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BY KRISTEN M. JANICKI, MS, PAS

# Alternative Fiber Sources for Horses

***Much of the country is experiencing drier than normal or wetter than normal conditions this summer, so some horses living on pasture might soon have limited forage choices. With decreased forage growth also comes a decrease in hay production. Or, with the extremely wet weather, quality dry hay could be a at a premium. Therefore, owners might want to familiarize themselves with alternative fiber sources that could be used to supplement their horses' diets if hay becomes scarce in the near future.***

No matter the breed or intended use, all horses require fiber in their diets. According to the National Research Council's Nutrient Requirements of Horses



(2007, 6th Edition), a large body of evidence suggests that insufficient dietary fiber can lead to several digestive issues (such as colic) and behavioral vices (such as cribbing) in horses. Horses' fiber needs are met most commonly by pasture and hay, but in the absence of these sources, horse owners must find alternative fiber options. Some common alternatives include hay cubes,

complete feeds, and fiber by-products.

**Hay cubes** are an excellent fiber source for horses, and are generally easily accessible at most feed stores. The two main benefits to using hay cubes versus hay are:

- Hay cubes typically contain less dust than hay, meaning horses are less subject to inhaling particles that could contribute to respiratory disease; and
- Offering hay cubes generally results in less wasted feed compared to hay.

If offered voluntarily, most horses will consume more hay cubes than hay, so owners should measure and monitor their horses' intake. Hay cubes can be fed just

like hay, at a 1:1 ratio of the like hay type the horse currently consumes. For example, if a horse consumes five pounds of timothy hay at each feeding, replace that with five pounds of timothy hay cubes and adjust if needed to maintain the animal's proper weight. Hay cubes are heavier in weight, so you'll need to weigh

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## Welcome

### Make something happen ...

*In life we can sit back and wait for things to happen or we can go out and engage life and help make things happen. The same goes for growing the Arabian horse community.*

*There is a feature article in this issue about a group from the Santa Ynez Valley, California who are organizing an Arabian Foal Show. What a fascinating idea! Simple rules and lots of fun to get the foals and yearlings out. Open to the public and an amazing way to show off our young horses. Who doesn't love a foal.*

*At my barn up here in Canada, we had a Dressage Fun Day ... 16 riders, most of whom had never ridden a dressage test before. All participated, had an education and a blast. Anything we in the Arabian horse industry can do that is fun for the participants and shows off the fun and excitement we have to the public, is a great thing.*

*I challenge each one of you and each one of the Arabian horse clubs to organize an event, have an open house (it doesn't have to be fancy), invite friends, family and work colleagues out to see your horses—invite the public and not just your friends already in the horse community. As a matter of fact engage your friends to help you. Anything we can do to get more people out to enjoy an experience that's about the Arabian horse and the wonderful times we have, we need to be doing it ... and doing it often.*

*After all ... it's all about an amazing lifestyle and the Arabian horse.*

*Get out there and enjoy your lifestyle. ■*



**Gary Millar**  
President & CEO

# Calendar

## TELUS BATTLE OF THE BREEDS, MASTERS TOURNAMENT

Thursday, September 5 to  
Saturday, September 7, 2013.  
Spruce Meadows, Alberta.

Each year, during the "Masters" Tournament in September, more than ten breeds vie to be the most versatile breed of them all. It's the TELUS Battle of the Breeds! Each four-member team competes in the battle's 5 different events: Compulsory Skills, Precision Driving, Jeopardy Jumping, Barrel Racing and Trail Riding. Two riders from each team compete in each event, with points awarded according to placement. Riders must be well versed in both Western and English disciplines.

For more information access their website at [www.sprucemeadows.com](http://www.sprucemeadows.com)

## 11th ANNUAL ARABIAN NIGHTS 2013:

**Rae-Dawn Arabians Farm**  
Friday, September 6, 2013, 7 pm.  
Saskatoon, Saskatchewan.

The traditional Arabian Nights promoted and sponsored by Rae-Dawn Arabians. Murry and Shirley Popplewell welcome everyone to attend the 11th addition of this event. RSVP by August 30. For further information and reservations please contact Murray Popplewell at 1-306-241-1199, email [spop@rdarabians.com](mailto:spop@rdarabians.com) or access their website at [www.rdarabians.com](http://www.rdarabians.com)

## SASKATCHEWAN ARABIAN HORSE ASSOCIATION FALL CLASSIC

Saturday, September 14 to  
Sunday, September 15, 2013.  
Moose Jaw, Saskatchewan.

