

# HORSE TIMES

Egypt's Official  
Equestrian Magazine

Free Copy Issue No. 23 - Fall 2007



## Royalty at the Beijing Olympic Games

HRH Sheikha Latifah shares her dreams,  
fears & aspirations

## A Knight in History

Khaled ibn Al-Waleed, the Sword of Allah

## An Arab Business Woman's Passion for Horses

Nayla Hayek reveals her childhood love

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# HORSE TIMES

Egypt's Official Equestrian Magazine

Issue No. 23  
Fall 2007

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#### Dear readers,

Another issue is out representing a lot of activities; in our effort to be more global and diversified, you'll read about our exclusive interviews with HRH Sheikha Latifah Al Maktoum and her Olympic dream that is coming true, and the President of the Swatch Group Mrs. Nayla Hayek being closely related to her passion and horses.

Bits and pieces of information and results in the local and international show jumping sport which you'll find in the Egyptian National Cup and the News Ticker.

Horse Therapy through Aroma is another pitch this time trying to shed more light on effective causes.

Khaled ibn Al-Waleed, the Knight of Islam is in focus in our history section, as well as Horses and Art, with their concept together always ceasing our hearts.

Tips on show jumping, dressage and Dr. Sherbini's sequel to Horse Maintenance are also covered in this issue.

Read on and enjoy,

Sincerely,

*Khaled Assem*

Chairman

HorseTimes is a quarterly magazine founded in 1998 by Khaled Assem. HorseTimes is a pioneer in its field; it is issued for riders, breeders and horse lovers, nationally and internationally. The views expressed by contributors are their own and not necessarily those of the editors. Issues are complimentary and not for sale by any means. Please notify us if change of address occurs. All rights reserved to HorseTimes; reproduction is prohibited without the permission of the Chairman Khaled Assem.



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# Royal

By Omar Abouzeid

HRH Sheikha Latifah Al Maktoum comes from a family that adores horses. Her parents and uncles trained her to horse back ride at a very young age. She was born on September 7th 1985 and she started to compete at the age of 13.



# ality

## at the 2008 Beijing Olympic Games



**H**orse Times magazine recently corresponded with HRH Sheikha Latifah Al Maktoum about how she feels about her riding career as well as her passion for horses. In regards to having a favourite horse, she states that she loves all her horses and doesn't really have a favourite one; each one is special to her in their own right.

As a show jumper, HRH Sheikha Latifah qualified for the 2008 Beijing Olympic Games that came after a good performance in the Jump-Off on the concluding day of the 7th Qatar International Show Jumping Championship on March 11th 2007. HRH Sheikha Latifah was riding her own horse Kalaska De Semilly (Diamant De Semilly - Normandy Night).

In the Individual Qualifier for the 2008 Olympic Games in Beijing, HRH

**I was under tremendous pressure in the first 2 rounds and it is always difficult to perform under pressure.**

Sheikha Latifah clocked 47.72 seconds to reserve her berth for the Games. The show jumping team from the Kingdom of Saudi Arabia qualified as the only team for the 2008 Games.

HRH Sheikha Latifah was under pressure and felt she wouldn't be able to make it through just before the event. "I was under tremendous pressure in the first 2 rounds and it is always difficult to perform under pressure. It wasn't an easy course, as we saw not many riders got through, but at the end all that matters is the qualifier for the Olympics

and I have done it! I'm still not expecting much since I have no experience in that level, but it's every rider's dream, and I am very excited" said an exuberant Sheikha Latifah. While praising the facilities and the efforts of the organising committee, HRH Sheikha Latifah said: "The championship was organised very well, with the provision of great facilities, and it was a great ground to work on."

On her dreams and aspirations, HRH Sheikha Latifah is purely focused on preparing herself very well for the Olympic Games with Eric Levallois as her trainer. At present she is in France getting her summer training, roaming afterwards to Egypt where she will participate in the Arab League Championships, and finally to Dubai for the Maktoum challenge. **HT**

## Horses & Art

# Abdul Kader Al Saadi

By Nada H. Abdelmoniem

"During my career, I was hit upon by the inspiration of what the Arabian horse symbolises; I cannot imagine any artist who may loom the Arabian horse and not be left with an impact on themselves or their paintings. Arabian horses are historical legendary icons in our Arabian heritage and their fervour to humans pushes us to interact further with them...their presence and character consequently leads us into a state of trance full of emotions... starting with all the handwritings and drawings created by various civilisations since the Pharaonic age and until today."

Those are the words of Abdul Kader Al Saadi who was born in Yemen in 1960. He comes from a family that is passionate about popular arts, folklore, and decoration. He is a graduate of the High Institute for Theatre in Kuwait where he studied Decoration. He participated in a range of Art Fairs in Kuwait, the UAE, and Malaysia as well as working as an Art Director in several newspapers. He is currently the Deputy Head of the Media Department of the UAE Equestrian and Racing Federation, and the Art Designer and Painter for the various publications of the Federation.

He has painted several Arabian horse portraits where he tried to combine the beauty of the Arabian horse with the splendour of the Arabic calligraphy due to the similarity in curves, patterns and the impressions it leaves on people. He recently participated in the Dubai International Horse Festival amongst eleven other artists specialised in the paintings of horses where he received 2nd prize. He uses water and aquarelle colours and does not depend on any particular style in his painting techniques.

HT

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# Q & A

with an  
**Entrepreneur**

By Khaled Assem

An entrepreneur recently interviewed by Horse Times

magazine, Nayla Hayek put in style whilst showing a charming sense of innovation, passion and creativity.

Those are the qualities that the daughter of the Swatch

Group's founder Nicolas G. Hayek, has brought

to the world's number one watchmaker.

**M**rs. Hayek has been a member of the Swatch Group's board of directors since 1998. She is also an international Arabian horse judge with top-level contacts who contribute to the business and promotional activities of the Swatch Group. With a diploma from Columbia University, USA for Artificial Insemination in Horses, she owns the only private Insemination Station for horses recognised by the European Community in Switzerland, and a breeding farm with more than 50 breeding horses. She is also a show jumper at the national and international levels as well as a western rider at the international level.

**How did your passion for horses start?**

It all happened when I was 5 years old



**I am very much looking forward to invest again more of my time in breeding. Arabian horses have been an important part of my life and hopefully I will continue pursuing this passion**



**Did you pursue that passion of breeding and judging Arabian Horses further?**

Oh of course I did. I was the president of the Swiss Arab Horse Society for a very long time and President of the show commission of the ECAHO, but I retired recently from both societies, and so I have lots of mileage to give to Arabian horses now. I am very much looking forward to invest again more of my time in breeding. Arabian horses have been an important part of my life and hopefully I will continue pursuing this passion.

