



MAHA Express

May 2010



MAHA Trail Ride, July 17, at Lake Elmo Park Reserve

The first MAHA trail ride for this riding season will be held Saturday, July 17, at the Lake Elmo Park Reserve. We are planning to start our ride at 10:00 a.m. and beat the heat of the day. Please arrive about an hour earlier to have time to check in and saddle up. If we are a large group we will break up into smaller riding groups. There is about eight miles of mowed trails, rolling hills with a variety of landscapes including woods and prairie. A large part of the equestrian trail circles around a lake.

Our rides are family friendly, but children must be accompanied by an adult. Helmets are suggested. No dogs. Equestrian users are requested to check in at the park office as you enter. Vehicle permits are required. A daily permit is \$5.00; an annual permit is \$25.00.

Lake Elmo Park Reserve is located one mile north of I-94 and 2.5 miles east of I-694 at the intersection of County Road 19 (Keats Ave. North) and County Road 10 (10th Street North). For more specific directions go to

www.co.washington.mn.us or call 651-430-8370.



Please let me know you plan to attend and how many people will be riding by e-mailing Pat Swenson at swens@earthlink.net or calling me at 507-645-9223.



Could You Use \$100?

Volunteer at the Region 10 Championship Show June 10-13 at the Minnesota State Fairgrounds and you could stuff your wallet with \$100. All volunteers are eligible for a daily drawing for \$100!!!

It's easy, fun work, and no special skills are required. You can meet fellow MAHA members and be a part of the success of this great show. We need volunteers to help with:

- Gate opening, closing
- Awards hand outs
- Trophy holders for win pictures
- Barn office
- Trail set-up

Please contact Ann Benson at prairieviewfarm@msn.com



Horse Trailers Stopped By State Patrol

Do you have a commercial vehicle registration for your horse trailer? Do you think you are exempt from having one? The MN Horse Council has reported that in the past two months the State Highway Patrol have stopped horse trailers and asked the drivers to produce their commercial vehicle registration.

The MN Horse Council has posted some great information about trailer regulations on their website at:

<http://www.mnhorsecouncil.org/commercial%20vehicle%20regulations%20and%20horse%20transport.php>



Training Tips from Tom Theisen

Tom Theisen is the head trainer at Conway Arabians and is a multi-disciplined trainer of numerous National Champion horses and riders. Tom has been kind enough to share trainer's tips with us this issue.

1. "Think like a horse." Horses flee from things they fear, fight when they cannot run. Thinking in those terms should encourage anyone to create confidence and trust in their horses. I believe a frightened horse is incapable of learning anything other than to run or fight, once we get a horse to trust what we are asking of them I have found they are more than willing to learn whatever we throw their way.
2. "Get to that happy place... quick!!" Horses retain things they've learned through praise and will respond in a positive way always. I like to put horses in a position physically and mentally to make it easier for them to do things right rather than wrong, that way I can get to a point where I can reward them for their effort. My goal is to get to that point as quickly as possible with each exercise because it makes sense to me that a horse would want to go to the place where

it's pleasant and comfortable as opposed to the place where they get no reward. Punishment to my horses is when there is no reward.

3. "Repetition is our friend." Most people are familiar with the phrase 'horses learn through repetition', well it's true, fortunately for us when they learn what we are asking of them, unfortunate when they learn things incorrectly. I want everyone to know that it takes much longer to undo negative habits than it is to train them correctly from the start; they can learn to respond in a confident relaxed fashion to constant positive reinforcement or in a nervous flighty fashion to constant negative reinforcement. It never pays long term to be angry when giving a horse guidance and our job is to guide them methodically to a happy ending.

4. "A methodical application of directional pressure." I love this simple theory! For leading, tying, riding and safety purposes horses need to be taught to give to pressure, it's not natural for horses to move away or give to pressure, it is a learned behavior. Again, through repetitive application of pressure with a quick reward for any amount of cooperation on their part, horses will learn to go to where it's comfortable, beautiful in its simplicity!

5. "Chill out, it's a horse not a machine." I've said it before, but will say it a thousand more times to anyone who rides with me, 'One of you has to be the calm one!' It really bothers me when people get angry at a horse, how embarrassing for them! Knowing that calm horses easily learn new things and nervous horses learn how to avoid new things wouldn't it make sense then to create a relaxed atmosphere? When a horse becomes frightened it is our responsibility to be the calm one, horses are always looking to their rider for guidance, if the rider is nervous or angry the horse is going to react as if to say, 'I'm with you, we're out of here!!' If, on the other hand, the horse becomes nervous and he looks to the rider wondering what he/she should do next and that rider is relaxed and confident, chances are the horse will respond in a much more positive way.

