse KM Palermo. He is an Arabian Stallion who will be my next Western Pleasure show horse.

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

Patience.

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

Her personality, and her willingness, she will do anything I ask her to do.

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

They are the most intelligent breed there is. They love people and

are for any family member, adults and kids.



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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.

The newsletter will cover many topics:

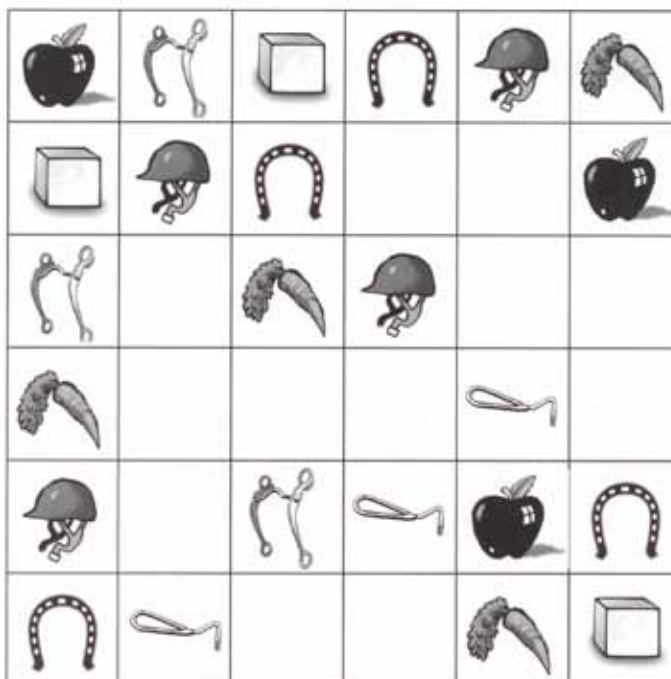
- We will feature, *The Arabian Horse in History*, where the generally ignored role of specific horses in history will be presented.
- Will also have a spotlight section where we present information on a specific Arabian horse owner, trainer, barn, program, or event in our industry. What a great opportunity 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 ■

Symbol Squares

The object here is to draw the right symbol (an apple, a bit, a carrot, a helmet, a hoof pick, a horseshoe, or a sugar cube) in each of the empty boxes in the grid so that each symbol appears only once in each row or column. ■



REMEMBER EACH SYMBOL APPEARS ONLY ONCE IN EACH ROW OR COLUMN.

Spelled Out

All of a sudden, in the middle of his performance, Tex the Trick Horse stopped and pawed the letters

H I J K L M N O

in the dirt. "Oh," the horse's trainer explained, "Tex wants a drink of water." How did he know? ■

ANSWER: Tex pawed all the letters from H to O (H²O).

Food for Thought

Each of the food words below is part of a bigger horse-related word or term. See if you can add the right letters to spell the new words using the accompanying clues. ■

__ pizza __ (a breed of horses)

strawberry _____ (describes a horse's coat)

_ apple _____ (describes a horse's coat)

egg - _____ (this is attached to a horse's hoof)

_ rib _____ (a bad habit)

liver _____ nut (describes a horse's coat)

curry _____ (a grooming tool)

_____ sage (a specialized style of riding)

lime _____ (helps keep stalls dry)

_____ ham _____ (a metal mouthpiece)

__ oat (something that's done to horses's teeth)



[https://www.facebook.com/photo.php?v=1490413062724&set=vb.16442863 or 0250774&type=2&theater](https://www.facebook.com/photo.php?v=1490413062724&set=vb.16442863%20or%200250774&type=2&theater) or on our website at discoverarabianhorses.com

Cool Video

HOW DOES ENERGY AFFECT HOOF BALANCE? - LET'S SEE ...

