



Hot to trot

Kambah Pony Club Monthly Newsletter

January 2010

**4 Great Games
On Horseback!**

**Top 10 most IMPORTANT
rules for a healthy horse**

And More

**Egyptian Arabian
Horse Information**



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- 4 Great Games on Horseback!
- Egyptian Arabian Horse Information
- Much, Much much more...

Healthy Horse - The 10 Most Important Rules

By Doug M Stewart

Almost all horse injuries and illnesses (excluding sports injuries and mistreatment) are due to a small number of mistakes in the way horses are kept and treated. Here are the top 10 tips to avoiding these errors and protecting your horse's health (in rough order of importance, beginning with the most important).

1. Start with a healthy horse

Our number one tip is to make sure when getting a new horse that it is healthy to begin with. There are a lot of horses which are cheap, or even free, because they have health issues; avoid them as you are likely to spend more in veterinary costs and tears than you will save on the purchase price. Also, beware of sellers passing off a sick horse as a healthy one. Before buying a horse, put it through a thorough health check (see our website for guidance).

2. Food type and quality

Try to feed the horse as natural a diet as possible. This should be grass whenever possible, otherwise hay. There are cases when a horse may need other types of horse feed (e.g. an old horse with dental issues, a weak horse that needs extra energy), but for a healthy horse a natural diet is best for its physical health and mental wellbeing.

Aside from the type of food, one needs to ensure that it is of good quality. In particular, a horse should NEVER be given food that has mold or fungus (visible by sight or smell). If food becomes damp or wet, it should be used immediately or disposed of, since food that has gone off can cause a variety of illnesses such as colic or laminitis (founder).

It is advisable that the horse has a mineral stone and

salt lick, to compensate for any elements which may be missing from its food.

3. Natural environment (pasture & herd)

Just as a horse should have natural food, it should spend as much time as possible in a natural environment. The two most important parts of this is that it should be on pasture as much as possible and that it should be part of a herd (i.e. with other horses or horse equivalents). Time on pasture gives the horse a natural diet (grass), a natural feeding regime (many small feeds throughout the day rather than a couple large and short feeds), exercise and mental stimulation. Being with other horses gives a sense of safety (horses have a very strong herd instinct) and the social interactions gives it mental stimulation.

A horse which spends much of its day in this type of environment is not only happier, but is far less likely to develop bad habits (e.g. cribbing) due to stress or boredom. Horses which are kept in a natural environment also tend to be physically healthier.

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DO YOU KNOW?

WHAT IS THE FEAR OF HORSES CALLED?

- A. HIPPOPHOBIA
- B. RIDDIPHOBIA
- C. SADLOPHOBIA
- D. EQUIPHOBIA

I KNOW YOU WANT THE ANSWER....

ANSWER ARE AT THE BACK!!!



4. Healthy stall

Especially if a horse spends a lot of time in its stall, the stall environment should be healthy.

It should have enough ventilation that there is not a build up of ammonia (the harsh burning smell which is produced when bacteria break down horse urine on the stall floor). It should be big enough that the horse has a bit of room to move, say 4 yards by 4. It should have clean and suitable bedding. In particular, bedding which has gone off (mold or fungus) should never be used.

5. Safe pasture

The pasture should be free of any items which could injure the horse.

One of the most common causes of serious horse injuries is inappropriate fencing wire. One should never use barbed wire, as it can puncture the horse, resulting not only in injuries (which can be fatal if it happens to hit a main artery) but also abscesses and other serious infections. One should not use high-tension wire, since if it breaks and tangles around a horse's leg, it can cut through flesh and tendon down to the bone. If one uses wire, it should be a type which breaks before causing serious injury and should probably be under electrical current to discourage horses from pushing against it.

If one is using a field which has not been previously cleaned, every bit of it should be closely examined for items which could injure a horse and such items removed. I've seen enough horses seriously injured from being put



on an old farming field which had bits of fencing wire or pieces of machinery lying about. Likewise, holes (e.g. from burrowing animals) can result in a broken leg so should be filled in promptly. Similarly, broken branches or other objects lying around can result in injuries (especially if the horses are spooked at night, when they may not see the objects and consequently run into them).

There are a number of poisonous plants, which can make a horse ill or even kill it. Learn what types of plants are on your horse's pasture and check if any of them are poisonous to horses. Most horses will avoid the majority of poisonous plants (unless there is nothing else to eat) so if you see a type of plant which the horses are not eating, one should in particular check that it is safe.

