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POSTED ON HORSE & RIDER BY JENNIFER FORSBERG MEYER

## Bareback: For Kids?

***Just because humans have been riding horses for millennia doesn't mean horses are actually meant to be ridden. The horse's long back muscles and vertebrae were designed for galloping, not carrying weight. That can be a tough pill to swallow for equestrians.***

Think "bareback" and you'll probably smile with a memory from childhood. We all rode that way back then because it was fun. But did you know riding bareback as an adult can supercharge your balance? Clinician Stacy Westfall knows it. She rode almost exclusively bareback as a kid, then switched to a saddle to pursue goals in competitive reining as an adult.

In 2006, however, while preparing to compete in the Road to the Horse colt-starting challenge, she returned to bareback to improve her balance—"in case I needed it on one of those colts," she explained.

What she discovered is that riding bareback is not quite like riding a bicycle.

"I was blown away by how much I'd 'lost' from childhood," she recalled. She'd been riding horses for eight to ten hours a day for years, but when she went back to saddleless she found herself "slipping and sliding around like crazy. That's when I realized all those years in a saddle had led me to rely on my stirrups, instead of balance, to stay on."

Her bareback practice fixed that problem plus boosted her confi-

dence, and she went on to win that colt-starting championship. Later the same year, she won the freestyle futurity riding bareback and bridless at the All American Quarter Horse Congress. (It was a performance that later went viral. If you've never seen it, **check it out...it's amazing.** And if you've never seen talk-show host Ellen DeGeneres trying to explain Stacy's feat to a studio audience, **click here.** It's hilarious.)

Stacy went on to be inducted into the Cowgirl Hall of Fame in 2012. Would you like to learn the secrets of this bareback virtuoso? The balance and confidence you'll gain riding bareback will carry over to riding in a saddle, and besides all that...bareback is a blast.

First, some safety considerations. If your horse isn't "bareback-friendly," borrow one that is. Work initially in a round pen or other enclosed small space for extra control. Skip the spurs; add a safety helmet. Consider a bareback pad, which gives you a little extra purchase. Grab mane as need be in the beginning to avoid jabbing your horse in the mouth or gripping with your legs—both absolute no-no's.

OK, so what's the secret to Stacy's secure, relaxed, fluent position bareback? Just this: Rely on balance, not leg grip, to stay on and follow your horse's motion. It sounds simple, but it takes considerable know-how and practice. Here's how to get started:

• **Sit upright.** Your position without a saddle should be similar to a correct position in a saddle. The tendency is to lean forward—don't.

• **'Drape' your legs.** Allow them to lengthen, but let them lie naturally against your horse's sides, without clamping or even wrapping them around his barrel. Remember, you're not using them to stay aboard; you're relying on balance, instead. Keep your toes raised slightly or at least level with your heel.

• **Walk and jog—a lot.** As you sit upright with relaxed legs, walk and jog on a straight line as much as necessary to begin developing a feeling of security. Whenever you feel tippy or slippery, grab mane—don't fetal-crouch or grip with

your legs.

• **Add circles and turns.** These are more challenging. When they begin to feel routine at a walk and jog, add an extended trot. (Bonus: Work at an energetic trot will make the eventual lope a breeze by comparison.) If walking and trotting are all you do for your first several bareback rides, that's fine. Don't rush. Let your balance develop naturally.

• **Move up to a lope.** When you feel you're ready to lope without gripping with your legs, give it a try. To keep your bottom down through all three beats of the lope, you'll need to fully release your lower back through both the up motion of the gait and the down. Concentrate—you can do it!

From there it's all about regular practice—and lots of fun. ■



# Very Heavy Work?

POSTED ON THE HORSE.COM ~  
By Kristen M. Janicki, MS, PAS

**Q:** I have school horses that do three hours of work per day, averaging between an hour of walk, an hour of trot, and an hour of canter, as well as jumping several times a week. Also, I have a dressage horse in training doing 10 hours of work per week. When considering their feed ration, do they classify as being in "heavy work" or "very heavy work"?

**A:** When nutritionists classify working horses, those classifications are based on maximum heart rate achieved during exercise and length of time working. Very heavy work would be considered a Thoroughbred racehorse running the Kentucky Derby or an event horse competing at an Olympic event. Although the type of work the school horses and dressage horse is doing would be considered moderate work (based on their heart rate during exercise), they are working for long hours and that will influence how we classify them. I would classify both the school horses and dressage horse as in moderate to heavy work.

