



# Kids n' Horses News

## Falling Leaves & Turkey Time!

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

This is the November, 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 have questions about the how to get started with your 4-H Horse project, please see the article on page 5 of this newsletter.**

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](mailto:jhuntley@ksu.edu).  
**Happy trails and safe riding!**

## Dates to Remember:

### Nov. 3 – Douglas Co 4-H Hippology & Quiz Bowl Contest

Lawrence, Ks (see enclosed information & registration)

### 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 will be posted to the Kansas 4-H web site soon on the Horse Events page.



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# New 4-H Year....What Do I Need To Do for my 4-H Horse Project

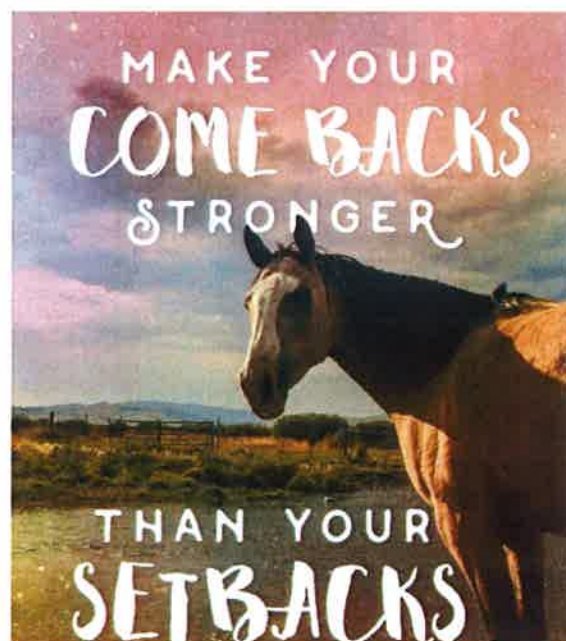
With the new 4-H year beginning October 1, 2018, there are a few things you need to do to get started off on the right hoof with your 4-H Horse project.

1. Enroll for 4-H through 4HOnline at <http://ks.4honline.com>. Be sure to follow the directions throughout the enrollment process.
2. Go to <http://www.kansas4-h.org/projects/animals/horse.html> and download the Horse ID Certification or use the ID from 2017-2018. Complete this form and print it front and back on one sheet of paper. Be sure to attach a picture to the back of this form. The 4-H'er, parent, and Extension Agent needs to sign and date this form. The local Extension Office needs to keep a copy of the form; the original needs to accompany the 4-H'er. This form will need to be taken to all 4-H horse shows and shown at check-in time for events such as the 4-H District and State Shows. (Attached is a sample.)
3. On the 4-H Horse web page (address is above), download the current Kansas 4-H Horse Show Rule Book revised 2018. These rules will be followed at all 4-H Horse Shows, including 4-H District and State Shows.
4. If you are interested in showing at the 4-H District and State Shows, download the Kansas Standard of Excellence Horse Achievement Level I booklet. Complete the booklet, and the Leadership section (section 2 of the booklet). Take the booklet to your local Extension Office. The 4-H'er, parent and Extension Agent must sign the front page. The front page, Leadership section (section 2, page 14) and \$10 will be sent by the Extension Office to the Kansas 4-H State 4-H Office.

5. The 4-H'er must complete a written exam that can either be done on line or sent by the State Office. The exam needs to be proctored by the Extension Agent or 4-H Horse Leader (preferably not the 4-H'ers parent). The State Office will send pass or fail notification of written exam. If the exam must be retaken the 4-H'er must send an additional \$5 to the State 4-H Office.
6. Once 4-H member passes the written exam portion of the Achievement Level, the 4-H member needs to visit with the 4-H Horse Project Leader to verify if he/she needs contact the Achievement Level tester or the 4-H Horse Project Leader will contact Achievement Level tester for the Horsemanship Skills test. It shall be the responsibility of the Achievement Level tester to send the State 4-H Office the results of the Horsemanship Skills test; however double checking with the tester would be a great idea.

