

BY MEGAN WHARIN HORSEJUNKIESUNITED.COM

## Why do we do this?

***A first hand account on why we do what we do, and why the rest of the world thinks we are crazy for it. "A horse is the projection of peoples' dreams about themselves—strong, powerful, beautiful—and it has the capability of giving us escape from our mundane existence." ~ Pam Brown.***

I am sure we have all had that moment in our lives where we ask ourselves; "why do I do this"? We sincerely ponder our reasoning behind being so financially strapped, emotionally drained, and yet still so driven to succeed. Through all of the setbacks, injuries, and other issues, we push further and further, addicted to those amazing moments in our ride, and the years spent preparing for them.

The financially strapped individual I am referring to is usually young, perhaps in high school or the early years of university. She has always ridden horses; she has always been dedicated and driven. She works multiple jobs and gives up nail appointments for farrier bills, high school prom makeup for a new bridle. When I say she is dedicated and driven, it's not just in regards to horses. This girl could have given it up, she knows that she would be a lot less stressed



and a heck of a lot richer if she did, but there's something inside her that pushes her to keep on going. **The thought of living a "normal" life sounds unappealing.** In their heads shopping, partying, going to school, getting a job and starting a family is not how they want to do it. They look up to their equestrian idols that not only are professionals, but also amazing mothers and successful businesswomen, and think, why can't I do

this? We must accept that these amazing careers don't come with their own stressors and struggles, but if we worked that hard to get there, wouldn't we accept that and be ultimately happy?

It's not that we don't sometimes wish that we could be without horses, I am pretty sure we all do, but **in giving it up, we give up who we are as a person.** You can't spend your entire life living and breathing it, spending hundreds of thousands of dollars on it, just to throw it all away. We give up years of "average" teenage experiences to spend our evenings at the barn, and our weekends at horse shows. It's just in our blood; I like to think of it as a healthy addiction. Our parents (god bless them) put up with the financial stress and a lack in family vacations because they know deep down they would

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## Welcome

### Outreach – the new buzz word of the decade.

*We are going to hear the word "outreach" more and more in the months and years to come. It is a fact that we must reach out and attract new people to the world of Arabian horses. Without new people our industry will continue to shrink, and eventually the impact will be felt at our national events and not just at our local shows. These new people will be the ones who will buy or lease our horses, giving us a reason to keep breeding.*

*At the AHA convention in Denver this November you can expect to hear from the Market Development and Promotion committee. They will be presenting all kinds of outreach ideas. Ideas that are separate from "the show." The new AHA website will offer all kinds of interesting ways to engage new folks. Come and see how. Since outreach is the responsibility of each one of us, we can expect to come away from this convention loaded with new ideas on how to encourage new people to come and share the Arabian horse with us.*

*There are those out there who do not want new people involved. After all, they are a hassle, they don't know anything and require a great deal of time and effort to learn the way things are. They are going to take time away from their trainer and their trainer will spend more time with the new people ... what a drag!*

*Well get over it! New people are our life-blood. Without those new people there will be nobody to buy those good seasoned horses, which will allow you to step up and buy that exciting new horse. Without the new people, your trainer won't likely be in business that long. Yes, the new people are important. From a positive point of view, the time you spend sharing information, you will actually be reinforcing your own learning. It is when you teach something that you really learn it.*

*So, outreach is the critical responsibility of each one of us. A trip to the AHA convention this year just might be the best investment you can make ... for you and the Arabian horse.*

Gary ■

## Horsing Around

I bet you've hopped on your bike and zoomed around the block, feeling the wind in your face while you dream that you're galloping on your favorite horse (or any horse, for that matter)! Kids have loved their imaginary and toy horses for thousands of years. Here are some old favorites—how many of these have you ridden?

**Stick Horses:** Stick horses are the oldest toy horse around. They likely go back to the day after somebody first rode a horse; his or her kid must have picked up a crooked branch, noticed a squiggle that looked like a horse's head, and mounted up.

**Rocking Horses:** The first true rocking horses, on semicircular rockers, were built in the 1600s—King Charles I of England had one—and they became more popular in the 1700s. In 1880 a Cincinnati company invented a swing horse that glided back and forth instead of rocking. Queen Victoria tried out a dapple-gray rocking horse, making it the color of choice for rocking horses all over England.

