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BY GARY MILLAR, DISCOVERARABIANHORSES.COM

Outreach, Find a Way!

Reaching out to attract and welcome newcomers to the Arabian horse industry critical for the survival of our breed.

Around the world the horse industry continues to shrink. With the main role of involvement in horse activities being recreational we find ourselves now competing with a whole host of new and unique alternative recreational activities our society has before us. The changing demographics to a more urban population affects opportunities to be involved in activities with the horse. More and more people look at involvement with horses as an active and healthy lifestyle activity rather than further developing a relationship with a favourite horse. We, the Arabian horse industry, must refocus and find innovative ways to attract and welcome new people to participate in our industry. The line ups at barns and stables, waiting for an opportunity to play are dwindling and, for the most part, have disappeared across North America and Europe. A new and assertive approach is now necessary to attract people in the very competitive recreation activity market.

The Arabian horse world, as well as the worlds of all the other breeds are having a tough time with this concept. The "new" public are not necessarily interested in sitting for hours and watching horses go around and around in a circle at horse shows or repeating the same event time and time again. More people today are "doers" and desire to learn to do things and participate themselves. We need to

facilitate that changing trend.

So, what can we do? Our very survival depends on us being meaningful with our approach. If we keep on doing the same things as we have been doing, we should expect exactly the same results ... nothing will change (what is the definition of insanity?). Therein lies the problem. We, the horse people, are comfortable doing what we are doing and that's what we know. Our focus at shows is all about offering more and more classes so that everyone can win a ribbon and qualify for some greater competition. Those extra classes consume a great deal of time and do not leave much time for doing something creative that might actually attract the public to want to become more involved with our industry.

Here's a suggestion. Our breed organization (Arabian Horse Association) needs to strongly recommend or even make it mandatory for every sanctioned AHA show to host some kind of "outreach" event at every show. While this might seem a bit aggressive and smaller clubs with fewer resources (people, members and cash)

might have a more difficult time with this concept, it would eventually force our clubs and members to focus on getting the public to our shows. It goes without saying that every show should feature at least a T.A.I.L. program or something similar. We would need to entertain, educate and offer the public an entry point into our industry. All clubs continually search for volunteers. These new people could be a great source of volunteers and we could even offer a step-by-step "new member" route for a new person to become involved and eventually become a member. Remember, our outreach activities must not just involve making them sit and watch our horse show ... horses going around and around. To the outside world, this is exciting for the first ten or fifteen minutes. Then it becomes as exciting as watching paint dry. We must entertain ... which of the participants at your event can do trick riding, freestyle reining,



liberty demos ... demonstrate the different styles of riding, have the judge(s) provide commentary on what they look for. By engaging members and participants at the show you engage your people in the whole outreach process. We must educate ... the Arabian horse has a colourful history. After all, blood from the Arabian horse flows in the veins of virtually every other breed of horse around the world. We have a story to tell.

[OUTREACH, FIND A WAY CONTINUED
ON PAGE 4]

Quotes

Say what? Through history the great and the good have churned out some horsey quotes that we can all relate to...

1. 'It's a lot like nuts and bolts – if the rider's nuts, the horse bolts!'

Nicholas Evans, the author of *The Horse Whisperer*, speaks truth here.

2. **Sir Winston Churchill** had a lifelong passion for horses. He was a cavalryman in the late 19th Century, and was responsible for saving thousands of horses that were stranded in Europe after the First World War. He rode well into his 80s and clearly understood the pure, mood-lifting pleasure of a good ride:

"There is something about the outside of a horse that is good for the inside of a man."

"No hour of life is wasted that is spent in the saddle."

"To many, the words 'love', 'hope' and 'dreams' are synonymous with horses... if you never love a horse, you will never understand."

3. "A canter is a cure for every evil."

Yup, now tell us something we don't know, **Benjamin Disraeli**.

4. It's fair to say that the greatest writer of all time, **William Shakespeare**, knew a thing or two about horses, as illustrated by these three quotes — from *Richard III*, *Henry V*, and *King Lear* respectively. Looks like he was also a fan of chestnuts. Good man!

"A horse, a horse, my kingdom for a horse!"

"He's of the colour of the nutmeg. And of the heat of the ginger... he is pure air and fire; and the dull elements of earth and water never appear in him, but only in patient stillness while his rider mounts him; he is indeed a horse, and all other jades you may call beasts."

"He's mad that trusts in the tameness of a wolf, a horse's health, a boy's love, or a whore's oath."

5. "For want of a Nail the Shoe was lost; for want of a Shoe the Horse was lost; and for want of a Horse the Rider was lost; being overtaken and slain by the Enemy, all for want of Care about a

How to Connect with your Arabian Horse

Arabians and Thoroughbreds might require more time and energy, but it's worth it.

