

# THE HORSE'S MOUTH

JANUARY, 2014

## Join us for MISHO's 6th Annual Awards Banquet



January 26, 2014 marks the 6th anniversary for MISHO's Annual End of Year Awards Banquet! MISHO has had some new changes this year, including adding Eventing and Walk/Trot to the division awards and implementing a grant program to our members. MISHO also offered a clinic with Olympic Sport Psychologist, Tammi Eggleston on overcoming show nerves, a dressage clinic with Pam Davies, and

an eventing clinic with Ellen Sadler. MISHO's Annual Horse Show raised enough money to donate to Horses for Heroes and to our local Special Olympics Equestrian Team. MISHO is excited for what we will be able to present in 2014. One of the events we are very excited about is Yoga for Equestrians with Erin Ahlfield (see pg. 2 for her article).

MISHO's Annual Awards Banquet will be held at The Hilton Garden Inn & Regency Conference Center in O'Fallon, Illinois on January 26, 2014 from 1-4. The Banquet is free to all MISHO members, but we do ask for a \$10 donation for any non-members. If

you sign up at the banquet (or before) you will be entered in a raffle for a very special item! We are also offering a silent auction with fantastic items such as a Budweiser Clydesdale gift basket, Andis clippers, \$150 gift certificate towards tires or service, and much much more! MISHO will hold its annual meeting (don't worry, it will be brief!) and we will follow the meeting with our awards presentation (we have beautiful awards and ribbons) and we will close the banquet with the announcement of the silent auction winners.

We hope to see everyone there!

### SPECIAL POINTS OF INTEREST:

- ◆ 6th Annual MISHO Awards Banquet
- ◆ Yoga for Equestrians
- ◆ USHJA Affiliate Sportsmanship Award
- ◆ Winter Travel Tips



## Across the Country for XC: Blog by Ashley Emig

5 months later, and here I am, back at Devinwood. A lot happened in that short amount of time... Other students came and went, I groomed the winner at Fair Hill, and I learned more about myself than I could ever imagine. While that all sounds amazing and like a dream come true, my opportunity to move home couldn't have come sooner. Yes, my goal is to someday compete at Rolex, but I realized that I belong here where I can help my mother. You don't have to train with a professional to become a profes-

sional. All you need are the tools that work well for both you and your horse. And hard work and dedication, of course. You can't be scared to train with different people. Ride different horses. Push yourself outside of your comfort zone. It may not seem like anything in the moment, but those little lessons add up to the whole picture. As for me, I'll be training with whoever I can, and practicing as many different disciplines as I can. You'll still see me around on my horses fresh off the track.

But the competition might be a little more serious in 2014.

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"WHETHER YOU ARE  
 MOUNTED ON  
 HORSEBACK OR NOT,  
 IT IS IMPORTANT TO  
 STAY BALANCED,  
 FLEXIBLE, AND  
 STRONG."

## Yoga for Equestrians

Think about all of the muscles that you utilize when you are riding horses, whether for competition or just for pleasure. You must keep your hands, arms, legs, and core all strong while on horseback to keep yourself balanced and to help keep your horse in control. Practicing yoga as an exercise both on horseback and on the ground help you improve your flexibility, strength, and endurance both mentally and physically. If you practice yoga prior to riding, you will get your muscles warmed up and ready to be engaged. If you practice yoga after the fact, you can stretch out any tight muscles and prevent soreness. Some of

the various yoga postures that can help you improve your riding include (but not limited to) Warrior I, Warrior II, spinal twists, chair, and forward folds. Whether you are mounted on horseback or not it is important to stay balanced, flexible, and strong. Imagine training your horse when you are mentally distracted; you probably aren't working your horse as you should. Yoga helps calm and center the mind to stay present in the very moment that you are living in. Yoga allows you to feel rejuvenated and calm while being physically active. Having flexibility through your lower limbs and through your hips helps to create a stronger hold

on the saddle, flexibility and control also helps you work your horse more through your calves and thighs rather than pulling and creating tension through your wrists and arms. If you are interested in incorporating your horse into your yoga practice you can always pre-stretch them through their necks and spine with various bends and counter bends. You can also lengthen their tendons and muscles in every leg prior to riding. Yoga is not just for the people anymore; let's get our equestrian partners involved because as we all know riding is not just the act of sitting in the saddle!

