

▪ HORSE, HUMANS AND TRUST	2
▪ FOLLOW HUMANS' POINTING GESTURES	3
▪ THE BLANKET CLAUSE	5
▪ QUALITIES OF "COACHABLE" RIDER?	5
▪ HORSES READ HUMAN EMOTIONS	6
▪ 20 QUESTIONS WITH ...	7
▪ FUN & GAMES	8

POSTED ON LINKEDIN PULSE BY BLAIR MCKISSOCK

What horses teach us about being a leader?

It's been said before that horses can teach us so much. They can teach us patience or how to be "in awe" of something and even how to slow down. But can a horse teach us how to be a leader? In a horse relationship, I thought I was supposed to be the leader? In leadership you must learn to be effective at giving direction, communicating with peers and team members, you must make hard decisions and always keep in mind the greater goal while paying attention to the smallest detail. Though horses don't speak in a human way, they talk. They are always asking the question: Are you going to be my leader? You only have a moment to answer that question in the correct way. Answer it incorrectly and, well, you might have a quick disaster on your hands. Sounds familiar? You would be surprised how effective a horse can be as a corporate trainer.

In a workshop retreat I attended many years ago, I had the opportunity to work one on one with a mare who paired with me in a previous exercise. During the one on one time, she kept nuzzling my ear and head only to give me a kind but pointed shove. She then proceeded to walk over to the leader and do the same thing. The sun was blaring down on all of us, so bright that I had kept my hat on all week to shield my eyes. It never occurred to me that my hat may become one of the most powerful metaphors for leadership that have oc-

curred in my life. After the mare went back and forth between the two of us a couple of times, clearly trying to convey a message that I was not picking up on, she walked back over to me, stomped her foot and proceeded to pull my hat off my head and step on it then walk away. The leader of the exercise looked at me and asked "Do you wear a lot of hats during your day? How is that working for you?". We could take this one small example of thousands and draw parallels in our life. Clearly she was passing along a message and asking the leader to help translate and when I didn't get the message, she made it clearer. I have a clear pattern in my life of taking on too many things. Wearing the hats of many different roles as I tried to artfully balance the tight wire of family, work, projects, volunteer commitments, etc. As a leader we must wear many hats but the ability to shift from role to role without losing myself in the process as well as learning to say NO to things distractions that don't serve is the greatest lesson I have ever learned from a horse and it happened in a matter of minutes.

So, not all lessons on leadership are so abrupt or obvious. Some of what



we learn from horses comes from good old fashioned observation. In a wild herd there are very distinct roles. Just as in any team, each role is necessary as it takes a team of different strengths and weaknesses working together to be successful. Looking at a herd from above, you will see that a herd is spread out with horses seemingly in random places; however their placement is quite purposeful. Around the outer rims of a herd, you will find horses that are typically referred to as sen-

tinels. These are the horses that not only keep a watchful eye out for danger but they are also there to keep the band of the herd together. In a flight or fight situation, these are the horses that hold

the side of the herd together as they evade danger so no one is lost or separated. In a business, these are the employees that notice if a project is diverging from its original purpose. They also tend to be the glue that bonds a staff together organizing the circling of wagons, so to speak, when there is danger.

Within a herd, there are also two very well-known roles that most people are familiar with; the lead mare or alpha and the stallion. What is interesting here is that one would expect to find the alpha mare and stallion out front leading the way side by side moving the herd from danger. It is something rather different. Looking at that herd from above, you find a horse near the middle, which would be

[BEING A LEADER CONTINUED
ON PAGE 4]

Training Body

RIDE WITH BALANCE, FLEXIBILITY AND STRENGTH ~ By Gina Allan and Barb Kopacek

Have you ever witnessed the beauty of a wonderful freestyle, a reining pattern, or perhaps a show like Cavalia in which the rider and horse seem to be working together in such harmony that you can hardly tell where the rider ends and horse begins? For rider and horse to be "one" with each other is the desired state we strive for. What we seek is to seamlessly flow together in a beautiful stream of energy travelling together through space. If your desire is to achieve such a state, and to ride to the best of your ability, then please read on!

In order to become a better rider, you will have to spend a little bit of time focusing on your own body. Many coaches and their students focus the majority of their riding time and energy on improving their horses' movement and overall carriage, and reducing resistance. Ironically, many of the issues they attempt to correct are the direct result of a blocking or restriction brought about by the rider's imbalanced or asymmetrical position. Often, if these rider issues are corrected, the resistance held by the horse's body magically disappears. Just as we train our horses, we must also train our own bodies, and in this way we will successfully improve both our riding and our horses' way of going.