Having been a lifelong owner and exhibitor of Arabian horses, I always seem to find myself in the position of being the resident "question/answerer" about the breed among friends and at whatever barn I am boarding. Just recently, one of my horsey-friends approached me in the typical style and asked me something to the effect of "How do you deal with the Arabian personality? They are so different from other breeds..."

And indeed, they are.

The woman's teenage daughter, who is a somewhat novice but confident rider, has an Arabian mare that has a few "quirks." After giving the woman a few pointers and answering a few direct questions, I began to reflect on my own journey with the breed. I have ridden everything from Rocky Mountain Horses and Icelandic Ponies to Shires and even the exotic Gypsy Vanner, and Arabians are certainly in a class of their own when it comes to training, personality traits and quirks.

It is always disconcerting when I hear someone say that they don't like "Arabians" in general because they are spooky, hot, too hard to handle, etc. Because some of the best family horses that I know are Arabians and I've seen more tiny kids and amateur riders being packed around on them than I can count.

So, here are a few things that I have learned throughout the years that might help the Arabian's reputation, as well as those who may be kindred spir-

its with one.

Clear Communication is Key There is a reason that the Arabian has long been called "The Thinking Man's Horse"—they require a rider to have a certain mindset straight out of the gate, and they can size up a rider's ability and mood quicker than any horse that I have worked with. They are sensitive horses that retain much of their Bedouin breeding instincts, which required them to be hard working, as well as alert and adaptable to a nomadic lifestyle. This makes for a wonderful partner, but can also pose certain challenges. While it is possible to "tell" an Arabian what you want them to do (through cues, body language and commands), it is much more effective to "ask." If you try to bully the breed you are going to

find yourself in a fight that you will likely not end up winning.

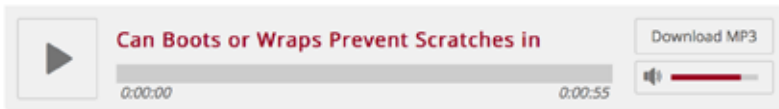
For instance, if you are working at trot to canter transitions and your head is filled with

100 different things that you need to do in order to get from point A to point B, your Arabian will sense that and maybe lose his headset or come out on the wrong lead. In this case, if you stop, sit quietly for a moment and "ask" him again with a clear mind you should find better results.

Learn Some Basic Psychology Again, the Arabian is a thinker; they can reason their way in and out of most situations. I have seen five horses of various breeds and one Arabian running through a pasture, and as they come up to a puddle some horses will splash right through and look surprised that



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Dr. Ashley Embly of Rood & Riddle Equine Hospital offers her thoughts on if leg protection can prevent scratches.



E. Ashley Embly, DVM, is an associate with Rood & Riddle Equine Hospital in Lexington, Kentucky, where she is part of the ambulatory medicine team. Embly is a graduate of the University of Georgia.

Preventing Scratches in Horses?

POSTED ON THEHORSE.COM

Can Boots or Wraps Prevent Scratches in Horses?

Dr. Ashley Embly of Rood & Riddle Equine Hospital offers her thoughts on if leg protection can prevent scratches. ■

HOW TO CONNECT WITH YOUR HORSE CONTINUED FROM PAGE 2]

they got wet, others will jump at the very last second, and the Arabian is most likely to be the one to go around. This isn't saying that they don't like water or jumping, but they make decisions with a reasoning process; they will take the safest, easiest and most comfortable path beyond an obstacle on their own.

So, with this in mind, we as riders must learn to make our horses believe that what we want them to do is the easiest, safest and most comfortable way from point A to point B. For example, it does little good to be heavy handed or rough if your Arabian doesn't want to keep his headset. Sure, it is possible to jerk the reins or go to the spur or crop and have your horse make a decision out of fear, but then the problem is just going to keep coming back. It makes much more sense to get into his head and figure out a way to make your horse believe that what you want him to do is what he wants to do. This requires light hands, patience and commitment, but in the end, the reward is enormous because the Arabian will retain information so long as you present it in a way that he can understand.

If You Need a Trainer, Find One With Arabian Experience I mean no disrespect to all-breed trainers, and in fact, some of the best trainers that I have had have specialized outside of the Arabian breed, but this was after I had been with breed specific or specialized trainers for years. I always suggest that in looking for a trainer for a novice rid-

er who has an Arabian horse that they find someone who has a lot of practical experience with the breed. By going this route you will find that your trainer is used to dealing with the very same things you deal with on a daily basis.

For instance, I watched a trainer at my barn working with a girl and her Arabian horse. The trainer was young and talented, but she was used to working with Quarter Horses. The client's horse shied at something next to the fence and the trainer went on to spend the next 30 minutes focused on that particular spot near the fence, and the more forceful she became in attempting to get the horse to remain calm and go passed that point without so much as a sideways glance, the more tense the horse became. In this situation, I (or someone who has dealt with the breed for years) would have realized there are only two possible ways to handle the situation: you can pick a fight or you can just keep moving forward and redirect the horse's attention. This is true with all breeds, but is much more pronounced with the sensitive warmbloods.

