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BY PAT PARELLI

Picking the Perfect Equine Partner

You love your horse. But are the two of you a good fit? Here are some questions for you to ask yourself, and it is suggested if your horse is not the perfect equine partner for what you need, that perhaps the two of you move on.

Exit Strategies Everyone who owns a horse starts off with a dream of riding off into the sunset with their best friend. A lot of times, we pick our perfect partner, and that dream becomes a reality. Other times, however, we end up picking our perfect poison.



The purpose of this article is to help people pick their perfect partner. As we get into horses, we begin to understand that there's more than just "a horse" and "a person." There are Horsenalities™ and Humanalities™, as well as experience, confidence and goals. Experience, confidence, and goals are the three main factors that I'd like to address first.

If you're inexperienced and lacking in confidence, you're going to want a certain type of horse. If you're inexperienced but very confident, you're probably going to want a different type of horse, both in terms of nature and spirit level. Couple this with whether your goals are low, moderate or

high, and you've got a lot to consider when it comes to picking your perfect partner.

What I'd like you to do now is give yourself a quick little test by answering these questions:

How much experience do I have (1 to 10)? Let me give you an example: If you've won three or more world championships and you've been riding for more than 40 years, you could probably put yourself up there around a 9.

How much confidence do I have (1 to 10)? If you've won a couple of world championships in saddle bronc riding, you can probably put yourself right around a 9.9.

What is the level of my goals (1 to 10)? If you want to have a world-class level performance horse, English or Western, then your goal is probably around a 9.5. If you want to go to the Olympics, put it up there as a 10.

So, those are the three big factors when it comes to deciding which type of horse to partner yourself with. Even with that in mind, however, we find a lot of mismatches. Oftentimes this happens when you buy the right horse for you when you get started, but over time you actually outgrow that horse.

Let's say you buy the perfect horse.

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Change

To those who say that "we can't go on this way," I personally think that you will, until change is forced, en mass (which I don't think will EVER happen, the agenda's and personal desires and goals of the Arabian community are too fractured to ever come together).

Change is being forced at this moment, one small person, and barn, at a time. The interesting fact is that the large barns are getting larger, the middle barns are shrinking, and the small, very local groups are the ones changing what they do to attract enough business to stay in business.

It, in some ways is sad for me to have watched, but the alternative is to keep producing horses that there is no market for. So to my way of thinking, the principle of supply and demand is saving some heartbreak.

In my opinion, even though today's training is, in some ways, very sophisticated, the horses showing are too "slick" and too far out on the "specialization limb" to attract "John Q Public". John Q sees this scene and simply runs the other way. Remember how the saddle horse scene seemed 30-40 years ago? Arabian people liked it (as evidenced by what we do now) but it was too scary to play in that sandbox, so they stayed with Arabians (and recreated it).

What we have lost sight of is horsemanship contests for "Everyman". And I believe that the horsemanship angle is the one that must be sought after for continued success. Ask yourself what is worth giving your precious time and money for, the ribbons of today (and what they represent), or the building of, and fun of acquiring, a useful and practical skill set for simply having fun with your horse (horsemanship).



Ray Lacroix. ■

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How Does a Rider Get Their Confidence Back?

How do you get your confidence back when you have had too many refusals or falls from your horse?

1) Visualization - close your eyes (as much as safety allows), visualize perfection, take 3 deep breaths, "blow out the fear", then go ahead and "do"; **2) sing** - you can't hold your breath or think about anything else when you're singing. Helps calm your horse, too; and **3) I'll start up a conversation with them** if they keep forgetting to sing. Getting them involved in a conversation "tricks" them out of thinking about past experiences.

I found different books on the subject and read 3. Most said the same thing and suggested visualization and singing. I start with realizing where I would get fearful. For me it was as soon as I stepped in the stall with the horse. So I sit outside of barn and visualize the perfect "session" with my horse. I take ten minutes to see myself cleaning feet, grooming, tacking then 'see' our perfect ride. I am now progressed to trot and lope visualization. I also do a journal on each session, writing out what and where I got fearful helps me to process mentally what I had done that day. It works. One more tip, the visualization seemed to help my horse understand what it was that I needed each time, just as they actualize a bad thing, they will actualize your perfect ride.