**Egypt has had a lot of controversy in regards to importing horses that were from Egyptian Arabian origin back into the country, what do you think given that you are a breeder yourself?**

It's absolutely controversial and a very touchy issue, however, I personally think that some breeders have brought in old blood lines that were exported, and I don't think it's such a bad step. I remember when Madame Widgan El-Barbari imported her first Spanish stallion; it caused such a rattle and she was not allowed to participate in shows

**I understand that you shall be sponsoring some equestrian events in the upcoming Olympic Games?**



No we are not sponsoring the Olympic Games but we have been their Timekeeper for a long time. We are also the Timekeeper for the Asian Games and the Commonwealth Games. Omega is doing Endurance in the Middle East. Longines is the sponsor and Timekeeper in show jumping for the Arab League in Egypt. Blancpain, which has been very involved in sponsoring Arabian horse shows for the last years, is sponsoring events like the World Championships for Arabian Horses in Paris as well as events in Qatar and Sharjah. The newest sponsorship and partnership is in Dubai though where the show is very big, popular, and professionally organised.

**HT**

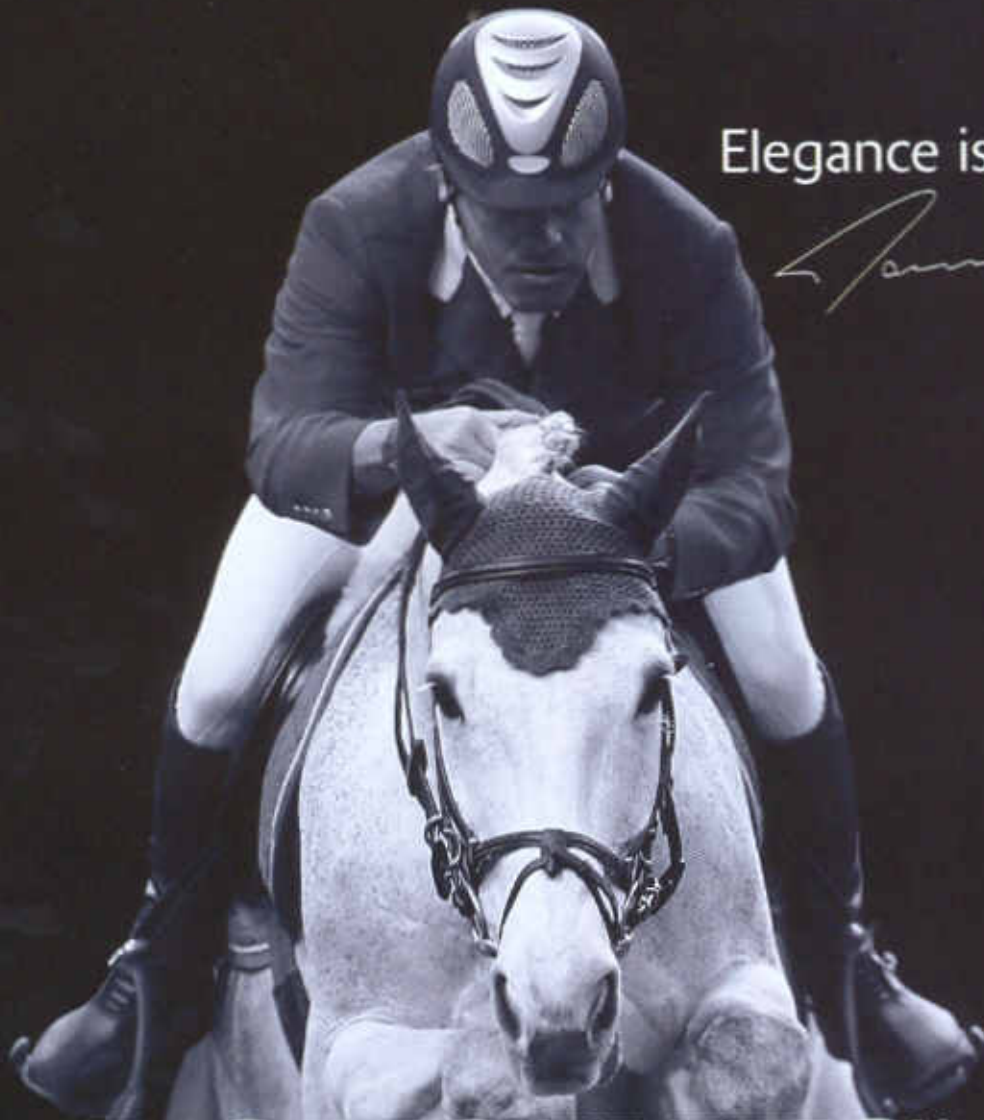
when I started taking riding lessons. The real passion started when I first rode a Welsh pony that also had some Arabian blood which was called Darling. I still remember him until today! Darling was going to be sold and I asked my father to buy him; he told me I had to work to be able to buy him myself and so I worked hard until I finally bought him.

**How did the idea of becoming an international Arabian horse breeder and judge come around?**

I love breeding and judging horses. Egypt in specific is a country that I have a deep love for because it is where I first bought my Arabian breeding stock. I met Dr. Marsafi there who encouraged me and helped me a lot with information about the Egyptian Arabians and the old lines.

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*Markus Fuhs*  
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# Turns & Flexions

# Dressage

## Part 2

By Emmad Eldin Zaghoul



To check whether you are using the aids correctly or not, practice walking in a circle of 20m (66ft in diameter) on a soft surface which has just been raked smooth. You can then study your tracks and see exactly where you are going wrong.

The common faults are to use too much outside hand so that you pull the horse's head to the outside, thus allowing his shoulder to fall inwards. Another is to use too much inside hand to pull the horse around the turn as to make his shoulder fall outwards, and to fail to control the movement of the hind-quarters with your outside leg so that the quarters swing out. Turning a corner too sharply will also result in loss of balance and rhythm.

When changing rein you will have to change the aids. For example, if you are changing rein across the centre of the school, you will have positioned left, turned left and straightened. You must then position right, and turn right. To do so, you will need to change the action of each separate leg and rein aid, which, if you are not careful, could cause the horse to quicken his stride. You can prevent this by using the half-halt before each change of direction, which will also help to improve your horse's balance.

Turning exercises are best performed at the working trot, when impulsion, rhythm, and straightness are the easiest to maintain. At the walk you will have to work harder on most horses to produce smooth bends whilst moving forward with regular energetic strides. Changes of direction at the canter necessitate a change of leading leg each time. You will have to make the transition at the stage through the trot or the walk. **HT**



Below, the correct bend on a circle seen from above. There should be an even curve along the length of the horse's spine.



### FAULTS:

The common mistakes made when turning, as a result of wrongly applied aids, are shown below. If you find that you are unable to maintain an even bend on a turn, return to practising school figures.



Too much inside hand has been used, causing the offside shoulder to escape.



Too much outside hand has been used, causing the nearside shoulder to fall inwards.