**Carousel Horses:** The Italian word *garosello* means "little war," and believe it or not, early carousels were a training tool for mounted soldiers. Seventeenth-century French riders practiced spearing rings while they circled on legless wooden horses, attached by wooden arms to a central pole.

**Spring Horses:** Spring horses are a direct descendant of rocking horses. Instead of gliding or rocking back and forth, riders bounce and jounce on four sturdy springs, suspended with a metal frame.

**Coin-Operated Horses:** Nowadays, these guys are hard to find, but they were popular at amusement parks in the 1950s, and outside of grocery and department stores as a potential reward for a horse-crazy child who behaved herself. Put in your money and the horse gallops, but for all too short a time. ■

# Thinking the Way Animals Do

**Temple Grandin is an assistant professor of animal science at Colorado State University. She is the author of the book *Thinking in Pictures*. Television appearances include 20/20, CBS This Morning, and 48 Hours. Dr. Grandin has autism, and her experiences have helped her to understand animal behavior. She teaches a course in livestock handling at the university and consults on the design of livestock handling facilities.**

## Unique insights from a person with a singular understanding.

As a person with autism, it is easy for me to understand how animals think because my thinking processes are like an animal's. Autism is a neurological disorder that some people are born with. Scientists who study autism believe that the disorder is caused by immature development of certain brain circuits, and over development of other brain circuits. Autism is a complex disorder that ranges in severity from a mild form (such as mine), to a very serious handicap where the child never learns to talk. The movie *Rain Man* depicts a man with a fairly severe form of the disorder.

I have no language-based thoughts at all. My thoughts are in pictures, like videotapes in my mind. When I recall something from my memory, I see only pictures. I used to think that everybody thought this way until I started talking to people on how they thought. I learned that there is a whole continuum of thinking styles, from totally visual thinkers like me, to the totally verbal thinkers. Artists, engineers, and good animal trainers are often highly visual thinkers, and accountants, bankers, and people who trade in the futures market tend to be highly verbal thinkers with few pictures in their minds.

Most people use a combination of both verbal and visual skills. Several years ago I devised a little test to find out what style of thinking people use: Access your memory on church steeples. Most people will see a picture in their mind of a generic "generalized" steeple. I only see specific steeples; there is no generalized one. Images of steeples flash through my mind like clicking quickly through a series of slides or

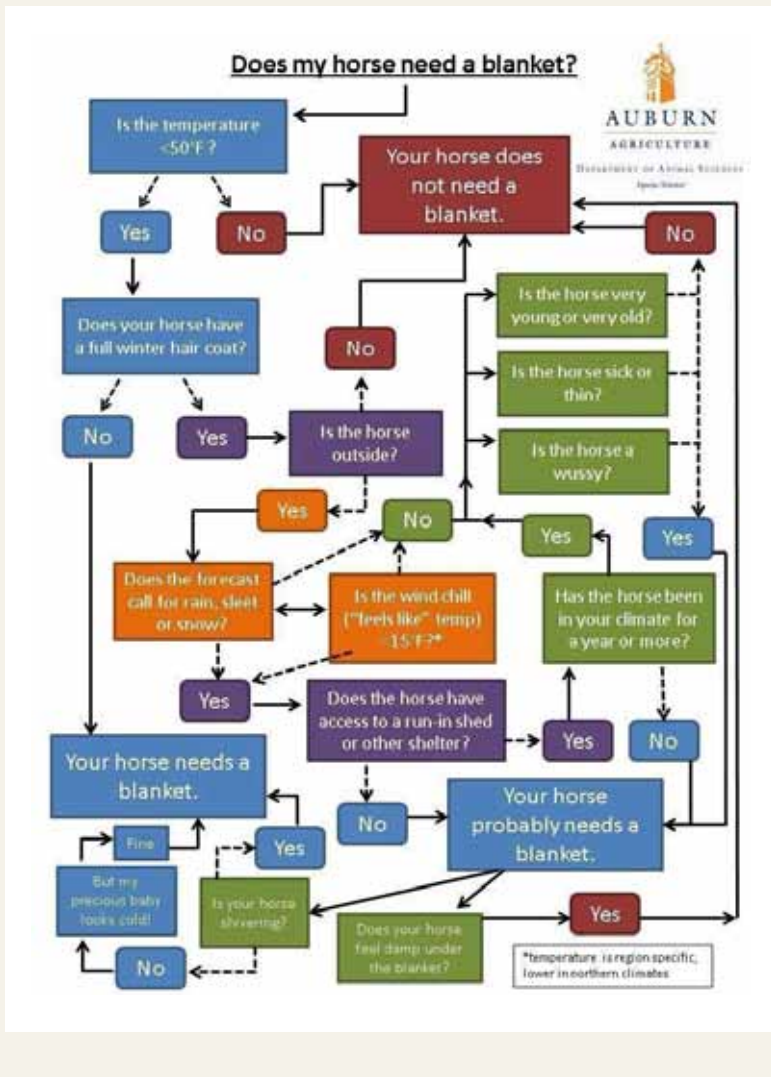
pictures on a computer screen. On the other hand, highly verbal thinkers may "see" the words "church steeple," or will "see" just a simple stick-figure steeple.