When approaching a fitness regime or undertaking a sport or kinetic activity such as dance, there are four major components to consider: aerobic capacity, flexibility, strength, and balance. All athletes, young and not so young, will benefit from enhanced or dry land training off the horse, which allows the body time to adapt and develop muscle control and balance without having to deal with the complex aspects of the motion of the horse.

Complete article and exercises are designed to help you find more balance, flexibility, and strength and can be found at <https://www.horse-journals.com/ride-balance-flexibility-strength>. ■

Horse, Humans & Trust

What does it mean to earn a horse's "trust," and is trust the same for horses as it is for humans?

Trust is essential to forming and maintaining social attachments, and when people are in trusting relationships, they are healthier, happier, and more productive.¹ Cooperative horse-human partnerships also seem to be based on trust, and various games have been promoted for building trust in horses.² Recent research in equine-assisted mental health has explored how people develop trust by working with horses,³ but is trust the same for horses as it is for humans, and how does one go about gaining a horse's trust?

What is Trust? Trust involves giving up control and accepting vulnerability, with the expectation of being protected from harm. Trustworthy people are consistent and compassionate, and can be relied on to safeguard the best interests of others. Importantly, trust is only earned and tested when an individual is at risk of physical harm or emotional distress.⁴

The balance of power in a relationship affects the balance of control and trust. Most friendships and romantic relationships have an equal balance of power, and both parties give up control and learn to trust one another. In contrast, employer-employee and parent-child relationships have an unequal balance of power, with a leader and follower. Some leaders are trustworthy and earn cooperation, but other leaders control through coercion, intimidation, and aggressive domination. When there is an imbalance of power, followers can be exploited and can become fearful, apathetic, or depressed.

The horse is a mindful actor in the horse-human relationship, but most interactions involve an imbalance of power with the human as leader and the horse as follower. Consider, for example, a horse and rider preparing to jump a four-foot wall. Jumping serves the rider's interests—recognition and a ribbon! The horse, however, takes a risk by jumping, and given a choice most horses would probably take the safe route and go around. An important question is, why does the horse coop-

erate and jump? Does it trust that the rider will ensure his safety? Or does he jump to avoid pain that might result by not cooperating?

How Does Trust Develop? In both humans and animals, reciprocal altruism—also known as "tit-for-tat"—is the leading theory explaining why animals cooperate with each another.⁵ Reciprocity means adjusting one's behavior to match the other's previous actions. It can be positive (rewarding kindness with kindness), or negative (punishing aggression with aggression). Trust is earned through positive reciprocity and violated through negative reciprocity.

My off-track Thoroughbred provides a clear-cut example of reciprocity. On most days he will come directly to me from the pasture, and gets grain, carrots, and a leisurely ride in the park (positive reciprocity). But if, instead, he gets his hooves trimmed or his teeth floated—a trust violation!—the next day he will trot away from me or try to hide behind his enormous Friesian friend Diablo (negative reciprocity).

Trust is fragile, and repeated trust violations can damage both present and future relationships. In humans and other animals, reconciliation following a trust violation is essential to repair relationships and restore trust.⁶

Are Some Individuals More Trustworthy Than Others? People who are trustworthy have personalities high in "agreeableness"^{4,7} and tend to be kind, cooperative, warm, and empathetic. In human relationships, "unconditional kindness" could be the single most important quality for earning the trust and cooperation of others.⁴ High emotional intelligence (EI) has also been linked to trustworthiness, as well as to secure human-animal attachments.⁸ People with high EI recognize emotions in others, and adjust their behavior accordingly. Horse-human relationships might be improved by adopting these trustworthy traits and behaviors.

Like people, some horses are more trusting and trustworthy than others. Whether personality also influences

[CONTINUED ON PAGE 10]

De-static Horse

POSTED ON THEHORSE.COM

Get tips on how to combat static electricity on your horse's hair coat and avoid shocking your horse.

In the winter dry air can cause static electricity to build up on furry coats sometimes even to the point of causing shocks. Sandy Smyth, barn manager of Ride to Walk, gives great tips on how to avoid delivering that spooky shock! ■



POSTED ON THEHORSE.COM BY CHRISTA LESTÉ-LASSERRE, MA

Follow Humans' Pointing Gestures?

We know that horses can pick up subtle human cues and body language. But recent study results suggest that ability is a skill that's actually shaped by the horse's prior training and experiences with humans.

In a novel experiment, researchers from the University of Florida and Oregon State University tested the influence of horse training methods on horses' ability to follow human pointing gestures. They found that those trained with lots of ground work and body communication (specifically, the Parelli method)

learned to recognize finger pointing faster than horses trained using traditional methods.

"The horse industry has very different training methods available, and we really wanted to compare a method that uses human body language to one that does not, in its effect on the animal's ability to detect human gestures," said Nicole R. Dorey, PhD, of the University of Florida.