For more information access their website at [www.saskarab.com](http://www.saskarab.com)

Tell us about your event, e-mail [info@discoverarabianhorses.com](mailto:info@discoverarabianhorses.com) ■

# Arena Etiquette

*While having tea with my favorite horse buddies, last weekend, I pondered the question "What should I write about next?" It was as though they were on queue "Arena Etiquette!" in unison and so, I will oblige.*

**Arena Etiquette.** It sounds horribly snobby and something you'd only find in upper-echelon dressage barns with white breeches, grooms and people having tea on fine China while their horses are warmed up "Pip pip and all." In truth, you should find it at the most grass-roots levels in EVERY barn and arena you venture into. It's fundamentally about keeping people and their horses SAFE. Now we all know how much I like safe things that make sense. This is a big one.

So what IS arena etiquette if we should all know/have it? It's a set of rules/guidelines that help keep things safe and enjoyable for everyone riding or handling a horse.

### They include:

When passing another horse in the arena (or on the trail) in an opposite direction, pass left rein to left rein. To simplify that, think of riding your horse like driving your car. When you meet another car on the road, you pass the same way, left to left.

When you need to pass someone going the same direction, pass on the inside. Now, there's a little more to this one. Certainly if you're cantering (loping) your horse to the left and you need to pass someone who's trotting (jogging) also to the left, then you need to pass them on the inside of the circle (the left). Same on the reverse side. Going right, pass to the right. However, please see the next point and take note.

If you are going slowly, walking, or cooling out your horse, move to the inside of the arena. No one likes a rail hog. If you're working with other riders, please have the common courtesy to move to the inside, off the rail, to work on your walk, or cool your horse out. Leave the rail to those working on faster gates.

Right of rail to lesson riders. It can be difficult for young/new riders to keep those 1,000,000 things their coach is yelling at them in their heads PLUS watch where you're riding and remember arena etiquette of left to left and pass on the inside, so we just make things easier on them. If you're riding while a lesson is happening, give the lesson riders the rail, regardless of the direction you're

travelling. It can save your sanity (and the lesson rider's safety!) On the same page with this is giving a green horse room and the right of way. Frequently they have less steering and breaking capacity.

If it's not yours, DON'T TOUCH!

My biggest pet peeve. "Oooh, look how nice her new lunge whip is. Ooooh, I'm sure she won't mind if I use it on Tornado just this once. He's getting really good and not running over me when I lunge him..." You know it, just keep your mitts off other people's stuff. In turn, make sure you put your own stuff away and lock it up if you're concerned anyone will use it. This one leads right into a whole slew of "common sense" rules like: If you open it, CLOSE IT. If you take it, PUT IT BACK.

If your horse poops in the arena, pick it up! I've certainly never been at a facility so fancy that they have staff to pick up horse's poop in the arena after you. Quality arena footing is EXPENSIVE and having manure in it can cause it to break down much faster. It's good practice



# Having Fun with Dressage

**2013 DRESSAGE FUN DAY:** Millar Venture Arabians held a Dressage Fun Day ... most of the 16 riders had never ridden a dressage test before. Each rider rode a test, received face-to-face feedback from the judge (Chris Collins) ... then had the opportunity to ride the test again later in the day. The day also included a Random Reining obstacle course set up and judged by the lovely and talented Jan Simmons (Edmonton Dressage Association) that challenged the riders to ride through the obstacles with no rein contact, then a little rein contact and finally ... with rein contact. Challenging and fun for every rider and horse.

The motto for the day was ... "It is important for you to have a wonderful horse experience today. It is even more important that your horse has an amazing people experience today."

Proceeds from the day supported the Arabian Horse Reading Literacy Project. <http://www.arabianhorsereading.com>

<https://www.facebook.com/media/set/?set=a.699407280075797.1073741830.626982870651572&type=1&l=140162398c> ■



to pick the arena after your ride to make sure that you're taking care to be the best boarder possible and the barn owner will be happy to have you there. And does it really matter than your horse only made 2 plops but there are 4 in the arena? It's good exercise to go and pick some extra, work those hamstrings and glutes! Besides, it's quite likely that sometime you will be in a hurry and forget to pick the arena after yourself and someone will do it for you. That's just good karma.