Too little outside leg has been used, causing the quarters to fall outwards.

# A Knight in History

## Khaled ibn Al-Waleed

The Sword of Allah (592-642)

By Nada H. Abdelmoniem

We as human beings need to make a significant contribution to the understanding of



any historical events which can occasionally be a casual process to some generations.

History unfolds according to a specific set of rules and its natural progressions are not generally random. In this historical topic,

a great general and Arabian knight is going to be brought forward to the attention of many

who may have never heard about his chronicles. He is Khaled ibn Al-Waleed, one

of the greatest heroes of Islam and one of two generals in history to remain undefeated

in their entire military lives, the other being Genghis Khan. The history of ibn Al-Waleed's

chronicles is extremely rich and extensive it would only be fair to write an actual book

about him. What is about to come is just a quarter of a peek of his records.

### Khaled; the boy, the man, the champion:

**B**orn in 592 to Al-Waleed, the Chief of Bani Makhzum, one of the noblest clans of the Quraysh tribe, and who was also known in Mecca (present day in Saudi Arabia) by the title of Al-Waheed (the Unique), Khaled's upbringing was carried out by his father who did his best to instil into Khaled all the virtues of Arabian manhood such as courage, fighting skills, toughness and generosity. The great tribe of Quraysh that inhabited Mecca staged a clear-cut division of privilege and responsibility among its three leading major clans which were Bani Hashim, Bani Abduddar, and Bani Makhzum. Bani Makhzum was responsible for matters of war and they clan-bred and trained the horses on which Quraysh rode to war; it also made arrangements for the preparation and provisioning of expeditions, and it frequently provided the officers to lead Quraysh groups into battle. This role of Bani Makhzum set the atmosphere in which Khaled was to grow up.

Whilst still a child, Khaled was taught to ride, and as a Makhzumi he had to be a perfect rider acquiring mastery over the art of horsemanship. He would be given young, untrained colts and had to break them and train them into perfectly obedient and well-disciplined war horses. Bani Makhzum were among the best horsemen of Arabia, and Khaled became one of the best horsemen of Bani Makhzum. The horse was used for fighting, and the camel for long marches, in which horses were





tagged along unmounted.

As an excellent rider, Khaled also learnt to use all weapons such as the spear, the lance, the bow and the sword. He learnt to fight on horseback and on foot. While he became skilful in the use of all weapons, the ones for which he appears to have had a natural gift were the lance, used while charging on horseback and the sword for mounted and dismounted duelling. The sword was regarded by the Arabs as the weapon of chivalry, for this brought one nearest to one's adversary; and in sword fighting one's survival depended on strength and skill and not just on keeping at a safe distance from the opponent. Even though Al-Waleed was a wealthy man who nevertheless worked as a butcher and a blacksmith, Khaled did not have to work for a living and could concentrate on learning the skills of riding and fighting. Because of his wealthy background, Khaled grew up to disregard economy and became known for his lavish spending and his generosity to all who appealed to him for help. He was very tall and known to have a well-built body with broad shoulders. He had a beard which appeared full and thick on his face. He was also one of the champion wrestlers of his time. He wore lots of silver jewelry and was also regarded as strikingly handsome. On reaching maturity Khaled's main interest became war which soon reached the proportions of an obsession. His thoughts were thoughts of battle; his ambitions were ambitions of victory. His urges were violent and his entire psychological make-up was military. He would dream of fighting great

battles and winning great victories, himself always being the champion, admired and cheered by all. He promised himself battle, victory, and lots of blood. Unknown to him, destiny had much the same ideas about Khaled, son of Al-Waleed.

#### **Khaled's conversion to Islam:**

For some time a change had been taking place in Khaled's mind. He had never been deeply religious and was not excessively drawn towards the gods of the Ka'abah. He had always kept an open mind. In May 629, Khaled at 37 years of age took his armour, his weapons, and his horse, set out to Medina and went to the house of Prophet Mohamed (PBUH). Khaled entered and made his submission. He was warmly welcomed by the Prophet; his past hostility was forgiven so that he could now start with a clean sheet. Khaled had a brilliant military mind of that time and his entry into Islam would spell victory for Muslim arms in the following decades.

#### **The name; The Sword of Allah, 629 CE:**

Khaled was selected as a commander to fight the Ghassanids. He was able to maintain his army of 3,000 soldiers against the Byzantine Empire and Ghassanids Arabs forces in what would be known as the Battle of Moo'tah. Because of Khaled's brilliant military abilities, the Muslim army survived from what would have been a shameful defeat. Khaled broke 9 swords during combat in the battle and after that he was given the title the Sword of Allah.

Khaled was a luminous general during the enormously successful Muslim conquests of the 7th century. He fought over 100 battles in his campaigns against the numerically superior forces of the Roman Empire, Persian Empire, and their allies, and remained undefeated throughout his career. His greatest strategic achievement was his swift conquest of the Persian Empire and conquest of Roman Syria all within just three years from 633 to 636. He also remained military Governor of Iraq from 632-633 AD and Governor of Qinasreen city in Northern Syria. Khaled's greatest tactical achievement was at the Battle of Walaja, where he was the only other military commander in history, along with Hannibal at Cannae, who successfully used the double envelopment maneuver against a numerically superior army. His most decisive victories were at the battle of Firaz and battle of Yarmouk. He died in 642 and was buried in Homs, Syria. **HT**

#### **Sources:**

*Isiamonline.net*

*The Sword of Allah by Lieutenant-General A.I. Akram*

#### **Cross-reference:**

**Ibn:** son of.

**Ka'abah:** a large cubical building that was inhabited by Idols before the faith of Islam was born. It is currently located in Mecca, Saudi Arabia.

**Medina:** a city located in the western region of Saudi Arabia.

**Hudaybiya:** a plain once near Mecca but which now lies inside the city.

**Ghassanids:** Arab Christians that emigrated in the year 250 from Yemen to the Hauran, in southern Syria.

# The Egyptian National Cup

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Karim Habashi	Inshallah	Ferousia
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Dr. Karim El-Sobky	Attraction	Police Sports Union
Karim Habashi	Paprika	Ferousia

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Ahmed Tolba	Miss Calfaros	Police Sports Union
Adham Kabari	Santinos	Semouha

## Level 4

Rider	Horse	Club
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Suzanna El-Hanafy	Paragraph	Police Sports Union
Karim Safwat	Grand Birth	Police Sports Union



Sameh Hatab



Gen. Ahmed El-Sawaaf



Adham Hamaad



Mohamed Sabry



Karim Habashi

## at the New Show Jumping Stadium



Karim Hamouda



Shady Ashraf



Mohamed Abdelkarim



Hady Gabr



Dr. Karim El Sobky



Mohamed Ziyada

# Making Scents

## Using Aromatherapy with your Horse

By Catherine Bird

I was introduced to aromatherapy about two decades ago. At the time I was working at a natural therapy college and it came across my desk as a correspondence course. My scepticism was high, and I laughed at the thought of an aroma having an effect on anyone. Well, I then attended an evening lecture on the topic and found it more convincing. My first modality as a therapist became aromatherapy and I was soon lecturing at several colleges dispelling the same scepticism I had generated myself.