*-Erin Ahlfield, RYT*

## What All Horse Owners Should Know Before Blanketing Your Horse

Although it is healthier for the horse to grow his own coat, blankets can be used for additional warmth. They are useful for protection from the cold, if your horse is cold or sick, or if his winter coat is not thick enough to provide him warmth. Horse's hair is made to "puff up" when they are cold. However, if you choose to blanket your horse, he will need extra daily care. You should "re-puff" your horse's hair by brushing the coat out. This allows the hair to provide additional warmth while being blanketed. A horse that is not blanketed properly is more vulnerable to chill.

When deciding what type of blanket to use, your decisions should be based on where your pony lives. A stable blanket is a good choice to use for a horse that lives inside away from the

rain and wind. You can put a blanket liner (a soft light blanket, that goes under a stable blanket) on for extra warmth. Remember, a horse should not wear a stable blanket outside because they are not weather resistant. A turnout blanket is a sturdier water repellent blanket with leg straps to keep it in place when the horse rolls. This type of blanket is used for horse that live outside where they are susceptible to different types of weather. You should always remove a horses blanket daily or at least once a week to check for sores and to readjust the blanket for a proper fit.

When putting on a blanket, start by placing the folded blanket over the horse's neck and withers. The first straps you buckle are the chest straps. Next, pull the blanket down over the

horse's hind quarters and straighten it out. Then, fasten the front and back surcingle then the leg straps. When taking the blanket off, you start by taking off the leg straps first then the surcingle. Next, unfasten the chest straps. Finally, fold the front part of the blanket back over the top of the back portion and slide the blanket off backwards. Never, undo the chest straps first when taking off the blankets. The blanket could slip back and get caught around his legs and make him spook.

To measure a blanket for a perfect fit, count the number of inches from the center of the horse's chest around to the point of buttock.

Blankets should be cleaned periodically with a genital detergent to remove old hair, dirt, dander,

manure and urine stains. Brush off as much as you can before laundering. Make sure to use a cleaning product that is used to maintain water resistance on a water repellent blanket.

Even though it is easier for you and healthier for the horse to grow his own winter coat, blanketing can be used for many reasons and can help provide warm and protection all winter long.

*-Margo Wottova, C2 of Silver Springs Pony Club*

## *Roebke's Run Approved for CIC 2\* Horse Trials in 2014*

Denise Dailey Thomas, the Area IV Chair, has confirmed that Roebke's Run Horse Trials have been offered the Two Star (CIC 2\*\*) Area IV competition scheduled in 2014. She noted that she believes no further approval is necessary from USEF, as the level was initially requested by the USEF Calendar.

At this point in time, Roebke's Run coordinators, Julie Schweiss and Brook Schweiss Mead are planning to schedule the FEI One Star event during Roebke's

Run horse trials on October 4-6 of this year.

Roebke's Run is located 8 miles south of Hector, Minnesota. For more information on Magister Equitum Stables or Roebke's Run Horse Trials, visit their website at:

[www.magisterequitum.com](http://www.magisterequitum.com) or visit them on Facebook or on the web at [www.SchweissStables.com](http://www.SchweissStables.com)

-Pat Schmidt, USEA



## *Local Member is Nominated for USHJA Affiliate Sportsmanship Award*

USHJA recognizes the juniors, amateurs, professional riders and riding instructors who exemplify high-quality horsemanship, sportsmanship and integrity through the USHJA Affiliate Sportsmanship Award. The award recognizes those who "have shown exemplary attitude and willingness to help and teach others in their horse show communities". MISHO Member, Moriah Hendrick of Cornerstone Farms was nominated by MOHJO for this award. From the pool of nominees USHJA chooses zone winners, who then go on to compete for one of four regional championships. This program is one of many that USHJA (and FEI) has started in recent years that focus on things *outside* the show ring in an effort to recognize people for more than just their riding skills. Here is the essay that she submitted for the award: "Horses have impacted my life in more ways than I can count, but I think the most important is all the people I've met! There are so

many types and personalities to come in contact with in our sport, and horses have given me friendships that I will cherish for the rest of my life.

