



Kids n' Horses News

Merry Christmas

Howdy to all the 4-H Horse Project members in Kansas!

This is the December, 2018 edition of the Kids n' Horses Newsletter to help keep you informed about 4-H Horse events happening around the state; AND give you a little educational information too!

Be sure to re-enroll in 4-H in your county and update your 4-H Horse ID Certificate. You can complete and submit your 4-H Horse ID Certificate for the 2018-19 4-H year anytime now, but the sooner the better. Reminder: This form should be printed on 1 piece of paper with the photo of the horse attached.

The Kansas 4-H Horse Show Rule book is posted online at <https://www.bookstore.ksre.ksu.edu/pubs/S133.pdf> !! Be sure to make yourself familiar with it before you attend 4-H shows; especially the KSF 4-H Horse Show. This rule book will be used at District & State 4-H Horse Shows. There are several rule changes; please read it carefully. To get a copy, contact your local Extension Office or the Kansas 4-H Horse Show Rule Book.

If you would like to submit an article or have a horse event you would like to publicize, please e-mail that information to Jean at jhuntley@ksu.edu.
Happy trails and safe riding!

Dates to Remember:

Horse Panorama

When: January 25-27, 2019

Where: Rock Springs 4-H Center

Who: 4-H Members ages 7-18 and adult volunteers. Horse Panorama is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography and educational posters. There will also be educational activities for 4-H'ers of all ages. Registration and contest rules for Horse Panorama are located at:

<http://www.kansas4-h.org/events-activities/conferences-events/horse/index.html>

And included in this newsletter.



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A Mental Guide to Horse-Showing Success

Heed these 12 tips to change your thinking before heading to your next horse show.

Great coaches in any sport will tell you that getting someone to become mentally stronger is their most challenging task. Teaching physical skills is much simpler because it's concrete. For example, your riding instructor can easily coach you on seat, leg and hand cues to switch leads. It would be much more difficult and elusive to help you gain the confidence to become an Olympic rider.

Fortunately, Dr. Jim Loehr, of LGE Performance Systems, has outlined concrete mental skills that apply to your riding, just as they would to any professional sport. Work on these 12 steps, just as your technical skills, and you'll become a stronger horse-show competitor.

- Change your thinking to change how you feel. Many people are careless, sloppy, negative thinkers who do not feel they have control of their thoughts or emotions. However, you can exercise great control over both. When you become a disciplined thinker, you can think in ways that call up positive emotions that empower your life.
- Practice positive thinking. Practice the techniques listed here to remain strong enough to stay empowered under the stress and frustration of horse showing. In fact, that's what this is all about: staying positive when results go south. But positive thinking and imagery are acquired skills, and you have to repeat the exercises every day.
- Recognize and let go of negative thoughts. Negative thinking takes you nowhere when you practice or show. Commit yourself to taking charge of negative thoughts and feelings by first becoming aware when you feel nervous, discouraged, fearful, etc. Then, pretend you are an observer who commands you to "stop." Each time you do the exercise, you train yourself to become more disciplined. After the "stop" cue,

replace the former way of thinking with one of the following ideas.

- If you're feeling negative, change the picture in your mind. Images are more powerful to evoke positive emotion than words. When things are not going in the direction you like, imagine yourself being successful, having fun, riding well and staying cool.
- Never say or think "Can't" or "Hate." These two words evoke powerful negative feelings that take your riding in the wrong direction.
- Use humor to break up negative emotions. Fear and anger cannot coexist with funny, off-the-wall thoughts.
- Think energetically. High, positive energy will take your riding where you want to go. Tell yourself all the time, and especially during difficult times, "I love this."
- Stay in the moment. Thinking about the future brings fear, while thinking about the past can cause frustration. Think about your job right here, right now. Focus on a specific target and what's to be done at critical moments.
- Visualize success. There are documented, amazing stories of prisoners who played great rounds of golf immediately after returning home because they played 18 holes mentally several times a day while in captivity. You can dramatically strengthen your physical riding skills by seeing and feeling yourself ride. Rehearse your weaknesses by seeing yourself ride in your mind with the accuracy you desire.
- Be clear about why you're riding. Anyone loves what they do when the going is good. It's the true commitment to press on through excruciating times that separates riders. When you love the battle, your riding will accelerate to a whole new level.
- Review powerful thoughts and images daily. Write these thoughts on a piece of paper. Carry it in your pocket for quick review and/or tape it to your bathroom mirror.
- Become disciplined in the way you process your mistakes. Many riders fear mistakes so

their minds are consumed with painful “what if” weaknesses. Whatever you fear will come to pass. Here are suggestions to process mistakes:

1. Know that mistakes are necessary to learn. No mistakes, no learning.
2. Be aggressive in your riding and horse showing, whatever the consequences, without fear, again because of the learning involved.
3. After making a mistake, ask yourself: What could you have done differently? What can you do in the future?
4. And then, move on and don't look back.

Source: Barbra Schulte in *The American Quarter Horse Journal* | October 31, 2018

Determining a Horse's Age

The age of a horse can be estimated by examining its teeth. This is an ability you should acquire if you're planning on raising horses or will be buying and selling horses. You can learn the essentials of determining age by teeth with practice; however, accuracy will take a lot more time and practice to develop. Examine as many teeth as you can and compare your estimates to known ages.

Many factors are used to estimate the age of the horse – changes in the appearance of the muzzle and face, depressions above the eyes, appearance of gray hairs on the temples and around the eyes, and the appearance of the legs. These factors, however, are readily influenced by outside factors, including how easy or how hard a life the horse has had.

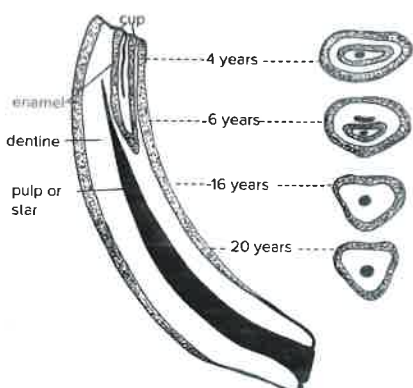


Figure 92. As the tooth wears down with advancing age, note the change in the shape of the chewing surface and the structures seen on the chewing surface.

It is much harder to influence a horse's teeth, and a reasonable estimate of the horse's age can be reliably made by examining the mouth. You will need to be able to identify the incisors and the parts of a tooth to do this.

Teeth Characteristics

A horse has 2 sets of teeth during his life – temporary, or milk teeth, and permanent teeth. Temporary teeth are distinguished by their small size, pearly white color, distinct neck, and small size. Permanent teeth are much larger, stronger, and darker.

Eruption patterns are the first step in determining the age of the horse. From birth to 5 years, age can be closely estimated by the eruption of temporary teeth and then the replacement of these teeth with permanent ones. The list presented here will give you a basis for estimation:

First Period – Birth to 2 ½ Years of Age

1. 2 – 4 days – temporary central incisors erupt.
2. 6 weeks – temporary intermediate incisors present
3. 10 months – temporary corner incisors present
4. 16 to 18 months – temporary corner incisors are in and the surface of the upper and lower teeth meet.

Second Period – 2 ½ to 5 Year of Age

1. 2 ½ years – permanent central incisors erupting.
2. 3 ½ years – permanent intermediate incisors erupting.
3. 4 years – canines erupt (males; some females).
4. 4 ½ years – permanent corner incisors erupting.

The horse acquires a full mouth of permanent teeth at 5 years of age. Mature mares will usually have between 36 and 40 teeth, and mature males will usually have 40. After the age of 5, estimates of age must be based on the wear, changes in shape, and changes in the angle of incidence of the incisor teeth.

The horse's teeth erupt continuously throughout much of his life. Constant chewing of feed wears them down and normally keeps them at an appropriate length. As they wear, the

appearance of the tooth will change. The rate of wear will vary with individual horses and with differences in pasture and feeding conditions. A horse that continually grazes on short, sandy pastures may appear older than he really is because his teeth will wear faster.

