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

# Group or Individual Horse Housing: Which is Less Stressful?

***We're getting the message now: Horses don't like being separated from other horses. And as the research pours in, we're finding more and more support for that idea. Case in point: British researchers have confirmed that horses tend to show more physiological signs of stress when they're housed in individual stalls, whether they act like it or not.***

"The physiological changes we saw in our study horses cannot be masked in the same way that a horse can mask behavior (a survival mechanism in a prey species)," said Kelly Yarnell, PhD, researcher at Nottingham Trent University, in Nottingham, U.K. "And unfortunately, in the most isolated housing (individual box stalls), adrenal activity was very high (which can result in high levels of cortisol, the "stress hormone," being released). If very high levels of cortisol are present chronically or on a highly repetitive basis, then this can be detrimental for our horses' health."

In their study, Yarnell and her colleagues tested fecal cortisol levels, eye temperature, and behavior during handling in 16 university lesson horses housed in four environments:

- Individual box stalls with no physical contact;
- Individual box stalls with limited physical contact;
- Group stalls housing two horses together; and
- Group pens housing several horses together.

All horses were on a break from lessons during the summer and were kept in a pasture before the experiment began. They had, however, all been introduced and were accustomed to each kind of housing situation before the study began, so nothing was new. When the researchers brought the horses into the stables for the experiment (each horse got to test each situation for five days), they were careful to bring in all the horses at about the same time so they didn't experience stress from just getting left out of the larger herd, Yarnell said.

By far, the horses showed the highest levels of fecal cortisol when housed in individual box stalls with no physical contact with other horses, she said. Although they could see each other over their respective barn doors if they

were looking over at the same time and could hear each other, they were otherwise completely isolated, as is common in many stables.

By contrast, horses in the group housing situation had the lowest eye temperatures (indicating the lowest stress levels) and were easier to handle than the horses in the other housing situations, Yarnell added.

Individual stabling systems have developed partially out of convenience and partially out of a mistaken understanding of what's comfortable for a horse, she said. Through anthropomorphism (attributing human feelings and ideas to horses), people have often thought that their horses would be "happier" in a barn with their own personal space. And while that kind of stabling has some real benefits—such as protection from predators or conflict-related injuries and shelter from bad weather—it can also lead to unhealthy stress levels.

"If you consider this logically, taking the horses' evolution into consideration, then you must think about how these animals have lived for millions of years, on wide open areas with room to roam in social groups, trickle feeding as they moved and as their physiology is designed to do," Yarnell said. "Stabling is the opposite: isolation, reduced space, and limited food. These disadvantages can all contribute to elevated anxiety and reduced welfare for a social, free-ranging prey species."

While many owners would be quick to agree with this concept, others have argued that, actually, their horses prefer their individual stalls to being out-



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# Never Forget: Hero Horses World War I

POSTED ON SUNDAY EXPRESS  
~ By DION DASSANAYAKE

Around eight million war horses were killed during the conflict while countless mules and donkeys also died.

They were used to help carry food, water, ammunition and medical supplies to men on the front.

Of the one million horses which left the UK for the Western Front only 60,000 returned.

While more than a million dogs were also killed during the First World War.

The bravery of horses during the First World War was also chronicled by historian Simon Butler in his recent book *War Horses*.

The author previously said WW1 was the "the first and last global conflict in which the horse played a vital role".

Mr Butler said: "I was always interested in this subject, but I never realised how what happened to the horses was not properly documented before. My whole book is about the tragic story of how these ordinary horses were taken from farms by the military.

"For the men who served in the trenches it was a tragedy and for the people at home it was a tragedy too because they lost animals to which they had become attached." ■

## The Problem Patient

**It's no secret: Working around horses can be dangerous. In fact, in a 2014 study researchers determined that equine veterinarians have the highest injury rate of any nonmilitary profession in the United Kingdom, even ahead of construction workers, prison guards, and fire fighters.**

Many people injured in accidents involving horses report that the animal was unpredictable and that they "never saw it coming," said Gemma Pearson, BVMS, Cert. AVP (EM), MRCVS, a senior clinical training scholar in equine practice at the University of Edinburgh's Royal (Dick) School of Veterinary Studies, in Scotland.