6. Preventative routine medical

An ounce of prevention is better than a pound of cure. One should worm a horse regularly, give it the required inoculations, and have a regular (e.g. once a year) dental check. Worming requirements depend partly on where you live (parasite types and severity vary by region). Likewise the inoculations which should be given depend not only on the local areas (what diseases are present) but also on how you use the horse (e.g. if it is transported off your property and comes into contact with strange horses). Consequently, one should discuss requirements with a local veterinarian.

7. Watch and regularly inspect the horse

Horses, like people, will naturally become ill occasionally and may suffer accidents from time to time. In most cases, one starts with a minor problem which is easily (and inexpensively) treated if spotted early, but may become a major issue if left untreated.

One should watch a horse each day, and preferably twice a day, even if it is just for a few minutes. Learn what is normal behavior for that particular horse (e.g. running about or quietly grazing) and if there is a change to its normal behavior one needs to inspect the horse more closely. In particular, any signs of the horse appearing unwell (e.g. head hanging, inactive, stopped eating) or unhappy should be checked and monitored until the cause is found and corrected, with veterinary assistance if the situation becomes worse or is already serious.



Certain illness (e.g. impaction colic, laminitis) can often be treated successfully if done so promptly, whereas waiting less than a day after the first visible symptoms can result in a maimed or dead horse. Regular observation and prompt treatment are the key to so many illnesses.

One should clean and examine the sole of the hooves each day. In part this is to remove stones, ice chunks or other items which can damage a hoof. However, an equally important part of this daily routine is that it enables one to spot hoof issues early. Likewise, regular grooming is important not only because a clean horse looks better but also because it provides an opportunity to closely examine all parts of the horse for injuries or other abnormalities.

8. Shelter

Horses should have shelter from excessive cold, rain or wind. A simple shelter, open on one side facing away from the prevailing wind, can greatly increase the horse's comfort. Alternatively, when the weather is very bad, it may be necessary to remove the horses from pasture and paddock and put them into their stalls.

The amount of shelter a horse requires depends on the local environment (how extreme the temperature gets locally) but also on the horse. A strong and healthy horse, which is neither very old or very young, will be much more resistant to weather extremes. Likewise, certain breeds (especially if they have a long coat, which has not been trimmed or had the coat oils removed by frequent washing) are more resistant than others. One needs to provide a level of shelter which is appropriate to the individual horse and the current weather. One should also consider a horse rug for horses which are very old, very young, sick, weak or prone to illness. One may also consider a fly sheet which not only increases the horse's comfort but also reduces the risk of sweet itch, eye infections (if a fly mask is used) and other illnesses which can be transmitted by biting or blood sucking insects.

9. Consider breed and individual requirements

Each breed has its own special requirements. For examples, many breeds are prone to laminitis and consequently should have only limited access to spring grass. Other breeds may have specific issues and require special treatment (e.g. many Appaloosa are night blind

and consequently are more likely to run into fencing if left out at night). Learning about your breed's strengths and weaknesses from a medical perspective will allow you to respond accordingly.

Likewise, each horse is an individual. Some are more weather resistant than others. Some are more prone to colic or other illnesses. As you watch and live with your horse, learn about its special needs and treat it accordingly. For example, if it is allergic to dust, one may need to soak its hay in water or buy low-dust feed. If it looks unhappy and uncomfortable in cold weather, one should consider taking it under shelter or providing it with a rug, as you may be looking at an early warning for a potential illness (e.g. cold-induced colic or a cold-induced lung infection). Taking account of your horse's medical history and behavior as part of your horse management program will help keep it healthy and happy.

10. Continue to learn

Nobody knows everything about horses and everyone started out knowing nothing. However, if you educate yourself and continue to learn, you will be able to take better care of your horse, avoiding problems when possible and otherwise treating them promptly and correctly.

The above is an excerpt from Top 10 Rules for a Healthy Horse, written by Dr. Doug Stewart based on his research. Additional horse care articles are freely available on his Horses for Sale website.





Horse Riding Games - 4 Great Games on Horseback!

By Lisa Blackstone Lisa
Blackstone

Are you a riding instructor, looking for fun horse riding games to play with your students after lesson time? Well here are some great ideas to help teach them riding skills while having a fun time together!

1. Boot Game: With 6 riders, place 12 boots on the rail at one end of the ring. Riders can be on teams or individual - If they divide into teams, riders line up at the far end of the ring and trot or canter (depending on their ability) to the end where the boots are placed. They pick the boot up and travel to the center of the arena where a muck bucket is placed. They must drop the boot in the bucket and continue to the end of the ring where they started, tag the next person who then does the same thing. The first team to complete moving the boots is the winner. If the rider misses the bucket, they dismount, pick up the boot, remount, and drop in again. (If they are small or too young, you can skip that part!