Don't Lose the War Just to Win a Battle This is probably the most common advice I give to people who ask how best to deal with their Arabian horses. The plain and honest truth is that if you start a fight with an Arabian, you better be willing to stay in it for the long haul.

In my early days of riding, I can't tell you how many times I found one little thing to focus on and suddenly what

was supposed to be a 45 minute to 1 hour workout turned into a 3 hour losing battle. The more tense or angry I became the more my horse fought against me. When she would finally quiet, come into my hands and do what I asked, it wasn't good enough for me. She had to do it perfectly five more times before I was satisfied, and that just didn't work.

So, if you are dealing with a manoeuvre like the flying lead change for instance, and your horse is fighting you a little bit, do everything that you can to calm yourself, clear your mind, and "ask" without "telling." As soon as your horse comes over to your side even an inch, thank him and move on to something else. Focus on the good things, and always end a workout on a good note because the Arabian will remember the last thing you told them during your previous workout as soon as you swing your leg over the saddle the next time that you plan to ride.

Many of these lessons can be applied to all breeds but the Arabian horse is quite special and requires a certain amount of thoughtfulness by the rider. He will listen, reason, calculate and make decisions in his head quicker than most horses and you want those decisions to be the ones that you are looking for. So, the next time you are out with your Arabian, or see an Arabian, take a moment to praise his incredible mind and heart instead of assigning stereotypes based upon his breeding. ■

Quotes

... Continued from page 2

Horse-shoe Nail."

And let this message from one of the founding fathers of the United States of America, **Benjamin Franklin**, be a lesson to us all never to skimp on farrier visits.

6. "When you're young and you fall off a horse, you may break something. When you're my age, you splatter."

Possibly the most famous singing cowboy of his generation, **Roy Rogers** (1911-1998) starred in many Western films.

7. "Four things greater than all things are women and horses and power and war."

The author of *The Jungle Book* and *Just So Stories*, **Rudyard Kipling** also wrote extensively about horses. His equestrian works include the poems *White Horses* and *The Undertaker's Horse*, and the short story *The Maltese Cat* — which is not about a cat at all, but a polo pony.

8. "A horse never runs so fast as when he has other horses to catch up and outpace."

A Roman poet who lived and worked during the reign of Emperor Augustus, round about the time of the birth of Christ, **Ovid's** ancient quote tells us that horses have always been horses!

9. "Our greatest glory is not in never falling, but in rising every time we fall."

Ah, **Confucius**. Philosopher and purveyor of ancient Chinese wisdom, and also a man who's clearly been told by his riding instructor: "You're fine. Now get back on and take that jump again!"

10. "He has known joy and violence. Felt the warmth of children and the cruelty of abuse. He has nearly died saving lives and merely been killed by a drunken act. He has known the finery of grand estates and the filth of stinking slums. He has survived fire and flood, starvation and torment. And nothing could break his spirit — or his great love. This is HIS life. He is called the horse."

This quote by **Anna Sewell**, the author of *Black Beauty*, perfectly captures the noble spirit of the horse.

11. "Of all creatures God made at the Creation, there is none more excellent, or so much to be respected as a horse."

This quote is said to be a 'Bedouin' legend. Those Bedouins certainly knew what they were talking about... ■

OUTREACH, FIND A WAY CONTINUED FROM PAGE 1]

Why not tell that story and let people know the Arabian horse makes the very best family horse. They make the best healing horses in the field of Equine Assisted Learning and Therapy because of their sensitivity. We need to shout this out so everyone hears it. We need to put posters up around town informing people about the time and place for them to see your Arabian horse showcase. We need to make contact with newspapers, TV stations. They are not likely to come out to see the horse show but they are very likely to come out and see a free entertaining and educational program showcasing our amazing horse. We need to provide activities for the kids when the families



come out. And most of all ... we need to provide the public with an opportunity to touch and come face-to-face with an Arabian horse.

I can already hear the push back about touching the horses ... what about bio-security issues? As other clubs have already done in the past and are doing currently, if you really want to do this, you will find a way to make it work and make it special for the visitors.

Our shows can provide a perfect opportunity to showcase our horses to the public. Having said that, outreach should not be left solely to our horse shows and show committees. Each one of us has an obligation to spread the word. It may be as simple as inviting people you know out to meet your horse. If you own a stable, have an open house. Speaking from past experience I can say that having an open house and inviting the public, rather than the horse industry can blow the roof off your barn. You will likely be astounded at the response from the public. Buy a giant box of cookies, provide some hot chocolate or cold punch and you have recipe for a successful event. Do tours of your farm, demos of the types of training or riding. Allow families the opportunity to come and meet, touch and feel your Arabian horses. If you have a lesson program,

you are guaranteed to add more clients. Make it clear that people can come for 30 or 60 minutes. These are great opportunities to send people home with promotional material about the Arabian horse. If you don't have your own material you can contact AHA and they have lots they can provide. Your open house should be an annual event. The key is to ENGAGE the people. Show them what you do and give them a glimpse of your lifestyle. After all, the Arabian

horse is a lifestyle; a lifestyle for the whole family.