**A**s a rider I was keen to try my new found knowledge on horses, but my peers were not receptive at that time, so I put the idea aside and focused on working with human clients. Then a visit to a psychic convinced me it was finally time to play with essential oils with horses. This was about fifteen years ago and with the help of my State's mounted police and some local stables at the time, my ideas were tested and I now use essential oils with nearly every horse I am asked to help in my business.



With humans when they inhale the aroma of an essential oil, the scent molecule is registered inside the nasal passages and then messages are registered within the limbic system of the brain. This part of





**One of the most rewarding aspects of using aromatherapy with horses is how quickly they can respond when you are looking at issues that have affected their behaviour**

the brain is the same as in the horse, it holds memories, the survival flight/fight mechanism and a complex trigger for the hypothalamus gland into action and instruct the body's glands to tune up and do their stuff, so we can use essential oils to assist our horses with behavioural and health issues.

One of the most rewarding aspects of using aromatherapy with horses is how quickly they can respond when you are looking at issues that have affected their behaviour. The insecure or the less than confident gelding who holds a traumatic memory from his neutering will often let go of the issue with an offering of Ylang Ylang; the mare who has been pushed too hard to make the grade and become internalised will often open up to the scent of sweet orange as it gives a warm motherly hug with its aroma; or the horse who may be fearful because of harsh treatment may be able to step into their own once they have been assisted to move beyond this memory with Everlasting.

What I find amazing with the use of scent to help our horses, is that it is so simple in its applications. In a session, once I have assessed a horse or given it some physical therapy, I will offer the horse a selection of essential oils, often no more

than six if I have accurately surmised this horse. All I have to do is open each bottle separately, and waft the open bottle under the horse' nostrils about four to six inches away. If I have chosen one of which the horse agrees will assist, he will move closer to me. He may just simply hang his head over the bottle and inhale, or he will do a flehmen to capture more of the scent within his nasal passages. If I have chosen an essential oil he disagrees with, then he may walk away from me or simply turn his head.

If they are primarily essential oils that assist a physical aspect, I may apply a diluted blend to the areas I have identified in a body work session, or allow the horse to taste the essential oil to trigger a biochemical response in his body. Care does have to be taken if you are competing at FEI levels where you may be tested for drug use as some essential oils do contain constituents that will test positive. Some associations list eucalyptus and peppermint as prohibited. Also, any essential oil with a high camphor content such as rosemary should be used with care. As a general guide, most essential oils will be metabolised out of the horse's body system via the urinary tract within a week. However, it would be wise to check with a trained aroma



therapist as heavier resin based oils may take longer than this.

One important aspect of using essential oils with your horse is to have fun with it. It will help you open up to other areas of communication with your horse and a way to find a connection that may be currently alluding you.

These are potent tools and you do not need to apply directly to the skin to have an effect and if you apply undiluted they may hurt his skin, the power of the scent takes nanoseconds to have a response, so no need to apply to bridles or halters. This can have a reverse effect as your horse's sense of smell does not fatigue like yours does, so he is stuck with that scent all day and it could become very irritating quite quickly.

Essential oils are not to replace your veterinarian or trainer; they are simply a tool to assist you as a rider with your horse. **HT**

*Catherine Bird is an Australian based aroma therapist, medical herbalist, and massage therapist who specialises in helping animals. She is the author of A Healthy Horse the Natural Way (New Holland Press).  
[www.happyhorses.com.au](http://www.happyhorses.com.au)*



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## Catherine Bird

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# Welcome to CHF 2007



Nov,02-04



The first China International horse Industry & Equestrianism Exhibition will be held from November 2 to November 4 in Shanghai East Asia Exhibition Hall. Welcome all the exhibitors and visitors who are interested in attending.

2007 CHF is the first professional horse fair under the background of the rapid growth of China's economy and China horse industry. It has entered into a period of quick development. There has appeared hundreds of thousands of equestrian clubs, and many racecourses are under construction. Nowadays, more and more Chinese have showed great interests in horses. The potential horse industry market is huge!

China and Egypt are two of the four ancient civilizations, both have thousands years of culture. It is the integrating of ancient and modern civilization.

With the economic globalization and the rapid growth of China's economy, China horse industry will meet an unprecedented opportunity for its development.

Horse racing and sports are popular in China. It provides an infinite opportunity for trading and investing.

The horse-racing in 2008 Beijing Olympic Games will lead to the quick development of China's horse sport, and also will offer a precious opportunity for China horse industry.



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2007 China International Horse Industry & Equestrianism Exhibition

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November 2-4, 2007

地点 / Venue:

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Shanghai East Asia  
Exhibition Hall, China

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参观券

INVITATION



# 2007 CHINA INTERNATIONAL HORSE INDUSTRY & EQUESTRIANISM EXHIBITION



马术  
Equestrian

## Meet in **China** Success in **CHF 2007**

**Date: November 2nd-4th, 2007**

**Venue: East Asia Exhibition Hall,  
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# NEWS Ticker

By Ina El Kobbia  
Germany



*Horses & Dreams festival 2007 in Hagen with Marcus Ehning.*

*Photo by: J. Beck*

## Looking Ahead to the Olympics:

This year's International Riders Festival Horses & Dreams (27th April - 1st May 2007) at Kasselmans in Hagen, Germany, carried the motto Horses & Dreams meets China. The Festival was officially opened by the host Ullrich Kasselmann and the Chinese Ambassador to Germany H.E. Ma Canrong on the 27th of April 2007. With spectacular horse shows and presentations from the world famous Chinese Circus, the Festival attracted more than 50,000 visitors. Along with the German Dressage Championships for Professionals and the Nations' Cup in Jumping for the young riders, the Grand Prix Jumping for the best young talents was one of the true highlights; German female rider Anna Kamps won the Jumping Competition in a challenging course with a height of 1.45 m. The only Egyptian participant, young talent Abdul Said, member of the Team Harmony of Princess Haya bint Al Hussein, managed an honourable 5th place. One of the wonderful experiences at Kasselmans is that you can still watch the top riders training in a more family like atmosphere during the warm-up; watching Germany's grand stylist and exceptional rider Marcus Ehning is a most cherishing moment. Like hardly anyone else, Marcus exemplifies perfect elegance and harmony between horse & rider; you never notice any rough behaviour from the rider towards his horse. At the Festival in Hagen he won the Grand Prix of Hagen on his horse 'Sandro Boy'. Next year's Horses & Dreams Festival will carry the motto: Horses & Dreams meets America.