After about 12 years of age, when the horse has a smooth mouth (the term comes from the fact that the cups are worn from the surface of the incisors), determining age becomes more difficult. There are 3 things that you can look for, however. First are changes in the shape of the grinding surface of the tooth. As the horse gets older, the teeth change from an oval to a more triangular shape. Second, as the horse gets older, his incisors angle more sharply out of his jaw.

Finally, you can look for the appearance of Galvayne's groove. This groove appears at the gum line of the upper corner incisors at age 10-12. By age 15, it is usually half-way down to the end of the tooth; by age 20, it is usually showing the length of the tooth; by 25, the line only show on the lower ½ of the tooth; and by age 30, it has disappeared again.

Care of Teeth

The horse's upper jaw is actually wider than the lower. As a result, horses chew in a side-to-side motion, not straight up and down. Combine this with the way their teeth continually erupt,

horses often develop sharp points on the outside of the upper and inside of the lower pre-molars and molars. These points can cut their cheeks and tongue, causing them pain while chewing. Horses with sharp points don't chew their food properly and may drop a lot of food out of their mouth while eating. They may also lose weight.

Floating is the process of filing off the sharp points on the teeth. This procedure is done by a veterinarian. This may need to be done at ages as young as 12 months and may need to be repeated every 6 months, depending on diet and oral conformation.

Occasionally the horse develops wolf teeth, usually on the upper jaw. These are small teeth located in front of the large molars in the back of the mouth. These can interfere in the placement of the bit and result in the horse tossing his head or refusing to take the bit. Wolf teeth are easy for a veterinarian to remove.

Summary of Signs to look for in a Horse's Mouth

- Eruption of temporary teeth.
- Replacement of temporary teeth with permanent teeth.
- Disappearance of cups.
- Appearance and length of Galvayne's groove.
- Shape of chewing surface of teeth.
- Angle of incidence.

Source: Beginning Horse Management, The Ohio State University Extension

Estimating the Age of the Horse

Age (Years)	Indications/Changes in Wear Patterns
5	Full mouth; cups in all incisors; canines erupt (males; some females).
6	Cups worn from lower central incisors.
7	Cups worn from lower intermediate incisors.
8	Cups worn from all lower incisors; dental star appears on lower centrals and intermediate incisors.
9	Cups worn from upper central incisors; dental star appears on upper central and intermediate incisors.
10	Cups worn from upper intermediate incisors; dental stars present on all incisors, upper and lower.
11	Cups worn from all incisors, upper and lower.
12	Smooth mouth; no cups.

2019 State 4-H Horse Panorama Schedule

Friday, January 25

6:00-8:00 pm	Early Arrivals Check-in	Cottages
7:00	Horse Action Team Meeting	Eyestone

Saturday, January 26

9:00 am	CHECK-IN and Cottage Assignment	Upper Level, Heritage Hall
9:00	Model Horse Exposition Set Up	TBA
10:00	General Assembly–Hippology Team Coaches Meeting	Auditorium, Heritage Hall Lower Level, Heritage Hall
10:30	Hippology Senior & Open Slides/Written Exam	Auditorium, Heritage Hall
10:30	Hippology-Adults Slide/Written Exam	Lower Level, Heritage Hall
12:00	LUNCH–Buffet Style	Williams Dining Hall
1:00 pm	General Assembly–Horse Bowl Members Team Coaches Meeting	Auditorium, Heritage Hall Lower Level, Heritage Hall
1:30	Horse Bowl <u>Open Division–Study Room–Match Room</u> “A” Bracket–Conference A, Heritage Hall “B” Bracket–Conference B, Heritage Hall	TBA
1:30	Senior Hippology–Learning Stations Senior Hippology–Team Problems	TBA
1:30-5:30	Photo/Poster/Logo Conference Judging	TBA
3:30	Horse Bowl <u>Senior Division–Study Room–Match Room</u> “A” Bracket–Conference A, Heritage Hall “B” Bracket–Conference B, Heritage Hall	TBA
3:30	Open Hippology–Learning Stations	TBA
6:00	SUPPER	Williams Dining Hall
7:00-8:00	Senior Quiz Bowl Final Round	Auditorium, Heritage Hall
8:00-9:00	Parents Educational Panel	Auditorium, Heritage Hall
8:00-10:00	Exhibitor Social	TBA
10:00	To Your Cabins	
10:30	Lights Out!	