**ABOUT THE AUTHOR: Kristen M. Janicki**, a lifelong horsewoman, was born and raised in the suburbs of Chicago. She received her Bachelor of Science degree in Animal Sciences from the University of Illinois at Urbana-Champaign and later attended graduate school at the University of Kentucky, studying under Dr. Laurie Lawrence in the area of Equine Nutrition. Kristen began her current position as a performance horse nutritionist for Mars Horsecare, US, Inc., and Buckeye Nutrition, in 2010. Her job entails evaluating and improving the performance of the sport horse through proper nutrition. ■

## iPads for Horses?

**You walk into the barn at 10 p.m. for night check, expecting everyone to be sound asleep or munching on hay. But no! There's your show horse on his tablet. He's gotten good at this game—he just earned another point, and another carrot.**

Is this from a science fiction scenario? Believe it or not, it's closer to reality than you might think. Japanese researchers have developed and tested touch-screen technology for horses, in which the four-legged players really do earn "points" and hear a noise when they make the right choice with their muzzles on the screen. They also get an automatically distributed carrot.

However, this is not just some elaborate high-tech new stable toy. Touch-screen computers could be changing the way scientists carry out equine research—most of all, taking out any risk of human influence in equine decision-making and actions.

"Clever Hans was a famous horse of the early 19th century that appeared to be able to count and calculate, but we now know he was reacting to unconscious behavioral cues made by the trainer," said Masaki Tomonaga, PhD, associate professor in the Kyoto University Primate Research Institute's Language and Intelligence Section, in Aichi, Japan.

"This sensitivity to behavioral/social cues in horses itself should be examined more from the perspective of contemporary comparative cognitive science, but we should carefully avoid such inappropriate responses," he said. "One of the best ways is to use computer-controlled systems."

Using the touch-screen system that Tomonaga and colleagues have already used successfully in chimpanzees, the team tested three ponies' abilities to discriminate shapes and sizes. They also investigated what's important to horses in making distinctions between one shape and another.

To test shape discrimination, the ponies had to choose among eight geometric shapes—specifically, large letters. They started with just two choices (X and O) and gradually moved to choosing between X and other letters (X always being the wrong choice) and then other combinations. The researchers evaluated the accuracy of the ponies' responses for the 28 possible pairs of letters.

Humans and chimpanzees also participated in the experiment, for the sake of comparison in the ability to discriminate between shapes and sizes, the researchers said.

The researchers found that the horses learned how to use the monitors—and get their carrots—very quickly, Tomonaga said. And the equipment was well adapted to them, aside from one minor issue.

"Sometimes even when the pony did not touch the screen with her mouth, the screen 'detected' a touch response," he said. "After careful examination, we recognized that the saliva was causing a wet area and that the screen was recognizing that as a touch. So we had to wipe the screen with a cloth every two or three minutes."

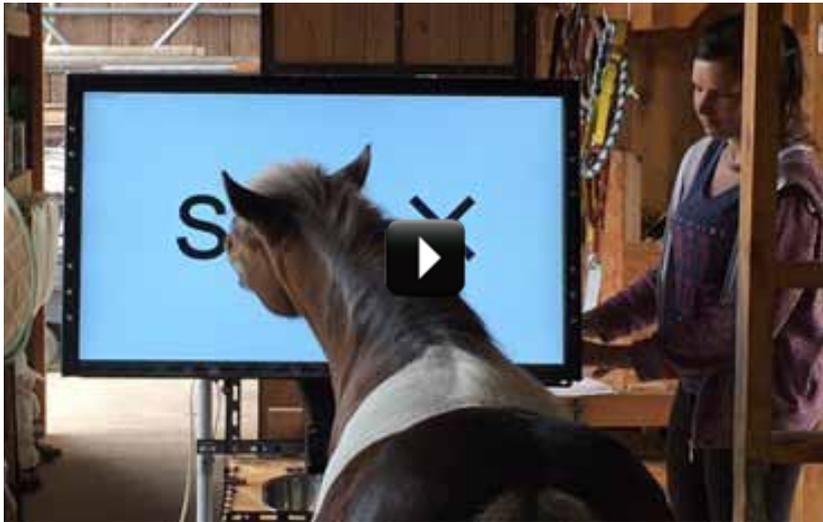
They also found that ponies had more difficulty than chimpanzees and humans in choosing the right-sized circle when the sizes were similar, said Tomonaga. The closer the two circles were in size, the higher their error rate compared to the other species. This could be related to poorer eyesight when viewing the screen, he said.

However, like humans and chimpanzees, horses relied more on diameter than area when detecting the size differences of circles, he said.