**COMMUNICATE!!** When in a warm up ring especially, this is my favorite. I have to pass someone in front of me, I call out "INSIDE!" and then go past. I'm going to do a hand gallop across the diagonal and there are 6 dressage riders in the 20 x 60 warming up, you bet, I'm hollering "DIAGONAL!" so no one crashes into me. Keep your head up and your ears open. If you really need the rail to work your turn on the forehand, I bet if you park yourself on the short side and communicate to other riders that you just need to school up here on the rail for a few

minutes, they'll be ok about that too. On the flip side of that, have patience when other people are working.

If someone comes off their horse, or their horse has a wreck, STOP!! Really, this is common sense... Likewise maintaining a minimum of one horse length between horses isn't just good practice for riding, but is also better biosecurity.

Yell "DOOR" if you're coming in, or leaving an arena. Probably the most polite and courteous thing you can do especially if the riders may not see you until they're on top of you. It's a safety thing! Horses are far less likely to spook if they know you're coming instead of magically appearing from thin air.

Lunging in a crowded arena. Ah the ever popular warm up ring is notorious for this. Hunter/Jumpers, Arab shows, open shows, they seem to be EVERYWHERE!!! And when you've got 40 horses trying to get warmed up, the avid lungers is soon despised by riders, handlers, coaches and show

moms. I understand, I've got young, green horses too. But "working them down" really seems like a training problem more than an energy problem. Perhaps teaching your horse to focus on you from the first step out of the stall would help. Or at the least, keep your lunging to a minimum of just a few minutes to get the kinks worked out.

My favorite lesson in life I've learned is to lead by example. You can't teach those who are not willing to learn. So if you've got someone in your barn who is oblivious to "the rules", maybe rather than beating them with your jumper crop, you might just want to grab them a pitchfork and hand them a copy of my article. ■



# Arabian Foal Festival



**DISCOVER ARABIAN HORSES IS INCREASING 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> ■

**In the Santa Ynez Valley, California, (The Valley of the Arabian Horse) a dedicated group of breeders has decided to take matters into their own hands. On October 5 and 6 they are hosting an Arabian Foal Show.**

Their decision to have this event was based on several concerns:

- a declining number of breeders, therefore, fewer foals are being born year after year.
- demand for middle market horses is basically non-existent.
- today's shows seem to service the high end of the horse world. They have become very professional and rather expensive to enter.

This group decided some kind of action had to be taken to help the breeders promote their full program at a lower cost.

Without question, the first step is rejuvenating the local market with shows and boasting about our horses.

So, the idea was born ... A foal show. Following are excerpts from a recent article in **Arabian Horse World, July 2013 issue (www.arabianhorseworld.com - info@arabianhorseworld.com)** by Bart Van Buggenhout.

**Why foals?** Well, they represent the future, we love them, they are so cute, and everybody is excited about the possibilities in store for them. I think they are the best way of getting the breeders back together in a close working relationship; but also showcasing our breed to the local community and hopefully stimulating sales of these horses. Their destiny doesn't have to lie just in being a top halter horse in an international

market. We'll encourage families to enjoy our Arabians, and performance-minded individuals may find their next superstar at a younger age, and the beginnings of new breeding programs may also result. By opening up a new market, we will enable our current breeding farms to keep the bloodlines that are so valuable without the sacrifice of selling their best stock to ensure the rest of the farm is fed.

**How will this foal show work?** Well, first of all it's a show for foals/weanlings and yearlings that have never been shown before. All participants must be shown by amateur handlers, to be approved by the organizing board of this show (Bart Van Buggenhout, Greg Gallún, Henry Metz, Kelly Elm, and Doug Dahmen). We don't want the so-called professional amateurs! Furthermore, the foals/weanlings and yearlings cannot be clipped by more than a 10 blade, and all whiskers, eyelashes, and inner ear hairs need to be left intact.

The presentation will only include the walk and trot with no hard stand up — no whips or chains are allowed, but a leather chin strap can be used.