Dorey's team worked with two groups of horses with two different training

backgrounds. Half the horses were trained by official Parelli trainers using significant ground work that relies on the horse's recognition of cues coming from human body language, such as hand and head movements. The other half were trained using traditional methods—basic pressure/release negative reinforcement rapidly leading to mounted work under saddle and bit, where the horse does not see the human as much.

Dorey's team taught 20 horses to recognize that treats would be placed in one of two buckets near a handler in a small test-

ing area. Once the horses understood that food would be dropped into only one bucket, the testing phase began. The handler would point to the bucket where the food would go (randomly the left or right bucket), and the horse would choose which bucket to walk toward.

Only one horse—a Parelli horse—was able to choose the correct bucket following the pointing gesture at a higher success rate than chance alone during the first 10 trials, Dorey said.

However, after the first 10 trials, the Parelli horses showed a learning curve that the traditionally trained horses did not. They started picking up the connection between the pointing gesture and the location of the treats significantly faster than the other horses, the team said. And by the end of the experiment, 90% of the Parelli horses were consistently choosing the right bucket, compared to only 40% of the traditionally trained horses.

"The Parelli horses probably learned faster because this is what they're trained to do, what they're trained to look at," Dorey said. "But I don't think the other horses couldn't be trained to do the same thing. I feel sure that the traditionally trained horses would have eventually learned, if we had given them more time."

The study results also confirmed the theory that horses do not innately recognize human gestures, despite some suggestions to the contrary, Dorey added. "I feel confident in saying that horses aren't born understanding human gestures," she said.

The study, "Interspecific communication from people to horses (*Equus ferus caballus*) is influenced by different horsemanship training styles," was published in the *Journal of Comparative Psychology*. ■



Wrinkles?

POSTED IN THEHORSE.COM: Do Eye Wrinkles Reflect a Horse's Emotional State? ~ By Alexandra Beckstett.

Horses are expressive animals. Their eyes, ears, and body language can tell us a lot about how they feel. But what about those wrinkles that form above their eyes?

Sara Hintze, DrMedVet, MSc, a PhD student at the University of Bern, in Switzerland, recently evaluated whether there's a link between horses' emotional state and the amount and type of wrinkles over their eyes. She presented her findings at the 11th International Society of Equitation Science Conference.

"Wrinkles above the eyeball are common in horses but differ in number and shape between and within individuals," she said. "In the horse community, 'worry wrinkles' are often associated with negative reactions, but there's no evidence to support this." She hypothesized that horses experiencing positive emotions would exhibit few eye wrinkles, while horses experiencing negative emotions would have increased eye wrinkles.

In her study, Hintze exposed 15 stallions and one mare to two positive situations—anticipation of a food reward and petting—and two negative situations—food competition and fear (waving a plastic bag). Each situation lasted for 60 seconds, preceded by a 60-second control phase during which the horses were not confronted with any stimulus. Throughout all phases Hintze took photographs of the horses' eyes, collecting 512 images, and developed a scoring scale based on overall impression, eyelid shape, eye whites, number of wrinkles, markedness, and angle between a horizontal line through the eye and the highest wrinkle.

While Hintze noted no significant differences in number of wrinkles or eyelid shape, she did see more eye whites and a sharper wrinkle angle during positive situations than negative. She explained that the more relaxed the underlying muscle, the narrower the angle would be. "Even though the results of our study are not entirely consistent," she concluded, "some characteristics of eye wrinkle expression were affected by situations of different emotional states and might therefore be promising indicators of horse welfare." ■

BEING A LEADER CONTINUED FROM PAGE 1]

the mare. The lead alpha mare holds the center of the herd. She grounds them and keeps the peace among herd members. She mentors other up and coming alpha mares which surround her. Those are the ones who dole out much of the discipline in a herd. The stallion is not always in the thick of the herd with her but is always close ready to defend his herd if necessary. He as well does not always lead from the front. Just from observing these leaders, we learn two important lessons. The first is that it is not always necessary to lead from the front. A good leader does not always have to lead the charge and thrust head strong into the lead. Sometimes they hold the center creating a safe space and allow their team to do their job. Second, we learn that it is possible to lead from behind. The position at the rear of the herd gives a great vantage point to see the bigger picture and where all of the other players are in relation to each other. This is a more nurturing perspective of leadership and an effective one. In a fight or flee situation. It is the lead mare who gives direction to the herd. The stallion defends and protects his herd.