6. "It's not rocket science." When in doubt, stop, think, breathe, simplify, and reevaluate. NEVER be in a rush to teach a horse ANYTHING!

Tom Theisen has been professionally training and showing Arabian horses for just over 30 years. He has been fortunate working for some of the most respected horsemen in our industry including Gordon Potts, Stanley White Jr., Vicki Humphrey, as well as starting up two, now successful, training facilities: Venture Farms and Iron Horse Farms, putting them both on the map and creating and producing their first National Champions. Tom writes, "I am now starting my second year at Conway Arabians, where I am able to train and show the beautiful horses bred by Peter and Lori Conway."



Seeking Candidates for the MAHA Board of Directors

The MAHA Board of Directors is seeking candidates to run for the MAHA Board of Directors or Office positions in the fall election. Each fall four individuals are elected by the general membership to serve a two-year term on the board; officers are elected on an annual basis. The MAHA Board consists of eight elected Directors; Secretary, Treasurer, Vice President and

President. In addition the current Board, two individuals are selected to serve in special one-year, renewable Director at Large positions. You can find the list of current MAHA Officers and Directors at <http://www.mnarahorse.com/about/officers.html>

While serving on the Board is an important role and should be taken seriously, the work is generally quite fun and doesn't require an excessive time commitment. You can read about serving on the Board at <http://www.mnarahorse.com/internal/> Click on Bylaws and then drop down to Sections IV and V for specific information about Board of Directors and Officer responsibilities.

If you are interested in learning more, are willing to have your name placed on the ballot or would like to nominate someone please contact Roberta Lembke at drlembke@gmail.com or via phone at 507-645-4789.



The Legislature Contemplates Changes to the Horse Industry

There have been four bills introduced into the Minnesota Senate and/or House that involve horses. As horse owners and enthusiasts it's wise to be aware of legislation that can affect you and your horse – whether in a positive or negative fashion:

1. Senate File 2411 and House File 2782 - Equine Enthusiast License Plate. In order to raise critical equine research and Extension funds in Minnesota, horse enthusiasts would have the OPTION to purchase (an additional \$20) a special license plate that depicts a horse or horse and rider. Funds from the Equine Enthusiast license plate would be available to University of Minnesota equine faculty through a competitive grants process. Research and Extension are proven ways to advance an industry.
2. Senate File 2685 and House File 3107. The bill would amend the list of agricultural products in the agricultural property classification law, as follows: the commercial boarding of horses, which may include related horse training and riding instruction, if the boarding is done on property that is also used for raising pasture to graze horses or raising or cultivating other agricultural products.
3. Senate File 755 and House File 797 seek to define horses as livestock. Senate File 755 is a bill that if it becomes law, would define horses as livestock and raising, breeding, training and boarding horses as agricultural activities. These bills also say horses can be used for their meat, hides and by-products. The House version, H.F. 797 is in the House Agriculture, Rural Economies and Veteran Affairs Committee.
4. House File 0840 is a resolution urging Congress to oppose federal legislation interfering with the ability of the state to direct the transport or processing of horses. The Senate File 133 (a sister bill), passed the Senate last year.

If you feel strongly one way or the other about any of this legislation or feel that you need more information, please consider contacting your legislator regarding these bills. You can find your legislators at the legislature's district finder website:

(<http://www.gis.leg.mn/mapserver/districts/>) you can also track these bills online at (<http://www.senate.leg.state.mn.us/>).



The Breed has Lost a Friend

The Arabian horse community has lost a very special person in Jon Strand. Jon grew up in Owatonna, the son of Milton and Virginia Strand. Milton was a trainer with Gainey Arabians. Jon grew up around Arabian horses and followed in his father's footsteps. He operated and owned Strands in Welch, Minnesota, with his youngest brother Lee until his untimely death in April at age 61 due to brain cancer. Jon was a quiet, caring and honest man. Survivors include mother Virginia, his wife, Jackie, two daughters, four brothers and wives, grandchildren, and first cousin; Jody Strand. The service mentioned Jon's love of Arabian horses and his bridle hung on the floral display next to the casket. He was preceded in death by his father, Milton.



Promoting the Arabian to the Masses

By Anita Grant

Friday-Sunday, April 23-25, brought us to the 2010 version of the Minnesota Horse Expo. MAHA presented visitors with six lovely examples of the breed. They exhibited the horses in the Parade of Breeds in the morning and then late afternoon they did a breed demo with the horses which lasted about eight minutes. The crowd loved our three costume horses as they flew around the arena. Lisa Lewis presented Ricci De, her National Champion Native Arabian Costume gelding, De Mueller showed her mare MN Nytez, and Lezlie Claire-Grant rode BB Victorious SF. Brooke O'Brien and Katja Weidrich rode Gryffn MP in Hunter attire. Nancy Sawyer rode Khourismaara in Dressage and I rode OMEL First Dream in Western Pleasure. Not only were the horses a hit in the arena, but a huge hit back at the stalls. Numerous spectators gathered around the open stall doors for a chance to pet an Arabian or feed one a carrot or peppermint.

