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POSTED ON DRESSAGE TODAY BY SANDY HOTZ

Memorize Dressage Test

Several weeks before the show, read through your test until you can recite it in your head, out loud or written down with no mistakes. You may need to do this in stages, such as once in the morning, once before going to sleep at night or a few times during the day, depending on your learning style.

Now, practice some or all of the following: Recite the test to a friend, having her follow along. Stand at A in the dressage arena and visualize riding your test start to finish.

Mark out an area on your living-room floor or use an actual dressage arena to "ride" through your test on foot in the actual rhythm of the walk, trot and canter. (This will be entertaining for your friends.) Be sure to include the half halts, changes of bend, etc.

Watch others ride the test (Caution: If you watch a rider who goes off course, it may disrupt your memorization, so be careful when choosing this option).

After memorizing the test, including the letters, practice recalling its main parts, excluding the letters. For example, for Training Level, Test 3, say to yourself: Salute, track left, trot loop, canter, circle, trot, walk. Then trot loop, canter, circle, trot, stretchy circle, centerline, halt. This simplifies the test in your head and will help to keep you from getting lost.

Whether you practice the test in your head, out loud, on paper, standing at the arena or while "riding" the test on foot, be sure

to include your preparations for the movements and figures. In other words, picture riding the preparatory half halts, changes of bend, etc. For example, you might say to yourself: Trot loop is next. Check impulsion, half halt, change the bend, rebalance, change bend again, etc. If you include this in your visualization, you are more likely to ride it that way on show day.

Practice, practice, practice! Ride through the test on your horse multiple times several weeks before the show until you can almost do it in your sleep. Practice it at other venues, not just at your home barn. If your horse is clever and anticipates the movements, don't ride through the test every day; instead, ride short sections of it at a time. You could also borrow a friend's horse to get even more practice time.

While riding your test, think ahead to the next movement while riding the current one. For example, in First Level, Test 3, when starting the trot loop, tell yourself: Canter depart and circle are next. Then focus immediately on the present movement, such as the quality of the trot, accuracy of the loop, quality of the bend, etc. Some people need to mentally look ahead by one movement, others by two or more. You must experiment to find the right formula that works for you.

Keep in mind that many entry-level riders usually do one of two things: They ride accurately but mechanical-

ly from movement to movement, forgetting about qualities such as impulsion, connection and thoroughness. Other riders focus on the quality, but then ride inaccurately or forget the test. The goal is to be accurate without sacrificing quality. I remember riding a test in which my horse felt so wonderful, I actually said to myself, Wow! This is going really well! As you can probably guess, I lost my focus and nearly went off course in the next movement.

The day of the show, do the following: Review your test again, using one or more of the tools mentioned. Keep a copy of the test in your pocket in case you need to glance at it one more time.

Keep a test reader on call and use her during your test if you are still unsure. The judge will not penalize you for this. Many riders employ a caller as a safety net, only listening if necessary.

Mentally review the pattern. Do this while putting on your coat or as the rider ahead of you enters the space around the show arena. Relax and take some slow, deep breaths. Pat your horse. You are ready!

While riding your test, look up at the arena and the letters. Look ahead and not at your horse's ears.

Remember: Find a balance between knowing where you are going and riding quality into each movement. This is how you will do well. If you do get lost during your test, don't panic. Just head toward the judge at C and she/he will direct you back on course. Make sure you clearly understand where you need to go before calmly resuming.

At the end of your test, salute, smile, pat your horse and rejoice. You did it! ■



Things To Do (Other than Riding)

Sometimes you can't ride. Sometimes you don't want to. Here are some fun and useful things to do with your horse – other than riding.

Bonding Time

1. Take your horse for a walk and explore the neighborhood. Let your horse graze, sniff and see new sights. In the wild horses travel vast distances and come across different things every day. Your horse will really enjoy exploring new places with you.



2. Hang out with your horse. Sit in your horse's pasture. No agenda. Listen to the sounds. Feel the breeze. Become aware of everything in your horse's pasture. Experience what they experience. Take a book if you find it hard to just sit. You might find that your horse will come and stand near you and enjoy this 'do nothing' time.

3. Find your horses '**Favorite Scratching Spot.**' A lot of horses love to be scratched in a certain spot. Find that special spot. It is usually somewhere they can't reach, like their withers, or the top of their neck. Look for signs that you have found '**The Spot.**' These include eyes glazing over, a quivering lip or they may return the favor by scratching you.

4. Have a picnic with your horse. Go and join your horse in their pasture. Take some food for you and some favorite treats for your horse.