As in any situation where there are groups of living creatures, there are bound to be disagreements and conflict. Horses deal with conflict in a way that humans in a business situation could learn a lot from. First of all, horses in a herd know their role in the greater herd. If there is any questions related to their job or place in the herd order, the lead mare or one of her protégés will be happy to clear it up for them. But the conflict is not presented in a way typical to humans; there are no grumblings of discontent that spread among the herd. There is no whining or drama that eventually lead to an explosion followed by bitter feelings or bruised ego. Instead, horses first use their body language and personal energy to move another horse. The simple act of moving another affirms their place in the herd. You are above anyone you can move out of your way. If there is a young one who is being a pest and pushing limits, then there is usually the second level of herd discipline involving shaking of the head and teeth. The third level of conflict involves turning the hind end toward another and eventually feet in the form of kicking. However, the conflict lasts only

moments and the result is remembered but there are no "feelings" carried over into the next moment. It is swift and effective then everything is back to normal. How nice would it be if a leader could have a conflict last only a moment then have everything normal the next?

Horses are great leaders. They lead from all sides depending on what the needs of the herd are. They know their roles within the herd allowing everyone to do their job with little interference trusting them in turn. Horses are simple in that they don't hold a grudge or allow conflict to follow them into their future but returning to peace when the dust clears. They have the ability to communicate in times of danger giving clear direction keeping the herd safe from all sides. But they also have the ability to make the tough decisions such as when young stallions are old enough to leave the herd and the stallion must drive them away to go join a bachelor band until they are ready to start their own herd. They find balance in the rhythms of nature in a way that we still have yet to learn. A great leader is not always the one out in front but the one who is grounding creating a safe place where others can do their best work. Imagine how much more effective your office could be if they operated like a herd of horses? Which role would you play? Sometimes the greatest lesson to learn is that we don't have to wear all the hats at once but rather to share the burdens of leadership with the others on the team.

Blair McKissock MEd RYT is a speaker and author on experiential and nature based learning. She loves sharing the amazing world of equine assisted learning and therapies through her work at Strides to Success. You can learn more about coaching, OmHorse mounted yoga sessions and upcoming equine assisted workshops at www.stridestosuccess.org. ■

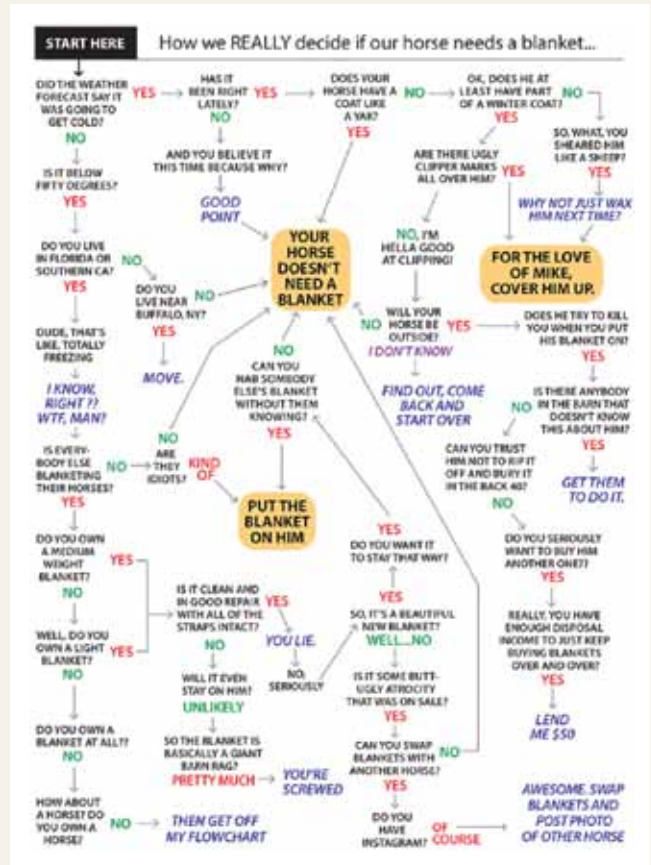
The Blanket Clause

THE CHRONICLE OF THE HORSE — IT SEEMS SIMPLE ENOUGH: DO I NEED TO PUT A BLANKET ON MY HORSE TODAY, OR NOT? YES OR NO? ~ By Jody Lynne Werner

To answer, the first thing we need is an accurate weather forecast. That can be a lofty goal, since despite all the advanced technology and colorful, swirly-whirly diagrams of snowy-blowy, rainy-wainy stuff, weather forecasting is fundamentally a guessing game. It is the only profession I can think of where one can literally be wrong all of the time and still keep their job. That's why forecasts are expressed using percentages. Percentages predict the likelihood of something happening while absolving the predictor from blame if it never happens at all.

Even if we could get a minute-by-minute guarantee of temperature, it's not just about that. And it's not just about wind, precipitation, intensity and duration. There's a whole thought process that plays out in a horse person's mind when the "should I blanket?" question is broached.