A radio station person I talked to once said that she had no pictures at all in her mind. She thought in emotions and words. I have observed that highly verbal people in abstract professions, such as in trading stocks or in sales, often have difficulty understanding animals. Since they only think in words, it is difficult for them to imagine that an animal can think. I have found that really good animal trainers will see more detailed steeple pictures. It is clear to me that visual thinking skills are essential to horse training, but often the visual thinkers do not have the ability to verbalize and explain to other people what it is they "see."

**Associative Thinking** A horse trainer once said to me, "Animals don't think, they just make associations." I responded to that by saying, "If making associations is not thinking, then I would have to conclude that I do not think." People with autism and animals both think by making visual associations. These associations are like snapshots of events and tend to be very specific. For example, a horse might fear bearded men when it sees one in the barn, but bearded men might be tolerated in the riding arena. In this situation the horse may only fear bearded men in the barn because he may have had a bad past experience in the barn with a bearded man.

Animals also tend to make place-specific associations. This means that if a horse has bad prior experiences in a barn with skylights, he may fear all barns with skylights but will be fine in barns with solid roofs. This is why it is so important that an animal's first association with something new is a good first experience.

Years ago a scientist named N. Miller found that if a rat was shocked the first time it entered a new passageway in a maze, it would never enter that passageway again. The same may be true for horses. For example, if a horse falls down in a trailer the first time he loads,



he may fear all trailers. However, if he falls down in a two-horse, side-by-side trailer the 25th time he is loaded, he may make a more specific association. Instead of associating all trailers with a painful or frightening experience, he is more likely to fear side-by-side trailers, or fear a certain person associated with the "bad" trailer. He has learned from previous experience that trailers are safe, so he is unlikely to form a generalized trailer fear.

**Fear Is the Main Emotion** Fear is the main emotion in autism and it is also the main emotion in prey animals such as horses and cattle. Things that scare horses and cattle also scare children with autism. Any little thing that looks out of place, such as a piece of paper blowing in the wind, may cause fear. Objects that make sudden movements are the most fear-provoking. In the wild, sudden movement is feared because predators make sudden movements.

Both animals and people with autism are also fearful of high-pitched noises. I still have problems with high-pitched noise. A back-up alarm on a garbage truck will cause my heart to race if it awakens me at night. The rumble of thunder has little effect. Prey species animals, such as cattle and horses, have sensitive ears, and loud noise may hurt their ears. When I was a child the sound of the school bell ringing was like a dentist drill in my ear. A loudspeaker system at a horse show may possibly have a similar effect on horses.

People with autism have emotions, but they are simpler and more like the emotions of a vigilant prey species animal. Fear is the main emotion in a prey species animal because it motivates the animal to flee from predators. The fear circuits in an animal's brain have been mapped by neuroscientists. When an animal forms a fear memory, it is located in the amygdala, which is in the lower, primitive part of the brain. J.E. LeDoux and M. Davis have discov-

ered that fear memories cannot be erased from the brain. This is why it is so important to prevent the formation of fear memories associated with riding, trailering, etc.