However, she contends that horses aren't necessarily mercurial. Rather, she said, we're just not always able to read the signs they're giving us. At the 2016 Western Veterinary Conference, held March 6-10 in Las Vegas, Pearson gave attendees tips on how to identify horses that might be problematic during veterinary exams and procedures.

The key to predicting whether a horse could become a problem patient is understanding his arousal, or alertness level, Pearson said. Increased arousal is associated with elevated heart rates and blood pressure, and horses are often hyperreactive (meaning they're likely to overreact to normally innocuous stimuli, such as placing a stethoscope on their side, she said) in this state. In combination with high or low arousal levels, horses can be in a negative or positive emotional state, categorized by four subsets:

Decreased arousal with positive emotions—These are relaxed, happy horses, she said; a horse grazing in a pasture or quietly watching the goings-on in a barn from his stall have a low level of arousal and positive emotions.

Increased arousal with positive emotions—Increased arousal isn't always bad, Pearson noted. For example, a stallion preparing to breed a mare or a sport horse in the midst of a competition experience increased arousal, but with positive emotions.

Decreased arousal with negative emotions—These are unhappy, depressed, or sick horses or those experiencing learned helplessness, she said.

Increased arousal with negative emotions—"These are the ones that will hurt you," Pearson said. As mentioned, horses in this state are often hyperreactive and more likely to display unwanted and potentially dangerous behaviors, including being pushy or bargey, becoming needle- or clipper-shy, pulling away, kicking, striking, rearing, and refusing to load or enter stocks, among others.

When horses are uneasy with veterinary visits, they enter a state of increased arousal with negative emotions, Pearson said. But armed with this information, she said, veterinarians and handlers can monitor horses' arousal levels and watch for body cues that they might be on the verge of reacting adversely or exploding. For example:

His lips could appear tense and pursed rather than soft or even droopy, and his nostrils

might flare and have tight lines surrounding them;

His eyes either move and look around rapidly or become fixed in one position and frequently look backwards, sometimes showing the sclera (white in the eyes).

His eyelids might become more angular in shape, rather than a smooth curve;

His ears will likely be either fixed backward or out to the side or moving around rapidly, and he'll generally carry his head higher than normal. This will also make the muscles on the underside of his neck stand out more prominently than normal;

The skin on his neck will be taught and difficult to grasp, and the jugular vein is sometimes difficult to "raise" for injection or blood collection;

His muscles will likely tense and be difficult to palpate, and his vasculature (the veins that supply the body with blood) could be protruding from under his skin;

He might keep his forelimbs stiff and straight and his hind limbs in a flexed or crouched position, as if he were about to bolt forward; and

His tail could be either clamped against his body or raised in the air, but won't appear relaxed and easy-to-manipulate.

Recognizing such signs in a horse should

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WWI

*The bravery of horses during the First World War was chronicled in the book *War Horse* by Michael Morpurgo.*

*It was later adapted into a film directed by Steven Spielberg and also a West End show.*

<http://www.express.co.uk/news/history/615101/World-War-One-horses-killed-Remembrance-Day-November-11>. ■

encourage a veterinarian—or any other handler, for that matter—to proceed with caution and, if possible, take steps based in learning theory to reduce horses' anxiety levels. For instance, she said she's observed that simply scratching a horse's withers can reduce arousal levels, thus relaxing the animal, and this could be a good way to start a behavior consultation, she added.

**Take-Home Message** Pearson emphasized that while horses are often described as being unpredictable, they are actually fairly easy to read. Understanding arousal in horses and body signs can help create a safer environment for horses and handlers.