It's an aggregate of every scenario we've ever experienced with any horse and any blanket. Auburn's When-to-Blanket flowchart provides a good abridged methodology. But logic isn't always the means to our end. Our process often consists of mental twists and turns which lead us to more questions, rather than to answers. ■



POSTED ON HORSE COLLABORATIVE BY APRIL CLAY

5 Qualities of the "Coachable" Rider

Every instructor has a dream student. They often refer to them as "coachable," but what does this really mean?

1. Openness Are you open to receiving feedback, even if it's difficult to listen to? Or are you more likely to shut down to save face? Fear can lock us all up from changing. Some riders can get too invested in playing a certain role in lessons, and in essence taking them-

2. Humility The Zen tradition states that the best student is one with "beginner's mind." That is to say that the notion of "expert" is tossed in favor of the attitude of a "perpetual learner." Sometimes riders can get too caught up in what they know, or think they know. Suspension of judgement and openness to experimentation can lead to important insights. Try clearing your mind of preconceived notions the next time you head out on a ride. Be a beginner again and see where it leads.

3. Desire This quality makes itself known in a myriad of ways. Most importantly though, desire shows itself in commitment. Are you consistent with your commitments to your riding and your coach? Are you on time for lessons? Do you know the "why" behind your riding—what drives your motivation?

4. Willingness Think of it this way: would you rather ride a horse that is difficult to get through to, or one that

is willing to listen? The willing horse saves your energy and learns at a faster rate. It's the same with students. A rider who is for some reason closed to the idea of being guided or directed creates extra work for a coach. This tendency also wears a relationship thin. You may not always agree with what you are being asked to do, but as long as you trust in the knowledge of your trainer as a whole you should be willing to try.

5. Discipline Discipline is another way of saying you have the skill of self-control. You can apply order to your daily tasks, even make yourself do things you really don't want to do. One or two hours a week with a coach will not turn you into an effective rider. Coaches love students who come back for the next lesson having applied some of their learning on their own time. This is perhaps the hallmark of a coachable student, one who is able to coach themselves. ■



selves too seriously. Strive to be loose rather than rigid with your expectations. A dash of humour about your weaknesses can really open the door to increased relaxation and progress.

Horses Read Human Emotions

Researchers at the University of Sussex, in the United Kingdom, have confirmed that horses can read human facial expressions. For the first time horses have been shown to be able to distinguish between angry and happy human facial expressions.

Sussex psychologists studied how 28 horses reacted to seeing photographs of positive and negative human facial expressions. When viewing angry faces, horses looked more with their left eye, a behavior associated with perceiving negative stimuli. Their heart rate also increased more quickly and they showed more stress-related behaviors when looking at negative human expressions.

The researchers said this response indicates that the horses had a functionally relevant understanding of the angry faces they were seeing. The effect of facial expressions on heart rate has not been seen before in interactions between animals and humans.

"What's really interesting about this research is that it shows that horses have the ability to read emotions across the species barrier," said Amy Smith, BSc (Hons.), MSc, a doctoral student in the Mammal Vocal Communication and Cognition Research Group at Sussex, who co-led the research. "We have known for a long time that horses are a socially sophisticated species but this is the first time we have seen that they can distinguish between positive and negative human facial expressions.

"The reaction to the angry facial expressions was particularly clear—there was a quicker increase in their heart rate, and the horses moved their heads to look at the angry faces with their left eye."

Research shows that many species view negative events with their left eye due to the right brain hemisphere's specialization for processing threatening stimuli (information from the left eye is processed in the right hemisphere).

"It's interesting to note that the horses had a strong reaction to the negative expressions but less so to the positive," Smith said. "This may be because it is particularly important

for animals to recognize threats in their environment. In this context, recognizing angry faces may act as a warning system, allowing horses to anticipate negative human behavior such as rough handling."

A tendency for viewing negative human facial expressions with the left eye specifically has also been documented in dogs.

"There are several possible explanations for our findings," added Karen McComb, BSc (Hons.), PhD, who also co-led the research. "Horses may have adapted an ancestral ability for reading emotional cues in other horses to respond appropriately to human facial expressions during their co-evolution.

"Alternatively, individual horses may have learned to interpret human expressions during their own lifetime," she said. "What's interesting is that accurate assess-

ment of a negative emotion is possible across the species barrier despite the dramatic difference in facial morphology between horses and humans.

"Emotional awareness is likely to be very important in highly social species

like horses—and our ongoing research is examining the relationship between a range of emotional skills and social behavior," McComb relayed.