The rider learns not to head the horse directly to the boot they want. Rather they learn to ride up along the rail and scoop it up. If the horse is facing the boot, the rider cannot lean over to pick it up. They also learn not to race to bucket quickly and throw in the boot. Rather, they learn to approach the bucket at the walk and drop it in carefully. It really teaches a lot of patience, planning and steering!

2. Musical Horses: This is a horse riding game that works just like Musical Chairs! Place ground poles parallel to each other, about 8 feet apart, in the center of the arena creating horse parking lots, for lack of a better description! The kids ride on the rail to music and must do whatever is asked for - walk - trot - canter - halt - half circle - reverse - circle. When the music stops the riders must continue in the same direction but get to a ground pole parking lot quickly. Because you have created one less parking lot than riders, one rider is left out and must exit. Then, you take away a pole and start the music again, and again until there is a winner. The kids love it!

3. Red Light Green Light: The kids ride in a straight line from one end of the ring to the other and listen for commands. "Red Light" means to walk your horse. "Green Light" means to trot your horse. If rider makes a mistake they have to back 5 steps. The first rider to cross the finish line is the winner. This develops the skills of eye contact and body language while encouraging control and calmness with the horse.

4. Mounting and Dismounting Game - I play this horse riding game with 4 older riders who can mount from the ground and 4 little riders with mounting blocks. One older rider is paired up with a younger rider. The younger riders are in center ring tagged up to the mounting block and keep an eye on their team mate. Commands are asked of the riders on the rail. When the instructor says "halt" the older rider stops on the rail and dismounts while the young rider runs from the center to her horse and partner. The older rider has to get to get the little rider on safely and then race back to the mounting block. The last person in that team is out. Now the little riders start their riding commands. The halt is called for and older rider runs to the little rider who is dismounting. The older rider mounts and little rider runs back to mounting block. By now, it is pretty funny as older riders are riding with no stirrups or in jockey style in little kids stirrups - teams are screaming for one another and it is quite CRAZY!! This continues until one team is left!

For more information about games on horseback, visit Horse Riding Videos.

Lisa B. Blackstone has been involved in the Arabian horse business all of her life. She is a practicing attorney in the Atlanta, Georgia area. Recently, Lisa launched a website designed to teach the novice rider about horses and horsemanship. You can visit her at <http://www.HorseAndRiderClub.com> She is the host of The Horse and Rider Radio Show at Radio Sandy Springs in Atlanta.

LEARNING TIP #1

YOUR MEMORY WORKS BEST IN TIMES OF HIGH EMOTION. THAT IS WHY YOU REMEMBER WHEN YOU ARE EXTREMELY HAPPY AND EXTREMELY SAD.

THE TIP IS TO ALWAYS BE EXTREMELY HAPPY.



Egyptian Arabian Horse Information

By Kristoffer Kilpinen

For their genetic purity, it is considered that they are foundations of the world races, as transmitted to their offspring, their character and aesthetics, helping to improve styling of western races. This has played an important role in the evolution of almost all recognized breeds, highlighting the development of English Thoroughbred (Thoroughbred Racing).

The Egyptian Arabian horse has been selectively bred for over a thousand years, longer than any other race, some people said to have raced in the wild for millennia. Other views, however, are based on the fact that they have found fossils of prehistoric horses in those lands and also because the Romans did not include it in his famous 12 races nor mentioned it.

The Mohammedans believe that came by direct creation



of Allah, from a handful of south wind, but closer to the truth is that, like all breeds of horses and ponies, Arabic had evolved from the prehistoric wild horses inhabited the plains and steppes of Europe and Asia, before the human civilization and that seemed largely to the Tarpan and the Asian Wild Horse today.

The selective breeding by Arab Bedouins has been occurring at least since the time of Muhammad (seventh century) and the evidence suggests that as been practiced over a thousand years ago. The Bedouin paid great attention to purity of line and also the unique desert climate conditions also contributed to this purity, to the point that the Arab is the most beautiful and individual race in the world.

In the desert, the grass was sparse and grew only in winter and early spring, so that the horses were fed on camel milk, dried dates, dried meat of lobster and camel. Under such conditions only survived the most resistant to inclement weather and terrain in which they lived.

The mares and stallions not, were most appreciated, forming the frames used in the war and looting. The purity of the breed was taken to extremes of fanaticism and true inbreeding was practiced in the belief that this added to the good qualities, without realizing that the real impact of this was the congenital weakness.