For a horse who has previously been fearful of trailers to overcome his fear, the higher brain centers in the cortex have to send a fear suppression signal to the amygdala. This is called a cortical over-ride, which is a signal that will block the fear memory but does not delete it. If the animal becomes anxious, the old fear memory may pop back up because the cortex stops sending the fear suppression signal.

Fear-based behaviors are complex. Fear can cause a horse to flee or fight. For example, many times when a horse kicks or bites, it is due to fear instead of aggression. In a fear-provoking situation where a horse is prevented from flight, he learns to fight. Dog trainers have learned that punishing a fear-based behavior makes it worse. When a horse rears, kicks, or misbehaves during training, it may make the trainer feel angry. The trainer may mistakenly think that the horse is angry. But the horse is much more likely to be scared. Therefore it is important for trainers to be calm. An angry trainer would be scary to the horse. There are some situations where a horse may be truly aggressive towards people, but rearing, kicking, running off, etc., during handling or riding is much more likely to be fear based.

**Effects of Genetics** In all animals both genetic factors and experience determine how an individual will behave in a fear-provoking situation. Fearfulness is a stable characteristic of personality and temperament in animals. Animals with high-strung, nervous temperaments are generally more fearful and form stronger fear memories than animals with calm, placid temperaments. For example, research on pigs conducted by Ted Friend and his students at Texas A&M University showed that some pigs will habituate to a forced non-painful procedure and others will become more and more fearful.

Pigs were put in a tank where they had to swim for a short time. This task was initially frightening to all of the pigs and caused their adrenaline level to go up. Adrenaline is secreted in both people and animals when they are scared.

Over a series of swimming trials, some pigs habituated and were no longer scared, but others

# Crazy Laws

**NO HORSES IN THE BATH TUB! CRAZY HORSE LAWS FROM AROUND THE NATION.** Posted by Linda Waller.

There are a lot of crazy horse laws in this country. Horses are usually very law-abiding, but unfortunately the same can't be said of their people. They break the law left and right, every day! Ridiculous, when you think about how sensible most of our laws are.

Here's just a sampling of the ridiculousness that clogs the equine legal system in the USA—just in case you're planning to ride through one of these towns and would prefer not to, you know, get locked up.

**Alabama** - Montgomery: It is considered an offense to open an umbrella on a street, for fear of it spooking horses. (Repealed)

**Arizona** - Prescott: No one is permitted to ride his or her horse up the stairs of the county court house.

Statewide: It's illegal for cowboys to walk through a hotel lobby with spurs on.

**California** - San Francisco: It is illegal to pile horse manure more than six feet high on a street corner.

**Colorado** - Cripple Creek: It is illegal to bring your horse or pack mule above the ground floor of any building.

Statewide: It's illegal to fish from the back of a horse. Same goes for Washington DC and Utah. Looks like that's where fun goes to die.

Also, it's illegal to ride a horse while under the influence. (lest you get a RUI)

**Florida** - Statewide: Penalty for horse theft is death by hanging.

**Pennsylvania** - Many years ago, farmers were none too pleased by those new-fangled automobiles, so they used a bit of political pressure to enact some super reasonable laws.

If a driver came across a team of horses they had to pull to the side of the road and cover their car with a blanket that blended into the surroundings to encourage the horses to pass. ■

# Why do Horses sometimes eat weird things?

**Horses are not picky eaters. I mean, they're not carnivores, so they will generally turn up their noses at a good steak (although I did run into a horse that had a taste for hot dogs). But they were essentially born to eat. In the wild (which isn't always the best measure, by the way), they eat in 23 of 24 hours during the day. Eating like a horse, indeed.**

Anyway, periodically I get questions about why horses eat what they eat, and whether what they eat is bad for them. Here are some answers.

Many horses are kept in stalls bedded with wood shavings. Wood shavings are absorbent, and smell nice, which, of course, is particularly important for us, since we're the ones that put them there (horses also like to get dirty, and don't seem to care much how they smell, which is also perplexing to owners). Wood shavings are also not unpalatable. Not that you'll see a lot of horses munching down on their shavings with any regularity, but there are many horses that are more than happy to consume a mouthful of shavings just so they can savor that last alfalfa leaf. The practice is completely harmless, unless you're using black walnut shavings. Those, unfortunately, are fairly toxic to horses; they cause severe laminitis, a problem which, sadly, took a few horses getting really sick to recognize, a few years back.