Slowly. Literally work their way back up. If a student has a fall, then literally start them to where they are comfortable and address the fear issues by teaching them the techniques to help them. Example, better seat balance, how to block a rear or stop a buck or how to deal with a run away horse. Address the issue, strengthen the core and go from there. :)

Go back to the beginning. In a herd there is a leader and the others are follower. The horse mirrors everything you do and feel back to you. The horse feels that you are in fear and is not confident in you as the leader in your horse human relationship. Look at Gawani Pony Boy and Philli White-man jr. These two change my understanding of the horse.

What worked for me was spending lots of non-demanding time with my horse and changing over to using a training method based on positive rewards (praise, scratches, treats) rather than negative rewards (release of pressure). I was amazed at how much fear left me; it wasn't until after I started that approach to being with horses that I could sit on one without my stomach being clenched into a knot. Doing things to help my fear of heights and falling also helped—sitting on the roof of my car, increasing core body strength, etc. If you are a thrill-seeker type person then just confronting your fear and getting out and riding and doing it seems to help; if you are a more cautious type like me, taking it gentle and working at the level you are comfortable with and taking baby steps helps. If you are a gentle, non-confrontational sort of person you might find, as I did, that a positive-reward style of training and interaction with your horse suits you much better—Friendship Training or one of the variants of clicker training.

.....
"Start them to where they are comfortable ..."
Author Unknown.

One thing that has helped both me and my students is to do one thing that is outside the comfort zone every ride (or every week). It can be as simple as walking further down the driveway every day or cantering an extra circle. Every time that little step is taken confidence starts to build.

I didn't used to break when I fell. I sure do now. The first time, I broke my back and both my arms. Thirteen months later I fell and broke three ribs and my pelvis in three places. My husband will no longer ride (a real drag) but I still ride every chance I get. Now I make sure to have older, well seasoned horses. No more young ones for me. It just takes nerves and a love of riding to get back up on a horse. Perhaps start with a drop dead broke rental horse to get the feel of riding back. As your confidence builds, go back to your new older horse. Hopefully, you have gotten

rid of any problem horse.

When you get back into the saddle, get on a horse that is literally bombproof. There are horses like that out there who take care of nervous riders.

Gain your confidence one step at a time. Start challenging yourself as you become more comfortable. Take your time.

You asked the question. You've already begun the process. Congratulations!

I'd like to add another idea to the menu. Have a conversation with your horse about your experience, concerns and what you want to happen. Pretend the horse is a human significant other and talk to him/her calmly but firmly like you would anybody you cared about... but with whom you are having a momentary problem. You'll be amazed at what this does for your mind set...and don't be surprised if the horse wiggles one ear back, relaxes and nuzzles you. Just don't agree to make-up sex no matter what the horse says! :-)

For me it was partly tricking my brain and partly following the advice of a well known horse person. This well known person ended up giving me about ten to twelve hours of his undivided attention one weekend during an Expo. Invaluable information!! There was much I took away from all that time with him, but the main thing I clung to when I got home and got on my mare was this one, "ride where you can, not where you can't" He basically gave me permission to ride where I felt ok, and not worry about having to push myself outside of that little bubble. He said if I felt ok riding a 6m circle in the center of my arena then DO it, just do that and nothing else. BUT, he said, "RIDE! ride those circles as perfectly as possible at walk only, and change direction often."

Looking at that logically, if I rode for just 20 minutes and circled in both directions, how many perfect circles is it possible to ride in that time?? How many times had my mare given me what I asked for

in that time? As he phrased it, "how many times can she give you the right answer to your asking in say 45 minutes of just riding as perfect a circle over and over as you can ask for?" So it was ok for me to just ride a very small circle in the center of my arena, and do just that for as long as I needed to!