"With a limited amount of training, equine veterinarians can learn how to predict a horse's behavior more accurately and also learn how to take steps that make the scenario safer and less stressful for all involved," she said. ■

POSTED ON EQUINEWS BY KENTUCKY EQUINE RESEARCH STAFF

## Assessing Dehydration in Horses

***Over two-thirds of a horse's body is comprised of water. Endurance horse owners are concerned about dehydration and electrolyte imbalances during competition and fight the long-held belief that you can't make a horse drink. In contrast, Standardbred and Thoroughbred racehorses frequently have water withheld prior to competition. But how do we know if any of these horses are actually dehydrated?***

A multi-frequency bioelectrical impedance analysis could prove to be a valuable tool for assessing hydration in addition to the classic methods. "Dehydration is a welfare issue for all horses competing in athletic events. Typically, a clinical examination of the horse's gums, skin-tent response, sweat production, and some blood cell count values help veterinarians determine if a horse is dehydrated," explained Kathleen Crandell, Ph.D., a Kentucky Equine Research (KER) nutritionist.

In a research study\*, Sibthorpe and colleagues withheld water from a

group of Standardbred racehorses at 5 a.m. and exercised the horses for 30 minutes at 4 p.m. Packed cell volume (PCV) and total protein of blood were measured. PCV is a measure of the percentage of red blood cells in a volume of blood. A high PCV indicates dehydration because the amount of water in blood is low. Total protein involves a similar concept. Additionally, a multi-frequency bioelectrical impedance analysis (MFBIA) was used to estimate total water in the horses' bodies.

The researchers found that there was no change in PCV or total protein between horses that had water withheld and those who didn't. This finding suggested that the horses were not dehydrated. Further, MFBIA did not detect a difference in total body water between the two groups of horses.

"Ensuring the safety and welfare of racehorses is a priority in the equine industry. Although this particular study did not detect dehydration after exercise when water was withheld, the researchers suggested that additional studies are needed," noted Crandell.

Further, the researchers proposed that MFBIA could prove to be a valuable tool for assessing hydration in addition to the classic methods.

According to Crandell, the results of this study should not serve as evidence that horses do not require free-choice access to water. Instead, it is a message that horse owners don't need to panic if there is a brief lapse in supply.

"It is also important to understand that in this study the horses were maintained in a thermoneutral environment, and they were not heat-stressed or sweating excessively. Further, they were not treated with a dehydrating medication like furosemide that could have an effect on dehydration. For recovery from dehydration due to furosemide administration or more strenuous workouts, particularly in high temperatures, supplementation with Race Recovery or Restore Paste can help achieve a normal electrolyte balance following exercise," recommended Crandell. ■

# Horses That Graze on Pasture 24/7 Eat More Slowly

POSTED ON THE HORSE.COM ~ By  
Juliet M. Getty, Ph.D

If you let your horse out to graze on pasture for only a few hours each day, and provide hay the rest of the time, you've likely noticed how he approaches the grass like a vacuum cleaner, barely lifting his head the entire time he is outside. On the other hand, horses who graze on pasture 24/7 are more relaxed, eating less grass at a slower pace, taking time to rest and interact with buddies.

Researchers at North Carolina State University were interested in just how much pasture horses consume at varying combinations of pasture and hay availability. What they found confirms what we have all witnessed. At varying levels of pasture turnout, an 1100 lb (500 kg) horse will consume the following amounts of grass dry matter (all horses were given free choice hay when removed from pasture):

24 hours/day: 0.77 lb per hour (0.35 kg/hr)

9 hours/day: 1.32 lb/hr (0.6 kg/hr)

6 hours/day: 1.65 lb/hr (0.75 kg/hr)

3 hours/day: 2.2 lb/hr (1.0 kg/hr)

The less time you allow for pasture grazing, the more excited your horse will be at the opportunity to have fresh grass and he will eat nearly three times faster than if he had access to pasture 24/7. ■

POSTED ON HORSE JOURNALS BY JONATHAN FIELD

## The Comfy Canter

**Have you ever watched someone riding along on a nice, relaxed, rocking-horse canter and dreamed of one day having your horse canter like that? It's happened to me. The image of seeing this "dream canter" for the first time remains clear in my mind to this day.**

Many years ago, I watched a demo being given by a top trainer named Bob Avila. As he loped around the arena on this beautiful mare so gracefully and relaxed, talking calmly to the audience, it looked like a really comfy canter to ride. He began to discuss this canter as he went slowly around on a big circle to the right.