5. Lead your horse to water and let them play. Find a waterhole, river or pond. Take your horse there on a long lead line and let them get wet. Most horses will walk in and paw the water and splash around, especially if it is a hot day.

6. Try training your horse without any

restraints, at liberty. Your training will need to be fun and engaging to encourage your horse to stay with you. But it is wonderful when they make the choice to be with you.

7. Braid your horse's mane. Be creative. Be gentle. Most horses like to have their mane stroked or gently brushed.

Useful Training Exercises

8. Line up with a mounting block. Teach your horse to position their body alongside a mounting block or raised area so it is easier for you to get on. It will also put less strain on your horse's body and limbs if you get on this way.

9. Pick up things you have dropped. Teach your horse to pick things up, for example your hat. This will be helpful if you drop something while you are riding. You won't have to get off – just ask your horse to pick up the object and pass it to you.

10. Ground tie. Teach your horse to stand still without needing to be tied up. This is very useful if you don't have anywhere to tie your horse or you just need your horse to stand calmly.

11. Get your horse used to ropes around their body and legs. This is super helpful if your horse ever gets caught up in anything – they are far less likely to panic.

12. Stand inside a hula hoop. Practice getting your horse's front feet or their back feet inside a hula hoop laying on the ground. This is a good exercise to help you get really precise at moving your horse's feet.

13. Teach your horse to drop their head. See how close to the ground you can get their nose. Asking your horse to lower their head can have a calming effect and makes bridling a lot easier.

14. Build an obstacle horse course. Start simple and then add items as your horse gets more confident. Horses are naturally curious so they will enjoy exploring these new objects. Plus obstacle courses are a great way to get your horse used to scary objects while they are at home and this can make them calmer out on the trail.

15. Find out which side your horse pre-

fers to lay down on. Watch your horse when they are laying down over the next few weeks and take note of which side they seem to prefer. This is useful information if you want to teach your horse to lay down.

Healthy Activities

16. Get to know your horse's normal vital signs. Work out how many breathes your horse takes per minute when resting and after exercise. Also check temperature and heart rate. Then you will have a base measure if you need to compare them if your horse is ever sick or injured.

17. Get fit with your horse. Lots of people walk their dogs to get fit – why not walk your horse? Or for those that are fitter, try jogging with your horse. You could also include some ground work training.

Just for Fun

18. Do a Little Dancin'. Teach your horse some simple steps, crank up the music and dance!



19. Find some '**edible**' toys for your horse. There are lots of wonderful horse toys available now. Horses love to play and providing toys can really cure boredom. Try a toy that gets them thinking or gets them active.

20. Stand on a pedestal. Teach your horse to stand up on things. As long as the object is solid and stable you can teach your horse to stand on just about anything.

21. Teach your horse tricks. This is my favorite. Trick training can be used to teach your horse many of the fun and useful things above – it is an excellent way to improve the bond with your horse, get them used to all sorts of different things and make training really enjoyable. ■

Living the Dream

ARABIAN HORSE WORLD MAGAZINE
ABOUT THE MCLAUGHLIN FAMILY
ARABIANS.

Way to go Diane McLaughlin, Candace McLaughlin, Lorne McLaughlin, Andrea Lorenz and all the rest of you! We are all lucky to be living the dream! <http://www.auroraarabian.com/PDF/McLaughlin-%20LivingtheDream.pdf> ■



POSTED ON DRESSAGE TODAY BY JOHN ZOPATTI

Can Wiggling My Fingers Help Get My Horse on the bit?

Wiggling your fingers is neither a quick fix nor a correct technique to get your horse on the bit. The only part of the horse that wiggling your fingers affects is his jaw. While you might feel that you gain control by wiggling the bit, the only thing you control is the horse's head, neck and flexion, leaving the rest of the body uninfluenced. This can be described as front-to-back riding. This activity creates a false frame by arching the neck without a connection to the hindquarters. If you are wiggling a horse on the bit, you can probably pilot him around a 20-meter circle, but movements such as leg-yield, shoulder-in or lengthenings will be near impossible. Let's discuss why.

Contact in the reins should be in direct relation to the activity of the hind leg. It's important to keep contact on both reins and use a connecting half halt. That means that you're going to close your leg and add the power from

behind so that when you receive your horse in your hand, you're not wiggling around but recycling the power of the hind legs and engaging him, instead of wiggling his head. Remember, wiggling throws the engagement away because contact in the rein is no longer steady enough to be in direct relation to the hind leg.