Chances are you aren't going to find any black walnut shavings in your horse's stall, and, if you do, get him, or them, out.

Wood is, in fact, a good fiber source. In fact, horses that are fiber deficient (a mostly experimental condition, but possible in horses kept only on lush

grass, with no access to coarser forage), will look for fiber sources, such as wood. Again, it probably won't hurt them, although horses that insist on eating wood (planks, fences, doors, etc.) are a big pain in the backside: sort of like having an oversized pet beaver. If you're feeding your horse hay, he's getting enough fiber; if he's eating wood anyway, he's probably bored with life, and looking for something to do.

Horses eat manure, too. The practice is called coprophagy (I have to throw in big words from time to time—it's what I went to school for). That's also a practice that's pretty harmless, and pretty widespread. Young elephants, koalas, hippopotami (I love that plural), and pandas are among animals—including horses—whose young eat feces, which

is thought to help populate their intestines with the bacteria that help allow them to digest the coarse feed that they live on. Rabbits, guinea pigs, and chinchillas

eat their own feces, which are actually thought to be quite nutritious. So, for that matter is horse manure, which has some undigested plant material in it. Dogs eat horse manure (which is just one of many reasons why I don't like barn dogs to lick me in the face); apes have been seen eating horse manure, presumably for the salt. It even used to be fairly common to feed horse manure to pigs. Flies, of course, love manure. Think of it this way; if you're raising a horse, you're going to be raising flies, too.

While eating horse manure is generally harmless (and, apparently, tasty), it is one way that internal parasites are transmitted. People with pastured horses that insist on spreading manure in their fields only compound the

problem of parasite transmission. But in horses that are kept in stalls, with limited access to pasture, the occasional bite of manure is harmless. The phrase, "An apple a day keeps the doctor away," was not, however, written about horse droppings.

The practice of eating other weird things (dirt, hair, rocks, etc.) is called pica. It seems that lots of people get really worked up about it. There's this idea out there that horses have some sort of "innate intelligence" about their diet, that is, if they are missing some micro-nutrient, or have some sort of a vitamin:mineral imbalance, they will try to fix the problem on their own. That seems not to be the case. Equine nutritionists, who, in addition



to be very good at basic math, study such things, have found that horses really only seek out energy (calories—hungry horses, like hungry people, seek out something to eat), water, salt, and fiber. Horses that have nutritional imbalances typically don't eat dirt, or other weird things, or like concrete, or anything else. Such behaviors reflect curiosity, not nutritional problems.

There's even research to support the idea that horses with dietary deficiencies don't seek to correct them (I really like it when there's research to answer questions). In the 1970's ponies were fed diets that were deficient in calcium. Those ponies didn't eat any more of a calcium-containing supplement than did ponies that had adequate calcium in

their diets. In another research study, ponies fed a diet lacking phosphorus were given access to several different mineral salts, including those containing phosphorus. Those ponies—not nutritionally wise, apparently—actually ate more calcium, which, theoretically, would have made any mineral imbalance worse, since eating more calcium interferes with phosphorus absorption.

That said, there was a study last year, from Turkey (I like to read) that looked at 15 horses, who either did, or did not, engage in pica. They ran blood tests on the horses and concluded that the horses with pica had lower levels of copper and iron in their blood, as well as the mathematical ratio of copper to zinc. Frankly, I don't really get the study, because it seems to me that if they were eating weird things to correct an imbalance, they wouldn't have

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lose their daughter, or at least the very best version of her, if she didn't have horses in her life. Their comes a time when parents may finally break down, finally succumbing to years of marital and financial stress, they try and tell us to think about all the success we have had with riding, how lucky we have been, all in the process of telling us to "give ourselves a break for a while, focus on school, go and travel, get married, have kids". If you are this girl, you've heard it before, you know the feeling of devastation when you think about how to everyone else "giving it up" sounds so easy, but inside you are crumbling into a million tiny pieces. People can say you are being selfish and spoiled, but in my opinion this is the farthest thing from it. **We put blood, sweat, tears and more money than we would like to think of into a lifestyle that shapes us as human beings. At the end of the day, money is money and life is too short.**

To the non-equestrian reading this, picture if you loved soccer, hockey, or basketball; to your benefit (seriously you have no idea how lucky you are)

society views common sports as potential careers and if you have a gift, you get sponsors, free rides and ultimately a hefty paycheque. You don't have to consider giving it up, because if you are good enough, and you work your butt off, you will be not only successful, but also financially successful. If riding could become a mainstream sport, think of how much more respect and recognition we would have as athletes!