I think that sometimes we place too much focus on showing and too little on the experience of being an equestrian. Whether you only go to one or two local shows per year or you show all over the country, you are guaranteed to meet people. But for this essay, I want to focus on one very important group of people that I have come in contact with through horses.

They are some of the most dedicated equestrians I know, coming to ride rain or shine, always smiling and laughing, always ready to learn more. They are the special needs children that my barn gives free riding lessons to every Tuesday night, and they inspire me every single week. They don't travel to shows, they don't worry about good rides and bad rides, they are just happy to be there with the horses.

I watch rider after rider leave the show ring upset with their horse, and I used to be the same way. But now, when I leave the arena I remember those Tuesday night lesson kids, and instead of getting frustrated, I smile, give my horse a big pat, and thank him for even trying for me. I thank him just for keeping me alive, and when I get back to the barn I'll feed him treats and give him a bath and spoil him even more than he deserves, just because I'm happy to be there with him. I've learned a lot from these "specially-abled" kids, probably more than I even realize. And when I go out into the ring on Tuesday nights, it isn't just therapy for the kids. It's my therapy too."

"...INSTEAD OF GETTING FRUSTRATED, I SMILE, GIVE MY HORSE A BIG PAT, AND THANK HIM FOR EVEN TRYING FOR ME."

## Winter Travel Tips from USRider

With the change of seasons, USRider, the national provider of roadside emergency assistance for equestrians, reminds those who travel with horses to be careful when traveling and to invest time doing routine preventive trailer maintenance to enhance their travel safety.

"While trailering horses in the winter is not all that different from trailering any time of the year, you do need to make a few adjustments for hauling in cold weather," said equine travel authority Neva Kittrell Scheve.

She added that during any time of the year--regardless of temperatures--the basic rules apply: make sure your trailer is safe; drive carefully; make sure the horse's inoculations are up-to-date; carry a current health certificate and certificate of negative equine infectious anemia (EIA) if crossing state lines; wrap all four legs with shipping wraps or boots; carry an emergency first aid kit and know how to use it; learn to monitor a horse's vital signs; carry backup supplies appropriate to the length of the trip; carry emergency contact numbers for yourself and your horses, and keep them in a visible place; and carry a truck/car emergency kit. During the winter months be sure the kit includes a shovel, sand, red flag, horse blankets, human blankets, candle, matches or lighter, and tire chains.

### Horse Care

One of the most confusing decisions when trailering in cold weather is whether to blanket your horse. Horses are very comfortable in cold conditions, and most will travel very well during the winter. The trailer should be well-ventilated. A

trailer that is not properly ventilated becomes filled with toxic air from the hay dust, shavings, and any gases from urine and manure. The body heat produced by the horses also builds up inside the trailer.

Be sure to keep the horse hydrated, especially in the winter, as dehydration is a common cause of colic. Horses can become dehydrated during the winter if they do not drink or if they lose water through perspiration. A horse that is dressed too warmly will tend to lose more fluids than he should.

Be sure to dress the horse according to the situation. If the horse has a full winter coat he should not need a blanket for the trailer trip. If you have a stock trailer that does not have windows that close, a light sheet can protect the horse from the wind. If the horse is body clipped or does not have a heavy coat, he should wear the same weight blanket that he would normally wear, and trailer vents and windows should be open. Long-distance trips require a little more preparation. Be ready for driving through different temperatures. Pack blankets of different weights so you can change them should the weather change during travel. Be sure the horse does not sweat too much, as he could get wet and chilled.