Since this is a local show it will be organized on a smaller scale, and thus the cost of the organization will be seriously lower. Food and drinks available will be managed by a charity, which allows us to be involved in our local

community and help it raise some much needed funds. It will be interesting for the breeders to exhibit these horses that they would otherwise not show.

First, it's close by so transportation costs will be low; second, training and handling can be done at home and with this set of rules every farm should be able to find talent to do this within its existing staff or close by in the community. We are looking forward to finding new handlers for the future!

Participants will be judged by one judge





**AHA MARKET DEVELOPMENT & PROMOTIONS** committee member, Christine Ryan contacted then, AHA President Lance Walters, about the opportunity for charities to have their messages on billboards not currently booked with advertising (Clearview Signs in the US). Christine's idea was to have Arabian horse messages shown on these billboards at such time as space became available. President Lance in turn contacted the AHA Executive Committee, who in turn funded the project (producing the actual signs) from the EC promotional fund and then AHA Marketing made it happen. The Arabian Horse Foundation allowed the payment to flow through so the money came from charity. It's exciting when a plan comes together. ■

(two judges will rotate throughout the classes) in comparative qualifying classes of five participants. The judge chooses the first- and second-place horses of each class, those horses are brought forward, first the second place and then the first place. Next the judge will explain, via a PA system, why each horse was chosen. This will be approached from a positive side, listing the traits that put these horses at the top of the class. It's a great learning opportunity for newcomers, and for breeders — they now don't just have a winner, they know why their horse was chosen. And it puts some excitement back into our classes wondering who is winning — similar to many of the talent shows that are popular today. The class will then be placed and we will know why a judge chose the winners. The other three will not be placed, nor qualified for the championships. They enjoyed the experience of being at a show ground, building up confidence and experience and this will be an added value for their character and an added value in experience for their handlers. They will not have lost face or value.

The two horses that are placed will move to a championship class. There

will be a filly foal champion, colt foal champion and a gelding foal championship class, both for show and for the performance classes. The championship has a preselected quality and therefore we will be using the point system as we feel at this stage it can be used in a positive way and still provide some sort of education for the public. The championships for the show horses will be judged by the five standard scores: type, head and neck, body and topline, legs, and movement.

The championships for the performance horses will be judged by a new set of scores: athletic structure, neck and shoulder, body and topline, legs, and movement.

We will invite two show-qualified judges and two performance-qualified judges. In this way we have for the show type a concentration on beauty and elegance, and a focus on general conformation and functionality for the performance type.

This is all a test and we need to be realistic; on paper it sounds great and we feel it's worth trying. I think it's going to be fun, it's going to be local, and it's going to stimulate our breeders and Arabian horse lovers

to get back in action. I see it as serving the breed that is a passion for so many of us, at the exact moment it needs to be served, on a local scale by local organizations trying to reach as many new faces as they possibly can.

Our show organization is going to try to find some sponsors, but the sponsorship money is going to be spent on advertising the event itself! What better prize money for a breeder, than finding a new customer to buy a filly, colt, or gelding, and help them step into this wonderful world of the Arabian horse?

For our organization, this is a first step to see what our team can bring to fruition; we hope it leads us to bigger and bolder moves in the future. I believe our horses need to be introduced to the masses. We are very fortunate, an Arabian horse show where you keep your numbers under control can easily be organized everywhere because you need so little: with portable stalls, a green grass area, and a good PA system, you can build a show.

**Why wait?** Let's be adventurous. No more time to lose talking about it. If we want to change then let's start doing it, be there! ■

# Horses & their Friends

Horses are sociable. They evolved to live in bands and herds. They like company, they like knowing how they fit into their own society and most are followers. They'll do what the other horses are doing.

This leads to problems when horses have to live less naturally. Some horses get herd-bound; they won't leave their buddies. Others get over-excited around strange horses; they want to mix it up and see who's boss.

Horses can live along, but most prefer some kind of companionship. It doesn't have to be another horse though.

**Thumbelina**, the world's smallest horse, has a dog companion that she shares her food with.

**Barn cats** world wide have discovered the benefits of horse's warm back on a cold night. The Godolphin Arabian had a cat friend for many years, a tabby named Grimalkin who appears in paintings with the famous stallion.

**Many nervous race horses** have goat companions—but not every horse likes goats. Seabiscuit literally threw his goat over the stall door; he preferred the company of a pony.