"To me it's all about body control," he said as he started to demonstrate what he meant.

He continued on the right lead. With a slack rein, he stayed on the same line and bent the head both ways, from side to side. Nothing changed in the rhythm or the path of the canter he was on. He then demonstrated how easy it was to switch leads back and forth, which he described as something every rider should be able to do. Again, the horse's emotions didn't change: she stayed on the path to the right, switching leads from the right to the left, and then back to the right once again.

"If you really have good body control, you should be able to not only switch leads but change either the front or the back of the horse independently as you wish," he said in a relaxed voice... and then he did.

Watching Avila ride that mare blew me away! At that point in time, I was young and naive, thinking I had "a good handle on a horse," when in reality I had more to learn. For a split second, I had to admit that I wished I had not seen this amazing demonstration as I knew that I would never forget what this man could do... and what I could not.

I also knew it was going to keep me up at night trying to figure it out.

Well, it did keep me up at night and, as a horseman, I am glad it did. In my pursuit of a more comfy canter, I learned a lot, more than I could ever write about here. I learned how to find a soft relaxed canter and how to feel the whole horse beneath me. I learned to feel where those hooves were, to notice the slightest imbalance in myself or my horse, to be clearer in my aids, and how to ride better.

**Let's take a look at the qualities of a great canter:**

The ideal canter begins with an easy departure. This means that you must position a horse properly to best prepare him to depart.

The horse must hold that departure position until asked for the canter. At that point, the horse is ready and balanced. He is able to easily pick up the canter and the correct lead. In transitioning to the canter from the trot, the speed should not increase drastically. Ideally, the canter is the same speed as the trot, or slightly faster. As the horse continues in the canter, it should be relaxed and rhythmical, the horse being balanced and collected in self-carriage. Remember Bob Avila's mare that day? There is no reason there can't be slack in the rein while the horse maintains its path. This provides a nice comfy canter that you can ride all day long.

Now that we know what a great canter is, let's look at one that is less desirable: a mad run out of a bone jarring trot, for example. The first few strides feel like you have just ignited a rocket as the "canter" turns into a gallop. The horse swerves from side-to-side and wiggles like a salmon swimming upstream. As you approach the first corner, you pitch in like a jet airplane banking a turn. You barely make the turn. You are on the incorrect lead. Coming out of the corner, you fly out of control once again or break down into a bone jarring trot.

Who wants to ride that?

I'm sure there are many people who can relate to all or some part of the previous scenario which is why I am going to try to shed some light on the topic in the hope of helping you find that dream canter with your horse. If you aren't sure about bending and balance, then re-read my last article to learn how it applies directly to the canter.

Here are some points and troubleshooting tips to think about when building your comfy canter:

**1) The Departure Position** Prepare for the canter by setting a departure position. This helps your horse balance and be able to pick up the correct lead. The bend in the direction of the desired lead is the departure position. The bend is a slight lateral bend through the body (think of a bow). The head and neck are directed towards the lead. The shoulders and ribs are up and over to the opposite side, thereby clearing room for the hindquarters to strike off into the desired lead.

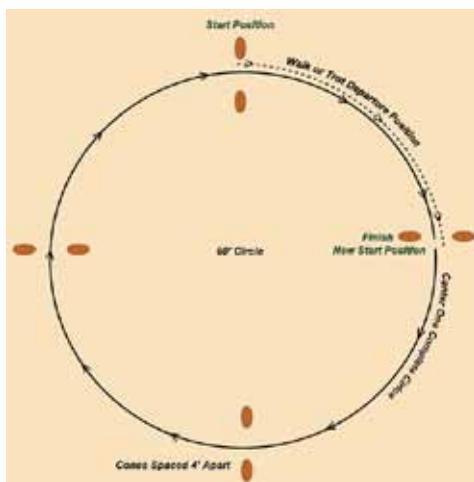
When setting a departure, use both your reins and legs to position this bend. Ask the nose to move towards the direction of travel, then clear the shoulders and ribs out of the way for the hind leg to move forward to become the leading leg in the lead you want. It's like rubbing your head and patting your belly, but when you get the position right, it works.