I know there are many

great ideas and events already happening out there, right across North America. I invite you to share your outreach activities with me. The activities or events that you, your club or your stable have been doing need to be made visible throughout our industry. In future DAH newsletters I will feature your outreach ideas. These ideas can even be published on the discoverarabianhorses.com website and through AHA. The more we can share with each other the more progress we can achieve as an industry.

Email your ideas and outreach event descriptions to me at **gary.millar@discoverarabianhorses.com** or share them on the DiscoverArabianHorses **Facebook Page**.

Did I mention how much fun it is to get out there and share your horse with the public? The Arabian horse sure makes us look good. After all ... it is all about the Arabian horse! Each of us has the responsibility to spread the word and spread the lifestyle.

"Each of us must be committed to maintaining the reputation of all of us." Jim Rohn. ■

20-min Workout

FOOLPROOF FLYING CHANGES

Practice this figure-of-eight exercise to help you master your flying changes.

The ultimate aim of this exercise is to help your horse change leg in the air. This is a vital skill for jumping—it will help you produce a smooth, rhythmic round during competition.

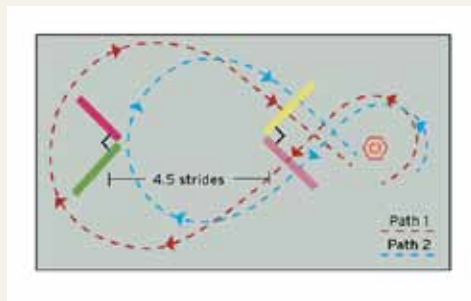
The exercise You must understand the theory of how to change leg over a fence. When you look to the next fence during your course, you will naturally shift your bodyweight as you are jumping. This sends a message to your horse, helping him to land with the correct, new, leading leg.

You must help your horse keep the rhythm and focus ahead of the next fence at all times.

Path 1: (see diagram) Ride outside the

cone on the left rein.

Jump the fence, changing to the right leg as you go over it, then go around the outside of the other fences at the end of the school.



Jump the yellow fence changing to the left leg. Come inside the cone and then around the outside of it, back on to the left rein. Then repeat.

Mixing it up—path 2 Start the exercise on the left leg, as before, and change to the right leg over the first fence. Then, ride inside the other two fences to take the next fence (changing leg). Finally go around the inside of the cone, finishing on the left leg.

It is vital that you look over to the next fence and open the inside rein. Unless all these messages are forthcoming from you it is easy for your horse to assume he is to jump the fence directly ahead.

With the layout indicated on the diagram, the possibilities for practicing tight turns and doglegs are endless.

Prerequisites You and your horse need an 'organised' canter. The horse must have the ability to shorten and lengthen the canter.

What can go wrong? If you fail to think ahead, your steering may fail. It is vital that you keep the leg on, even if the approach isn't perfect. ■

POSTED ON BLOGS.EQUOEVENTS.COM

Walk show jumping course like a Pro

The saying goes prior preparation prevents poor performance and this is certainly the case when it comes to competing horses.

Here we give you some friendly advice on how to make the most of your showjumping coursewalk experience to help maximize the chances of producing the best round possible.



1. Look at the course map Before the course is open for riders to walk there is almost always a course map pinned up by the entrance to the arena for the forthcoming class. Have a look at it to help familiarize yourself with the pattern the course will take. Also take into account where the start and finish are located and work out on which rein you need to approach the first fence.

2. Keep your horse in mind Once

walking the course bear in mind how your horse goes once in the ring. Is your horse forward going? Easy to turn? Spooky at fillers? A little green when it comes to the advertising banners around the outside of the arena? All of these little things should help you to prepare for what will happen once you're in the ring.

3. Study your turns Don't cut corners when it comes to walking your turns and approach to fences. A good or bad turn can make or break your chance of success. Whether there are large sweeping bends where you intend to restore balance and rhythm in your canter if it has been lost or a tight line where you plan to save time you need to really study exactly where you are planning to go.

4. Count strides Knowing how many strides are in between fences on a related distance, combination or dogleg will help you to ride your horse accordingly and put them into the perfect place for take-off. An average horse stride is four human strides (approximately four yards) in length and the distance a horse usually lands from a fence is two yards and the same in

front of a fence to give a horse enough room to take off.