Sounds simple, but when I would get on her, I was terrified that I wouldn't even make it from the mount block at edge of arena to center to start riding my small circles! Some days I didn't and had to dismount after three steps from the block. And some days I was ok for about 30 minutes at first.

Your fear is falling off the horse not the horse itself. Once you have learnt to fall off properly and safely, this will come with experience and confidence. I have ridden problem horses for 42 years and all you need is time.

Both horse and rider need to rebuild trust in themselves and each other. If possible I'll do the task with another horse before going back to the one that helps me meet the ground. I also ask my horse to accomplish the task on their own (lunge line or following another horse).

This area of how some people feel they can't do something after a fright while others feel they can't do it has always fascinated me. The first thing to realize here is that if your life depended on getting back on the horse you would not give it a second thought and you would ride the horse perfectly. So from this it is logical to conclude that the problem is within you and you have full control over it, secondly we can conclude that in the life and death situation the fear of death outweighs our fear of being thrown off the horse. But the fear of being thrown off the horse and the fear of death are the same fear just one is more eminent than the other and we always opt for

the option that keeps us alive longer even if it is a second longer.

So now we can conclude that we can do it but when we weigh up our options we decide it is easier and safer not to get back on the horse. It is all down to the payoff really isn't it? We can't use the fear of death to force someone to get back up on a horse so we have to go in the opposite direction as in give them a million dollars but that is not really an option either so we must find a middle ground. So pleasure is the next best thing we can trade, and all horse riding comes down to a trade off between pain and pleasure, too much pain or danger there of and you stop. So to

get over the "pain" of getting back in the saddle the payoff of pleasure must be far greater than the pain.

No one would ever really ride a horse for pleasure if the pleasure aspect was not greater than the pain, so one has to focus 100% on the pleasure

and give no attention to the pain. Your brain can only hold one thought at the time so if you focus 100% on pleasure you can't think about the pain. There is no point in trying to NOT THINK about pain, it does not work, you focus on the pleasure and the pain can't fit into your brain.

Visualization is key here so visualize a perfect horse ride, use your imagination to the full with no limits, like ride the horse on top of a lake (no thoughts of sinking and falling on water is safe) ride on clouds, up and over rainbows or what ever you would love. Bring all your senses into this as in hearing, sight, touch, smells, taste and your emotions do it often and enjoy it no end. Obviously discuss all of this with the horse both live and in your imagination, you will be amazed by what they may have to say. Also for all horse work it is vital to ask the horses permission as opposed to telling them to do something for you.

As an animal communicator, I would respectfully recommend you ask your horse for advice. Then you have both sides of the story to understand and advance with. :-)

The mounted relationship almost always reflects the ground relationship.

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Code of Practice

THE NATIONAL FARM ANIMAL CARE COUNCIL (NFACC) brings together diverse stakeholders to:

- develop Codes of Practice for the care and handling of farm animals,
- create a process for the development of animal care assessment programs,
- provide a forum for open dialogue on farm animal welfare.

Codes of Practice for the care and handling of farm animals

The Codes of Practice are nationally developed guidelines for the care and handling of farm animals. The Codes serve as our national understanding of animal care requirements and recommended practices.

NFACC and the Codes Canada's Code development process is led by NFACC. Key components of the process are:

- the inclusion of scientific committees to review research on priority welfare issues;
- ownership of the individual Codes by the relevant stakeholders through their active participation in developing the Code;
- measurable components to facilitate the development of assessment programs; and
- a transparent process.

Science- and consensus-based commitment The Code Development Committee and the Scientific Committee work together to develop a science- and consensus-based Code. The result is a Code that is scientifically informed, practical, and reflects societal expectations for responsible farm animal care.

NFACC's Code development process ensures credibility through scientific rigour, stakeholder collaboration and a consistent approach.

http://www.nfacc.ca/pdfs/codes/equine_code_of_practice.pdf. ■

Opportunities ONLY in the Horse World!

We all get asked "Whyyyy do you have horses??! They cost sooo much money and they break sooo easily!" I'll tell you why! Because of some of the INCREDIBLE experiences we get to enjoy that come from nowhere else!