The horses were recruited from five riding or livery stables in Sussex and Surrey, U.K., from April 2014 to February 2015. They were shown happy and angry photographs of two unfamiliar male faces. The experimental tests examined the horses' spontaneous reactions to the photos, with no prior training, and the experimenters were not able to see which photographs they were displaying so they could not inadvertently influence the horses.

This research is part of an ongoing project into emotional awareness in horses that is funded by the Leverhulme Trust and the University of Sussex. The study, "Functionally relevant responses to human facial expressions of emotion in the domestic horse (*Equus caballus*)," was published in *Biology Letters*. ■

Is he Ok?

MY HORSE KEEPS EATING HIS HIMALAYAN SALT BLOCK: CAN HE BE INGESTING TOO MUCH SALT?

By Shannon Pratt-Phillips, MSc, PhD

Horses are usually good at regulating their salt intake based on need, but some horses simply like its taste and will consume more than they actually require. This normally isn't a problem, provided the horse has access to plenty of fresh water (which helps flush the excess sodium and chloride) and doesn't have any kidney problems. That said, for horses that do consume more salt than most, I usually recommend not offering a free-choice salt source and, instead, adding salt to their feed.

Most horses need about 50 grams of salt per day, and while some is likely already included in your commercial concentrate feed, you can add a tablespoon (15 g) or two as needed depending on the rest of your horse's diet and requirements (based on body weight, workload, or production level).

The type of salt you choose should also depend on requirements (visit with an equine nutritionist, extension agent, or veterinarian to discuss your horse's specific needs) and what else is in the feed. Plain (white) salt is fine if your horse only needs sodium and chloride (and iodine if feeding iodized table salt), but I might suggest a trace mineral salt if your horse isn't consuming other supplements or feeds.

Himalayan salt is reported to also contain various minerals, but not in amounts that are comparable to what you would find in a trace mineral block. ■



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WITH ... KIM KELEMEN

20 Questions

about your life with Arabian horses

1 What is your current involvement with Arabian horses?

We own, breed, show and pleasure ride our Arabian and half Arabian horses.

2 How many years have you been around horses?

45 years.

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

My Dad brought me home my first Arabian horse for my 11th Birthday. She was a yearling H/A filly named "Excellebits Lady" I broke her myself and was involved with our local 4H club with her. She gave me 3 foals and I owned her until she passed away at our farm age 28.

4 Who is or has been your favorite horse companion?

"Scotty So Hotty" Scott is a H/A gelding that we bred, raised and showed H/A English and Native Costume. He is a great character and is tons of fun to ride!

5 Who has been your (horse) mentor?

Bask. I feel the "Bask" lines are extremely athletic, intelligent as well as beautiful. They have heart and all of my "home bred" horses have "Bask" in their pedigree.

6 What is your favorite horse book?
Black Beauty.

7 What is your favorite horse movie?
Secretariat. Great story of a horse with huge heart and determined women with a great dream.

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

Arabian Horse Shows, Aurora Arabian Horse Association Treasurer & Show Chairperson and we love trail riding in the mountains.

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

Winning 2007 US National Reserve Champion in H/A AATH in Albuquerque when it was announced "bred, owned and shown" by myself.



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

Breeding a quality level of horse that can compete at a National level and being able to share it with my Daughter. Seeing her & our "home grown" horses have success at a National level has been very

rewarding.

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

Serendipity KK. "Sara" is a black H/A mare that we bred that I had success with in both main ring and halter. I am very proud of her.

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

Physically, our horses have given me strength and balance on and off their backs. Mentally, they have taught me patience & hope.

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

It wouldn't be one specific thing ... I love to watch the horses on our farm in all their stages, birth until retirement. From the first touch, you gain their trust and from that point on you both learn EVERYTHING about each other.

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

Investigate what you want. Go to shows, rides or to where ever you have interest in. Watch and learn so when you are ready to buy you have the knowledge of the kind of horse partner you want. It's then you can make a good, well informed

[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:

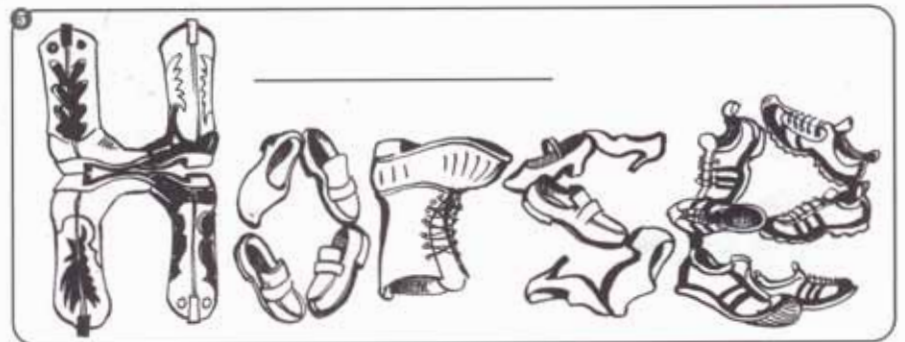
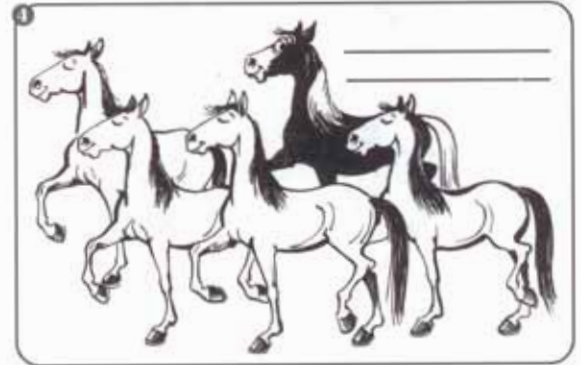
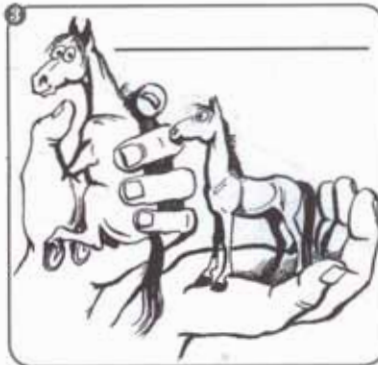
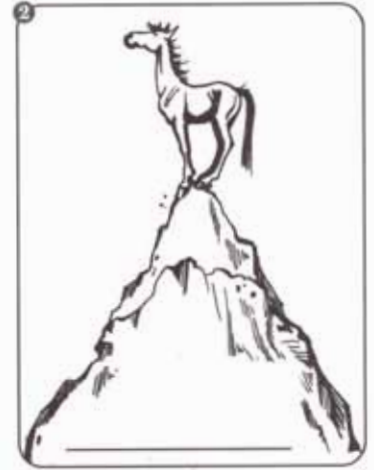
- We will sometimes feature, *The Arabian Horse in History*, where the generally ignored role of specific horses in history will be presented.
- Will also have a spotlight section where we present information on a specific Arabian horse owner, trainer, barn, program, or event in our industry. What a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

Horse Sense

The key to solving these five puzzles is to think about the specific items in each box as well as how or where they are pictured. ■



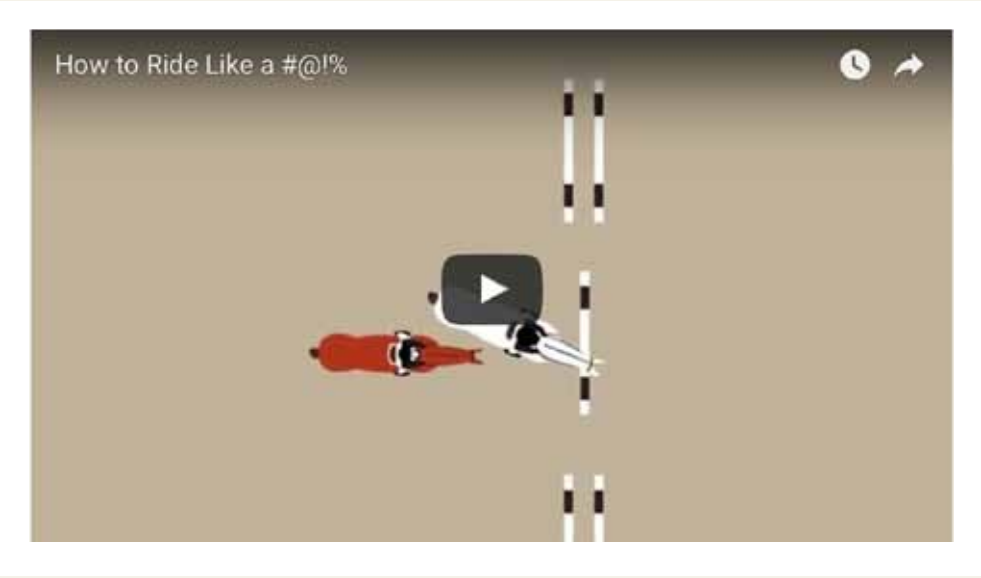
ANSWER: 1. one-horse town 2. high horse 3. hold your horses 4. horse of a different color 5. horseshoes.