*Young Egyptian Jumping talent, Abdul Said, successfully competing in Hagen.*

*Photo by: J. Beck*





## Tradition since 1920

The Hamburg Jumping Derby took place from the 17th until the 20th of May. Since 1920 the world's longest course (1230 meters!) has remained unchanged, with the same natural barriers and obstacles. It was Edvard Pulvermann who established the original course, consisting of 17 obstacles. The most challenging being the three meter natural barrier, the so called 'Holstein Height,' followed by a 1.60m high plank! The first two clear rounds at the finals were to the British rider Richard Robinson on 'Olli Pop' and the Swedish female rider Linda Heed, followed by the three German riders Thomas Kleis, Alois Pollmann-Schweckhorst and Andreas Thieme. The decision came after the jump off, determining German Andreas Thieme and his wonderful 11 year old horse 'Nacorde' as the winners of the Hamburg Jumping Derby 2007.



Two of the world's best at the warm-up in Hagen; Jessica Kuersten and Ludger Beerbaum.

Photo by: J. Beck



A nice gathering after work in Kasselmann's garden. From left: Ullrich Kasselmann, Laura Lusche, her parents Marianne & Harald Lusche (Lufthansa Cargo Manager in Cairo) and Francois Kasselmann, son of Ullrich Kasselmann.

## New Horse Academy near Berlin

The Andrea Kutsch Academy is a private educational institution in equine communication science. The Academy is supported by German and foreign universities. The three year programme is practice oriented and is based on modern ethological and scientific methods, which ban any form of violence. Andrea Kutsch, who runs the Academy, was herself the first German student of the internationally renowned horse trainer & horse communicator, American Monty Roberts.

New Equestrian Academy opened near Berlin; Andrea Kutsch together with her former teacher, the world famous horse communicator, Monty Roberts.



## Summer Traineeship from Cairo Ferousia Club to Hagen at Kasselmanns

Laura Lusche, pupil at the German School in Cairo (Dokki) and daughter of Harald Lusche, German Lufthansa Cargo Manager based in Cairo, completed a two week summer traineeship in June at the equestrian premises of Kasselmann in Hagen. When Laura, her mother Marianne and I reached the premises, Laura's first comment was: "It is a very big place, much bigger than the Ferousia Club." Her eyes were telling us: "Will I ever be able to manage it here!" Two weeks later I met a very relaxed Laura. I asked her, if she still thinks that the premises are so big. "Yes", she answered, "but I have got an overview now". Laura took me around the yard and explained to me: "At first I started my traineeship at the dressage stable then quickly moved to the jumping stable, which is my favourite at the moment, since I have started training with Khaled Assem at the Ferousia Club and entered several jumping competitions in Egypt". She continued: "I learned a lot during my traineeship, above all how much work and passion it takes to run a professional stable like this. Of course I particularly enjoyed riding here and the training lessons I had with Dutch trainer Arno Neessen. It is a beautiful place and I am already looking forward to writing the report about my stay here for school!"



## CHIO Aachen 2007

One year after the World Equestrian Games in 2006, Aachen sparked again in July 2007 with the world famous CHIO Aachen; the "Wimbledon of equestrian sport", as many enthusiasts call the annual international festival CHIO Aachen. Legendary horseman Hans Guenter Winkler once said: "You have to have won in Aachen to be somebody in equestrian sport!"



*Still the world's best Isabell Werth & Satchmo topped last year's results at the World Equestrian Games at this year's CHIO Aachen.*

*Photo by: Eva-K. Schubert*

As a four time Olympic winner, four time World champion, eleven time European champion, and six time National champion, the charismatic German female dressage rider Isabell Werth is the world's best! Together with her beloved horse 'Satchmo' she presented her new breathtaking freestyle to music kur in Aachen. Both horse and rider showed the highest possible level of artistic performance in this beautiful discipline; additionally the classical music captured the hearts of everybody watching and listening. At the end of the performance the audience couldn't but stand up with endless cheers for this most outstanding couple, Isabell Werth & Satchmo, the exceptional winners of the Grand Prix Freestyle of Aachen 2007.

The Nations' Cup in Jumping was the hottest topic at CHIO Aachen. Many still had the World Equestrian Games 2006 in mind, when German talent Marcus Ehning and his mare 'Noltes-Kuechengirl' jumped into the wall-fence during their performance on the course. This made the earlier dream about a team gold medal in jumping for Germany at the World Equestrian Games in Aachen impossible. When the Nations Cup in Jumping started



*Marcus Ehning at CHIO Aachen 2007; the greatest example of true horsemanship.*

*Photo by: J. Beck*

this time, all eyes were on the first rider, Marcus Ehning and 'Kuechengirl' (still a mare of just 9 years). This time the couple showed its usual strength and proved it is back on track. Ehning and his mare presented a nice, confident ride with no mistakes through an extremely challenging course, built by renowned course designer Frank Rothenberger. The other members of the German team Christian Ahlmann on 'Coester', Meredith Michaels-Beerbaum on her Hanoverian 'Shutterfly' and Ludger Beerbaum on 'Goldfever' remained all clear in the first round; equally, the Swiss team with the world's current no.1, Marcus Fuchs, stood clear after the first round. However in the second round the Swiss team collected several mistakes, whereas the German team finished with only one mistake, making it a clear and jubilant outcome for the German jumping team, winning the Nations Cup in a phenomenal way. Marcus Ehning could also have won the prize of the Dubai Equestrian Club in Aachen. But when it came to the extra discipline of changing horses, his young stallion 'For Germany' refused all other riders, which meant, as a consequence, that each of the other riders had to take a penalty of 24 mistakes. Marcus Ehning who had the lead at first with just four penalty points, voluntarily retired from his round without even participating in the jump off. "I felt I had to fairly balance things out", he commented later on. "I didn't want to win, just because my horse disobeyed the other riders; that wouldn't have been a nice win", he said. Thus Marcus Ehning showed true horsemanship, which made him the most amiable sportsman in Aachen. At the end the prize was to the World champion of last year, Jos Lansink, Marcus Ehning took third place!

From the point of view of an audience member, I would like to conclude my report about this year's CHIO Aachen, by noting that the wonderful dressage rider Isabell Werth & her horse Satchmo, made history in Aachen by their most outstanding freestyle to music kur. Marcus Ehning will be remembered, as the exceptional jumping rider that he is, by his true horsemanship and particular compassion for his horses. Ambitious Frank Rothenberger, the renowned course designer, will be remembered by setting extremely difficult jumping courses; in my view a little less spectacular jumping courses by Rothenberger would have served the standing of elite equestrian sport just as well, in light of what particularly the horses had to go through! However, CHIO Aachen remains what it is, one of the world's most recognised international equestrian events that can change the life of all, horse, rider or visitor alike!