For me, recently, I had the opportunity to perform with my trusty Jose Jalapeno at the RCMP Musical Ride hosted by the Whitemud Equine Learning Centre.



I was ecstatic to get an e-mail inviting Jose and I to perform for the musical ride, just over 2 weeks in advance! I'm very fortunate to have a partner that I can trust to perform and has had experience in all sorts of different environments. So we planned our performance and off we went!

It was really neat that my 16.2 HH Standardbred gelding blended right in with all of the RCMP's Hannoverians. When we first arrived on site, a number of RCMP riders would stop or do a double take when they saw Jose and me out. What a LOVELY BUNCH OF RIDERS!!! I can't say that enough. I had the opportunity to talk with a number of them, second and third year riders, and they were all gracious, humble and very friendly. One lovely lady even brought a special pin for my daughter – different from the kind you could purchase at the souvenir booth. Ali was elated! She still wears it all the time.



Jose and I also had the opportunity to ride in our very first trail ride while at WELCA. The Wild Pink Yonder had their "Trails End" ride from WELCA to the Cross Canter Institute on the Saturday

morning and we were invited to join in. I couldn't resist! Jose, although inexperienced on trail rides, did very well with the bicycles, runners, vehicles, police escort, horses in costume and media. It's a treat to have a horse that can be so trust worthy!

We performed Saturday and Sunday in the preshow. The audience (over 1100 people each day!) were receptive and appreciative. Sunday's performance blew it out of the park for me. Jose was on his game and gave me his heart. In a fantastic coincidence, there was a photographer in the warm-up area who got some great shots of my horse and I. He was kind enough to send me the images which are now blown up and hanging in my home. Cam McGregor – you're awesome!!!

This was a fantastic wrap-up to my 2014 season. For the rest of the year we're going to run clinics and prepare to relocate the family to southern Alberta in the spring. I wish you all fun and adventure with your equine mounts. It's amazing the opportunities that can come from the horse world. Unmatched by anything else!

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. ■



Foal Festival

POSTED ON FACEBOOK BY CAROL STEPPE: Bravo to all the wonderful people that worked so very hard to put on our amazing ARABIAN FOAL FESTIVAL OCT 4-5, 2014. It seems to me that this prototype could really have a huge and far reaching impact on our breed in so many positive ways. Let me list a few of the innovative ideas that this show has now put into practice in the last two years. We have true amateurs showing our beautiful youngsters, there is a class for show foals, yearlings and two year olds and also for performance youngsters for those age groups. There are no whips or chains. There is a trail class for yearlings and two year olds, also shown by amateurs.

The judges explain in positive terms, and on a microphone their reasons for choosing their first and second place horses. There are 4 different judges of the highest possible quality. There is now a fantastic Gelding futurity that has a first place prize of over \$4500.00.

The true and honest fun people had with these beautiful geldings is hard to explain. It brought people back into the industry who had left it for years, and all with huge smiles on their faces. This show also began a Breeder's Challenge, where breeders in the area pull another breeders stallion's name out of a hat and now have to pick a mare for the stallion they choose, give reasons and then let people participate on which breeder will have the winning foal in 2016! So fun!

The setting of this show is a local equestrian center that the show committee and show manager have decorated it in a beautiful, tasteful way and all guests sit under tents or a huge and lovely shade tree. We had a fantastic Saturday night Bar B Que, thanks to Crimson Farms and everyone stayed for hours just visiting and talking. This horse show is an example of what can be done at a local level when determined (and brilliant!) people get together and decide to try and change their little corner of the world.