As far as shape difference is concerned, the ponies' performance didn't vary much from that of chimpanzees and humans, Tomonaga said. Still, there were a few trends regarding the kinds of angles and shapes that were specific to the species, he said. For example, ponies had a harder time distinguishing "closed" shapes—like O or D, or squares and triangles.

In future studies, Tomonaga said computer screens will allow researchers to get more "into the mind" of the horse, helping us see what he sees as he watches videos, for example. Above all, the greatest benefit of the computer screen is the control of the experiment that takes the human out of the equation.

"Using PCs, we can strictly manipulate the stimuli for the horse experiments, such as size, color, brightness, and we can easily modify the testing task in reaction to the achievement levels for each horse," Tomonaga said. "Of course, we can collect 'objective' data. It is not necessary to write down the results on the notebook for every task; the computer can do that." ■



***Touch-screen computers could be changing the way scientists carry out equine research—most of all, taking out any risk of human influence in equine decision-making and actions.***

## Reality?

***Each pony stood before a 42-inch LCD touch-screen computer monitor that displayed two choices. If the pony chose the “right” size or shape (one he was previously trained to recognize) with his nose, the computer registered the right response and rewarded the pony. The reward was a signal (a sound) followed by the automatic distribution of a carrot into a bowl under the screen.***

*The researchers tested size discrimination by having the ponies choose between two sizes of black circles. The difference between the sizes varied from very similar to obviously different. ■*

BY CATHERINE SAMPSON

# Let's Make Horses Relevant Again!

***“Let us make horses relevant again” to a whole new generation that is lost to organized sports, technology gadgets, peer pressure and unhealthy lifestyles and choices.***

- There is NOTHING more gratifying than to give trustingly of one's self both emotionally and physically than when you work with horses.
- They can be an enlightened path in a world of torment and temptation. They make for a strong mane to cry into when no one else seems to notice.
- They will challenge you and reward you in ways you never thought possible.
- They will also stand by you and listen to your words in whatever language you speak.
- They will unload the mind of its troubles of the day by simply allowing the person to focus on them and not themselves.
- They are the perfect best friend who never judges or belittles.
- They teach valuable life lessons.
- They are incredible mentors in a child's life.

- They represent physical strength, strong emotional bonds, the importance of respect, trust, giving and sharing.
- They are not a hockey stick, basketball, football, dirt bike, tennis racket or any other inanimate object.
- They are a living animal with moral values to teach us; lessons to be learned.
- They are partners.
- As riding and driving companions, horses demand physical effort and strength.
- They demand we have courage, sound thinking, awareness, sensitivity and above all confidence in ourselves.
- They make us look deep within and learn about who we are and discover how capable we truly can be.
- This is such a fragile comparison between size and strength, yet the minds of both bodies intertwine as strong as any steel when trust binds

them together.

I can think of no other sport or animal that defines us so strongly as humans because of this emotional link between a horse and its rider.

The horse has been with us for such a long time. I'm sad to see its numbers steadily decline and its popularity wane in a world that so desperately

needs to find itself again. For those of us who still live passionately through our horses, we owe it to the horse to educate and promote their benefits to an unknowing public.

Reach out to the youth and people in our communities. Promote the horse and all the wonderful attributes

it contributes to society from physical activity to emotional support and beyond. The horse can be a life changer and a game changer for so many people waiting to discover its magic.” ■



# Playful?

POSTED ON THE HORSE.COM ~ By Sue McDonnell, PhD, Certified AAB

**Q:** My 5-year-old spotted Saddle Horse gelding is very playful. How do I turn his playfulness into an advantage when I train him? He turns scolding into a game. He overturns his grooming box by pawing, nips clothes to get a reaction, and invents new antics all the time. It's important to note that I do not give him treats. He is a brat, but could his focus on interacting be an advantage?

**A:** Yes, in many cases in skilled hands, playfulness and a focus on interacting can be an advantage for training. You might do best consulting with a trainer—one with experience and skill working with young colts and stallions in a nonconfrontational style, incorporating good behavior modification practices. An experienced trainer can often very efficiently figure out how to best direct the particular animal's interest and curious energy toward the task at hand.

One of the tricks to efficient behavior modification is to avoid any scolding, which to most stallions, some geldings, and even some mares essentially translates into play initiation gestures that inadvertently distract the horse from the task at hand and bring his or her energetic focus to the handler.