**A Morgan mare** living on a sheep farm spends her days with the rams, and everyone seems to get along.

And horses will bond with people. Sometimes it seems like they've mostly bonded to the grain can, but people who use natural horsemanship techniques, and spend many hours with their horses, become important members of the horse's personal herd. Horses like calm, confident people with an ability to solve horse problems. And yes; "I've run out of food" is a serious horse problem! ■

BY ALISON PECUSH

# Hip & Hip Flexors - For Riders

**Your hip flexors are muscles in your body that control many movements. They flex the hip, and ultimately lift the thigh. They are involved in a lot of stabilizing movements, but also some larger and stronger movements such as kicking. The hip flexors consist of two muscles, the psoas and the iliacus. Both muscles attach to the femur, although the psoas attaches to the lower back, and the iliacus attaches to the hip bone.**

For riders, the hips would be the number one area you should want to address. Over time, riding will cause a decrease in hip flexibility due to the constant closed position in the saddle. Regular stretching of the hips will not only lengthen the muscles, but will also decrease the chance of injury.

## How Your Hips Get Tight

Most of us spend a lot of time sitting - whether it's riding, sitting at the dinner table, commuting or working at a desk (this is the major culprit!). The fact is that we all need to work, and no matter how often we get up and move around, the majority of the day is still spent sitting down. If you are in a sitting position for most of the day, then your psoas and iliacus are also in a bent position for most of the day. As they attach to the top of your leg, and your lower back, they will be in this shortened position for as long as you are sitting down. They can become very tight when they stay like this for a long time, as they are not very pliable muscles. Once they get tight, even if you stand up, you need to do extra stretch and exercises to make sure that they get loose again.

## How It Affects Your Body

If you have tight hip flexors, then it

is likely that you might have experienced back pain at some point in time. You can think of the anatomy as to why this is. As mentioned before, the psoas attaches to your lower back. If your hips are tight then your psoas may pull your back and hip forward and put you into lordosis (a curve in your lower back). This puts a lot of strain onto the back that can turn into a serious injury. It is often

.....  
"Over time, riding will cause a decrease in hip flexibility due to the constant closed position while sitting in the saddle."

a cause of back pain.  
~ from health-kicker.com

## What Can I Do About Tight Hip Flexors?

Below are a few hip and hamstring stretches. If you have ever felt low back or knee pain, then these are the stretches for you! After riding, try to hold each stretch for 30 seconds, and repeat 2-3 times per leg. You can complete the stretches 3-4 times per week.

## Piriformis Stretch



### Description:

- Lay on your back, knees bent, feet flat.
- Cross your right ankle over your left knee.
- Pull your left knee up towards your opposite shoulder; stop at the midline.
- Allow your right knee to fall out, causing a greater rotation at the hip, therefore a bigger stretch.

[CONTINUED ON NEXT PAGE]

## Hip Flexor Stretch



### Description:

- kneeling (ideally on a soft surface or a pillow) in a modified lunge position.
- activate abdominals and tuck your tailbone slightly.
- press hip forward to feel a stretch in the front of your hip.
- side bend away from the stretch side.

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WITH ... CARLA JACKSON MACGREGOR

## 20 Questions

*about your life with Arabian horses*

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

*Horse Trainer and Arabian enthusiast.*

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

*Since 1964.*

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

*Through my parents interest in pure-bred Arabian horses.*

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

*Any horse is a companion who chooses to learn along with me.*

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

*I have several that include family, breeders, trainers, veterinarians, farriers and caregivers.*

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

*Modern Arabian Horse.*

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

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

*Horse shows throughout Canada and United States, Aurora and Regional Meetings, AHA Convention, Trail Rides.*

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

*Watching my Mother sit on her horse in December of 2012.*

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

*As a Trainer I have had many Achievements but watching my riders achieve and go through the process of learning to show and compete at the highest level of competition.*

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

*Orans Adagio, Revelation, Sprucehill Ghazan.*

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

*Consistency, dedication, patience, trust.*

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

*I learn something new everyday!!*

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

*Enjoy the journey.*

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

*Seek advice from those you trust.*

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

*Schneiders catalogue, Google.*

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

*Go on a cattle drive in Montana.*

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

*Many an Arabian has raised a young child.*

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

*They are beautiful.*

**20** What are your words to live by?

*Success does not come to you, you go to it.*

Is there anything else you'd like to add?