I encourage everyone to look at all these ideas and let's all gather around our beautiful horses and make the future of this breed brighter than ever. Special thanks to the Board of Directors and the creative and future thinking mind of Bart van Buggenhout and the gifted event and show manager skills of Michelle Kelly! ■

For more information about the The Valley of the Arabian Horse a dedicated group of breeders or the festival, please check out their website at <http://syvaha.com/events/arabian-foal-festival/>

The foal festival idea seems to be catching on across the nation. There was one in Texas this year. The Thanksgiving show in Florida is adding one. They are AOTH and no hard stand-ups, all. Even the "Breeder's final" had their professional version of it. It wasn't exactly as the Santa Ynez Valley club does it, but it was a far cry from their usual class. There are plans in the works for the foal festival classes (AOTH) to eventually become Breeders Sweepstakes classes. This could be just the motivation many small breeders need to start / restart breeding again. ■

[PERFECT EQUINE CONTINUED FROM PAGE 1]

You've got little experience, medium confidence, and low goals. As you move through the program and continue to grow, one day you could look at that horse and think, "Wow... my experience and confidence and goals have increased. I think I'm ready for a horse with a higher capacity to grow with me."

I think it's a two-part story. First, the buyer needs to have a realistic view of themselves; they need to get themselves a horse-lover's mirror. Second, the seller needs to adhere to this message as well. Making sure both sides are educated really is the solution.

So, let's say we get into a situation: either the dream horse turned into a nightmare, or we've simply outgrown the horse, and we've decided to sell. Now, the buyers have turned into the sellers. As the seller, you need to em-

ploy the same strategies you used when you were the buyer. Make sure you have a realistic view of who you're selling to.

I'd like to offer a quick point on Humanity and Horsenality. It's important that we use that information to create strategies, not excuses. If you're a Right-Brain Introvert and your horse is a Left-Brain Extrovert, that doesn't mean you should just throw up your hands and say, "This'll never work!" You're actually in a great situation, because you can begin to understand what your horse needs and how to adjust to that.

I believe we should all look at our commitment to our animals as stewards for life; we can compare it to children. There will come a time when children will cleave and leave. They'll move out and get married and create futures of their own. There is absolutely nothing wrong with this situation occurring with horse owners, as long as credence

is given to these ingredients. We need to be realistic about what kind of horse we have, because that will increase the chances of finding a good partner for them moving forward.

In my lifetime, I've personally sold over 300 horses and mules. I would say I have around an 80-90 percent success rate when it comes to matching horses to humans. The best matchmaker I've ever been around was the man I learned so much from, Troy Henry. He had a knack for knowing which horse fit with which person, and here's a quick story that illustrates that:

There were two women at the stables. Each one had a horse that was their nightmare. One woman's goal was to do reining, and her horse was kind of a plodder. The other woman wanted to trail ride, but her horse was perfectly suited for reining. Now, one woman

[CONTINUED ON PAGE 10]

Benefits for Children

10 Ways Horses Build Character in Children

Learn responsibility – When caring for a horse your child will very quickly learn that they need to take responsibility for them. The best way to really bring about this responsibility is to make sure they take care of all the work involved in caring for the horse such as feeding it, grooming it, cleaning, and saddling and riding it. As with any child, they may feel that they should get to ride and play with the horse but they may not want to have to take care of it and want to leave that to you. One thing that results from a child taking care of their own horse is that they seem to have a deeper love for the horse when they put the effort into taking care of it. Once they understand that the horse needs them in order to survive and that they cannot ride without taking care of it, they will quickly learn that the work pays off.

Learn Trust – Horses don't work well with trainers if they can't trust them. Likewise an owner or rider must trust their horse if they plan on having a good time. If you can't trust your horse then your horse probably won't trust you which will make the horse more likely to disobey you.

Learn to be Open minded – When dealing with horses one will realize that horses don't all act the same way. One will continually learn from their horse and your child will continually learn from their horse which may carry on into other areas of life.

Build Confidence – Horses can look big and be intimidating to any child. Once your child has the chance to handle their horse on their own they will receive a huge boost in confidence. This may allow them to build confidence in the areas of their life such as relationships or school. This may all end up as a huge boost for a child's self esteem.

Learn patience – Horses won't immediately do what you tell them to do. Sometimes it takes a little while to get everything to work just right. So if your

child has to deal with a horse that won't just give in to its wishes right away they may develop patience learn to apply this to other things as well.