The goal in dressage training is to increase the engagement of the hind legs. This engagement allows us to



keep the rein steady and produce a balanced outline with the elastic contact we want for the level of each horse. Without steady contact, the horse will not be able to produce a steady rhythm, relaxation or connection, which together make the base of the Training Scale. Wiggling your fingers interrupts the rhythm, makes the horse think only about his front end and breaks the connection to his hind legs. Since leg-yield, shoulder-in or lengthenings require varying amounts of engagement of the hind

legs, this is possible only with a steady connection in the reins. Therefore, wiggling the bit is counterproductive to throughness.

So why is there so much wiggling of the fingers anyway? It's actually human nature. Humans tend to do most of their daily activities by feeling with their hands. Wiggling gives the rider a feel in his or her hands, albeit an incorrect feel. It is much easier to be busy with our hands (wiggle) than to be busy with our legs and seat. The challenge is training the body to feel a soft, steady connection (to the hind leg) in the hands while developing increased sensitivity and feel in the seat and legs. Ironically, while wiggling the fingers can make the rider feel more in control, it tends to make the horse lose confidence. This is because horses seek steadiness. I have yet to see a horse running around his paddock, wiggling his own head into position. Conversely, I have seen many a horse freely galloping around a paddock, powering up his own hindquarters, producing the most beautiful arched, steady topline. I think it is far more productive to ride horses following their natural tendencies, than to try to wiggle them into our human nature! ■

The 10

HORSE & HOUND ~ BY AMANDA VLIETSTRA

Sometimes it helps to have rules to live our lives by — and so here's our take on the 10 commandments.

1. Thou shalt worship no other horse but thine
Although 'worship' is a strong word, considering his performance at your last big show. That said, you did say a prayer as he hurtled towards that last huge fence....

2. No false idols, such as the German eventing team

Sure, they're awesome and sort of super-human, and their horses are the nuts. But let's support our own home-grown talent.

3. Thou shalt not take the judge's name in vain...

...even if you do normally score sevens and eights for your extended trot and this time you only scored a five.

4. Remember the day of your next farrier/dental/vet's appointment

God may forgive you for having a memory like a sieve, but your farrier probably won't. Write it down on your calendar and underline it in red, lest you forget.

5. Honour thy mother and father...

...even though your mum's only comment about your beloved horse is 'he's terribly big, isn't he? Aren't you scared of him? I do worry about you getting hurt.' Which is actually really annoying.

6. Thou shalt not kill your partner/friend...

...when they confess they were so busy putting that photo of you being dumped in the water on Twitter that they completely forgot to video your fabulous showjumping round on their phone.

7. Thou shalt commit to that fence your horse has locked onto...

...because he's going to jump it one way or another and it's definitely better if you're still on his back while he does it.

8. Thou shalt not steal...

...from your friend's supply of hay because you've run out and haven't got time to nip out to get some more just now.

9. Thou shalt not bear a grudge at thy friend...

...for continually pinching your hay when she runs out. After all, you do the same to her.

10. Thou shalt not covet...

...thy yard-mate's beautiful new flashy warm-blood. Actually, thou shalt. And thou dost! ■

BY KATE FERENCIK

Equestrians at Higher Risk of TBI than Member of Armed Forces

As a trained Soldier and leader, I always find it a bit funny, when the so-called "leaders" of a team (usually some sort of SWAT team, seen on a TV show) are going into a seemingly dangerous situation, and while everyone around them is suited up for battle, all they wear is a small bulletproof vest. No helmet, no eye protection, no other gear – just a handgun and vest. They typically are in front, in what is called the "breach" position; the most dangerous position to be in when clearing a room. It's as if they actually believe that bullets will just magically miss them once they go through the door. They are complacent.

In real life, leaders never set themselves up to fail. They never intentionally put themselves in such dangerous situations, opting instead to consider the risk factors, and methodically eliminate them, if possible. Military leaders in particular accept the overall danger of a deployment, and recognize that any moment could lead to dismemberment or death, but having chosen to continue anyway, do everything in their power possible to protect themselves (and of course, their subordinates) from the worst-case scenario. The one thing that they KNOW will hinder their success is complacency.

What the heck does this have to do with horses? Plenty.

A few years ago, a wonderful, young, successful horsewoman, at the top of her sport had a tragic accident that left her with a Traumatic Brain Injury (TBI), and essentially halted her career. Courtney King-Dye has suffered more than I think most of us can comprehend since that day, but at least one major, positive impact was made on the horse community – and that



was that, through her, we all realized our own mortality. We all acknowledged how dangerous our sport really is, and we took steps to mitigate the risk. We recognized

that even the sturdiest and safest of horses can trip, and that in a split second, our lives could be changed forever.