All Day Event – Horse Vendors and Exhibitor Swap Meet

Sunday, January 27

7:30 am	BREAKFAST	Williams Dining Hall
8-11:00	Public Presentations–Rooms will be marked	Lower Level, Heritage Hall
10:00	Pick up and Clean Cottages	
TBA	AWARDS (Lunch will not be served) *** 30 minutes after the conclusion of the Presentations***	Auditorium, Heritage Hall

**2019 4-H Horse Panorama
January 25-27, 2019
Registration Form for Cvent – Due 5 pm –January 15**

Use this form as an aid to fill out the Cvent registration and send it in with your payment.

Name _____ County/District _____

Address _____ Phone _____

City _____ State _____ Zip _____ Email _____

4-H Age _____
(before 1/1/19)

Age Division	Jr.	Int.	Sr.	Adult

Gender (for housing purposes)	Male	Female

Birthdate: _____

2019 Panorama T-shirt Orders - \$13 each

Please indicate the amount of each size wanted.

Youth			Adult					Amount Owed (# shirts x \$13)
Small	Medium	Large	Small	Medium	Large	XL	XXL	

Place an X in the box beside your registration choice.

Registration Status	Lodging/Meals Included	Amount Owed
Early Arrival \$120 Adult/\$105 Youth	Lodging: Friday, Saturday Meals: 3 meals Sat. & Sun. breakfast	
Full Time \$95 Adult/\$90 Youth	Lodging: Saturday Meals: Sat. lunch, supper & Sun. breakfast	
Saturday Only \$55 Adult/\$55 Youth	Meals: Sat. lunch, supper	
Sunday Only \$30 Adult/\$30 Youth	None	
Spectator * \$15	None	
Spectator Rock Springs Meal \$15	1 meal of your choice	

*Everyone coming to watch who is not registered for another category.

Please place an X in the box beside all contests you are registering for below.

Contests & Activities - \$10 per entry per person

	Contest Name	Amount Owed
	Senior Horse Bowl (Sat.)	
	Open Horse Bowl (Sat.)	
	Senior Hippology (Sat.)	
	Open Hippology (Sat.)	
	Senior Public Speaking (Sun.)	
	Senior Demonstration (Sun.)	
	Intermediate Project Talk (Sun.)	
	Intermediate Demonstration/Illustrated Talk (Sun.)	
	Horse Photography (turned in at Sat. check-in)	
	Horse Poster (turned in at Sat. check-in)	
	Horse Logo (turned in at Sat. check-in)	
	Horse Power Point (turned in at Sat. check-in)	
	Horse Ad Layout (turned in at Sat. check-in)	

Activities - No Charge

Activity Name	Number of Entries
Model Horse Exposition	

Total Amount Paid
(Totalled from Both Pages) \$ _____

Youth Registrants – Designated Adult Chaperone _____

Adult Volunteers: Have you completed the Volunteer Screening process? ____ Yes ____ NO
4-H Participation Form

Kansas State University is committed to making its services, activities, and programs accessible to all participants. If you have special requirements because of a physical, mental, learning, or dietary restriction, please contact Sarah Sullivan, smsullivan@ksu.edu or (785) 532-5800. Please specify any special needs below and on your Participation Form.

Reader Needed (Y/N) _____

Dietary Restrictions _____

Please make checks payable to: Kansas 4-H Foundation

Team Information and check **POSTMARKED BY January 15th, 2019** to:

State 4-H Youth Development
ATTN: 4-H Horse Judging Contest
201 Umberger Hall
1612 Claflin
Kansas State University
Manhattan, KS 66506-3404

*****Attention: please send one finalized set of team information in to the State Office along with registration and check.*****

Teams must be approved by Extension Unit

Team Information

Senior Horse Bowl Team Members

1	
2	
3	
4	
5	
Coach	

Senior Hippology Team Members

1	
2	
3	
4	
Coach	

Open Hippology Team Members

1	
2	
3	
4	
Coach	

Senior Demonstration Team Members

1	
2	

Intermediate Demonstration/illustrated Talk Team Members

1	
2	