Self Discipline – Horses aren't easy to take care of. Many children lack dedication and decide to give up on something as soon as it gets difficult and they can't master it right away. Since horses need to be tended to early, your child may learn to get up early in the morning and get to work outside and take care of their horse which eventually can teach them many other aspects of discipline.

Teaches Sensitivity – Horses may become disturbed if their handler doesn't handle them in the right way. Having a horse will teach a child that they can't just assume a horse will follow directions or calm down if they talk in any voice. A handler has to learn to speak reassuringly to a horse and understand its behaviour. Also a handler must learn why a horse is misbehaving whether out of fear, anger, or any other reason.

How to learn from our mistakes – Most kids aren't able to just take on a task and perform it perfectly. This rule definitely applies to horses as well because a rider also has to deal with how the horse is acting. A child will quickly learn not to make the same mistake again after they learn the consequences of it. The important thing is to learn from your mistakes and not dwell on them though.

Learn Respect – Horses can be dangerous when not dealt with in the correct manner. Having a horse will quickly teach a child that they cannot disrespect a horse without consequences. After learning that they have to respect a horse a child will learn to respect other things as well.

To have Fun - The most important rule of anything is to have fun. If a child's not having fun with their horse then they are less likely to want to take care of the chores that come along with it which may lead to disinterest. Be sure not to push your child to hard to do just chores and make sure they get to have a good time while riding the horse. ■




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> ■

20 Questions

about your life with Arabian horses

1 What is your current involvement with Arabian horses?

I currently own, show and breed Arabian horses.

2 How many years have you been around horses?

I have been around Arabian horses for thirty years. I started riding at the age of 8.



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

I was a born and raised city girl. My best friend in kindergarten owned Arabian horses and boarded them at an Arabian show/lesson facility. As little girls do, I would have sleepovers at her house and on Saturday mornings we always had to wake up early for her to attend her riding lessons. Within two visits to the farm with her, Linda Leslie of Twin L Farms had me up on a horse partaking in the lessons. My parents had no idea what this was going to lead to!

4 Who is or has been your favorite horse companion?

My absolute best friend was my very first purebred Arabian gelding, EL Tusaan, or 'Dan'. Dan was by my side from the age of 12 until I was 35.

5 Who has been your (horse) mentor?

My horse mentor was certainly Dan. He taught me to be the rider I am today.

6 What is your favorite horse book?
War Horse.

7 What is your favorite horse movie?

War Horse or Seabiscuit.

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

I participate in Arabian horse shows,

rider clinics with Arabian trainers and I attend Arabian horse club meetings.

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

My most memorable moments with Arabian horses are the times when I spend one on one with them. I had a mare that foaled out twins. I spent hours

just sitting in the corner of the stall watching them. These are the moments when it seems the rest of the world doesn't exist and all of your worries or concerns just go away. I wouldn't trade these times spent with my horses for anything.

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

I ride and train most of my horses myself with the help of trainers giving me lessons. My biggest achievements in the show ring have been Top Ten wins at the Nationals. Any ribbon won is a reward to me for all the time, dedication and passion I have for my horses.

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

I do not have one dream horse. I admire so many of these great

horses that I have the pleasure of working with and watching.

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

Horses have taught me so many valuable lessons. I owe so much of the person I am to my involvement with Arabian horses. Compassion, responsibility, and a work ethic are some traits I believe horses have taught me. A passion for



learning and a goal oriented personality comes from the desire to do well in competition. Horses help to develop self esteem and communication skills. My love for Arabian horses and all the animals on the farm led to my career choice as a Veterinary Technician. I love every moment of my job and have been employed at Herbers Veterinary Services for over 16 years. An involvement in Arabian horses has certainly contributed to me being a better person!

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

I am always happy and relaxed when I am around my horses. It is definitely my happy place in the world!

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

Arabians are people horses. They love to spend time interacting with people. This breed is smart and athletic. Arabians come in all shapes and sizes and they are versatile. There should be no problems finding an Arabian that suits a person's desires in a horse.

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

My biggest piece of advice to someone considering becoming involved in horses is to take lessons at a stable. Ride lots of different horses. Spend time around the horses for a long time before

jumping in to a purchase. Make sure that you are ready for the commitment and that your love for it is true, before taking on the life of a horse in your family.