For the antics and exploration of objects and people, I think the best tact is to think ahead so as to avoid presenting opportunities for the horse to get into trouble. As you probably have learned, that can seem impossible at times. So when the inevitable happens and he does get into something, it's best just to try to resolve the situation without much reaction. In addition to inciting play, our instinctual reactions meant to discourage the behavior often seem to only reinforce it. Some specific training to stand still and not to fidget with everything in sight can be helpful. The idea is to wait for a moment of relaxation when the horse is not investigating and reward with a small treat or with a scratch in a favorite spot. This puts your focus on recognizing and rewarding the desirable behavior, rather than the undesirable. ■

# 10 Things Trainers Do That Often Go Unnoticed

**While riding horses all day may seem like a dream job to most horse enthusiasts, there are many things that trainers do that often go unnoticed.**

Exceptional horse trainers dedicate their lives to their clients and the equine athletes in their barn. While riding horses all day may seem like a dream job to most horse enthusiasts, there are countless things that trainers do that often go unnoticed. Besides riding, many trainers spend their days doing whatever it takes in order to better our horses and make their clients happy. Below are 10 things that great trainers do that clients may take for granted.

**1) Plan Their Day Around Us** Even when trainers are not at the barn or in the saddle, they are often thinking about things to make their clients and horses better.

Whether they are out buying things to improve the barn, or scheduling and planning out their rides, they are usually thinking about horses. Sure, scheduling lessons for the week may seem like something that all trainers have in common, but they often do more than just schedule a time slot for us to come practice.

"I think everyone knows that training horses is a tough job for 8, 10, or 12 hours a day, but what they don't realize is that it does not just stop there. Just about everything we do outside of the barn is still involving doing something for our horses," says Chase Barnes, a trainer from Warren, Pennsylvania. While moving their schedules around to better suit their clients may not always be their first choice, they do it for us to accommodate our lives and make things easier on their clientele.

**2) Above and Beyond Personal Care** While an additional flake of hay is one form of giving the horses extra love, we may forget about the other things that trainers do that go above and beyond.

"I like to make sure my horses get plenty of free time to themselves," says Lori Gingrich, a trainer from Johnstown, Ohio.

.....  
"Trainers become good friends to us and offer their advice in the horse industry, but they also care about our personal lives."

Lori believes that horses need turn out time in the grass field or even just free play in the arena. Our trainers want our horses to be happy because a happy horse makes everyone's job easier.

Many clients will forget about the time it takes to provide this additional care like turning out, washing blankets and even doing a double-check before leaving the barn for the night to make sure each horse is tucked in and happy.

**3) Getting Us Show Ready** Typically, when we think of our horse trainer, we think their primary purpose is to get our horses ready for the show pen. However, many trainers also help us, the exhibitor, get show ready. From giving their input on all things tack and show clothing, most trainers know what they like and what they think will look best in the pen.

All in all, the main concern is to get the judge's attention with a good ride and overall picture of success. Trainers will make sure we have appropriate attire and tack for each class. While they all have their own style preferences, they critique us in order to make sure we have the best chances possible.

**4) Sacrificing Their Sleep** Whether they can't sleep at night thinking about the next day, or they are up late riding, our trainers often sacrifice their sleep. At shows, it is typical that the arenas are not open until hours after the show concludes. Sometimes, this can be well into the night or even at some point in the early hours of the morning before show time. Luckily, as clients, our trainers are usually the ones to get our horses in the arenas so they aren't frightened upon entering for the first time with us aboard. Trainers spend many hours during the day working our horses, and we sometimes forget that they go above and beyond while we are in bed asleep at the hotel.

**5) Keeping the Horses Healthy** Like any animal, our horses often require vet work to be done. They are competitive athletes, and it is common for them to

develop some kind of need for the vet. Luckily for us, our trainers have much more experience than we do and can usually have a good idea of what our horses need done. They can give the proper medicines, find abscesses, perform flex tests and also schedule and haul the horse to vet appointments when needed. We may forget that our trainers do everything they can in order to keep our horses in the best shape and keep them show ready at all times, which includes making sure they are healthy.

**6) Staying Up-To-Date** While some may think this is common sense, a trainer that stays up-to-date and current on new trends can really be a blessing. Also, a trainer that stays up to date on new rule changes and revisions is important. Clients are busy in their day-to-day lives and while they might enjoy being up-to-date on all things horse related, our trainers usually have the upper hand on any inside knowledge. They also stay up-to-date on upcoming shows and any other information that could benefit us and our horses.

**7) Wearing Many Hats** While we might see them as just our trainer, they often wear more than just a cowboy hat. "What the clients don't realize is that we also have to be a trucker, entertainer, banker, therapist and magician," says Chase Barnes.

While some people may chuckle at this, it is true that our trainers have many duties to fulfill. From juggling all of their clients to making sure everyone is happy, they like to satisfy us and make sure we are having a good experience. Hauling our horses across the country, listening to our troubles and even putting in extra work on a stubborn horse is all part of their territory.