Note that Achievement Level Testing must be completed before the District 4-H Horse Show deadline in order for a 4-H member to participate.

If you have questions, please don't hesitate to contact your local Extension Office. If Agents have questions, they need to contact the State Office.



# Stirrup Safety Tips

## Horseback riding tip: Your stirrups aren't a foot rest.

Stirrups aren't just a resting place for your feet when you're horseback riding. That's why appropriate stirrup length is important for safety, balance and correct riding skills.

There are many methods to judge the proper stirrup length, and there are many variables that affect the proper length, such as the rider's build, the size and gait of the horse, the saddle and the activity in which the rider is participating. For example, dressage and saddle seat require the longest length because the rider is sitting back and is using lots of leg on the horse, while jumping is the shortest.

A lot of people use the "fist" method for determining the correct stirrup length. This measurement is taken by having the rider mount, then stand in his stirrups to see if he can fit his fist or the width of his hand between his seat and the seat of the saddle. Personally, I am not a fan of this technique.

For one thing, it is not a great idea to put your fist in a place that it doesn't belong. Secondly, unless the rider can properly stand in the stirrups, this measurement is useless. If the rider rises in the stirrup by pushing up off the stirrup, straightening the knee and lifting the heel (as most beginner through intermediate riders tend to do), there will always be plenty of room between the crotch and saddle. Only when the rider uses the correct rising technique and rolls onto his thighs while the legs and heels lengthen will this measurement be accurate.

If the saddle is not the right size for the rider and the stirrups will not adjust to the correct length, don't compromise the safety of the rider by letting him ride because the rider relies more on those stirrups for balance.

To start with, the rider must be able to sit comfortably in the balance position of ear-shoulder-hip-heel alignment. If the stirrup is too long, no matter what discipline, the rider will have to reach with his toes for the stirrup, and this will cause the rider to ride in the heels-up position. No matter what the discipline, when the heels are up, the rider is not balanced, anchored on the horse or able to use his legs to communicate effectively with the horse. Furthermore, if the stirrup is too long and the lower leg hangs straight down, the rider's calf is not on the

horse; and the leg becomes ineffective as an aid to communication.

## A Visual Check

Check the stirrup length visually from both in front of the horse and rider (with his feet out of the stirrups and saddle square) and from the side, perpendicular to the horse. Always make sure the stirrup length is equal on both sides.

My two favorite ways to judge proper stirrup length by eyesight are to: 1. look at the angle of the rider's leg between the thigh and lower leg; and 2. compare the angle of the rider's thigh and the horse's shoulder.

1. From the center of the ring, the thigh and lower leg should hang at equal angles so that both the upper leg and lower leg are at the same angle. If the angle of the upper and lower leg is not equal, it usually means that the rider's stirrup is too long; and the lower leg is hanging straight down while the angle of the thigh is more or less at 45 degrees.
2. Looking from the center of the arena, the angle of the rider's thigh should be more or less parallel with the angle of the horse's shoulder (the line from mid-withers to the point of the shoulder).

A handy visual check is helpful for ensuring the best ride when the rider is mounted on a choppy horse. In general, the steeper the angle of the horse's shoulder, the rougher the horse's gait. When the horse is rough, the rider needs a longer-than-normal stirrup length to help anchor the rider onto the horse's back. Conversely, if the angle of the rider's thigh is high compared to the horse's shoulder, it is easier for the rider to ride in a more forward position and get up off the horse's back. This is important for riding jumpers or for roping.

Another way to measure stirrup length, once the rider is up on the horse, is to have the rider relax his leg straight down and see where the bottom of the stirrup is in relation to the ankle bone. Ideally, the stirrup should hit right at the ankle. This will provide you with a ballpark figure, but fine-tuning of the length may still be necessary.

## Measuring

There are a few measurements that you can use to judge appropriate stirrup length. One is to measure the stirrup length compared to the rider's arm from the ground. To do this, the rider puts his fingertips on the top of the stirrup leather where it attaches to the tree and pulls the stirrup into his

armpit. The length of the stirrup should be about the length of the rider's arm. It is best not to let the rider mount until the stirrups are at least in the ballpark of the correct length. The horse could turn into a 1,000-pound scared rabbit at any moment, and if the rider must rely on the stirrups for balance - which most riders do - the feet should be in the stirrups. The stirrup length might still need some fine-tuning when this method of measuring length is used.