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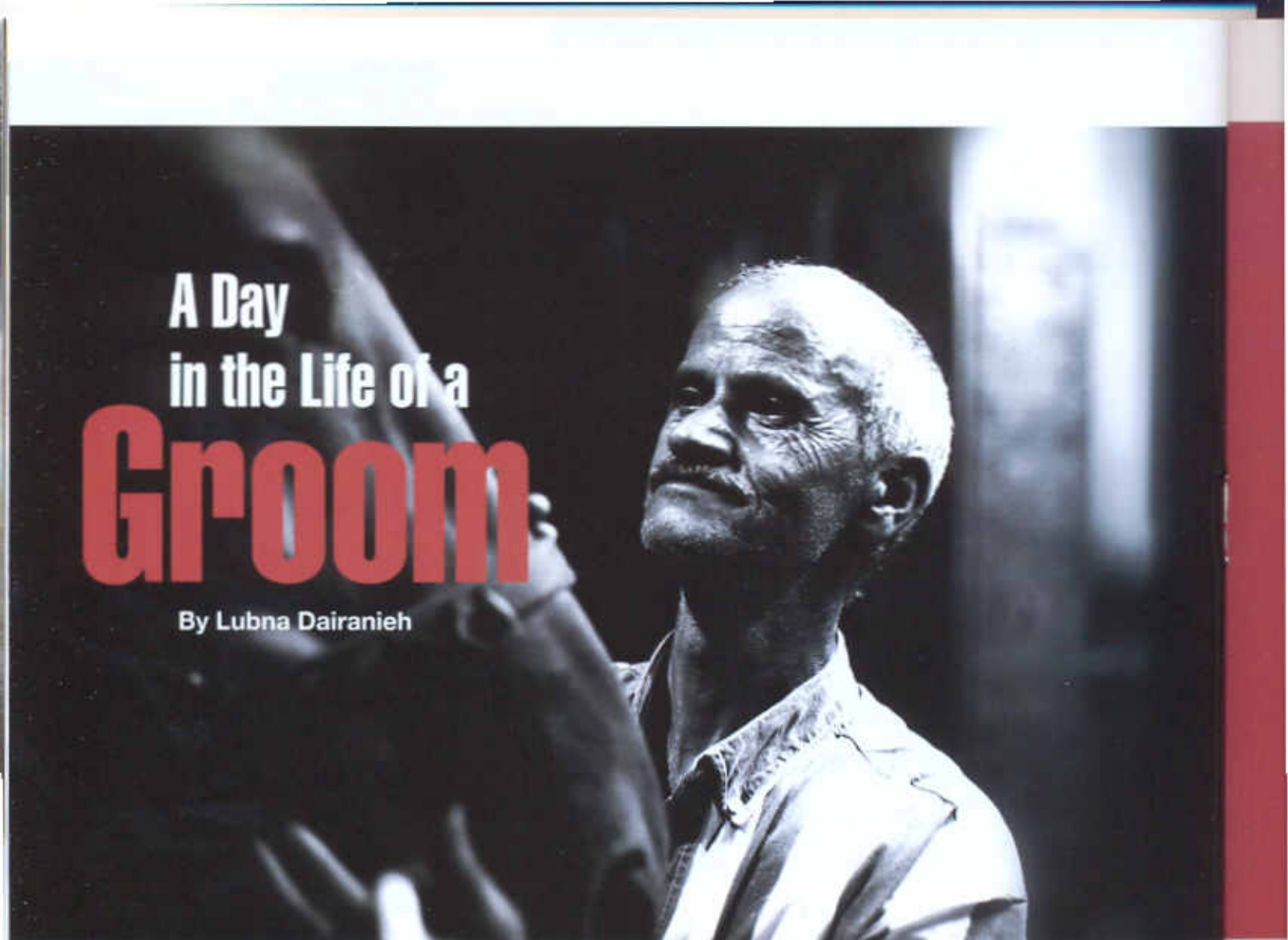
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# A Day in the Life of a Groom

By Lubna Dairanieh

*A Horse Groom is the person who looks after the horse...simply said.*

But really the horse groom is more like the "unknown soldier". The rider finds his horse ready in the evening for a ride, trot or run, but there is a lengthy process to keeping the horse happy and healthy. I interviewed Farghal, a groom who works at the Ferousia club in Gezira, Zamalek. Surprisingly Farghal is not a heavy-built man! I thought he'd need to have some physical strength to manage the horse, but through the course of the interview I learned that the groom must have *some sort of strength which does not necessarily have to be physical.*

**W**ith his coarse voice, product of years of smoking, Farghal told me the story of his life as a groom. He's been a groom for 35 years, starting at the young age of 21. I asked Farghal why he chose to work as a groom and he answered: "coming from the country side to a big city, I felt very nostalgic. I started out by working in the cafeteria of the Ferousia club, then I worked in gardening, also at the club...but I always had my eye on working with the beast...I felt it's the closest feeling to being back home with my family in the country side. I talked to the head of the club many times, until he finally agreed that I work with horses." What is a day in the life of a groom I later asked: "my day as a groom starts as early as 6:30 in the morning. The first thing I do is check on the horses; I do that even before changing into my uniform. Not all grooms do that of course only those who really love their horses and know them well. I call my horses, look into their eyes, rub my hand around their head and body and I know what to expect from each one differently, if I don't get what I normally expect as a



*Farghal...35 years of grooming has created an unbreakable bond between him and horses. He just couldn't think of anything else he would rather do.*



**One of the things I love is that when my horses hear my voice without seeing me, they kick the door of their box to call me**

reaction from them, then I know that something is wrong and I immediately check their temperature and other measurements follow. If everything is ok then I change and start off by cleaning the boxes of the five horses I'm looking after, and I feed those who must be fed at the early hours of the morning. I then head to breakfast with my colleagues. After breakfast it's cleaning the beast himself! I first use a dandy brush to wipe the dust off the horse. Then to further clean and also throw in a massage to his worked-up muscles I use the rubber curry which is a flea deferrer as well! Now that I've looked after the body, I check his hooves, clean, pick and brush them. The final process for his 'pedicure' is a layer of tar on the inside and one of grease on the outside."

I listened to Farghal speak with utmost enthusiasm about his job, thinking of the amount of detail it includes. Farghal told me that once he's done with cleaning the horse he cleans the riding gear and that takes him up to his lunch hours which are a stretch from 12 noon to 3 in the afternoon. During that time the groom stays in the stables lurching,

praying and napping close to his horses in case they need anything while he's on break. Interrupting him from the chronological order of his day I asked him what is so special about his job? "I just love how loyal this animal is. If you are good to him, he's good back. One of the things I love is that when my horses hear my voice without seeing me, they kick the door of their box to call me. One of my horses doesn't need to hear me to rant in demand of me, she senses my presence."