**8) Love the Horse Like Their Own** "One thing we do is give lots of treats when nobody else is around," says trainer Blake Weis, of Moberly, Missouri. Though many may think it creates bad habits or an extra mouthy horse, many trainers can often be found sneaking treats to their horses after a long day of showing. This can be in the form of peppermints and horse cookies, or just an extra flake of hay in thanks for a job well done.

Trainers spend so much time preparing the horses and their respective riders for the show pen, that when everything goes as planned, nothing makes them happier than seeing the horses in their barn succeed with their owners.

While success is always a plus, trainers spend everyday around our horses and usually know them better than we do. Therefore, they love and cherish them like their own and will always go out of their way for the comfort of our horses.

**9) Parting With Our Partners** Trainer, Brent Maxwell, of West Mansfield, Ohio, brings up a great point that many clients will forget about, especially if they do not live close by. "Not all customers have a place to bury their companions when that special horse needs to be laid to rest for one reason or another," says Maxwell. While this can be a particularly hard subject for owners to think about, it can be equally as hard for trainers to deal with. "Putting their halter on for the last time, giving them the last grooming and even feeding them a final treat is something that stays with you forever, and is often the hardest thing we do," says Maxwell.

**10) Be A Friend** Paying our trainers to train our horses is one thing, but as clients, we often develop close relationships with them. We spend our weekends, holidays and summers with our horse show family, getting to know the ins and outs of their training program and our their personalities.

Trainers become good friends to us and offer their advice in the horse industry, but they also care about our personal lives. We go out to dinner with them, spend hours in their barn and even do things outside of the horse world. Though, they are only required to have a business relationship with their clients, we are lucky enough to get a great friend in our trainers as well. ■

POSTED ON HORSE JOURNALS BY BY EQUINE GUELPH

## Riding Helmets Save Lives

***It is commonly said that if you ask ten riders a question, you will get ten different answers. But there is one thing we should all agree on—you should never ride a horse without a helmet. Horses are inherently dangerous due to their natural flight instinct. Even the quietest lesson horse is capable of spooking at an unusual object, and even the most experienced riders have falls.***

There are many excuses for not wearing a helmet – perhaps it is not traditional for your riding discipline, you are just hopping on the horse for a minute, or maybe you just don't want to ruin your hairstyle. Whatever the justification, it just doesn't hold up when compared to the risk of a traumatic brain injury. When it comes to your brain, why take a chance?

Head injuries are the most common reason horse riders are admitted to hospital, and account for 60 percent of equestrian-related deaths.

Still not convinced? Studies have shown that ... Head injuries are the most common reason equestrians are admitted to the hospital.

All riding types are at risk for brain injury – we all fall!

Head injuries account for 60 percent of equestrian related deaths.

It is estimated that the chance of head injury is greater for equestrians than

downhill ski racing, football and motorcycle racing!

Repeated head injuries, even when mild, can cause cumulative damage—your brain never fully recovers from a traumatic head injury.

Unfortunately, falls are a simple fact of horseback riding. It is our responsibility to ourselves, our friends and family, and to our horses to take every precaution we can to minimize that risk. Perhaps the most compelling reason to

wear a helmet is the simple fact that a traumatic brain injury could keep you off the horse and out of the barn indefinitely. It only takes a single moment to change your life. ■



# Scott Trees

## 12.12.12 PROJECT

Photographer/Videographer Scott Trees has posted the first of his **12 People 12 Horses 12 Stories** video production. It is the inspiring story about Alexa Nichols, a remarkable young lady and her family that are truly an inspiration for anyone that has had to face unexpected adversity in their lives.

The 12.12.12 project is being done in association with the **Arabian Horseman's Distress Fund**. It is designed as a promotion for and about the Arabian Horse. The project is dependent upon donations in order to keep moving forward, and in keeping with the guidelines of the AHDF charter, tax deductible donations can be made directly to AHDF, earmarked for the Trees video project.

The **goal of this series is to educate non-Arabian horse owners about the great merits of the breed**. It is going to be shown via a variety of internet venues, and plans are to make it available for free to any person or organization that wants to share the series.

To support this project and the AHDF, donations can be made at [www.horsemensdistressfund.com](http://www.horsemensdistressfund.com). The Donate Now button will take you to Paypal for a secure, online credit card donation. Be sure to earmark the donation for the Trees Promotion on the payment form. If you would like to donate via check, make it payable to AHDF with a notation on the bottom for the Trees Promotion, and send to 236 Henry Sanford Road, Bridgewater CT 06752.