When it comes to judging stirrup length, know what you are checking and know how to check it. You should understand that different disciplines and different types of riding may require different stirrup length. To ride correctly, your stirrups must be adjusted correctly.

*Source: AQHA Professional Horsewoman Julie Goodnight in America's Horse | July 23, 2018*

## Winter Weight Loss

**Keep your horse at a healthy weight during the cold months.**

Temperatures between 15 and 60 degrees F are considered energy neutral for horses. This means that within that temperature range, horses don't require extra energy or calories to stay warm or cool. However, this assumes that the wind is not blowing and the horse's hair coat is not wet, because both conditions increase the horse's caloric needs.

Horses instinctively know when they need extra calories to increase body temperature and maintain weight. Unfortunately, most horses are on a fixed diet and when additional calories are required to keep them warm or to maintain body weight, they are at the mercy of their owner's ability to adjust the feed ration.

**When feeding horses in cold weather, it is important to know two things:**

Don't be deceived by woolly winter hair coats that can make a horse look fat. During cold weather, horses that are not receiving adequate rations first burn stored fat and then protein from muscle tissue to fuel daily activities. Initially, fat reserves stored along the ribs, crest of the neck and rump are used. Then the muscles in the neck, shoulder and hindquarters are sacrificed. So when trying to assess body condition on a winter-coated horse, run your hands over the horse's back, hips and ribs to determine if he is losing weight. If you are

uncomfortable estimating weight loss through palpation, use a weight tape to check the horse's weight in the late fall and then weekly throughout the winter.

Keep in mind that hay – not grain – is the best feed to help a horse generate body heat. The heat of digestion from five pounds of extra hay will raise the average horse's core body temperature 1.2 degrees for nearly four hours. Forage is digested in the horse's large intestine through bacterial fermentation, which not only provides nutrients but also generates heat. Concentrates such as corn and barley are low in fiber and are digested in the small intestine through enzyme activity, producing little heat.

### Winter Goals

When it's cold, focus on providing plenty of long-stemmed hay, preferably free choice. Unlike grains, additional hay can quickly be added to a horse's diet without risk of colic or founder.

When faced with cold weather, many horse owners tend to keep their horses' hay intake constant while increasing the grain portion of the diet. Although grains are very calorie dense (a pound of corn contains 1,800 calories; a pound of oats contain 1,500) and work well to fatten a horse, they are low in fiber and generate little heat. However, additional grain provided in the fall will add a layer of fat that serves to insulate the horse and does help him retain heat.

### Summary

Good-quality hay should be the foundation of any equine diet and the first component to be increased to generate heat or regain body condition. If a horse continues to lose weight on hay, add grain to increase the caloric supply. Remember that the sudden addition or increase of grain in a horse's diet – especially of corn or barley – can cause colic or founder, so add grain slowly over several days.

An idle horse in comfortable weather will consume roughly 3 percent of his body weight in feed every day and at least half of that should be forage.

Toward winter's end, give your horses a thorough going-over to make sure that the cold winter months have not taken a toll on body condition. Pay particular attention to very old or young horses.

*Source: America's Horse, Thomas R. Lenz, D.V.M., M.S. | February 22, 2018*

## Douglas County 4-H Horse Project Club 4-H Hippology and Quiz Bowl Contest

November 3, 2018

Dreher Building – Douglas County Fairgrounds - 2120 Harper Street, Lawrence  
(Next to the Main Extension Office Building)

Registration begins at 8:45 a.m. - Orientation at 9:15 a.m. with Hippology Contest to Follow  
Quiz Bowl will be held in the Afternoon