One of the biggest hits was Khourismaara better known as Frisbee who had a stall ball the children could throw to the back of the stall and he would retrieve it for them. They all thought this was a very special horse...and he is! You will find his picture on the University Of Minnesota College Of Veterinary Medicine's calendar for the month of



May. Frisbee had a sinus tumor and was not expected to live but surgery, lots of love and time has made him all better.

People were in awe of the stallion that was as sweet and gentle as any gelding or mare they had ever seen, OMEL First Dream. He spoke silent volumes about Arabian temperaments to all that met him and observed him out and about.

Our stall decorations were very tasteful and pictures of each horse were on each door so the public could identify with the horse they saw. We received numerous compliments on a job well done.

My personal thanks to my committee (John Diedrich, De Mueller, Lisa Lewis, Lori Conway, Hillary Hoffman), volunteers: Wayne Thompson, Janet de Acevedo Macdonald, Roberta Lembke, Garnet Gilligan, Scarlett Gilligan, Elaine Yungerberg, DeeDee Poeschel, Laura Mickelson, Miriam McGurran, Julie Hendrickson, Andrea Carlstrom, Dave Lambert, Matt Jordan, Russ Baerenwald. And to everyone who worked so hard to make this a huge success! A special thanks to Strands Arabians Minnesota and Lee Strand!



The Minnesota Horse Expo would really appreciate you completing its online questionnaire:
<http://www.mnhorseexpo.org/expoquestionnaire.html>

Mark your calendars for the 2011 Minnesota Horse Expo – April 29, 30 & May 1



Photos courtesy of Nathad Hastad. Thanks Nathan!



Spur of the Moment Trail Riding

All trail riders are encouraged to contact Pat Swenson (swens@earthlink.net call: (h) 507-645-9223, (w) 507-663-0535 or 612-756-0901) to join the Spur of the Moment trail riding group. The goal is to develop a list of riders that would be happy to be called to go trail riding, be it that afternoon, the next day or the following week. Pat is gathering a list of names and locations of interested riders and will share that list with the group.

If you are interested in participating in this group please call or e-mail Pat with your name, contact number(s), location, parks you prefer to ride in and the times that you are usually available to ride.



A Special Birthday Party

Happy 30th Birthday Mico!!!

In his 25 years of showing Garimico+// (Garis x Mizzy) spent a lot of the time at the Minnesota State Fairgrounds but this time was different. Instead of showing, Mico was the show as he celebrated his 30th birthday at the Sahara Sands show on May 1, 2010. Mico enjoyed being the center of attention in the 'star' stall at Hesten Park where he visited with friends, old and new and thoroughly enjoyed the entire day. In addition to his favorite foods (carrots, apples, peppermints, and caramel corn), Mico also had a few brewskis! Turns out he prefers Japanese beer to domestic. The rest of us feasted on cake, wings and may have had a beer or two as well.



When he returned home to Hesten Park, Mico flagged his tail and strutted around letting his homeboys know that even at 30--he is still all show horse!

We love you Mico!!

Your peeps,
Laura and Joanne Mickelson, Devon and Jason Shuster



Mark Your Calendars!

June 9	Region 10 PreShow, MN State Fairgrounds, St. Paul
June 10-13	Region 10 Championship Show, MN State Fairgrounds, St. Paul
June 18	Region 10 Endurance Ride, Preston, MN
June 19	Region 10 Competitive Ride, Preston, MN
July 17	MAHA Trail Ride, Lake Elmo Park Reserve, 10:00am
August 4	MAHA Board of Directors Meeting, 7pm Black Stallion, Hampton
September 12	MAHA AOSC and WSCA/Open Arabian Show, 8am, Washington County Fairgrounds, Lake Elmo
September 18-19	MAHA Fall Classic, MN Equestrian Center, Winona
	General Membership Meeting after conclusion of classes on the 18th
November 10	MAHA Board of Directors Meeting, 7pm Black Stallion, Hampton

Watch the MAHA website (www.mnarabhorse.com) for details and more information about these MAHA events. The Region 10 website (www.region10arabians.com) also has information on all the shows and events within our region.