FAQs sheet at [www.treesmedia.com/121212-project](http://www.treesmedia.com/121212-project) or questions about the project directed to [scott@treesmedia.com](mailto:scott@treesmedia.com). ■

# Can my Horse Read my Thoughts?

**Someone recently asked me if horses can read a person's mind. This person went on to describe the extraordinary bond he has with his Arabian horse, and his belief that the horse knows how he feels and where he wants to go without being cued.**

What appears to be a telepathic connection develops from experience and sensitivity and emerges when the horse and rider are working together in harmony with a common mind and purpose. Even if some individuals seem capable of mind-reading, there's no scientific evidence for it in humans or horses.

### **A rider's intentions create unconscious and automatic muscle movement.**

A rider's intentions are telegraphed from mind to muscle, even when the rider isn't consciously aware of it. From the moment the rider's brain thinks about changing speed or direction, that message is automatically transmitted through the nervous system to the muscles in preparation for action. Small changes in the position and tension of the rider's muscles anywhere in the body—legs, hands, arms, seat, rhythm, and breathing—can get the horse's attention and foreshadow a specific action. The more experienced the rider is, the more automatic the unconscious the intention movement will be.

An intuitive connection with the horse is enhanced when the rider has a quiet seat and hands, because the horse is more likely to detect the subtle intention movement and can learn to anticipate the rider's rein or leg cue. If the rider doesn't have a quiet seat and hands, the intention movements will go unnoticed in a background sea of random, meaningless movements—the "noise" some riders create that a horse will learn to ignore.

### **Horses have a keen sense of touch that can detect a rider's smallest movements.**

As prey animals, horses have heightened sensory abilities, which includes highly sensitive pressure and pain receptors in the hair and skin. Most riders use tactile signals to communicate with the horse, through tension in the reins, movement of the seat, and pressure and position of the legs.

Horses can feel a fly on their flank, so they certainly are capable of detecting the small shifts in muscle tension caused by a rider's intention movements that precede and predict a deliberate rein or leg cue. An experienced, attentive, and willing horse will pick up on these subtle intention movements and learn to respond to them

even before the rider is conscious of having given a signal, giving the impression that the horse has read the rider's mind.

### **Horses learn to anticipate familiar routes and routines.**

Horses have an impressive capacity to learn, remember, and problem solve. Given a limited selection of choices, many horses will easily anticipate the most likely course of action. What feels like mind-reading is, in some cases, simply reflect a horse making the most obvious choice before the rider signals it to do so. This might be even more likely if the route or routine are familiar and predictable.

### **Take-Home message**

Horses probably cannot telepathically read a person's mind, but some horses might seem to do so by learning to respond to subtle and unconscious intention movements that precede a rider's deliberate cues. This level of sensitivity and responsiveness in a horse is uncommon, and usually emerges when both horse and rider are attentive to one another, skilled in the activity, and possess complementary interpersonal styles. ■



.....  
"Horses can feel a fly on their flank, so they certainly are capable of detecting the small shifts in muscle tension caused by a rider's intention movements that precede and predict a deliberate rein or leg cue."



<http://www.treesmedia.com/121212-project>

# 12.12.12 Project

**SCOTT TREES** has been taking pictures professionally, and throughout the world for all his adult life. The recognition of his talent on an international scale has been primarily through his imagery of horses. Scott grew up in the horse industry and photographing horses provided him the opportunity to pursue his passion of creating images and touching feelings which he endeavored to do with photography and videography. ■

WITH ... MARIJKE KALISVAART

## 20 Questions

*about your life with Arabian horses*

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

*I own and show two amazing Arabian horses. I am also the Region 17 Arabian Horse Association Youth Director.*

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

*I have been riding for almost nine years now.*

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

*When we first decided that I was going to start riding lessons, we ended up going to an Arabian trainer. It was while learning how to ride that I first fell in love with the Arabian horse.*

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

*It is too hard to pick just one! Every horse has brought new challenges and has helped me to grow as a rider as well as a person. I will always love every single Arabian horse that I've had a pleasure of working with.*

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

*That would have to be my first horse, Tangier HFA. He took me from just being a passenger, to learning how to really ride a horse.*

**6** What is your favorite horse book?  
*King of the Wind by Marguerite Henry.*

**7** What is your favorite horse movie?  
*Black Beauty.*

**8** What are some 'Arabian horse activities' in which you participate?  
*I actively participate in local shows including attending regional and national shows, as well as being the Region 17 Arabian Horse Association Youth Director.*

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



*One of my favourite experiences was trail riding for the first time with my horse, George. He trusted me to continue on the trail ride and behave, even though he was completely surrounded with new things. It just showed me how much of a bond we had.*