So for example if there is a two stride combination on the course the distance between the two fences should be 12 human strides (12 yards); eight yards for the two horse strides and a total of four yards for take off and landing. While knowing if the distances are a little short, long or perfect is handy to help you ride your horse accordingly, it is advisable not to get hung up on the number once in the ring and to instead ride with feel and how your horse is going.

5. Visualise Once you've walked the course stand in the arena and look back at where you are going and repeat it a couple of times before you exit. If possible watch the first handful of horses go round the course to help you see how the fences and turns are riding. Finally, before you get on your horse go somewhere quiet to visualize the course you are about to ride. Go over it again and again until you are completely happy and confident in your plan. ■

Understanding Your Horse's 'Engine'

The exhilaration of a gallop through a field might make your heart race, but you're not alone: Your horse's heart is working hard to power every stride he takes. Along with his respiratory system, a horse's cardiovascular system serves as the engine he needs to perform everything from day-to-day activities to high-level athletic pursuits. But both systems have limits, and it's important to understand them.

Here, Anna M. Firshman, BVSc, PhD, Dipl. ACVIM, ACVSMR, an associate clinical professor at the University of Minnesota College of Veterinary Medicine, reviews how the horse's cardiovascular and respiratory systems function during exercise.

But first, here are a few terms and concepts you should be familiar with:

- **Heart rate (or HR)** The number of times the heart beats each minute. A resting horse's HR is generally around 30 to 40 beats per minute; during exercise horses' heart rates can increase to anywhere from 150 to more than 250 BPM, depending on the exercise intensity. Veterinarians and owners can measure HR by feeling the horse's pulse, using a stethoscope, or via electronic means, the latter being the most practical and reliable when evaluating horses during and after exercise.
- **Maximal HR (HR_{max})** The highest rate at which a particular horse's heart can beat. Can range from 210 to 280 BPM.
- **Stroke volume (or SV)** The amount of blood pumped during each heartbeat. At rest, an average 1,000-pound horse will have a SV of about 900 milliliters (ml), Firshman said. During exercise SV can increase roughly 33% to about 1,200 ml, she said.
- **Cardiac output (or CO)** The amount of blood the heart pumps each minute. Firshman said an average 1,000-pound horse pumps 30 to 45 liters per minute (l/min) at rest, while an exercising horse will pump up about 240 l/min.
- **Respiratory rate** The number of breaths a horse takes each minute. At rest, most horses' respiratory rates are between 12 and 20 breaths per minute, while at exercise that number can increase to as high as 180 breaths per minute.
- **Tidal volume**

(TV) The amount of air inhaled and exhaled with each breath. The average 1,000-pound horse has a tidal volume of 4 to 7 liters at rest, which can increase to about 10 liters during exercise.

- **Minute volume (MV)** The amount of air that passes in and out of the lungs each minute. An average 1,000-pound horse at rest has a minute volume of about 100 l/min, while an exercising horse can have upwards of 1,500 liters pass through its lungs each minute.
- **VO_{2max}** The maximal volume of oxygen a horse can use each minute. Most horses' VO_{2max} is around 200 milliliters per kilogram body weight per minute.

Using all the aforementioned measures, the horse's cardiovascular and respiratory systems "work in a coordinated way to transport oxygen and energy products (such as glucose and fatty acids) to the muscle fibers, where



they are used for aerobic energy production, and to remove waste products (such as lactate, carbon dioxide, and water)," Firshman said.

The Cardiovascular System During Exercise So how do the horse's heart and related structures react when he starts to exercise? First—and sometimes even beforehand—his HR will increase.

"HR increases in anticipation of exercise," Firshman said. "The more excitable the horse is, the more it will show an anticipatory rise in HR."

Once the horse starts exercising, his HR increases rapidly—often to a high-

er rate than needed for the work being performed—before settling to a slightly lower plateau two to three minutes after work begins. Both values—the amount the horse "overshoots" the HR and the working HR—will vary depending on how fit the horse is and the work's intensity, Firshman said. So, a fitter horse's HR will tend to rise less than an unfit horse's HR at the beginning of work, and a horse working intensely right off the bat will tend to have a larger HR spike than a horse eased into exercise.

"In horses working at a steady speed on flat ground, there is a linear relationship between speed and HR at speeds in the range of 350 to 700 meters per minute (or, 13 to 26 miles per hour), which are roughly equivalent to an HR of 140 to 200 BPM," Firshman explained.

But as a horse continues to exercise and his HR approaches HR_{max}, the rate at which his HR increases will slow until it plateaus: "Once a horse reaches its HR_{max}, a further increase in speed is still possible, but it does not elevate the HR anymore," Firshman said.

She cautioned that HR_{max} isn't something trainers should seek out during workouts, noting, "Maximal heart rates should not be used as a major part of conditioning programs; rather, they should be considered a danger zone where fatigue may occur quickly."