### Automotive and Trailer Care

Make sure your vehicle is ready for winter driving. Be sure to maintain your vehicle according to the manufacturer's service schedule. It's also important to take your vehicle to a trusted mechanic.

"When it comes to vehicle maintenance, especially heavy-duty vehicles towing precious

cargo, it is better to be proactive that reactive when it comes to vehicle maintenance," said Mark Cole, managing member for USRider. "If you have not already done so, the time to establish a relationship with an ASE mechanic is before your vehicle breaks down on the side of the highway while towing your horse trailer."

Check tire pressure before each trip. This is especially important with temperature changes. If you are traveling from a warm climate to a cold climate, air pressure in your tires will drop. On the other hand, when traveling from a cold climate into a warm climate, the air pressure will rise. The main reason for disablements is a tire blowout from temperature buildup from tires that are underinflated. Be sure to invest in a high-quality pressure gauge and learn how to use it. Check the owner's manual for the proper tire pressure for your passenger or tow vehicle. The proper tire pressure for your trailer should be stamped on the trailer tire, or contact the trailer manufacturer for that information.

A weak vehicle battery will usually reveal itself during cold weather. If your battery is more than a couple of years old, be sure to check it before cold weather sets in. Otherwise, you might be inconvenienced on some cold morning when the battery fails.

In some states and on certain highways, vehicles over 10,000 gross vehicle weight rating, including some passenger trucks, SUVs, RVs, and vehicles towing trailers, must carry chains Nov. 1 through March 31. Check with the Department of

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## Winter Travel Tips from USRider (cont'd)

Transportation or Department of Motor Vehicles for information on the states in which you will be traveling.

### Winter Driving Safety

When driving, a good rule of thumb to follow on the road is "rain, ice, and snow--take it slow." Before setting out on a trip, be sure to check weather reports and plan accordingly. Allow extra time for inclement weather. Keep in mind that weather and driving conditions can change rapidly, so be aware of changing conditions, and drive for the conditions. It's important to look ahead to keep track of the driving conditions in front of you. Actions by other drivers can alert you to problems and give you time to react. Always be on the lookout for black ice, as ice that forms on highways might not always be visible.

Don't be susceptible to the false security of four-wheel drive. While four-wheel drive might help you go, it won't help you stop. Make sure that you have your brakes and bearings checked on your trailer and vehicle. Always drive with your head-

lights on during inclement weather, even if it is not dark. USRider recommends that horse owners drive with headlights on anytime when trailering horses, regardless of weather, because of increased visibility.

Also during inclement weather be sure to increase distance between the vehicle in front of you to allow more stopping room. Double the normal distance between vehicles when towing a horse trailer. Stopping on snow or ice without skidding and/or jackknifing requires extra distance. Use brakes very gently to avoid skidding. If you begin to skid or jackknife, ease up on the brake and steer into the skid to regain control.

To help maintain control when roads could be slick, slow down when approaching curves, ramps, bridges, and interchanges. Try to avoid abrupt actions, such as quick lane changes, braking, and accelerating. Another important way to help maintain control over your vehicle is to avoid using cruise control on wet or slippery roads.

Traction tires are recommended during winter months. To qualify as a traction tire, tires must have

at least an eighth of an inch of tread and be labeled Mud and Snow, M+S, All-Season, or have a Mountain/Snowflake symbol. Since tire performance can vary, a trusted area dealer might be able to advise you on the best tires for your vehicle.

Take extra precaution when snow removal equipment is being used on the roads. In some cases the snowplow operator's vision might be reduced, so give them plenty of room. While snow and ice removal differ from state-to-state, most will clear roads in the highest risk areas--such as hills, curves, ramps, bridges, and interchanges--first. When clearing roads, crews will clear far right lanes first.

Since it's difficult to know what road conditions you might encounter during the winter, make it a practice to refuel your vehicle when your fuel gauge drops below the halfway mark. In many states you can dial 5-1-1 for travel conditions and road closures.