And then an amazing thing happened. Our leaders within the sport began showing up to competitions with their helmets on. Not just while going over jumps or racing down a trail, but during flatwork, and dressage, and at home in the school. Our young riders sat up and took notice, and followed suit. The top-hats, one-by-one disappeared, in favor of a new sort of hat that offered more protection. Helmets became better – better constructed, easier to clean, some with pop-down sunglasses included, and of course attractive with just the right amount of BLING! We, as a community, let our collective voices be heard – and we were

[CONTINUED ON NEXT PAGE]

triumphant!

But lately, our leaders appear to have forgotten, choosing fashion over function. Top hats are popping up, and covering the spots where helmets once sat. In a relatively short period of time, complacency has begun to set in.

Seeing one of our top riders in a top hat at a major competition recently had me thinking about the statistics of getting injured – specifically TBI – on horseback vs. members of the military in combat. We've all seen the memes, the articles that tell us just how dangerous riding horses can be, but is it really THAT bad? As a Soldier, I am acutely aware of the impact TBIs have had on our military, and how many fighters have been taken out of combat because of these injuries, so with this in mind, I started my research.

What I found absolutely startled me! The Center for Disease Control and Prevention has an in-depth study from

2007 regarding TBIs, and Equestrians top the list as having the highest incident rate of all sports (11.7%), which translates to approximately 50,000 reported equestrian injuries per year! Now, to contrast that, the Department of Defense states that an average of 25,000, military members suffer from a TBI, directly related to combat, each year. Let's let that sink in for a moment. This means that equestrians are twice as likely to get a TBI than those fighting, right now, overseas.

Did you know, in the military, we are required to wear our "headgear"? We check chin straps, and ensure for a correct fit. We take this very seriously, and it's easy to see why. As a rider, nobody is going to force you to wear a helmet. Every day, you have a choice to wear one, and you have to accept the risk with every single ride, whether schooling or competing.

You can choose to allow complacency, to ignore the statistics, to believe

that it could never happen to you, but then again, you could choose to use the tools available for protection. You could choose to insure your priceless body and lead by example – because, believe me; people are watching you even when you don't think they are. What you choose to do has a greater impact than you might realize.

Does this mean that wearing a helmet is a guarantee that you won't get a TBI, or die? No – but personally, I'd rather take the risk of possibly living, than the risk of possibly dying any day. How about you?

Katie is a 15-year Army Combat Veteran, with deployments to Iraq and Afghanistan. She competes in dressage on her 11-year old Trakehner/Arabian Gelding Horatio, and lives in Tucson, AZ.

Follow her on Twitter and Instagram "USArmyDressage" and on her Facebook page at <https://www.facebook.com/USArmyDressage> ■

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BY ALEXANDRA BECKSTETT, THE HORSE MANAGING EDITOR, THEHORSE.COM

Does Nose Twitching affect a Horse?

Before clipping a horse's ears or administering an injection, some equestrians reach for the nose twitch without a second thought. Others, however, find this restraint method controversial and believe it's harmful to the horse.

To better determine how nose twitching influences horses, Ahmed Ali, BVSc, MS, of Michigan State University's (MSU) Department of Animal Sciences as well as Cairo University's Animal Management and Behaviour Faculty of Veterinary Medicine, in Egypt, compared horses' behaviors and heart rate with and without twitch application. Camie Heleski, PhD, animal behavior and welfare instructor at MSU, presented the results on his behalf at the 11th annual International Society of Equitation Science conference, held Aug. 6-9 in Vancouver, British Columbia.

In their study, the team performed an aversive procedure—clipping the hair on the inside of a horse's ear—in eight Arabian horses that had never had their ears clipped or been twitched. The horses were randomly assigned to

be clipped with or without a twitch, followed by the alternate treatment, followed by a second ear clipping while twitched. The team recorded the horses' behaviors, heart rate, heart rate variability (slight rate changes



from beat to beat), and the time it took to clip the ears.

The untwitched horses had the highest heart rates and lowest heart rate variability (both indicators of stress), the most behavioral indications of aversion (e.g., vigorous head movements), and took the longest time to

complete the ear clipping procedure, compared to twitched horses, the team said.

The twitched horses actually displayed reduced behavior issues and heart rates, indicating less distress, upon the second exposure to the twitch, even nearing baseline measurements, said Heleski.