Once a horse stops exercising, his HR will decrease rapidly and eventually return to resting levels.

"Generally the fitter the horse, the faster HR returns to normal after a standard amount of exercise," Firshman said.

Although the amount of work a horse can perform at a certain HR can increase with conditioning, a horse's HR_{max} will never change, she said. Conditioning can also help improve the blood supply to the muscles and, hence, the horses' ability to consume oxygen, she said.

The Respiratory System During Exercise Horses' respiratory systems are also designed to help them exercise; however, many veterinarians and researchers believe the horse's respiratory tract is the "weak link" in horses' oxygen sup-

[CONTINUED ON PAGE 10]



Older Horse & Trim

POSTED ON THEHORSE.COM

Keep Your Older Horse Comfortable During a Trim

Farrier Kirk Adkins of UC Davis demonstrates techniques to help your old horse feel better during a trim. ■

WITH ... EMMA DYBKA

20 Questions

about your life with Arabian horses

1 What is your current involvement with Arabian horses?

I own three horses. Two purebred Arabian mares and a bratty welsh gelding pony that we also adore.

2 How many years have you been around horses?

44 years!

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

When I was 8 my parents sold my miserable New Forest pony and bought me a Welsh/Arab cross. He was the most beautiful horse I had ever seen and was so kind. Didn't try to kill me like my pony did!

4 Who is or has been your favorite horse companion?

That's tough. Velexus was my 4-legged BFF. He got me, sometimes I just didn't get him! After he passed away I was devastated, never thought anyone could take his place. I was wrong. Cyty Mystique aka Missy has filled my heart with love and trust and that goes both ways.

5 Who has been your (horse) mentor?

I respect all trainers of all breeds, tough gig for them, dealing with us amateurs and other crazy horse people! If their horse goes happy and not forced I would consider them a mentor. Rob and Caro-

lyn Bick have been people for years that I have respected as people and trainers. We have great local trainers in Alberta and I would consider them all mentors in their own right. I learn by watching and appreciate any time they give to me.

6 What is your favorite horse book?
The Pit Pony.

7 What is your favorite horse movie?

Secretariat.

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

I show, trail ride, go to open arena nights



with our local All Breed Horse club and enjoy the many family activities that this club puts on. My favorite time though is just spending time with my mare in our arena and barn.

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

My first Reserve Regional Championship on Jabasks Attache at Region 6.

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

Finding more than one that has stolen my heart. I think of achievement as something that makes me smile, not necessarily a ribbon or prize. I'm lucky to have had some beautiful horses embrace my life.

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

NDL Pericles, most multi talented horse ever is my past, and my beautiful Missy is becoming my dream horse present. Thanks to Sammy Mohr and Michelle Hansen for dreams coming true.

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

Be kind and you get better results with horses and people, they will trust and respect you!

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

I love how they play! I feel respected on the ground and in the saddle, I don't always feel that way with other horses.

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

I would just explain

[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:

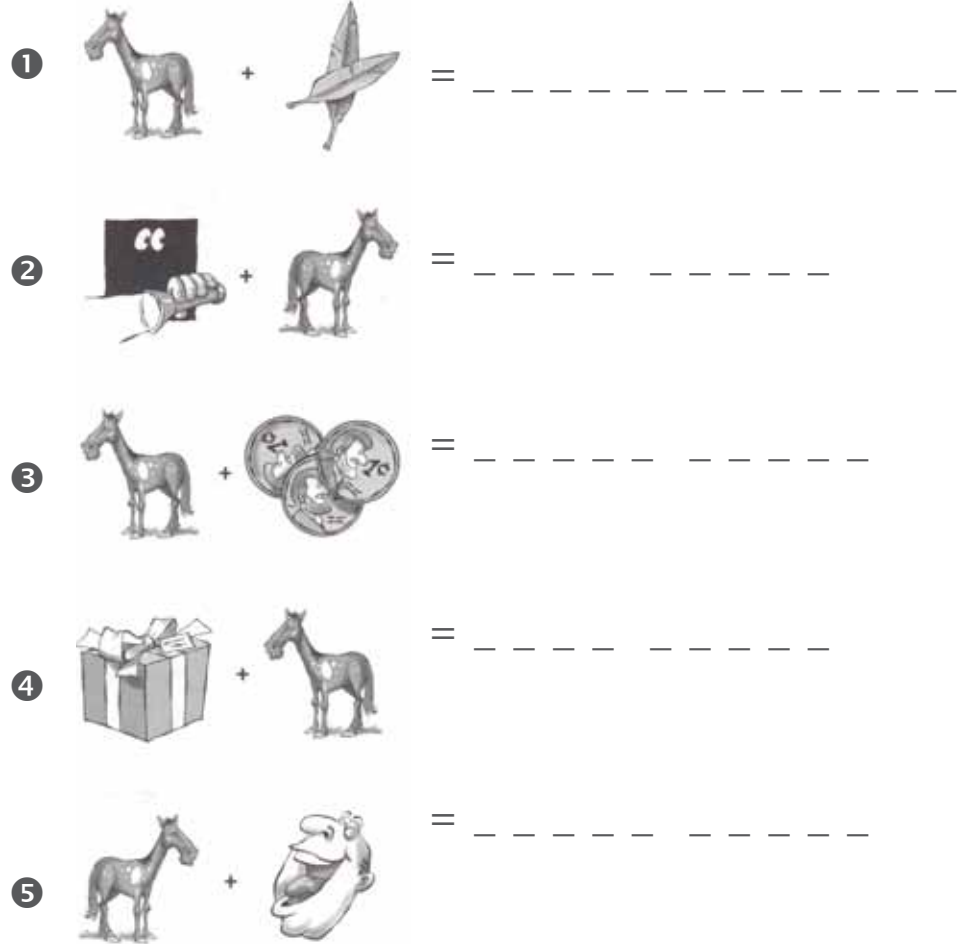
- We will sometimes feature, *The Arabian Horse in History*, where the generally ignored role of specific horses in history will be presented.
- Will also have a spotlight section where we present information on a specific Arabian horse owner, trainer, barn, program, or event in our industry. What a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

