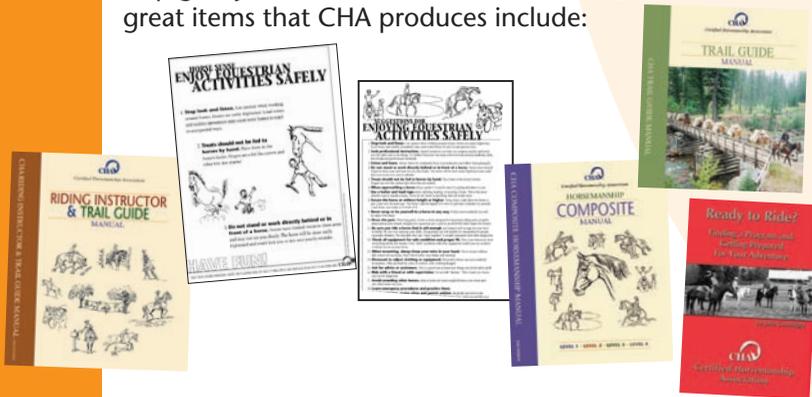




How Much Weight Can A Horse Carry?

Horses can carry as much weight as you can pile on them. But how much can they do safely without hurting themselves or the rider? Horses can carry about 20 percent of their body weight. Since 1,000 to 1,200 pounds is the average weight of a horse, a 200 pounds rider is all that horse should carry. Keep in mind that an advanced 200 pound rider is easier on the horse than a beginner 175 pound rider. Don't forget the weight of the tack (saddle, blanket) that adds to the load as some Western saddles can weigh up to 40 lbs.

Don't forget that CHA has some great items for sale at www.CHA-ahse.org and your TEAM CHA membership gets you the CHA member discount! Just some of the great items that CHA produces include:



Many other great books and videos are available that promote enjoying horses safely, effectively and having fun with them!

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Purpose of CHA: To promote excellence in safety and education internationally for the benefit of the horse industry.

TEAM CHA HORSE CONNECTION REWARDS WINNER FOR 2009 JENNY SDRENKA FROM FL!

Jenny Catherine Sdrenka of Cape Coral, Florida owns AQHA The Rockin Doc, or Doc for short who is 15 years old. Jenny is only 10 years old and in fifth grade and she loves to ride hunter pleasure, jump, go bareback, and do everything that is fun to do on horseback!



Jenny has been a part of TEAM CHA for just one year and is excited to keep being in TEAM CHA until she turns 16 and can attend a clinic to gain her Assistant Riding Instructor certification.

"There is nothing better than spending time with horses," says Jenny. "Their eyes are just unbeatable. They are so understanding and I can tell them everything."

Jenny is currently wanting to be a riding instructor or an equine veterinarian when she gets older. Jenny, her mother and her brother Ricky will be attending the CHA International Conference at The Oaks in October.



Thank you to all TEAM CHA youth, ages 15 and under, who turned in hours for working with and learning about horses last year.

WE HAVE THE RESULTS AND THE WINNERS ARE...

OUR TOP 10!

- Jenny Sdrenka** from Cape Coral, FL is the winner with 1419 hours!
- Brooke Mobbs** from Colchester, VT with 1152 hours
- Ricky Sdrenka** from Cape Coral, FL with 917 hours
- Natalie Gould** from Coldstream, BC with 805 hours
- Tiffany Courture** from Cochester, VT with 677 hours
- Larissa Kain** from Gig Harbor, WA with 500 hours
- Hayley Shasteen** from Berlin Center, OH with 358 hours
- Sydney Vinther** from Paso Robles, CA with 353 hours
- Morgan Stoddard** from Fullerton, CA with 338 hours
- Meghan Townley** from Coldstream, BC with 311.5 hours

Jenny will receive a model horse from the Stone Company, great CHA merchandise and a plaque. Thank you to Stone Horses and *Blaze Magazine* for providing awards for the Horse Connection Reward Program for TEAM CHA youth members!

RIDE ON!

did you know?

BREED SPOTLIGHT

It Sounds Like?

Did you know that in horse language there is a difference between a Nicker, a Whinny, and Neighing? To our ears they may all sound alike but to a horse they have different meanings. Listen closely to your equine friends and see if you can tell the difference.