Wacky Phrase Craze

If the answers to the clues below tend to come a little slow, try thinking of two-word phrases that rhyme and you'll have all the solutions in practically no time. ■

- | | |
|--|--|
| ① moldy dried grass
g r a y _ _ _ _ | ⑥ route taken by extremely slow horse
s n a i l _ _ _ _ _ |
| ② black baby horse
c o a l _ _ _ _ _ | ⑦ locomotive that's transporting horse feed
_ _ _ _ _ t r a i n |
| ③ piece of tack that's not in use
i d l e _ _ _ _ _ | ⑧ young female horse that's very funny
s i l l y _ _ _ _ _ |
| ④ small fake horse
p h o n y _ _ _ _ _ | |
| ⑤ worn-out saddle blanket
b a d _ _ _ _ | |

ANSWER: 1. gray hay, 2. coal pad, 3. snail, 4. phony pony, 5. bad pad, 6. snail trail, 7. grain train, 8. silly filly



How to Ride

LIKE A #@!%

Want to be "that guy"? The one out there ruining it for everyone else in the warm-up ring. We got you, friend. ■



<http://www.horsecollaborative.com/how-to-ride-like-a/>

Cowboy Lingo

Howdy, pardner! Cowboys share a vocabulary of their very own. See if you can pair each of the terms in the solid letters with the correct definition in the outlined letters. ■

- | | | | | | |
|-------------|-------------|---------------|--------------|--------------|----------------|
| 1. sombrero | A. to dance | 4. amigo | D. camp cook | 7. dogie | G. wages, \$\$ |
| 2. chuck | B. spurs | 5. boot-scoot | E. a friend | 8. sodbuster | H. orphan calf |
| 3. dinero | C. a farmer | 6. cookie | F. a hat | 9. hooks | I. food |

Poisonous Plants

ANSWER: 1. F, 2. I, 3. G, 4. E, 5. A, 6. D, 7. H, 8. C, 9. B.

Some plants, though they may be pretty to look at or have fun-sounding names, can make a horse quite sick. Here are clues to a few you may have heard of. How many can you identify? ■

1

2

3

4

5

6

ANSWER: 1. Henbane, 2. Hemlock, 3. Fiddleneck, 4. Foxglove, 5. Buttercup, 6. White Snakeroot.

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 ■

choice for both you and your horse.

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

Seek out informed people specifically with "Arabian" horse knowledge. Not all breeds behave or train the same. Enjoy



your horse partnership and don't get too serious. Remember why you're doing it. Have FUN!

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

I don't really have a reference book. I think it's more about seeking knowledge from reliable sources all the way from nutrition, care to training. We have some great, really fantastic trainers in our immediate area and Alberta. Be well informed.

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

I would love to find that perfect Pure-

bred to take cattle sorting and penning. It would do my heart good to have success and be competitive with the Quarter horses in that industry.

18 What about "kids" and an Arabian horse?

Kids and Arabians are great together. The sensitive nature and intelligence of the Arabian horse is a great teacher. Arabians are a caring mount. Again, do your homework in order to have a good "match."

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

There is nothing more satisfying than having a good ride and knowing your horse is happy. My personal "rush" comes from riding and feeling that obedient, willing power beneath you. I love it when Arabians' "blow" and show off. Their spirit, beauty & elegance always bring a smile to my face.



20 What are your words to live by?
"Knowledge is power" and "No act of kindness no matter how small is ever wasted."

Is there anything else you'd like to add?
Have fun and enjoy the "ride." ■

trustworthiness in horses is an intriguing, but unanswered, question.

Is Trust the Same for Horses as It is for Humans? Little is known about trust from the horse's perspective, but it probably does not mirror the human experience. People have an emotionally based social need for companionship, and relationships with animals appear to satisfy this need; people with dogs and other animal companions have improved mental health, physical well-being, and social confidence.⁹

In contrast, a horse's social needs are rarely met through his relationships with humans. In a recent article published in the journal Behavioural Processes, Payne and colleagues reported that horses are more interested in and form stronger connections with other horses than with humans. Horses tend to be wary of humans at first, whereas humans are generally more trusting. Payne also found that emotional attachments between horses and humans are more limited than attachments between two people, or between dogs and humans. Attachment to humans might be stronger when horses are hand-reared, but Payne cautioned that "the negative welfare implications of keeping horses socially isolated from conspecifics may constitute an ethical dilemma for caregivers wanting to increase their horse's attachment to them."⁸

Take-Home Message Harmonious communication and physical coordination between horse and humans relies on mutual trust and cooperation. Leaders gain trust by demonstrating competence and ability, showing kindness and goodwill, and making an emotional connection with others.¹⁰ To earn a horse's trust, people can model these qualities by using consistent and skilled handling techniques, developing sensitivity to the horse's emotional state, and responding to the horse in a gentle, fair, and forgiving manner. Frequent positive experiences are also important for creating a foundation for secure and trusting horse-human relationships, especially early in life.⁸

Selected References within this article are located within the website at www.thehorse.com ■

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