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

*My first horse used to just bolt on me whenever he got tired of working. When I finally could stop his behaviour before he started to be bad, it was my first step in really learning how to ride.*



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

*It's hard to pick between all of the awesome horses in my life, but if I had to pick, it would have to be my current horse, Lil Wayne. He has such a good work ethic and personality, and he is such a fun horse to work with.*

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

*Horses have shaped the person I am today. They have taught me how to work hard, and to not take any achievements for granted.*

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

*All of them have their*  
[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 sometimes 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 classified ads.
- A source of information and education.
- 20 Questions ... about your life with Arabian Horse ... with.
- excite prospective newcomers to the Arabian horses ... it is totally engaging!
- 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.

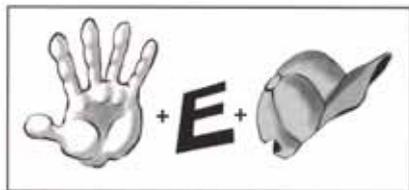
Tell us what you would like to see added or if you would like to be added to our e-mail listing, please e-mail:

**info@discoverarabianhorses.com** ■

WHAT DO YOU SEE

## Gone to the Races

All of the word and picture puzzles shown here represent events and phrases that relate to horse racing. See how many of them you can solve. ■



① **Clue:** Race in which someone assigns weights for the horses to carry



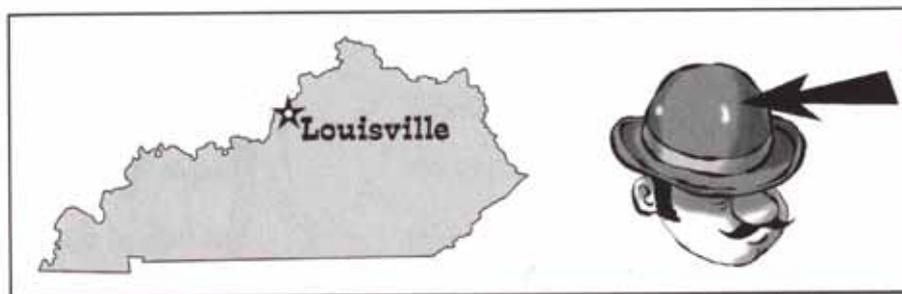
② **Clue:** A group of races that consists of the Kentucky Derby, Preakness Stakes, and Belmont Stakes



③ **Clue:** A bet that involves two races



④ **Clue:** A race in which the winners or a group of winners receive all of the money wagered



⑤ **Clue:** A race that is also known as the Run for the Roses



⑥ **Clue:** The straightway of the racetrack leading right up to the finish line

ANSWER: 1. HANDICAP, 2. TRIPLE CROWN, 3. DAILY DOUBLE, 4. SWEEPSTAKES, 5. KENTUCKY DERBY, 6. HOMESTRETCH.

# Video

## HISTORY AND INFORMATION OF THE ARABIAN HORSE - Presented by Scott Benjamin.

The Pyramid Society Presents - The Straight Egyptian Horse and It's Global Influence Seminar Part 1 At the 61st Annual Scottsdale Arabian Horse Show brought to you by the AHT Global Network and Outreach Video Log Sponsor, Markel Insurance.

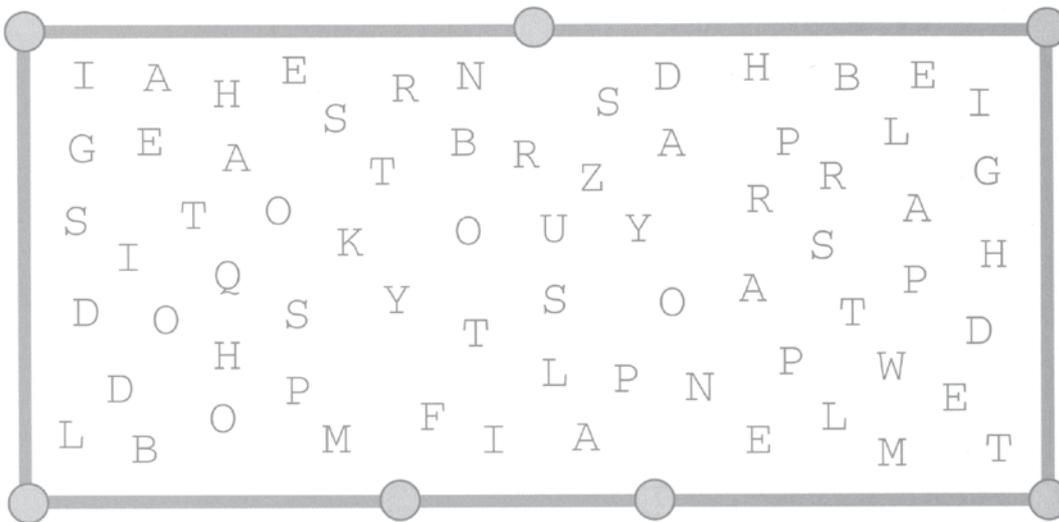
Forward this email to your friends and family so that they can watch the video too. ■