The Nicker is a soft sounding chortle of sorts that is for favorite people or other horse friends. A mother horse knickers to her baby to tell them everything is alright, to stay close and that life is good and she feels content. If your horse knickers at you then you, are fortunate to be one of his special people.

The Whinny is much louder than the nicker and of a higher pitch. It is also a friendly greeting, but with more excitement attached.

The Neigh sounds like the nicker, but it is even louder than the whinny and much deeper. Horses neigh when they are upset or separated from their friends. The neigh is used to tell others that they are not happy campers with what is going on around them. If you are next to a neighing horse cover your ears the sound can be very loud!

Famous People & Famous Horses

Match the Famous Person with the Famous Horse

- | | |
|-------------------|------------------|
| 1. Gene Autry | A. Chief |
| 2. Justin Morgan | B. Silver |
| 3. Don Quixote | C. Traveler |
| 4. Buffalo Bill | D. Marengo |
| 5. Tonto | E. Justin Morgan |
| 6. Zachary Taylor | F. Buttermilk |
| 7. Lone Ranger | G. Champion |
| 8. Roy Rogers | H. Scout |
| 9. Tom Mix | I. Rocinante |
| 10. Robert E. Lee | J. Trigger |
| 11. Napoleon | K. Tony |
| 12. Dale Evans | L. Old Whitey |

ANSWERS: 1.C 2.E 3.I 4.A 5.H 6.L 7.B 8.J 9.K 10.C 11.D 12.F

Mounting Block Safety

Mounting blocks are very helpful to use for both you and your horse, especially if your horse is taller than you or you are wearing lots of layers to keep warm and cannot move too well. You might think that because you are strong and limber that you do not need a mounting block. But consider your equine friend and what type of pressure is being put on his back muscles and spine every time you climb into the saddle. A good sturdy mounting block will be easier on his back and save wear and tear on your tack as well. Did you know that over time the left stirrup leather could stretch down a couple of inches so that it will not longer be the same length as the right? When you sit in the saddle you could be lopsided if you do not change the stirrup or you could teach your horse and learn yourself how to mount and dismount from both sides. Never dismount onto a mounting block and have someone there to remove it out of the arena after you get on.



What happens if you are out and about and there are no mounting blocks around? You could use a big rock or tree stump. Consider placing your horse downhill and you standing up hill. Now you are a bit higher and this will help both of you.

Things to consider when using a mounting block:

- Place the block on a level surface.
- Choose a block that will hold all of your weight.
- Check your girth before placing your foot in the stirrup—you should be able to get one finger under the sternum of the horse but no more.
- Train your horse to stand still next to the block.
- Make sure the block is tall enough so you can reach the stirrup without pulling on the saddle.

Unsafe items to be used as a mounting block:

- Folding chairs—it can fold up on your leg
- Barrels plastic or metal—they can roll away
- Anything with wheels : carts, wheel barrows—they can roll away
- Hay or straw bales—your horse may want to snack and not stand still
- Fence rails—can be dangerous, you could fall into or onto them
- Over turned water buckets—they could tip too easily

THE SHIRE

One of the largest horses in the world, the Shire originated in the 'Shires' of England and is a descendant of the Old English Black Horse whose ancestors were the 'great horses' of mediaeval times. It stands normally up to 19 hands, and may be bay, brown, black or grey in color. An immensely strong, big-barrelled horse, with long legs carrying much feather, it nevertheless has a fine head in comparison to its overall size. Despite its great size and strength (an average Shire will weigh 1 ton and is capable of moving a 5-tonne load) it is the gentlest of beasts and is a good worker in agriculture and as an urban draught horse.

With the ever increasing mechanization of the twentieth century, the Shire and other heavy breeds, could easily have been allowed to die out, but fortunately there has in recent times been a great revival of interest in these magnificent animals. No show classes are more popular with spectators than those for the 'heavies'. Shires still work the land in some parts of the country and several brewers use them to pull drays in the city streets.

Visit www.shirehorse.org to find out more about this wonderful draft breed.



World's Tallest Horse!

The world's tallest horse Luscombe Nodram, or Noddy, stands with his owner Jane Greenman before they depart on major tour which will include appearances at the Sydney Royal Easter Show and Brisbane, in Melbourne. The Shire horse is 7-years-old, stands at 20.2 hands high and at 1.5 tons weighs three times more than the average Thoroughbred racehorse. The Shire horse is now endangered with approximately 2,000 left in the world with very few of them being grey.