*Thank you to the horses that allow me to live the dream. ■*



# 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](mailto:info@discoverarabianhorses.com) ■

## By the Numbers

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

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

## Change of Pace

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

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

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

# Video

## DISNEY'S HOW TO RIDE A HORSE (1950) ...

That master of all activities, Goofy, shows us the basics of riding a horse, from selecting the proper clothes, to mounting, the basic gaits, jumping, and walking the horse back to the stable (until the horse hears the word "stable", that is).

As if Goofy weren't more than capable to mess up everything he touches or just attends, this demonstration of attire, establishing a rapport, rules etcetera of yet another sport -including several equally perilous disciplines, jumping being the worst- involves an able antagonist, the horse, which proves a born master at making it's "master"'s life more than miserable. ■



[http://www.youtube.com/watch?v=92jacqhWw8Q&feature=player\\_embedded#t=1](http://www.youtube.com/watch?v=92jacqhWw8Q&feature=player_embedded#t=1)

# Move It

HOW TO PLAY: Move the letters listed below to the correct spaces. For example, A goes in spaces 13, 17, 25, and 27. When all the letters have been moved, you'll find an important rule about taking care of your pony. ■

A = 13, 17, 25, 27

F = 1

O = 6, 10

T = 14, 19, 20

C = 23

I = 22

P = 9

U = 7

D = 4, 26

L = 15

R = 8

W = 21

E = 2, 3, 16, 24

N = 11

S = 18

Y = 5, 12, 28

Answer:

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28								

ANSWER: Feed your pony at least twice a day.

To find the solution of these puzzles or to check out more games and activities, check out the Discover Arabian Horses website "For Kids" section at [www.discoverarabianhorses.com](http://www.discoverarabianhorses.com) ■

[CONTINUED FROM PAGE 1]

them to ensure the horse is getting the proper amount of forage.

**Complete feeds** are formulated to provide a large proportion of a horse's nutrient needs, including fiber, and are readily available through most equine feed manufacturers. Complete feeds usually contains more than 16% crude fiber and are designed to be fed in larger amounts compared to a lower fiber grain mix with little to no hay alongside. Thus, provide several small meals throughout the day. Feeding directions are included on all complete feed packages; following label directions is important to ensure horses consume adequate amounts of nutrients, fiber, and other feed components.



**Byproduct** fiber sources include beet pulp, bran, and grain hulls. Beet pulp, produced by sugar beet processing, is a popular fiber source for horses because of its digestibility and palatability. Studies have shown that a horse's diet can contain up to 55% beet pulp without negative effects. It's important to remember, however, that beet pulp's digestibility is higher than most grass hays, so ensure the horse's diet is balanced properly when making the switch.

Brans, such as rice bran and wheat bran, are another option but are often less desirable due to their high phosphorus concentrations. If feeding bran, ensure the horse is consuming adequate calcium to keep the calcium:phosphorus ratio to at least 1:1. Additionally, remember that rice bran contains high fat levels, so it should not be used in overweight or obese horses.

Oat hulls are also high-fiber, but are often dusty and should be blended with water prior to feeding.

Because these fiber byproducts are only fermentable fiber sources, they should be fed alongside hay or another complete fiber source. Thus, these sources should be used to stretch hay rather than replace it.

#### Take-Home Message

Horse owners should familiarize themselves with alternative fiber sources to either stretch or replace pasture and/or hay that could become scarce as fall and winter approach. Hay cubes, complete feeds, and byproducts are all viable fiber sources and can be beneficial when fed correctly. If questions arise on feeding alternative forage sources to individual horses, contact your veterinarian or equine nutritionist. ■

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#### Standing Hamstring Stretch



#### Description:

- standing upright with one foot up on a foot-stool or bench (hip flexed up to 90 degrees).
- maintaining a neutral spine, flex the pelvis forward to feel a stretch in the proximal (upper) part of the hamstrings.
- to increase the stretch to the hamstring, start with the foot further away by straightening the knee somewhat.

**NOTE:** if any pain or discomfort is felt in the front of the hip during this stretch, do not push through.

~ from physiohub.com ■

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