<https://vimeo.com/157309018>

# Round Up the Herd

The cowboys at ABC Ranch have asked you to help them gather the herd. It's a very special herd, as each horse or pony is a different breed. To find out which breeds they are, all you have to do is use the letters in the corral to fill in the blanks in the list below it. Cross out the letters as you use them, and it will get easier and easier to round up the next horse. ■



ANSWER: PINTO • MORGAN • ARABIAN • FJORD • PALOMINO • CLYDESDALE • PAINT • WELSH PONY • APPALOOSA • SADDLEBRED • LIPIZZAN • THOROUGHBRED • SHETLAND PONY • QUARTER HORSE • TENNESSEE WALKING HORSE

P \_ N \_ O                    \_ A \_ O \_ \_ N O                    A P \_ \_ L \_ \_ A                    \_ \_ E \_ L \_ N \_ \_ \_ N Y  
 \_ O \_ G \_ N                    C L \_ \_ E \_ D A \_ \_                    S \_ \_ D \_ E \_ R E \_                    \_ U A \_ \_ E R \_ \_ O \_ \_ E  
 A R \_ \_ I A \_                    \_ A \_ N T                    \_ I \_ \_ \_ Z A N  
 \_ J O \_ D                    W E L \_ \_ P O \_ \_                    \_ H \_ R \_ \_ \_ H \_ R \_ D  
 \_ \_ N N \_ S S \_ E                    \_ \_ L \_ I N \_ \_ O R \_ E

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]

own personality and are unique in their own way. I love working with them, and seeing that personality come out.

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

*Arabian horses are bright and quick to learn. They are very sensitive and truly bond with their people.*

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

*Research what disciplines you might be interested in and really think about what you want in a horse. It is very important to know what you are getting into and make informed decisions, and remember that it is much easier to buy a horse*



*than it is to sell one.*

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

*I don't have a particular reference book I'd recommend. Just make sure you are getting all of your information from reputable sources.*

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

*I would love to work with a foal and train it up to the point where I could show it. It would be amazing to see how your horse progresses and develop a bond with it.*

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

*The Arabian horse is an incredibly gentle and intelligent breed; they are amazing with children. Forming a relationship with an Arabian horse as a kid, shaped the person I am today.*

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



*Working with your Arabian horse and forming a bond with them, is a rush like no other. They are such intelligent animals and completely understand human emotions, they'll snuggle with you if you are sad, or goof around with you if you feel playful.*

**20** What are your words to live by?  
*Never take the time you spend with your Arabian horse for granted. ■*

# 2017 Horse Conference

**The 35th Anniversary Alberta Horse Conference is on the move ... and the changes are exciting!**

The 2017 Alberta Horse Conference will feature several fresh new changes. The conference is moving to Strathcona County, in the new Conference and Community Centre on January 13, 14 and 15th, 2017. This exciting new venue will allow the conference to maintain the high level of quality education from our presenters that we've become use to and offer several new options. One new feature is that the trade show venue will be right in one of the main presentation rooms: The Agora. This room features state of the art technology along with the space that we can all be together with our trade show exhibitor sponsors.

Conference attendees have asked for years that we incorporate live horses.... we have listened! There will be live horse sessions on our Saturday afternoon at a nearby amazing equine facility, Ash-Bren Equine (we'll even transport you there on modern comfortable buses). At the same time we will be reaching out to the public to come through the trade show centre on the Saturday afternoon. They will be presented with a program of outreach, featuring mini presentations geared to attracting people to consider getting involved with the horse industry. There will be a Vet Room available for the whole conference where you can come and talk to a veterinarian, see wrapping demonstrations and ask those questions you've always wanted to ask your vet but just didn't have the time to sit and talk.

The one thing that will not change is the integrity of of the educational value of our presenters. As we book speakers we will be sending out **Facebook & Twitter** messages and giving you details about their presentation topics. If you are not on Facebook yet, now is your time to get onto the **Alberta Horse Conference Facebook page**.

**Plan to be in Strathcona County in 2017.** Stand by for more details and information about hotels and services in lovely Sherwood Park, Alberta. ■

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