.....  
"We owe him everything and he owes us nothing."  
- Steffen Peters

breathing, and let the smell of hay and shavings quickly bring you back to that happy place. For that time at the barn, you can forget about every stress you have. As you pick shavings out of her tail you think "I wouldn't want to be anywhere else but here", and it dawns on you that one way or another you have to make it work, and the crazy thing is, we often do figure out a way. I am not saying that each and every dedicated horse person is going to go to the Olympics, it doesn't work that way, but without crazy dreams none of us would be doing this. **We all just keep working towards meeting the right**

And yet ... in all of the stress and unease you are feeling, you can go sit in your horse's stall, listen to her soft

**people, riding the right horses, and being in the right place at the right time, in the hopes of one day, maybe, making a name for ourselves in this crazy sport. It really does come down to grit, motivation, positive thinking, and luck.** Although it would be wonderful to have this sport fall under mainstream views, it will never be the same because **this sport involves another team member, an animal that psychologically has no need or drive to go into that ring and be the best. They do it for us, and we need to be eternally grateful to them for that.** My trainer told me that when Steffen Peters retired Ravel he said "**We owe him everything and he owes us nothing**"; this really hit it home for me because here we are getting so upset about "making it" when at the end of the day we must remember that **the reason we do it is because we are so in love with these animals. When you fail, or your horse becomes injured, its not because you didn't try, you will keep going.** I strongly believe that if you want something badly enough, you make it happen, even if the end result is slightly different than the initial goal, it happened because we worked hard and didn't give up. ■

facebook



**DISCOVER ARABIAN HORSES ALWAYS WANTING TO INCREASE ITS EXPOSURE TO THE OUTSIDE WORLD.**

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

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

We need your help! There are more than 1400 individuals within our database. The next time you are on Facebook, please visit and like our page. Find the link below or on our website.

<https://www.facebook.com/pages/Discover-Arabian-Horsescom/626982870651572> ■

# The Sterile Mentality

***I love teaching equine first aid. Sharing life-saving information is one of my favorite things! Recently I had the opportunity to spend a weekend in Okotokes with some of the greatest minds in the equine first-aid community—at the Equi-Health Canada Instructor's Convention! During supper our first evening, the topic of "sterile" came up. Having worked in a hospital OR and having training as a medical clinic assistant, I'm fortunate to have some education on this topic.***

Having "sterile" items in your equine first-aid kit sure sounds important. But really, is it?

The definition of "Sterile" for our purpose today is: "free from bacteria or other living microorganisms; totally clean." (Google it!) This means our item has been processed in an autoclave or like device to ensure this free and clear status. It is then placed in an equally-sterile package. Wonderful, nothing nasty to potentially introduce to a wound.

Here's my problem with it: Unless you're in a very controlled environment (like a surgical theatre), you're fighting a losing battle with bacteria and germs, dirt and debris as soon as you open the package. Unless you're wearing sterile gloves, you will contaminate a sterile gauze or sponge as soon as you take it out of the package. If you've touched the outside of its package with sterile gloves, your gloves are no longer sterile. I'm willing to bet good money that your horse's injury is not scrubbed sterile either (you don't have a sterile field, cleaned and draped) so as soon as it's in contact with your horse, it's contaminated. So why bother?

No need to despair! The word, my good friends, is CLEAN! And it's absolutely perfect! Paper towel on the roll, gauze squares out of the sleeve, a box of rubber gloves, all ideal to use for your horse's first aid and available in quantity.

Have you ever had your horse to the vet's clinic for teeth floating? Gelding? Maybe having a sarcoid removed? Unless that horse is going into the surgical suite, it isn't a sterile environment either, what they're working with is "clean". Yes, we do our darndest to give things the best opportunity for successful healing without infection, like shaving a site that requires sutures and using an antimicrobial scrub and gloves, but we should keep in mind what wonderful things the immune system does. When it comes to our own kits and supplies, I'd much rather have quantity over sterility, a conversation I've had frequently with clients recently.