It's a powerful bond I thought, we tend to think of the one between the rider and the horse and neglect that between the groom and his horses. Farghal then continued: "afternoon time is when I work the energetic horses to cool them off and prepare them for a simple trot with their riders. I wash them afterwards and return them to their box and that takes up to six o'clock in the evening, and it's also the time when the trainers and riders flock to the club...it's the time of the action in other words. I tack the horse up with the saddle (gag or gog, depending on the need of the horse) leg bands and walk him to his training. Once that's over I take the

horse back, walk him to cool off and then I give him a goodnight's bathe and air-dry him for freshness. Once he's back in the box I massage his back, the area that was under that saddle to break off dry sweat and to loosen the muscles. And then I attend to each horse's specific need; some need to have their legs rubbed with muscle relief ointments for example. I wrap up my day by cleaning the saddles and then head home to my family at around 11:30pm."

What a long day I exclaimed! But Farghal then explained to me that he doesn't feel that the day is long. He loves his job. I asked Farghal at the end of my interview if he plans to carry on doing this job in the future and not surprisingly, he told me that he wouldn't want to ever not work with horses. He further explained that it's his field and domain, 35 years of it enabled him to know so much about horses, how to treat them, tame them and keep them happy, and a one way relationship it is not, because they give lots of love back.

**HT**

# ADIHEX 2007

To Be 25% Larger than 2006

The Abu Dhabi Hunting and Equestrian Exhibition (ADIHEX), held under the patronage of HH Sheikh Hamdan bin Zayed Al Nahyan from the 24th until the 27th of October 2007 at the Abu Dhabi National Exhibition Centre, is expected to be 25% larger than last year's event. The exhibition, which is owned by the Emirates Falconer's Club and organised by Turret Middle East is held in association with the Abu Dhabi Authority for Culture and Heritage.

Since its launch ADIHEX has become one of the most popular exhibitions in Abu Dhabi because it safeguards the traditional values of the Emirates. These values are reflected in the activities that dominated life in this region; Horsemanship, falconry, hunting, fishing, and the arts and crafts that revolved around them. Some of the highlights of the exhibition include auctions for camels and horses, an art competition and a saluki beauty contest.

"Thanks to the Patronage of HH Sheikh Hamdan bin Zayed Al Nahyan and the tireless efforts and enthusiasm of the Emirates Falconer's Club, ADIHEX has shown consistent growth since inception. This year, the event is set to attract more regional and international visitors interested in the culture and heritage of Abu Dhabi, as well as the variety of activities and outdoor sports that the Emirate has to offer. Among the attractions featured this year are special areas for equestrian activities; hunting, falconry, water sports and safaris" said Abdulla Buti Al Qubaisi, Head of Exhibitions Department, Abu Dhabi Authority for Culture and Heritage, and a board member of the Emirates Falconer's Club.

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In its fourth year, ADIHEX will be held at the new iconic Abu Dhabi National Exhibition Centre, and in addition to the camel and horse auctions, saluki beauty contests, art competition, and traditional hunting activities, the exhibition will feature a wide range of the leisure activities available in Abu Dhabi, along with the organisations that host and support them.

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# Jumping a Novice Grid



By introducing different combinations of fences set at specific distances, you can tailor an exercise to match your abilities and develop particular areas of your horse's jumping. Start with warm-up exercises, introducing your horse to each element of a simple grid before jumping it as a whole. When you have mastered this exercise, you can try bigger fences and more demanding grids to develop your own and your horse's skills further.

## Warming up:

Be realistic about the demands you set for yourself and your horse. Too many horses have been frightened by difficult grids, so aim to increase the level of difficulty gradually.

For example, novice horses will benefit from being introduced to different fence fillers, but you should never suddenly introduce a new filler at the end of a training session, and especially not at the end of a grid. This is because your horse's attention will be drawn to the filler, and he may make mistakes as he jumps the fences before it. Instead, introduce a filler under a single fence at the beginning of the exercise, and use it as part of your warm-up so that the horse has the chance to become used to it.

In the grid below, the last fence incorporates two roll-up fillers (4). For your warm-up, use a placing plank 2.7 m (9 ft) away from a small fence and use the roll-up as wings. Jump the fence a few times, approaching in trot, until the horse is settled. Then move the roll-tops under the fence to become fillers. Then

you can build up the grid fence by fence, and practice each phase until you are ready to jump it as a whole.

## Building up the Grid:

The aim is to keep a good balance and an even rein contact throughout. Start by riding over placing planks in walk then trot, to help achieve an even stride. Add a cross pole fence (1) to the exercise and land in canter. Next add a vertical (2) at a distance of one stride. Finally, set up an oxer two strides away from the vertical. This distance allows you time to adjust your horse's speed and direction (3) in order to achieve the right take-off point for jumping the oxer (4). Two strides after the oxer, lay out two poles in a funnel shape and a canter plank (5). Those will help keep your horse focused and maintaining an even pace, even after the last fence. Once your horse can jump the grid with ease, and you can ride without rein contact and with a consistent balance, try raising the height of the fences. **HT**



### Jumping the Oxer:

If you have started the grid well and maintained a good even canter stride, you will take off at the right point over the oxer. Land in canter and keep your horse focused on the end of the grid. Only add the back pole on the oxer when you feel that your horse is jumping confidently.



### Jumping the Grid: (below)

Once your horse is jumping each individual fence with confidence, you are ready to jump the complete grid. Concentrate on maintaining an even canter stride and adjust your horse's speed and direction when necessary.



### Aerial Overview



## Grids for all Levels

Oxers are useful because they encourage a horse to make the highest point of his jump over the middle of the fence, which produces good technique. Variations on the two-oxer grid (see below) will help any level of horse. Start with small fences and easy distances. Take note of your horse's take-off and landing points and

analyse his technique. Your first aim is to achieve a symmetrical jump. Then you can develop athleticism with shorter distances and bigger fences. The width of each oxer can be increased by 10 cm (4 in) at a time to a maximum of 1.5 m (5 ft).

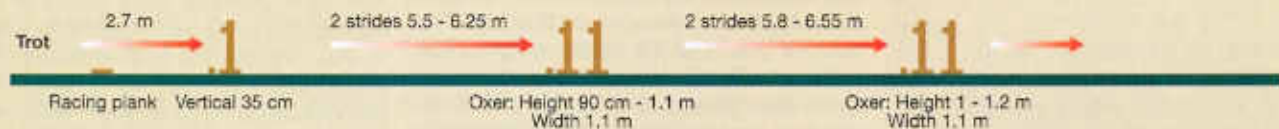
### Two-oxer grid:

This grid has a vertical, followed by two oxers, which are set up with two strides between them. Once your horse is jumping this well, a more advanced grid can be created by lengthening the distance between the two oxers by 30-90 cm (1-3 ft).