"You would assume if the twitch was painful, they'd be averse to it the second time," she explained. "But heart rate and reactions actually decreased."

Based on previous study results, twitching probably resembles acupuncture and has an analgesic (pain-relieving) effect, the authors said.

"We believe that nose twitches, when properly applied, should be considered a viable, humane restraint for short usage situations," they concluded, cautioning that their results are not intended to encourage twitch use in place of proper training. ■

Spot a Rider

~ BY AMANDA VLEETSTRA,
HORSE & HOUND

Most of us have to work to support our expensive horse habit, which means we have to move among, well, normal people. But, like David Attenborough filming a documentary about rare orangutans, if you know what to look for, you can always spot a rider in the city. Here's how...

- They've got hat hair. Their hair is unnaturally flat, with seemingly random kinks in it.
- They're wearing riding boots.
- There's hay on their briefcase. And their trousers. And shirt. And hair.
- They have freakishly well-developed biceps. Could be gym-honed, but you can recognise hay bale-toned arms when you see them.
- They click their tongue impatiently when there's a delay in traffic.
- They're entering competitions via their mobile while sitting on the bus. Well, it's a good a time as any.
- They mutter, 'Come on! Walk on!' when there's a queue on the escalator.
- Their ring tone is a horse neighing. It really freaks people out on the night bus.
- Are those skinny jeans, or denim jods? It's actually really hard to tell. They look good though!
- You recognise that perfume – and Chanel No. 5 it isn't. That's the familiar scent of 'Eau de Cheval.'
- There's a bit poking out of their handbag. True, they could have stopped off at one of the Soho fetish shops, but that really does look like a Kimblewick to you.

Study Examines Pawing

A pawing horse could be at risk of a number of things—digging holes, pulling shoes, or even injuring himself or his handlers. But instead of yelling, “Stop it!” or giving him a smack, researchers have determined that you could effectively help him reduce pawing behavior through positive reinforcement. It's all about teaching him that if he does something else—even just standing still—he'll get a food reward, the team said.

With a process called differential reinforcement of other behavior (or DRO), horses can learn to choose to partake in a different activity besides pawing and get rewarded for that other behavior. The “other behavior” could be waiting patiently, exploring the handler, or anything at all besides pawing. It's “differential” because the training reinforces the horse when it's not engaged in a specific behavior. In other words, it differentially reinforces the absence of a behavior, said Adam Fox, PhD, assistant professor of psychology at St. Lawrence University, in Canton, New York.

While many people use punishment to stop a horse from pawing, Fox said this technique could cause safety concerns. Horses can try to avoid aversive stimuli (a whip, for example) through conflict behavior such as rearing, biting, and kicking. In the process, he can injure himself or others. “Positive reinforcement techniques are more effective and much less dangerous,” he said.

In their study, Fox and Devon Belding, BSc, also of St. Lawrence University, tested three horses known to paw consistently when cross-tied.

The researchers adapted the DRO technique for each individual horse according to its initial pawing frequency. For example, the first horse—a 17-year-old Thoroughbred mare—pawed an average of 783 times in a 20-minute session. By contrast, a 9-year-old Irish Sport Horse gelding pawed only 15 times per 20-minute session, on average. So, the initial delay before reward was five seconds for the first horse and 60 seconds for the second. In other words, if the Thoroughbred mare waited five seconds without pawing, she received a food reward, while the Irish Sport Horse had to wait a full min-

ute because his pawing was less frequent.

As the experiment progressed, they adjusted DRO times gradually, said Fox. In some cases they extended the DRO times as the horse showed more ability to stand patiently. In other cases—such as with the Irish Sport Horse—they reduced the DRO times, as the horse did not appear to associate the waiting with the food reward and actually appeared to increase pawing frequency.

Still, the researchers determined that after 25 to 40 training sessions, all horses displayed significantly reduced pawing. The results revealed that three horses only pawed 1.5%, 2.7%, and 13.8% as much as they pawed during baseline (no behavior training yet) at the beginning of the experiment.

While the researchers considered the experiment a success, they said it was time-consuming and complicated, especially for the average horse person without an equine science background. “Currently, it would be difficult for trainers and owners to implement (this training procedure) because it requires precise implementation and a great deal of time and resources,” Fox said. “We are interested in conducting future research aimed

at developing a simpler intervention that could be implemented more easily and quickly.”

At a time when some equine researchers are presenting the notion that it might be better to let horses perform stereotypical behavior, Fox said he isn't convinced pawing is a stereotypy we should allow—if it's in fact a stereotypy at all. “If a behavior is harmful to a horse, and possibly humans, the idea that it is more ethical to allow the behavior to continue because the ‘animal needs to’ rather than reducing and preventing it, is troubling,” he said.