When I put together a first-aid kit for a client, I will put in a sleeve of 200 or better NON-STERILE gauze pads, with NON-STERILE gloves and NON-STERILE dressings. I can give them 10 times the amount of CLEAN items for the same cost as STERILE. And it's just as effective when it comes down to it.

Here's another super saver for you: Saline. You bet you can buy sterile saline from the drug store in big jugs. OR you can make your own! Regular table salt dissolved in warm water will do quite well to irrigate and flush a wound at home. I use a ration of 1

Teaspoon salt to 1 Litre warm water. Fill up a yard sprayer with it and have it on hand in case of emergency.

As always, I hope you never need to consider this information. I hope you never have to deal with an emergency with your equine pal. However, like the Scouts, I like to be prepared.

## Happy Horseing!

*Amanda Preston of Shimmer-E Equestrian is Equi-Health Canada's Lead Trainer for western Canada and teaches equine first-aid clinic as well as trick-horse clinics throughout Alberta and the western provinces. Contact her to book your own first-aid clinic for adults and kids too! Advanced first-aid training clinics are coming soon. [www.shimmere.com](http://www.shimmere.com). ■*





**THE GIRL WHO DREW HORSES**  
[horseconscious.com](http://horseconscious.com)

**In this moving video, horse artist Kim McElroy shares how she got started drawing horses.**

*Kim is renowned for her equine art. For over two decades her pastels have graced popular greeting cards and collectibles, pastel originals and fine art prints. Her visions of horses portray the power and beauty of the horse's form and offer us a timeless glimpse of it's soul. ■*

<http://www.horseconscious.com/video/the-girl-who-drew-horses>

WITH ... KEVIN JOHNSTON

## 20 Questions

**about your life with Arabian horses**

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

*I show in the Arabian world.*

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

*Off and on all my life.*

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

*A good friend of ours introduced us.*

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

*Pageant++++// (The Pioneer V x Le Fire Lace) aka Norman.*

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

*Todd Ehret.*

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

*Arabian Legends*



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

*Sea Biscuit.*

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

*Sport Horse Nationals, Canadian Nationals, Scottsdale in February.*

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

*The first time Norman and I showed in a Drive and Ride class at Sport Horse Nationals.*

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

*Learning to work as a team.*

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

*I am riding/driving my dream horse.*

**12** Horses are amazing teachers. What has your

horse taught you that has helped you become a better person?

*There is no question I am a better person because of my horse, he has taught me to listen and understand that things are not always black and white and most importantly that effective communication is a two way street, there is no room for dictatorships in a successful equine relationship.*

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

*The absolute joy and freedom I experience while I'm with him.*

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

*Intelligent, beautiful, willing, versatile.*

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

*Spend time at shows and search out the laughter and smiling faces, the social aspect is very much part of the Arabian world, it will engulf you. Don't ever rush into a horse purchase, this is a partnership, a bond like you have never experienced. Prepare to be challenged both physically and mentally, be honest with*

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# Editor Message

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

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

The newsletter will cover many topics:

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

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

**info@discoverarabianhorses.com** ■

WHAT DO YOU SEE

## Eye Catchers

One letter of the alphabet is missing in each grid. Write the missing letter in the numbered spaces below. Then read across to find something worn by riders to protect their legs. ■

V	U	L	K	A	1
W	T	M	J	B	
X	S	N	I	D	
Y	R	O	H	E	
Z	Q	P	G	F	

4	A	K	T	N	D
	G	Q	X	R	H
	J	Z	Y	W	I
	F	S	V	O	E
	C	M	U	L	B

Z	Y	U	T	A	2
X	V	S	B	J	
W	R	C	I	K	
Q	D	G	L	O	
E	F	M	N	P	

5	D	J	Y	F	A
	N	Z	W	T	O
	X	G	B	V	I
	K	Q	L	R	U
	P	E	H	M	C

G	F	Q	Z	P	3
H	E	R	Y	O	
I	D	S	X	N	
J	C	T	W	M	
K	B	U	V	L	

Answer:

1 2 3 4 5

ANSWER: Chaps.