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

I think that the Modern Arabian Horse magazine is an excellent resource for both beginners and seasoned Arabian

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.

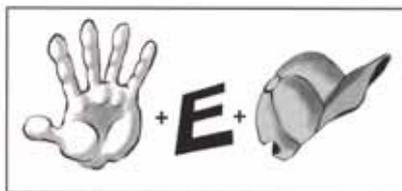
Tell us what you would like to see added or if you would like to be added to our e-mail listing, please e-mail:

info@discoverarabianhorses.com ■

WHAT DO YOU SEE

Gone to the Races

All of the word and picture puzzles shown here represent events and phrases that relate to horse racing. See how many of them you can solve. ■



1 Clue: Race in which someone assigns weights for the horses to carry



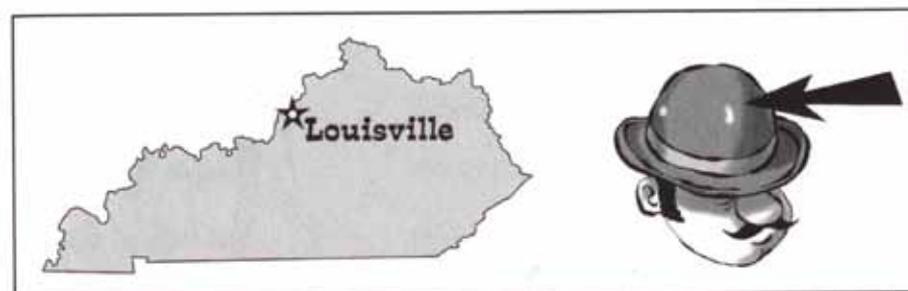
2 Clue: A group of races that consists of the Kentucky Derby, Preakness Stakes, and Belmont Stakes



3 Clue: A bet that involves two races



4 Clue: A race in which the winners or a group of winners receive all of the money wagered



5 Clue: A race that is also known as the Run for the Roses



6 Clue: The straightway of the racetrack leading right up to the finish line

ANSWER: 1. HANDICAP, 2. TRIPLE CROWN, 3. DAILY DOUBLE, 4. SWEEPSTAKES, 5. KENTUCKY DERBY, 6. HOMESTRETCH.

Video

ARABIAN HORSE READING LITERACY PROJECT (AHRLP) - CHILDREN LEARN WHAT THEY LIVE

Dorothy Law Nolte, Ph.D. a lifelong teacher and lecturer on family dynamics. Sharing her celebrated poem she wrote in 1954, filled with a rare common sense.

AHRLP is an innovative, experiential learning program—Equine Assisted Learning. This program is committed to motivating children to want to read, enhancing their literacy skills and developing their confidence in reading.

For more information about "The Kids are Reading to the Horses" contact Gary Millar at gary.millar@arabianhorsereading.com or 780 499 9219. Our website at www.arabianhorsereading.com ■



<http://www.youtube.com/watch?v=ys2I28KaCgM>

Scrambled Solutions

The answers to the ten clues listed below are right in front of your eyes, although you may not recognize them, because the letters are all mixed up! See if you can unscramble the solutions and make the matches. ■

- 1 The name of a famous race horse
_____ ISIBCESUTA
- 2 Heavy horse blanket
_____ UGR
- 3 Nickname for a rider who competes in barrel racing
_____ ACN SCHAER
- 4 Areas that a horse cannot see without moving its head or body
_____ NBDIL TSOSP
- 5 Given to the top riders in horse show classes
_____ BRSNIBO
- 6 Western term for backing up
_____ NIRE CABK
- 7 Riding without a saddle
_____ CARBEABK
- 8 A horse that resists having its head, face or ears touched
_____ DHASHEY
- 9 Assessed for touches, knock downs, and taking too long in a jumping competition
_____ SUFLAT
- 10 Term for a horse that carries its head too high
_____ GERAZTSRA

ANSWER: 1. Seabiscuit, 2. Rug, 3. Can Chaser, 4. Blind Spots, 5. Ribbons, 6. Rein Back, 7. Bareback, 8. Headshy, 9. Faults, 10. Stargazer.