### About the Contest:

This contest is open to all youth currently enrolled for the 2018-2019 4-H year in a state 4-H horse or horseless horse project. Upon registration participants will be placed on random teams which will be made up of a variety of ages and may or may not have members of the same county on a team. Awards will be presented to high scoring teams and individuals in two to three age groups (dependent upon the number of registrants). This contest is structured to be a fun, relaxed contest to familiarize participants with Hippology and Quiz Bowl contests. The Hippology contest will include a 50 question written test (50 points), 50 slides (50 points), 50 identification stations (50 points, may be photos or “live” examples) for a total of 150 points. There will not be a graded team problem for this contest. Junior participants will have fewer choices for test answers and 25 slides (2 points each) and 50 identification stations. An answer key and resource links will be posted to the Douglas County 4-H Horse Project Club website within a week after the contest is completed ([DouglasCountyHorseProject.weebly.com](http://DouglasCountyHorseProject.weebly.com)). Please bring a clipboard and pencils. Fees will be \$12.50 per competing member, \$7.50 for adults and non-competing youth and includes lunch.

The following resources will be the *primary* resources used for the contest:

[Illustrated Dictionary of Equine Terms](#) – New Horizons Equine Educational Center. Alpine Publications, PO Box 7027, Loveland CO 80537 Phone: (800) 777-7257

[The Horse](#) – Evans, Borton, Hintz, and Van Vleck. Second Edition. W.H. Freeman and Company, 660 Market Street, San Francisco, CA 94104. Phone: (415) 391-5870

Kansas 4-H Horse Show Rule Book <http://www.ksre.ksu.edu/bookstore/pubs/S133.pdf>

Breed Websites: AQHA, APHA, ApHC, POAC, Pinto, American Miniature Horse Registry/Shetland, Hackney Society, American Morgan Horse, The Jockey Club, Tennessee Walking Horse Breeders & Exhibitors, United States Equestrian Federation (Breeds & Disciplines), American Buckskin Registry (Registration – Colors, Dun Factor Markings), Professional Rodeo Cowboys Association (rodeo events using horses)

Schneiders – Equipment & Tack <http://www.sstack.com>

Questions? Please contact Bobbie Hinds at [bobbiehinds@yahoo.com](mailto:bobbiehinds@yahoo.com) or 515-480-3533. Be sure to like our Facebook page, Douglas County 4-H Horse Project Club, to stay up to date with club activities.

*Douglas County K-State Research and Extension's 4-H Youth Development Program is an equal opportunity provider and employer.*

**Douglas County 4-H Horse Project Club 4-H Hippology and Quiz Bowl Contest**

November 3, 2018

***EVERYONE ATTENDING MUST HAVE A REGISTRATION FORM ON FILE - ONE FORM PER PERSON***

Dreher Building – Douglas County Fairgrounds - 2120 Harper Street, Lawrence  
(Next to the Main Extension Office Building)

Registration begins at 8:45 a.m. - Orientation at 9:15 a.m. with Hippology Contest to Follow  
Quiz Bowl will be held in the Afternoon

Name: \_\_\_\_\_ 2018/2019 4-H Age \_\_\_\_\_

\_\_\_\_\_ Competing Youth - \$12.50 Please indicate which contests entering: \_\_\_\_\_ Hippology \_\_\_\_\_ Quiz Bowl

\_\_\_\_\_ Adult – County Coach/Leader - \$7.50 \_\_\_\_\_ Adult/Non-Competing Youth - \$7.50

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

County: \_\_\_\_\_ Email: \_\_\_\_\_

Youth's Chaperone Day of Event: \_\_\_\_\_ Phone: \_\_\_\_\_

Please list any food allergies: \_\_\_\_\_

Pre-registration is preferred in order to have enough food and materials. Please complete the following and return by October 31 with a check made out to Douglas County 4-H Horse Project Club to:

Bobbie Hinds  
2714 Trego Road  
Lawrence, KS 66044

Questions? Please contact leader Bobbie Hinds at [bobbiehinds@yahoo.com](mailto:bobbiehinds@yahoo.com) or 515-480-3533. Be sure to like our Facebook page, Douglas County 4-H Horse Project Club, to stay up to date with club activities.

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