*This is too cool not to share! Horses are amazing creatures. Video created by RT Goodrich AFA Certified Journeyman Farrier, **North Bay Farrier Service** out of Petaluma, California. Shoeing mostly sport horses, well versed in all aspects of performance and therapeutic shoeing as well as barefoot trimming. ■*

CAN YOU SOLVE THE PUZZLE?

Desirable Traits

It's important for a rider to consider a couple of general characteristics when choosing a horse. To find out what they are, use the letters in the grid to fill in the empty blocks below it. Printed above and below each of the blocks are coordinates to two possible letters. If you choose the right one in each case, you'll solve the puzzle. ■

	A	B	C
1	d	p	r
2	i	n	c
3	o	a	t
4	m	f	e

2C 3B 1C 4B 1B 3C 4A 2B 3C 1A 3A 2B

--	--	--	--	--	--	--	--	--	--	--	--

4A 3A 2B 4C 3A 1C 3B 3B 4A 2A 2C 4B

2B 2B 3C

--	--	--

3B 3A 1A

3C 4C 2B 1B 1A 4B 3A 4C 3A 2B 1A

--	--	--	--	--	--	--	--	--	--	--

4A 3B 4A 2B 4C 1C 3B 4A 4C 2C 3C

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 ■

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

Get a mentor, go to a barn, take lessons, join a club and get involved and learn about the beautiful breed of the Arabian horse.

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

I look everything up on Google.

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

Win a National Championship in Western Pleasure.

18 What about “kids” and an Arabian horse?

Perfect. They are intelligent and loyal, trustworthy and safe.

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

They are beautiful and intelligent, gentle and kind.

20 What are your words to live by?

No Regrets. Just do it! ■

[CONTINUED FROM PAGE 3]

sponged and watered our horses as we waited for them to “pulse down”. I checked the old man’s pulse about 3 minutes after we’d gotten back and found that he was within the 16 beats in 15 second target so I took him to be checked. He was indeed at 14 (56 beats per minute)! Good boy! A couple of minutes later and we were with the vet being checked out. At 23, and being back in recovery for 5 minute, his vet sheet read:

Beginning CRI
(before I trot him out) 52 (bpm)
Exit CRI 48 (bpm)
Gait A
Impulsion A
Attitude A (he still had his ears up!)
Mucus Membranes A
Capillary Refill A
Jugular Refill A
Skin Tenting A
Gut Sounds A
Anal Tone A
Muscle Tone A
Back/Withers A
Tack Galls A
Wounds A
Overall Impression A
(I’m assuming A is for Acceptable)

In 5 minutes that old boy had vetted through and was all done! The vet was pleased with his condition, especially considering his age. Yep, that’s a good old Arab!

After the ride, the group had set up a BBQ for all the participants. Unfortunately my 2 applications of SPF 30 let me down and I was quite red and crispy. I packed up the old boy and headed for home instead of sticking around, although that would have been a blast.

All in all, it was a lot of fun for me and my horse. I got to meet a bunch of new people (come on, networking is always good!) and catch up with a bunch of people I haven’t seen in a while. The registration fee for the clinic was \$20 for me, as I’m over 21. For those 21 and under, it was free and came with a coupon for a free entry into an endurance ride this year.

The sport of endurance riding is reported to have grown 900% over the last 10 years. The most common breed used in the sport are Arabs (and crosses), no surprise, and second to that are Standardbreds! For those entering the sport, there is no additional cost for tack as there is no protocol. As long as you and your horse are safe and comfortable, you’re good to go! Entry fees to rides is quite minimal, especially when you’re used to paying show fees, and your “competitors” are a great group of fun people who love their horses and adventures. Rides are offered at distances starting at 12 miles, 25, 50 and up to 100 miles! The only requirement of your horse is that they be 4 years old or over. The clinic in Penhold saw 43 new riders, 13 of which were 21 or under. There were 25 volunteers and 54 horses in total.

For more information, please check out the website at www.endurancerider-sofalberta.com and head out to a ride yourself! Happy Trails!! ■

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