A common way leads are asked for is to take the nose in the opposite direction. This can get the desired lead; however, as horse and rider advance it becomes ineffective. One cannot gain proper balance and body posture, or cause the horse to use the hind quarters. The horse tends to throw itself onto the lead rather than depart and strike off on a canter lead. I recommend taking the time at the beginning to get the lead with the right bend and balance in the trot before asking for the canter departure.

Tip: Ride along, holding the departure position until your horse is relaxed, waiting for you to cue the canter depart. This can be done at a walk or a trot. You can ask for this position many times in a ride and not depart... just get ready for it. This will help your horse from anticipating and taking over.

**2) The Canter Strike Off** When the horse is prepared and waiting for direction, cue the him into a canter. You will need a respectful response to your request from both your seat and legs. If the "go button" doesn't work, the horse will likely run into the canter. Take your time. Bring your energy up and squeeze with your legs until your horse thinks and goes forward willingly and quickly.

**3) The First Strides** No one wants to ride a rocket! The canter should not mean that the race is on. The goal in the first few strides is that the speed is as close to, or the same as, the trot that you just departed from. In those



first few strides, hold the same position in your body as you had in the departure so that you maintain some bend and connection with your horse. This will be a slight inside leg and rein with a balancing or supporting outside leg and rein. Your outside leg will be touching the rib cage behind the girth.

**Tip: Don't throw away your aids as soon as you pick up the canter!**

**4) How Long to Canter** Once you can canter depart into the correct lead, ride a short distance at first, maybe a lap or two around approximately a 60 foot circle, and then stop your horse and rest him for a bit. This gives both you and the horse time to reflect on how it went.

If you rode two laps, how fast did you go? Did you hold your path or did the horse push out off your intended circle? Did you set the departure, prepare the horse for the canter, and then get a quick respectful response to move into the canter? Take a moment or two for reflection.

One of the biggest mistakes I see all

the time is riders racing around the ring waiting for this wonderful canter to happen. No time is taken to figure out what part is working and what part is not.

Try these short and concise lessons before cantering longer in order to build a solid departure position, departure, and stride.

As your horse becomes fitter, you can canter longer, building up to ten minutes at a time. This allows the horse to develop purity in the gait, while developing your seat as well. Get into the rhythm of the canter as you make small adjustments to stay on the path, at the desired speed, with bend and balance.

**Here is an exercise that I use in my clinics to help riders get started with a plan:**

Mark out approximately a 60 foot circle using cones on the quarter marks of the circle. Put two cones on each quarter mark four feet apart and ride between them. Walk or trot a quarter lap, canter one lap, and then stop and rest to evaluate what you have just done. Do this repeatedly until the horse starts to anticipate the canter strike off. Mix the timing of the departure between a quarter lap and a full lap. Sometimes, hold and don't depart at all. Use anticipation to your advantage to get the horse thinking canter without allowing the horse to take over.

When the canter gets comfy, stop your horse and let him rest and soak on it. It's hard to stop when the canter gets comfy, because we often want more and more! It is important to stop and acknowledge these moments, rather than keep going until it all falls apart. By stopping and resting each time, you build on these little moments, and as you continue to set it up right, the moments become more frequent until eventually the entire canter is strong and comfortable to ride.

Remember, when learning to become a better horseman or horsewoman, you must plan what you want from both yourself and your horse. Be clear in your setup in a way that your horse can understand. Accept and reward the slightest try! ■

# 10 New Horse Owner Resources

**Whether you're about to purchase your first horse or welcoming a new four-legged family member after a break from the industry, owning a horse requires a certain amount of specialized knowledge to keep that animal happy and healthy.**

And while you don't need to know everything—let's face it, no one knows everything, anyway!—to get started, there's a few things you should be familiar with before jumping into horse ownership.

To that end, we've scoured our archives to find content covering the very basics of horse care available for free on TheHorse.com. And there's lots more where this information came from.

For additional or more specific information, search TheHorse.com for what you're seeking or consult your equine veterinarian.