Picture Words

The following puzzles, called rebuses, string together pictures, letters, and symbols to represent words and phrases. They're easier to figure out if you say the clues aloud. Try them and see how many you can solve. ■



ANSWER: 1. horsefeathers, 2. dark horse, 3. horse sense, 4. gift horse, 5. horse laugh

Equine Stall of Fame

Can you fill in the correct letter to match up the famous horses and ponies on the left with their human, television character, or celestial companions? ■

Silver ____	Trigger ____	Phantom ____
Brown Beauty ____	Buckshot ____	Buttermilk ____
Mr. Ed ____	Poky ____	Scout ____
The Pie ____	Target ____	
Duke ____	Pegasus ____	
<u>A</u> Wild Bill Hickock	<u>F</u> Paul Revere	<u>K</u> Perseus
<u>B</u> John Wayne	<u>G</u> Velvet Brown	<u>L</u> Wilbur Post
<u>C</u> Gumby	<u>H</u> The Lone Ranger	<u>M</u> Roy Rogers
<u>D</u> Zorro	<u>I</u> Dale Evans	
<u>E</u> Annie Oakley	<u>J</u> Tonto	

ANSWER: Silver (H), Brown Beauty (F), Mr. Ed (L), The Pie (G), Duke (B), Trigger (M), Buckshot (A), Poky (C), Target (C), Pegasus (E), Pegasus (K), Phantom (D), Buttermilk (I), Scout (J)



Horse Behaviour

Understanding Horse Behavior

Why do horses do the things they do?

Join us as a certified animal behaviorist answers your questions about how horses learn, the causes of common stereotypes, herd dynamics, and more during our live event! ■



Robin Foster, PhD, CAAB, IAABC-Certified Horse Behavior Consultant, is a research professor at the University of Puget Sound in Seattle, Washington, and an affiliate professor at the University of Washington. She holds a doctorate in animal behavior and has taught courses in animal learning and behavior for more than 20 years.

POSTED ON THEHORSE.COM

10 Horse Behavior Resources

From that cute thing he does with his nose before dinner to the quick swipe with his teeth he takes when you tighten the girth, owners deal with various horse behaviors every time they're around their charges. And sometimes, those behaviors leave us asking, "Why does he do that?" Don't worry, we've got you covered. We've scoured our archives and gathered 10 resources you can use to decode your horse's behaviors available free on TheHorse.com.

INFOGRAPHIC: Signs of Stress in Horses Learn about the common signs your horse might show when under stress and ways to mitigate the possible causes using our visual guide. View Now at www.thehorse.com/articles/36335/infographic-signs-of-stress-in-horses

ARTICLE: Understanding Horse Behavior Might Prevent Human Injury There are plenty of ways people can get hurt around horses. But how many of these accidents are preventable? One Danish researcher believes that with improved understanding of equine behavior, riders both novice and experienced can avoid potentially harmful horse situations. Read More at www.thehorse.com/articles/32686/understanding-horse-behavior-might-prevent-hu-

man-injury

ARTICLE: Managing the Anxious Horse Veterinarians, researchers, and equine professionals offer insight on the causes of anxious behavior in horses and solutions to help keep you, your horse, and those around you safe. Read More at www.thehorse.com/articles/37095/managing-the-anxious-horse

PODCAST: Pain Behavior in Horses Dr. Sue McDonnell explains how to tell when your horse is in pain based on his behavior. Listen Now at www.thehorse.com/podcasts/33186/pain-behavior-in-horses