MN ARABIAN HORSE ASSOCIATION

MEMBERSHIP FORM



DATE: _____ NEW MEMBER RENEWING MEMBER

AHA# _____ DATE OF BIRTH: _____

NAME: _____

FARM NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

HOME PHONE: _____ CELL: _____

EMAIL ADDRESS: _____

ADULT MEMBERSHIP CATEGORIES

_____ \$80.00 - 1 YEAR AHA/Affiliate/WITH a COMPETITION CARD & WITH MAHA Voting

_____ \$45.00 - 1 YEAR AHA/Affiliate/MAHA Voting Membership NO COMPETITION CARD

_____ \$20.00 - 1 YEAR MAHA Associate - NO Voting/ NO AHA Membership/ NO Competition Card

YOUTH MEMBERSHIP CATEGORIES (17 years or under as of December 1st)

_____ \$45.00 - 1 YEAR AHA/Affiliate WITH a COMPETITION CARD & WITH MAHA Voting

_____ \$20.00 - 1 YEAR MAHA Associate WITH voting rights - NO AHA/ NO Competition Card

**All MAHA Memberships include the MAHA EXPRESS Publication and WSCA Membership.

****Online Membership is available at www.arabianhorses.org, designate club # 10063 MN Arabian Horse Association or download a form & visit our website at www.mnarabhorse.com

* For more WSCA information, please contact: LauraMickelson@aol.com or 651-423-5871

* For more MAHA Information, please contact: Lori@ConwayArabians.com or 507-867-2981

MAHA is an organization operated entirely by volunteers. Your help is greatly appreciated in any capacity. Tell us about yourself and what MAHA can do for you and where you could help us. Please circle what your interests are:

- * Trail/Competitive Riding * Local Horse Show Competitions (4-H, WSCA etc) * Class A Shows
- * Attending Clinics * Regional &/or National Shows * Horse Expo * Membership Promotion
- * Horse Show Management &/or Involvement (Ribbons, Announcing, Gate, Barn Manager)
- * Promotions &/or Club Publications * Other: _____
- * Circle all that apply: Owner * Trainer * Amateur * Parent * Youth * Non-Owner

Do you want to be contacted as a Volunteer? YES or NO

To complete this form via mail: Please make checks payable to MAHA and mail to:

* Shirley Theede * 2341 Itasca Ave. S, Lakeland, MN 55043 * slick332@aol.com * 651-436-7151

THANK YOU FOR JOINING MAHA. THE CLUB THAT "GIVES BACK"!



Decline in Breeding, for ALL Breeds

Times are changing, and so are people's decisions about horse breeding. *Horse & Rider* looks at what's happening, and what it could mean to you--even if you're not a breeder. This article originally appeared in the February 2009 issue of *Horse & Rider* magazine. Juli S. Thorson is *Horse & Rider's* editor.

http://equisearch.com/horses_care/health/breeding/breeding_today_030510/index.aspx



Meet the New Co-Editor of the MAHA Express

I learned a long time ago that it is nearly impossible to find people to volunteer for just about anything. When someone does volunteer to help out you have to realize the significance of the event – ***volunteers are a gift***. MAHA is a completely volunteer club and without our volunteers we could not put on our horse shows, trail rides, clinics or produce the Express. I'd like to introduce one of our newest volunteers, Janet de Acevedo Macdonald, the new Co-Editor of the MAHA Express. I am deeply grateful to have gotten my gift volunteer!

Roberta Lembke

Janet de Acevedo Macdonald

Like you, I am passionate about horses. Growing up I was the typical horse-crazy girl attracting horses to me like magnet to metal. My formative years were spent between big city New York and rural Minnesota. Luckily, I managed to get my equine fix in both places - finding soft horsey noses in Manhattan's Central Park, at a Minnesota county fairground or pastured in my front yard. I mucked stalls, groomed, spent a magical summer showing Hunter/Jumper, and rode my own horses over many a hill and dale in Anoka and Pine counties.



During my non-horse-owning years, I went to school, married/divorced, and raised my two sons as a single mom. I worked for 20 years in PR/Marketing and after my boys left home, I moved to Paris, where I earned a Master's degree in Business Communications. I fell in love with Europe and lived/worked in France, The Netherlands and Spain for seven years. I married Ian in 2002, and for family reasons we left our home in Spain in 2005 and moved to Minnesota. That December, Ian and I established the Auld Macdonald Farm and bought our first Arabian, a Desert Heat son, and haven't looked back. We have learned a lot in five years and are continually amazed at how much useful information both our fellow amateurs and the professionals are willing to share just because we asked! This wealth of information is our low-hanging fruit – delicious and nourishing!

Please say hello at a horse show or if you're a social networking nut too, friend me on Facebook or follow me on Twitter.