## Sounds Just Like ...

Each of the words listed below has a horse homonym, a word that sounds exactly the same but is spelled differently and means something different. Can you guess what they are? ■

hawk      -----  
main      -----  
tale      -----  
heard     -----

gate      -----  
pole      -----  
hey      -----

ANSWER: hock, mane, tail, herd, gait, poll, hay.



## Safer Stalls

### HOW TO MAKE YOUR HORSE'S STALL SAFER:

Dr. Christy Corp-Minamiji discusses how you can build a safe stall for horses or make an existing stall safer. Check out this helpful video. ■

<http://www.thehorse.com/videos/30324/how-to-make-your-horses-stall-safer>



# What's the Dif'?

Find and circle nine differences between these two drawings. ■



ANSWER: Lead rope, stall door, grain box, cat sleeping (z), horseshoe, bird on ground, chickens, horse nose, bird on door.

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) ■

[CONTINUED FROM PAGE 7]

*yourself and your world will become a more beautiful place.*

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

*Centered Riding.*

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

*Sport Horse Show Hack 2015.*

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

*I cannot think of anything better for kids than spending time with horses, we have watched "horse show" kids grow up into responsible, successful young adults.*

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

*I think it's the ability to communicate without speaking so subtly that sometimes I don't realize it, and understanding the reply.*

**20** What are your words to live by? "*carpe diem*".

Is there anything else you'd like to add?

*Being with my horse anywhere is one of the most comfortable things I know. ■*

[CONTINUED FROM PAGE 3]

remained fearful throughout the trials. In the pigs that did not habituate adrenaline stayed elevated, which showed that the pigs were still afraid.

It is likely that horses would respond to different training methods in a similar manner. Horses with calm placid dispositions are more likely to habituate to rough methods of handling and training compared to flighty, excitable animals. The high-strung, spirited horse may be ruined by rough training methods because he becomes so fearful that he fails to learn, or habituate.

On the other hand, an animal with a calm, nonreactive nervous system will probably habituate to a series of

nonpainful forced training procedures, whereas a flighty, high-strung nervous animal may never habituate. Horses who are constantly swishing their tails when there are no flies present and have their heads up are usually fearful horses.

In the wild, horses put their heads up to look for danger.

**Effects of Novelty** As a creature of flight, how a horse reacts to novel or unusual situations or new places can be used to access his true temperament. French scientist Robert Dantzer found that sudden novelty shoved into an animal's face can be very stressful. A horse with a high-strung, fearful nature may be calm and well-mannered when



ridden at home. However, his true temperament has been masked because he feels relaxed and safe in a familiar environment. When he is suddenly confronted with the 'new sights and sounds at a horse show he may blow up.

It is the more high-strung and fearful horses who have the most difficulty in novel situations. At the show there are many unusual sights and sounds, such as balloons and loud public address systems, that are never seen or heard at home. An animal with a nervous temperament is calm when in a familiar environment—he has learned it is safe—but is more likely to panic when suddenly confronted with new things.

The paradoxical thing about novelty is that it can be extremely attractive to an animal when he can voluntarily approach it. A piece of paper lying in the pasture may be approached by a curious horse, but that same piece of paper lying on the riding trail may make the horse shy. People working with horses and other animals need to think more about how the animals' perceive the situations we put them in. ■

[CONTINUED FROM PAGE 5]

had the imbalance, but that's just me. Suffice it to say that in the absence of more rigorous studies, I generally don't think that pica is a big deal for horses, healthwise.

Of course, eating sand is another matter entirely. In areas that have a lot of sand, such as Florida, Nebraska, Arizona, or southern California, sand colic is a problem. These horses, however, eat sand along with their feed, and some of them can accumulate so much sand (I've seen 70 pounds of sand in a horse's gut in surgery) that it blocks the intestines. They aren't eating sand because of some dietary problem—it just comes along with whatever else they are trying to eat.

Anyway, mostly, when horses eat weird things, it's not a big deal. Horses are curious, and, like young kids, they put their mouths on most anything. As long as what they're eating isn't directly harmful to them (say, oleander leaves, or feed bags), eating weird things is more annoying, and sometimes destructive, than anything else. If your horse is happy munching on a mouthful of shavings, then I say, "Good for him." Happy is a good place to be. ■

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