**ARTICLE:** How Much Does a Horse Cost? Horses aren't a cheap hobby. Although, most horse owners will agree that owing a horse is worth the financial sacrifices. Let's take a look at what it really costs to own a horse besides the initial purchase price. [Read More](#)

**AT A GLANCE:** Just the Basics: What Every Horse Needs No doubt about it, horse ownership is a big responsibility. Horses require daily attention and management to keep them healthy. And the horse world has no shortage of opinions and advice for how to best care for horses. Here's a look at the basics of what every horse—no matter the breed or discipline—needs. [Download Now](#)

**ARTICLE:** Taking Vital Signs Temperature, pulse, and respiration—these three vital signs are just the minimum of a physical examination, but they can greatly help you—and your veterinarian—when you think your horse might be sick. Do you know how to take them? [Read More](#)

**INFOGRAPHIC:** Feeding Your Horse Are you confused about equine nutrition or wanting to make sure your horse's diet is complete? Learn how to feed your horse in our step-by-step visual guide. [View Now](#)

**ARTICLE:** Vaccines for all Ages Vaccinating horses is rarely a one-size-fits-all endeavor.

With both core and risk-based vaccines to choose from, what exactly does your horse need? Don't panic. We're here to help! [Read More](#)

**ARTICLE:** Colic: First Things First As you stroll into the barn one evening at feeding time, you notice an eager horse hanging its head over each and every stall door but one. Curious, you peer into your favorite gelding's stall and see that he's restless, pawing at the ground, and hasn't touched his hay. Panic starts to set in ... is he colicking? What do you do? How can you help him? Decision-making can be difficult when all of these questions are whirl-

ing about, so it's best to learn how to manage colics ranging from mild to severe before you find yourself in this type of situation. [Read More](#)

**ARTICLE:** Equine Lameness 101 Lameness is a problem seen in

many horses during their lifetimes. But, there are ways of preventing and treating it to help your horse be as healthy as, well, a horse! [Read More](#)

**ARTICLE:** Equine Infectious Disease Outbreak Response 101 From equine herpesvirus and influenza to strangles and coronavirus, infectious diseases can cause quite a stir in the horse industry—quarantines, canceled competitions, and, in some cases, even horse deaths or the threat of human infection. And something all horse owners and veterinarians should know is how to respond in the face of an infectious disease outbreak. [Read More](#)

**INFOGRAPHIC:** Basic Principles of Conditioning Learn how to safely take your horse from flabby to fit step-by-step with our visual guide. [View Now](#)

**VIDEO:** Selecting Safe Horse Fencing Whether you're building your first horse property or updating an old one, ensure your equids' pastures are enclosed with horse-safe fencing. Alayne Bickle of Horses for Clean Water offers her tips on selecting safe and functional fencing. [Watch Now.](#) ■

## Doesn't Fit In

**UNDERSTANDING HERD DYNAMICS** - Posted on THEHORSE.COM by Christa Lesté-Lasserre, MA

Occasionally you'll get a horse that just doesn't mix well in your herd. Maybe he's so low in the rankings, he can't find a friend at all and is isolated from the group. Or on the contrary, he's so aggressive he won't let the others approach him and is even becoming a danger to himself and the other horses. He might even, in very rare situations, be a horse with so few social skills (growing up in isolation from other horses) that he just can't get along with others.

"That may be a time when you have to actually remove the horse from the herd," says Elke Hartmann, PhD, of the Department of Animal Environment and Health at the Swedish University of Agricultural Sciences, in Uppsala. "Get him out of there, and try him with another herd to see if he has the chance to socialize more."

Sue McDonnell, PhD, certified applied animal behaviorist and founding head of the equine behavior program at the University of Pennsylvania's School of Veterinary Medicine, adds that a particularly aggressive horse might do better in a herd of clearly more dominant—or clearly less dominant—herdmates. If he goes with more dominant herdmates, there's a risk of injury if the horse doesn't recognize his limits, though.

"Ideally, have an even number of horses," Hartmann suggests. "This reduces the chance that one horse will end up alone.."