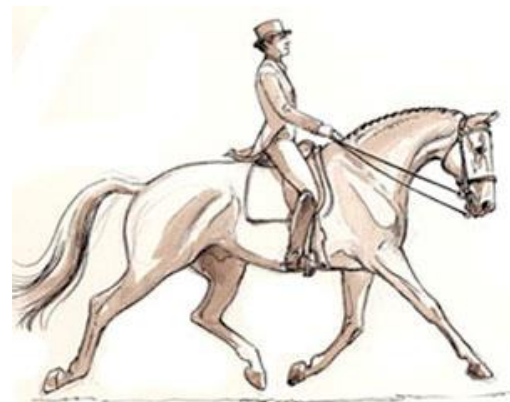
-USRider

## Preparation is the Basis of the Extended Trot

When your test calls for an extended trot on the diagonal you must prepare your horse on the short side. Try to engage your horse a little more; ride will through the corner with the inside leg firmly on the horse and the outside rein giving support and balance. After the corner the horse should be straightened and a half halt should precede the first extended stride. Once the horse executes the extension you must move your hands a little forward to permit the neck to stretch and to give

more freedom of the shoulder. Keep the rhythm in you hands. Watch that your horse does not fall on the forehand or start running. Give a half halt when crossing the center line to avoid these problems.

-Rudolf A. Vlatten, M.D., USEF "S" Dressage Judge; an excerpt from "From the Judge's Point of View"



*extended trot*

## *USDF Announces Honorary Instructor Program*

MI-SHO  
P.O. Box 302  
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The United States Dressage Federation (USDF) is pleased to announce the establishment of the USDF Honorary Instructor Program. This program has been carefully developed with great consideration over the last several years, by the Instruction Certification Strategic Planning Group (ICSPG) together with the Instructor/Trainer Committee. The final proposal was presented to the USDF Executive Board and, after thoughtful examination, has been endorsed. The purpose of this new program is to complement and enhance the present Instructor/Trainer Program. The goal is to promote our instruction programs and to advance them to the current national and global standards that we espouse as the national educational organization for dressage.

Kathy Connelly, who has chaired the ICSPG since its inception four years ago and has been instrumental in the development of this project, stated: "We are proud of our past and want to proceed forward towards our future, aligning with the pipeline created with the USEF programs".

The primary criterion to become

an Honorary Instructor is that the candidate must be a good ambassador for the sport and art of dressage, in character, in achievement, and in the desire to promote a positive future for all. The individuals invited must uphold the dignity and welfare of the horse, and must characterize the integrity, high standards, and good sportsmanship that is and will continue to be the legacy of the USDF for future generations. To be invited, candidates need to understand and support the programs of USDF and USEF.

USDF firmly believes that there is a strong need to put forth a major effort to certify all instructors. The USDF vision is that anyone entering the field to teach and train professionally will assume they must be certified.

Honorary Instructors will be invited to join the program because they understand the importance of our USDF Instructor/Trainer Program and certification. Our goal is to certify instructors and trainers that will champion our efforts to represent the highest standards in the United States.

Additional criteria used to determine the invitations includes US

citizenship and for the individual to have represented the United States as a High Performance Rider in Olympics, World Equestrian Games, Pan American Games, or World Cup competitions. In addition, individuals should be known as teachers who have trained horses through the levels and also trained riders who have successfully achieved good results, due to their training and teaching techniques.

The USDF is looking forward to incorporating the knowledge and skills of the Honorary Instructors in future programs and endeavors.

For more information on the USDF Instructor/Trainer Program and the Honorary Instructor Program, visit [www.usdf.org](http://www.usdf.org) or contact the USDF Education Programs department at [instructorcertification@usdf.org](mailto:instructorcertification@usdf.org).

## *Calendar of Events*

### *January*

26: 6th Annual MISHO Awards Banquet

24-26: Jana Wagner Clinic @ New Hanover Farm

### *February*

### *March*

7-9 25th Annual Illinois Horse Fair @ Illinois State Fairgrounds