An Appetizing Apple

Rosie the Roan is clipped to a 10-foot long lead line. Thirty feet across the barnyard, on top of a fence post, is an apple. For some reason, Rosie is able to reach it. Why? ■

ANSWER: The other end of the lead line isn't attached to anything.

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 ■

horse owners.

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

My ultimate goal is to own and show an Arabian stallion that I bred myself to the US National Championships.

18 What about "kids" and an Arabian horse?

Arabian horses are gentle, people pleasers and are an excellent breed choice for children!

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

I love the feeling of accomplishment I get from working with horses. The love I receive in return from the animal is priceless.

20 What are your words to live by?

A good friend once told me to "LIVE WITH NO REGRETS" when I was try-



ing to make a decision regarding my horses. I made the absolute right decision and try to always keep those words in mind with all of my decision making! ■

Ground work is important to build a relation with your horse based on trust, respect of each other and leadership.

One of the best ways to get your confidence back is to ride a really calm, well-trained horse for awhile that will really take care of you, then go back to your horse once you are feeling confident again. On a well-trained, calm horse that knows his/her responsibilities, you can really work on yourself and your riding posture, etc. and that will also help. If you lost your confidence because your horse has a training issue, like rearing, bucking, severe spooking, running off, etc. then you should be scared! That's your body trying to protect you and keep you alive and safe. In that case find an instructor/trainer or good home-study program (like Parelli, Stacey Westfall, or one of the other Natural Horsemanship training programs out there) to help your horse gain confidence, respect, and trust in you as a leader, preferably on the ground first before you ride again. And then along with that also be riding a calm horse if possible and do the visualization and breathing exercises. And I agree, singing is one of the best things to calm a horse and help them get better rhythm even if you don't have a confidence issue because it gets rhythm in your body and keeps you breathing deeply!

Find one good thing and keep building on it really slowly, even if it takes days and days. If you don't have time, drop it and come back some other time, go to an easier horse. Lots of trainers use horses that make them look good. Hey its all about looking good. ■

had paid quite a bit more for her horse than the other. Mr. Henry suggested they trade horses.

The woman who had paid a lot more sort of scoffed at this idea, so Mr. Henry said, "Try this: just trade horses for two weeks." They did, and after two weeks, you couldn't have pried those horses away from their new partners with a crowbar! They found that Mr. Henry had, in fact, matched them up with their perfect partners.

Again, there are plenty of exit strategies that maintain the horse's dignity and respect. Here on the Parelli campus, we've had horses that simply got too old to be of service for what we do with the Parelli Education Institute, but they made ideal pasture horses for people who were just looking for that.

An essential part of this decision is knowing who you're selling to. The first thing I look for in passing on this stewardship is someone who shares that same attitude. Also, do they have the means to be a good partner? Some people have big hearts and no clue. Some people have big hearts, all the clues, and no financial means. And some people, well, they just don't have big hearts. I make sure they have enough knowledge, skills and natural habits.

My basic philosophy when it comes to buying and selling horses is this: in general, horses themselves are worth between \$1,000 and \$2,500. Beyond that, you're paying for the training and the breeding. And, in the not-too-distant future, you'll be paying for the feeding as well. Feed has tripled in price over the last couple of years. So let's say I buy a horse for \$2,500 and we put a lot of training into it here on the campus, and we keep it for a year. Now that horse could be worth around \$20,000. But it also cost us another \$5,000 in feed, shoeing, things like that. So when I decide to sell that horse, I'm going to sell it for around \$25,000. That's how I see it: you're paying for the training and everything else that has gone into that particular horse.

To conclude, it's important to look in your heart, apply the strategies we've talked about, and focus on the stewardship that a horse/human relationship truly is. It's up to you to make sure that horse has a bright and natural future, whether or not it's with you. It all comes down to the philosophy of stewardship. ■

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