It is better, then, to stop the dangerous behavior while looking into what leads horses to do it in the first place, he added. “If we can understand the causes of these behaviors by conducting functional analyses and empirically looking for what the horse is getting from the behavior, we can develop more effective interventions and foster better horse-human relationships,” he said. ■



20 Questions

about your life with Arabian horses

“I love to ride these horses anytime and anywhere ... living the dream with our Arabian horses. I love and cherish them.” Grandma Diane, daughter Candace and third generation rider Alana (11 years old).

1 What is your current involvement with Arabian horses?

Diane: My current involvement is that I am showing and starting my young horse MS Centaur. Also have bred our mare to Spitfyre VF for next spring.

Candy: I compete in Amateur Western Pleasure and like to trail ride.

Alana: I participate in lots of Arabian horse shows throughout the summer and I do all of my lessons on arabians.

2 How many years have you been around horses?

Diane: I have been around horses since childhood. Too many years to say.

Candy: Since I was about 10 years old.

Alana: I have been around horses my whole life and the first time I was on the back of a horse I was only 1 year old.

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

Diane: The Arabian horse found me through my daughter Candy.

Candy: I started taking riding lessons at a stable down the road that bred and showed them.

Alana: My family has had arabian horses since before I was born so I’ve grown up with them.

4 Who is or has been your favorite horse companion?

Diane: My favorite is of course Billy Bob.

Candy: All of them! They have all been special and had something great to share and teach me.

Alana: My favorite horse companion is Billy Bob.

5 Who has been your (horse) mentor?

Diane: My mentor is my husband, Lorne. He is the best horseman I know.

Candy: Everyone you ride with or watch has something to share!

Alana: My horse mentor is my aunt Candace. She has been giving me lessons for many years and I would like to grow up and be able to ride just like her.

6 What is your favorite horse book?

Diane: No one favorite but read every horse book I could get my hands on numerous times.

Candy: Black Beauty, even though it still makes me cry.

Alana: My favorite horse book is Arabian Legends.

7 What is your favorite horse movie?

Diane: The Black Stallion.

Candy: Man from Snowy River.

Alana: I love the movie Flicka, but I also have many other favorites.

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

Diane: I show of course but I believe any activity is an Arabian one. Have used our Arabian horses for cattle penning, gymkhana, roping, cattle drives, mountain rides and anything else in between.



Candy: Showing mostly, but I’ve spent many hours in the mountains on them, cattle penning, you name it and they can do it!

Alana: I do lots of arabian horse shows and I ride in 4H with Billy Bob. We’ve done cattle penning, trail riding and lots of other fun things too.

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

Diane: My most memorable moment so far was last year at Canadian Nationals when Billy and I went Top 10 in the Western Pleasure Select on what was to be our retirement ride.

Candy: The first time I went Champion at Regionals, it took a long time to get there but so worth it.

Alana: My favorite memory happened a few years ago when Billy Bob and I were doing an exercise trotting over poles, we got going a bit too fast and he decided to jump clean over top of the poles instead. That was unexpected, but exciting!

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

Diane: Winning The Sandra Lynch Trophy 5 times.

Candy: Finishing 3rd in the Amateur Owner Western at Canadian Nationals with Billy Bob.

Alana: My greatest achievement was at the Region 17 show in Calgary this past July, Billy Bob and I won a unanimous championship in Walk/Trot Hunter Pleasure 10 & under.

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

Diane: My dream horse is of course BILLY BOB.

Candy: I’ve never really picked one, hummmm lol.

Alana: My dream horse is Billy Bob! I love him!

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

Diane: I have been taught that you must have patience and understanding.

Candy: Work hard will pay off and patience.

Alana: My horse has taught me patience and understanding. I’ve learned how to ride and how to care for a horse. Everything I know about

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:

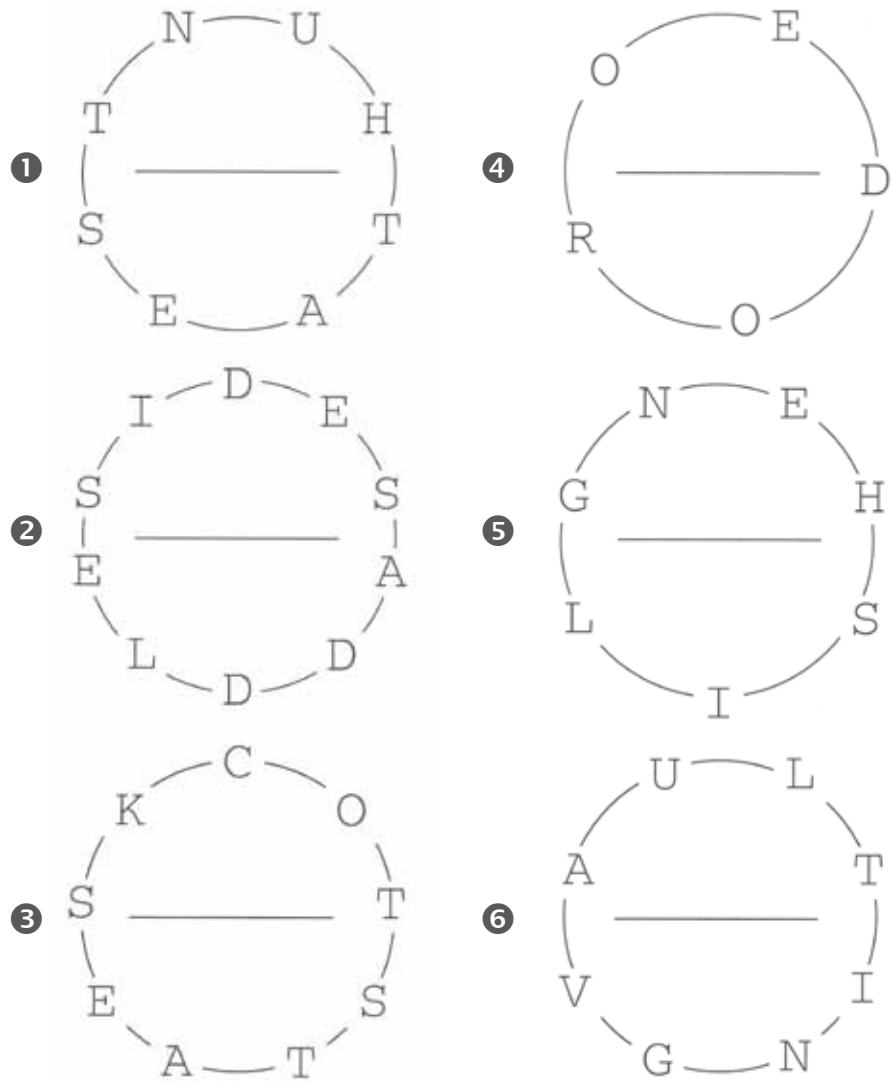
- We will sometimes feature, *The Arabian Horse in History*, where the generally ignored role of specific horses in history will be presented.
- Will also have a spotlight section where we present information on a specific Arabian horse owner, trainer, barn, program, or event in our industry. What a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

Riding Rings

If you pick the right place to start on each circle and read the letters clockwise in some cases, counterclockwise in others, they will spell a particular style of riding. ■



ANSWER: 1. Hunt Seat, 2. Side saddle, 3. Stock Seat, 4. Rodeo, 5. English, 6. Vaulting.

Lead or Trail

What is a piebald?
 B G P Q T F S G B U J R
 C M B B L B O E X I H U D

See if you can answer the following questions by replacing each letter in the solution with the letter that comes immediately before or after it in the alphabet. For example, the letter *B* can be replaced with an *A* or a *C*. ■

What is a skewbald?

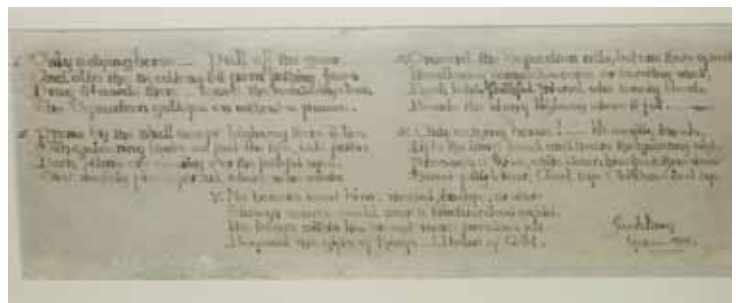
B I P S R D U G B S H T X I H U D
 B M E B O Z P U G D Q D P K N Q
 U I B M C K B B J

ANSWER: A HORSE THAT IS BLACK AND WHITE, A HORSE THAT IS WHITE AND ANY OTHER COLOR THAN BLACK.

