

WACKY PHRASE CRAZE

CATEGORIES

Each string of horse-related words shown here belongs in a unique category. To figure out what that category is, all you need to do is unscramble the letters at the right of the group.

Morgan, Thoroughbred, Arabian, Mustang -----DREBES

Saddle, bridle, martingale, halter, harness-----ACTK

Stalls, loft, tack room, office -----BATESL

Snaffle, curb, Pelham, straight-----SIBT

Corn, pellets, barley, bran -----EDESF

Cow hocks, parrot mouth, bandy legs,
mutton withers-----TFEDEC

Wolf, incisors, canines-----HETET

Oxer, vertical, spread, roll top -----SPUJM

Snip, sock, bald, half-heel-----GRINSKAM

Haflinger, Hackney, Shetland-----SNEIOP

Net, electric, wood-----IFGENCN

Breeds, Tacks, Feeds, Defects, Markings,
Stable, Bits, Teeth, Jumps, Ponies, Fencing

"Horse Games and Puzzles for Kids" by Cindy A. Littlefield
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Purpose of CHA: To promote excellence
in safety and education internationally
for the benefit of the horse industry.



FUN IN THE SUN!

Summer is a great time to get out and enjoy the sunshine, but be careful! You are never too young to protect your skin. Protect yourself with sunscreen and wear a hat. Did you know that the horse needs protection from the sun also? Fair-skinned horses with pink noses and light hair color can sunburn just like us. Their noses can get all crusty and it can be quite painful. Horses need shade to stand in and you can put sunscreen on their pink noses.

Depending on where horses live in the world some may have to stay indoors during most of the day and only be let out at night. Put a fly mask on your horse for protection for insects and from the sun.

Also, drink plenty of water. Horses and people need clean water to stay healthy in the hot weather. A horse can drink up to five gallons of water at one time. Do not give too much water to a horse who may be hot from working for you. If you drink a lot of cold water after you run it can cause a stomach ache. The same is true for horses, so be careful. Small sips of cool water are best for both of you. To cool down a horse, you should walk him around the yard until he feels cool to the touch on his chest and is no longer sweating. Then it's safe to turn him out, and he can drink more water.

HORSE CONNECTION REWARD PROGRAM

CONGRATULATIONS 2006 Top Five Winners

- 1 - Maddie Mugnola, 13, of Canandaigua, NY • 318.5 hrs
- 2 - Emma Richardson, 11, of Brantford, Ont. CN • 219.75 hrs
- 3 - Evangeline Windmill, 15, of Coldstream, Ont. CN • 211.5 hrs
- 4 - Hannah Singer, 12, of Stevens Point, WI • 197 hrs
- 5 - Ben Johnston, 13, of Inzerary, Ont. CN • 188 hrs

With your team CHA youth membership, you are automatically enrolled into the Horse Connection Reward Program. Keep track of the hours you spend doing different horse-related activities to earn credit. Awards begin at the milestone of 100 credit hrs. Contact CHA to enroll for 2007. You needn't own a horse to participate.

For a CHA Certified Instructor or a CHA Program Member camp or equestrian facility near you log onto www.cha-ahse.org, or call (800) 399-0138.

fun facts

puzzles &



DANGER, DANGER!

Heat Stroke and Heat Exhaustion can happen to both horses and people. Be safe and learn the signs. Know what to do if this happens to you.

Heat Exhaustion – Also known as being “over heated” Your face gets all red and you sweat a lot. You will feel very tired and very thirsty. You will need to get into the shade and loosen tight clothes and take off your shoes and socks. Take a few sips of water at a time and take it easy. Horses will not want to work and will be very sweaty. Put them in the shade and take off or loosen the saddle. Let them have small sips of water, and you can take a sponge or towel and soak it with water (not too cold) and wipe them down.

Heat Stroke – Very dangerous! Seek medical attention for this fast! Heat stroke may come after heat exhaustion so be careful. You will stop sweating and your skin will feel clammy. Your heart rate will go up and you may even feel faint. Do the same thing you would for heat exhaustion until help arrives. Horses can have the same symptoms so act fast. Get them in the shade, remove the saddle, and use cool towels to cover their body. Wipe down between their front and back legs. Get further medical attention.

IT'S TOO HOT TO RIDE!

Here are some other ideas to spend time safely with horses in the hot summer months.

Don't forget to always wear boots and not sandals while being with horses.

Give your horse a bath. Make sure he likes the hose first! If needed for safety have an adult stand with you and the horse to make sure he is alright with the

hose. Use shampoo for horses as some soap can really dry out the horse's skin.

Practice your braiding or learn a new way to braid the mane and tail.

Set up an obstacle course and lead your horse around and over things. Always use a proper fitting halter and lead rope and never wrap the rope around your wrist. Use this time to teach your horse to be confident around new things. Take your time and let them take their time also. It should be fun for both of you. Make sure the obstacles have no sharp points and are safe to walk around or over. Have an adult check things over before you get started.



Have friends over with their horses and do the obstacle together and maybe make it a walking race.

Work on ground lessons. You don't need a round pen to always work on good ground manners. Fifteen to twenty feet of soft rope and some room to move and you can brush up moving the horse different directions around you. Everything you do on the ground will make your horse better under saddle.



Ride bare back! A great way to learn balance and confidence. Remember to be safe and wear a helmet and long pants and boots.

Clean your tack. Sweat from your horse can break down the leather and rust metal parts like buckles. So wipe down equipment when you are done. Remember mice and other creatures like the salty sweat and will nibble at your tack so check tack constantly even if you don't use it every day.

Make sure to always wear your ASTM-SEI approved helmet, riding boots, and pants!

FOOD FOR THOUGHT

Each food word below, is part of a horse-related term. See if you can add letters to spell the new words using the accompanying clues. (answers to the right)

- __ pizza_ (a breed of horses)
- _apple ____ (describes a horse's coat)
- _ rib ____ (a bad habit)
- curry ____ (a grooming tool)
- lime ____ (helps keep a stall dry)
- __ oat (something done to a horse's teeth)
- strawberry ____ (describes a horse's coat)
- egg- _____ (this is attached to a horse's hoof)
- liver ____ nut (describes a horse's coat)
- ____ sage(a specialized style of riding)
- ____ ham ____ (a metal mouth piece)

Food Answers
Lipizzan
dapple gray
cribbing

Curry comb
limestone
float
strawberry roan

egg-bar shoe
liver chestnut
dressage
Pelham bit

WARM WEATHER ACTIVITIES

Summer is great time to be around horses. If you are not lucky enough to have a horse of your own, there are lots of ways to be with them.

Check out the CHA website and click on Facilities and then type in your city and all CHA sites near you will appear – go and visit one!

- Many YMCA, Girl Scout and Boy Scout Camps offer summer horse programs.
- County Fairs have horse shows.
- Some 4-H groups have shows and practices you can watch.
- There might be a horse rescue facility close by where you could volunteer.
- Catch up on your summer reading and grab a good book about horses at the library and you can be with them without even leaving your own backyard.