Check out the full article at <http://www.thehorse.com/articles/35555/understanding-herd-dynamics> ■





[https://www.youtube.com/watch?v=E7p\\_Dlvymuo](https://www.youtube.com/watch?v=E7p_Dlvymuo)

## Dance with Horse!

**You will be surprised about this HORSE. Dance with Horse!**

INSTINCT OF COLOR featuring PINK-ing of you, RED my fortune cookies, featuring no room for the BLUES, featuring need SUNglasses and staring Lady in BLACK.

WITH ... AMANDA UBELL

## 20 Questions

**about your life with Arabian horses**

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

*I am currently an equine photographer, shooting farms, sale horses, horse shows and any other equine photos needed.*

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

*I acquired my first Arabian horse 30 years ago.*

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

*My mother worked with a lady that owned an Arabian horse, I, of course, was a horse crazy little girl. The lady invited*

*us out for me to go for a ride....the rest is history...lol.*

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

*My most memorable horse was Pride of Intrigue, sired by KGB Intrigue, he was a chestnut gelding that I showed in Show Hack, Hunter, Dressage, Western, Halter, and Showmanship. The one I learnt*



*the most from was Abadi Sweet Satin, a flea bitten grey mare, that we bought for \$900.00 from a feedlot WITH all of her tack. I showed that mare in EVERYTHING and to the national level, she was absolutely amazing.*

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

*I have had many over the years and they have all left lasting impressions on me, including but not limited to, Gail Tory, Sharon Merkel-Beatty, Michael Whelihan, Pam Zimmerman, the Galloways (ALL of the Galloways), and Gary Coleman.*

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

*I am not sure I have a favorite horse book, honestly I tend to stay away from stories involving horses, they ALWAYS get hurt (although they nearly always get better too) and I just*

*can not stand that part. :(*

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

*Stripes.*

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

*I am heavily involved with horse shows in both the United States and Canada, I used to show at these horse shows but*

*now I photograph the incredible beauties instead. :)*

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



*Well, it might be from an Aurora show from about 18-19 years ago, one of the first Arabian shows I ever rode in. I was at the time taking lessons from Lori Galloway of Rocking Bar Ranch, I was 12 years old on my 900.00 feedlot mare. It was an open hunter class with 24 horses. I placed FOURTH and BEAT my trainer!!!! There was absolutely NO turning back for me then...lol.*

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

*I have a few that I am very proud of but maybe the most is that I have horses that I bred in all parts of the world, including across Canada, across*

[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** ■

# By the Numbers

In the horse world, specific numbers often come into play. See if you can transfer the proper numerals from the outer frame into the equations in the inner frame. ■

The puzzle consists of a large circle with numbers written around its perimeter. Inside the circle are several equations with blank spaces for numbers. The numbers around the circle are: 10, 12, 1,500, 24, 2, 100.5, 4, 8, 3, 10, 4, 2,200, 24, 99, 4, 3, 10.

Equations inside the circle:

- gallop = \_\_\_ beats
- pen = \_\_\_ by \_\_\_ feet
- hand = \_\_\_ inches
- a healthy horse = \_\_\_ to \_\_\_ degrees F
- event = \_\_\_ riding disciplines
- walk = \_\_\_ beats
- draft horse = \_\_\_ to \_\_\_ pounds
- lead rope = \_\_\_ to \_\_\_ feet
- canter = \_\_\_ beats
- box stall = \_\_\_ by \_\_\_ feet
- pony = \_\_\_ or less hands
- trot = \_\_\_ beats

ANSWER: gallop = 4 beats, pen = 24 by 24 feet, hand = 4 inches, a healthy horse = 99 to 100.5 degrees F, event = 3 riding disciplines, walk = 4 beats, draft horse = 1,500 to 2,200 pounds, lead rope = 8 to 10 feet, canter = 3 beats, box stall = 10 by 12 feet, pony = 14.2 or less hands, trot = 2 beats.