Soldier's Kiss

IAN MCFARLANE WRITES TO DRAW MY ATTENTION TO THE FOLLOWING POEM ENTITLED 'A SOLDIER'S KISS':

Only a dying horse! pull off the gear,
And slip the needless bit from frothing jaws,
Drag it aside there, leaving the road way clear,
The battery thunders on with scarce a pause.
Prone by the shell-swept highway there it lies
With quivering limbs, as fast the life-tide fails,
Dark films are closing o'er the faithful eyes
That mutely plead for aid where none avails.
Onward the battery rolls, but one there speeds
Needlessly of comrades voice or bursting shell,
Back to the wounded friend who lonely bleeds
Beside the stony highway where he fell.
Only a dying horse! he swiftly kneels,
Lifts the limp head and hears the shivering sigh
Kisses his friend, while down his cheek there steals
Sweet pity's tear, "Goodbye old man, Goodbye".
No honours wait him, medal, badge or star,
Though scarce could war a kindlier deed unfold;
He bears within his breast, more precious far
Beyond the gift of kings, a heart of gold. ■



Ian writes that the poem was copied out by his grandfather, Jack May, in Ypres 1916, to reflect an occasion when his horse was shot from underneath him near Arras. Please see the photograph (above) of the extract Jack made which was kept by Ian's grandmother. Jack's copy was also featured later in 1918, in a local parish newspaper. (Kimpton Down is near Andover in Hampshire). For addition sources please see <http://www.westernfrontassociation.com/component/content/article.html#sthash.kVqWHLJD.dpbsf>.

Flying Along, how far will they fly?

Two riders live 10 miles apart. They plan to meet up midway between their horse barns. They mount up at exactly the same time and maintain a steady trotting speed of 5 miles per hour. The instant they set out, a horsefly resting on one of the horse's ears starts flying toward the other horse at 15 miles per hour. As soon as it reaches the second horse, it flies back to the first and so on, never changing its speed, until the two riders meet. All in all, how far with the horsefly fly? ■

ANSWER: Because the riders live 10 miles apart and they are trotting at a rate of 5 miles per hour, they will meet up in exactly 1 hour. Therefore, the horsefly will also fly for a total time of 1 hour. Since it is flying at a rate of 15 miles per hour, it will fly 15 miles in all.

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]

horses was learned by working with Billy Bob (full arabian) and Bubba, who is half arabian, and lives at the farm now.

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

Diane: It is totally rewarding partnership.

Candy: Their personalities, they may be more spirited than other breeds but it is so worth it!

Alana: Billy can sometimes be tricky, but he's a lot of fun and he's my good old reliable buddy. He's the best horse to work with.

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

Diane: They are the most understanding and lovable equine partner.

Candy: They are a great animal, they love people and there are so many disciplines that there is one out there for almost everyone.

Alana: I would tell them how great arabs are and how much fun they are to work with.

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

Diane: If they are brand new to horses to realize it is life long commitment just like any other animal. If they are not a 100% sure it is for them they should take lessons or lease a horse to start.

Candy: Take lessons first to decide what you like before purchasing.

Alana: If someone was new to horses,

like many of my friends, I would tell them everything I know. Sometimes it's a bit scary but it's a very rewarding experience working with horses.



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

Diane: Not much of a book learner more of a hands on type person.

Candy: I don't read so much, I prefer to watch or participate in clinics. Watching in real life is always better.

Alana: I would recommend Arabian Legends, to share the history of the greatest Arabian horses.

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

Diane: One thing I would like to do. See one of our home bred horses win Red Roses.

Candy: One day I'll get a country horse ;)

Alana: When I get bigger, I would really, really, really like to attend the Equine Sciences program at Olds College.

18 What about "kids" and an Arabian horse?

Diane: As my three grandkids would say "They are the Best." All three have learned to ride on our Arabian horses.

Candy: They are amazingly kind and forgiving. My niece and nephews are learning on our arabs and it's great.

Alana: I feel that if you put a kid with a new horse and leave them for about an hour and a half, they would most likely be friends afterwards.

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

Diane: They give me a rush because they are a part of our family lifestyle.

Candy: They are always happy to see me!

Alana: I get that rush when we get our work done and then I can play around with him after. I love to work with my horse, it always makes me feel good and I especially love to canter!

20 What are your words to live by?

Diane: Enjoy your horse no matter what you do with them.

Candy: "There is something about the outside of a horse that is good for the inside of a man." ~ Winston S Churchill.

Alana: I live by the words "You can't buy happiness but you can buy a horse, and that's pretty much the same thing!" ■



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