FARM CALL: Orphan Foal Behavior Orphan foals can develop some behavior problems if they're hand-reared. An equine behaviorist offers tips on how to prevent these problems from developing. Read More at www.thehorse.com/articles/35579/orphan-foal-behavior

ARTICLE: Conditioning and Modifying Horse Behavior Conditioning is the process by which behavior is modified and horses learn to respond. Get tips from an equine behaviorist on how to use conditioning to change your horse's behavior. Read More at www.thehorse.com/articles/33681/condi-

tioning-and-modifying-horse-behavior

VIDEO: Dr. Temple Grandin on Fear in Horses Dr. Temple Grandin, a professor of animal science at Colorado State University, talks about how horses experience fear. Watch Now at www.thehorse.com/videos/32363/dr-temple-grandin-on-fear-in-horses

FARM CALL: Common Senior Horse Behavior Problems An equine behavior expert describes behavior issues often seen in older horses and how to address them. Read More at www.thehorse.com/articles/31978/common-senior-horse-behavior-problems

PODCAST: An Introduction to Equitation Science Join two internationally acclaimed equitation science researchers to find out how this growing field of study can improve equine welfare, as well as you and your horse's relationship. Listen Now at www.thehorse.com/ask-the-vet/34519/an-introduction-to-equitation-science

FARM CALL: Do Equine Genetics Influence Behavior? An equine behaviorist sheds light on how much of a role genetics play in a horse's behavior. Read Now at www.thehorse.com/articles/34945/do-equine-genetics-influence-behavior ■

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 ■

[20 QUESTIONS CONTINUED FROM PAGE 7]

my own experience with the breed. I love how they trust, I love their work ethic, I love their owner devotion and I love their beauty. You don't train Arabians, you learn from them!

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



To take lessons until they have confidence, to try different breeds until they settle on the Arab ;) and to not listen to negative talk about any breed, but to make up their own mind. If they consider buying, to first consider the long term cost of looking after them, the initial cost is nothing compared to proper and safe keeping. Lastly to enjoy every aspect of a horse, grooming, feeding, etc are just as much fun as showing.

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

Not a book, but I really love and learnt a lot from the Tommy Garland DVD set. I read the Times, Modern Horse and Horse and Rider. I learn from them all.

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

GET A TOP 5 AT REGION 17! That has been elusive for me!

18 What about "kids" and an Arabian horse?

My mare cares for my kids better than I do! They are so gentle with our girls on the ground and in the saddle. When I see 20+ horses carting kids around in the ring I tear up everytime."

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

I love to ride and I'm lucky enough that my Cyty Heat mare is a treat, she is soooo comfortable and has an amazing gentle personality.



20 What are your words to live by?

Enjoy your horse, know your horse, know what's going on if your horse is at a trainer and if you show my motto is "Don't fear the competition BE the competition" Ha, I don't follow it but I like it!!

Is there anything else you'd like to add? Be kind to your horse and fellow horseman. Welcome the public and don't be afraid to continue learning. ■

[YOUR HORSE'S 'ENGINE' CONTINUED FROM PAGE 6]

ply—and thus performance—pathway, Firshman said.

Horses are obligate nasal breathers, meaning they must breathe through their noses. Unfortunately, their nostrils, along with their larynx (voice box), are the two narrowest parts of the respiratory tract and the most likely to deliver resistance to incoming air. Firshman said horses will flare their nostrils and dilate their larynx during exercise to try reduce this resistance.

At the walk and trot horses can select their respiratory rate based on their oxygen needs. However, once they pick up a canter or gallop, locomotor-respiratory coupling determines their respiratory rate—this means they'll take a breath each time they take a stride.

"Expiration occurs as the forelimbs hit the ground, and inspiration occurs as the forelimbs push off the ground," Firshman explained. This seems to be the most efficient way for a horse to breath during hard exercise.

Once the horse stops exercising, his respiratory rate slows.

"Typically the horse takes a few deep breaths, and then the respiratory rate settles in the range of 60 to 100 BPM with the horse breathing deeply until the oxygen debt is repaid," Firshman said.

If a horse is taking quick, shallow breaths post-exercise (or panting), he could be overheated, she cautioned. At that point, she recommended evaluating the horse's respiration rate and depth closely and taking his HR and rectal temperature to determine whether he's overheating. If he is, take steps to cool him down or contact your veterinarian for assistance.

Similar to the cardiovascular system, conditioning can improve a few aspects of the horse's respiratory tract. For instance, Firshman said, the muscles in the nostrils, pharynx, and larynx—all of which hold the airways open during exercise—might gain some strength with conditioning. However, she said, there is little change in the lower airway, MV, or TV based on conditioning.

Take-Home Message The horse's respiratory and cardiovascular systems work in concert to provide the horse with the oxygen he needs during exercise. Both systems have limitations; however, many consider the respiratory system the limiting factor in a horse's performance ability. ■

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