# Change of Pace

If you change just one letter in each of the words shown here, you can spell a dozen different ways that horses stop and go. ■

toot      wall      salt      boat      prince  
 pack      banter      rut  
 pump      job      lose  
 rock

ANSWER: trot, walk halt, bolt, prance, pace canter run, jump, rack, jog, lope.



# Caring for Your New Horse



**POSTED ON THEHORSE.COM**

Are you getting your very first horse or your first horse in a long time? Our experts will help you navigate equine ownership.

Get your questions about veterinary care, nutrition, management, and more answered during our live event! ■

# Why are Horses Nervous?



**POSTED ON THEHORSE.COM**

Behaviorist Dr. Sue McDonnell offers reasons horses might be spookier than normal in windy weather. ■

CAN YOU SOLVE THE PUZZLE?

## Desirable Traits

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

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. ■

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

## Spelled Out

All of a sudden, in the middle of his performance, Tex the Trick Horse stopped and pawed the letters in the dirt. "Oh," the horse's trainer explained, "Tex wants a drink of water." How did he know? ■

H I J K L M N O

ANSWER: Tex pawed all the letters from H to O (H<sup>2</sup>O).

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]

the United States, Dubai, Kuwait, and Germany.

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

*Countess Vanessa left the most lasting impression on me, I saw her go National Champion Park Horse at the US Nationals, you could NOT look away from her, she gave me goose bumps and made me hold my breath...she was unreal....she floated above the ground.*

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



*To work HARD, I had to work to help pay the board for my horses as we did not live on a farm. I spent every weekend and holiday working at the barns I boarded at starting at the age of 12. I rode 5 days a week, even in -30 without heat, I bundled up so all you could see where my eyes, but I still rode. You have to work hard and dedicate yourself or you will not move forward and get better. You also have to learn to COMPROMISE...lol, especially with an Arabian. You can not*

*just FORCE them to do what you want. You have to work WITH them and learn to do things together.*

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

*Their emotions! They are so able to show love and friendship, as well as jealousy and hate...lol. They love to play and love to learn, and when they love you they will always try their hardest.*

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

*I would simply get them to come out and meet the Arabian horse, if they are able to spend an afternoon with Arabian horses then they will never go back...they just have so much to give.*

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

*Make sure they know what they are getting into, they need to know the costs (and yes, they are scary!), and what all is involved with properly caring for a horse such as feed, vets, farrier, tack, blankets, etc. But at the same time, horses teach us hard work, loyalty, dedication and it is a great form of exercise.*

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

*Not really....sorry.*

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

*I would LOVE to show at Scottsdale, I have shown at nearly all of the other big shows in North America except that one, and that one has easily become my favorite show to go to, though I do not get to go every year..:(*

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

*Kids today have become inactive, everything is technological and online. They do not get out, they do not exercise, they do not know what it means to work TOWARDS something, to have a goal.... horses can do that for a child and they will form a strong, everlasting bond with their horse at the same time.*

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

*Because when everything comes together and you connect with your horse and ride, it is like you are one, flying and floating and LIVING. It is the most incredible feeling in the world.*

**20** What are your words to live by?  
*Live every day to the fullest as you have no idea what tomorrow will bring. Work hard and play hard. ■*

[HORSE HOUSING CONTINUED FROM PAGE 1]

doors with other horses, Yarnell told The Horse. "Since my scientific paper was published, I've had many owners comment that their horse waits at the gate to be brought into his stable," she said. "I think it's more likely the horse is waiting at the gate for his dinner! However, I accept that there may be exceptions."

But, on the whole, even if current individual-stall stabling systems aren't ideal, it's not a reason to wrack ourselves with guilt, Yarnell added. "I wouldn't say that it's cruel," she said. "I think there is a place for stabling our domestic and companion horses but perhaps not for extended periods due to the negative aspects.

"My recommendations would be that horse owners ensure that their horses have time to socialize or have contact with other horses and to move and feed wherever possible," Yarnell said. "I'm not suggesting we all set our horses free, but there is a happy medium. Offering the opportunity for social interaction with conspecifics and the freedom to express natural behavior can improve equine welfare. And if there's a housing type available that facilitates this, then I would encourage it to be utilized." ■

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