These horses were introduced to Europe during the invasions of the Moors in the Western Mediterranean. During the Crusades, the Arab specimens captured again seemed to have acquired the necessary stature to be princely and royal horses, but as a workhorse were never seriously considered because they required heavy armor mounts of great size and consistency. Light weapons came to change this whole picture.

Since the Renaissance and during the Napoleonic wars, the superiority of Turkish horses was so undeniable that the demand for Arab horses in Europe grew.

Today the Arabs are farmed in many countries, showing slight differences according to local tastes, climate and pasture. Obviously, an animal rose in a moderate climate and abundant food, the greater and better than their relatives raised in the desert. Although his days as a military cavalry passed, his outstanding qualities as a saddle animal secure their future in this regard and as a sire, as has happened dozens of times in the past.

Its main features are its strength, health, intelligence



and beauty. The height of Egyptian Arabic horse is between 1.44 and 1.52 m.

and cheerful, highly intelligent, loyalty and patience, definitely the horse that man must love.

His character is fiery, indomitable

Get more Egyptian Arabian Horse information at <http://www.love-your-horse.com>

Just Horsing Around

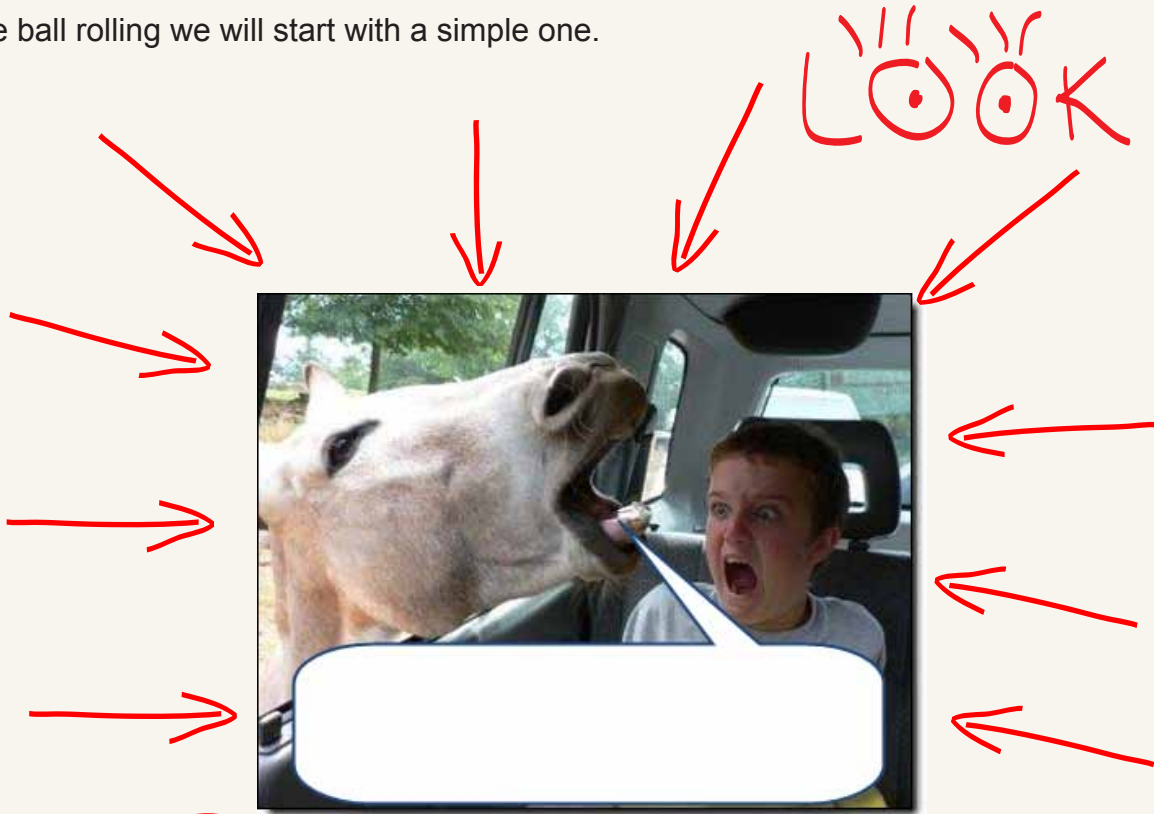
Here is a little section that we like to call...

Cool Caption Time or CCT for short...

The name of the game is simple:

- We give you a completely ridiculous picture.
- You fill in the caption with the funniest caption you can.
- Bring it along to the next rally day where we will post them on the pin board for all to see. Hey you never know, it might just make you famous

To get the ball rolling we will start with a simple one.



Your Name: _____



Colouring Corner