### Reducing the distance:

Reduce the distance to the first oxer to once stride and gradually increase the size of oxers. Do this by moving the front pole forwards so that the mid-point stays the same. This will increase the angle of ascent to take-off and develop your horse's athleticism.





# Part 2 Horse Maintenance

By Dr. Mohamed Elsherbini

## Health:

Keeping the horse healthy is very important for the sport. It is not a single person's duty, but it starts from the breeder to the owner, groom, vet, rider and to the coach who plays a role as well. The place where the horse is kept should be healthy and the food should be balanced and related to the physical effort (discussed before) while the exercise should be regular but not strenuous. There should be early detection and treatment of diseases, emergencies and injuries. Preventive measures like vaccination, regular visits from a dental specialist and de-worming are important to keep the horse healthy for the sport.

**Colic:** There are different types of colic but they are all extremely painful and may lead to a twisted gut. Colic often causes death, but if it is detected early by the groom or by the horseman, the horse should then be successfully treated. Colic could also be prevented by proper feeding, scheduled regular exercise, and correct handling of the horse. Types of colic include: day-off colic, water colic,

Discipline	Strength	Speed	Spring	Suppleness	Stamina
Dressage	25 %	5 %	30 %	30 %	10 %
Show Jumping	25 %	10 %	35 %	25 %	5 %
Cross Country	10 %	20 %	10 %	20 %	40 %

Discipline	Anaerobic	Aerobic
Show Jumping	70 %	30 %
Dressage	60 %	40 %
Cross Country	40 %	60 %

nervous colic, wind-sucking colic, and sand colic. Always remember that a horse has a relatively very small stomach; it is nearly as small as that of a sheep holding about 15 liters!!

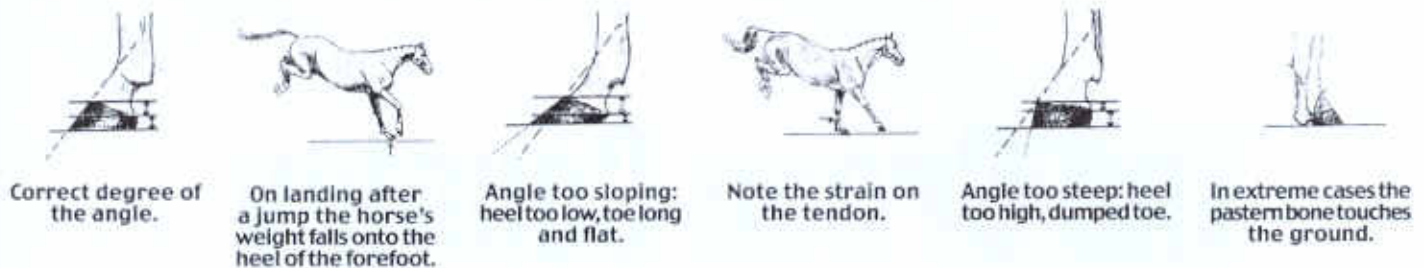
## Lameness:

In a show with no vet around or is busy with another horse, it is the coach's decision not to let the horse compete due to illness. That is why the coach should know enough about lameness and other medical emergencies. Three important questions arise in a case of lameness:

- Which leg is lame? (Location)
- Which part of the leg? (Site)
- What caused the lameness? (Cause)

If the horse is lame in front, the chances are that the cause is in the foot. Whereas if it is a behind lame, one can bet it is in the hock. Always think and start from bottom and work up from foot to shoulder or hip. Remember that practice makes perfect. Causes of lameness in sport horses vary from bad shoeing up to fractures. Causes like swollen joints, navicular disease, ringbone and spavins

## Good shoeing will save the tendons of the horse. (Fig. 1)



## Correct shoeing is vital to the horse. (Fig. 2)



are mostly due to irregular work, too much training, extra stress by extra weight or sharp unbalanced turns. Tendon trouble can be due to too much jumping or excess speed, as well as external injury. To prevent navicular disease (common in show jumping horses) there should be correct shoeing and correct riding of turns. Very sharp turns at high speed should be ridden with the outside rein and inside leg. Always remember that prevention is better than treatment.

### Fitness:

The horse should be physically and mentally fit enough to perform without getting tired in order to get the best out of him. Each equestrian activity demands different preparations of strength, speed, spring, suppleness and stamina which therefore may require different training. Understanding how to train to achieve specific goals is the back bone of any fitness programme, and for this it is necessary to be aware of the difference between aerobic training (muscle use with oxygen) and anaerobic training (muscle use without oxygen)

Anaerobic activity is the strenuous exercise that requires muscles to work without the use of oxygen for short periods of time producing lactic acid which has its impact on the muscles, joints and internal systems of the horse. It takes place in show jumping at almost every fence, and in dressage during canter pirouettes, extensions and piaffe.

Mental fitness is also very important for the best performance of the horse. Horses are not motivated by gold medals or glory, and it is difficult for them to understand why another circuit of the gallops is required. Therefore it is vital to avoid oversteering the horse. Keep the horse

happy by varying his work; but always finish with him willing and able to do little more by working in company, and by being quick to give extra rest days if needed. The horse needs to be set free sometimes and the most significant factor for your horse's enjoyment is ensuring that he is comfortable doing work and using his back well (relaxed). Keeping your horse fit and happy without stress and without spoiling him is the key for a successful sport.

### Shoeing:

"No foot...no horse". You might also want to add, "And no farrier, no foot". A farrier is a skilled craftsman who needs to visit the horse every 6 weeks or so to replace shoes or just to keep the feet trimmed and in good condition. Having little height or width in the heel is a serious defect as this will expose the navicular area and the wings of the pedal bone to serious harm. The front feet should be at an angle of about 55 degrees on the ground, whilst the hindfeet should be at a lesser angle of 45 degrees. The pastern should be at the same angle as the foot. It is extremely important that the sport horse is properly shod. If a show jumper is badly shod, this will increase the stress on his tendons and might damage the joints. (See fig. 1)

If the horse has not been shod for sometime, the bars of the shoes may get embedded into the heel of the hoof, consequently disturbing his steps. The pressure on the heels is maximised on landing so it is important to leave the heels high enough to act as a shock absorber. Wider shoe webs prevent the shoes from pressing into the bearing surface of the hoof wall.

Hot shoeing is better than cold because

one can make the shoe fit the hoof and not the hoof fit the shoe. When shoeing cold it is most difficult to make the hoof and the shoe meet all around. With a new shoe the nail heads still fit into their grooves, but when altering the shoe or re-shoeing, the grooves might have gotten too narrow and the nail heads will no longer fit properly into their grooves. This may lead to the loss of the shoe at times making it break part of the hoof. Correct shoeing is vital to the horse. (See fig. 2)

Clenches are to be turned down and hammered against the wall into a shallow bed under the bend of the nail. This way is much better than making the usual mistake of rasping the extra nail which will weaken the clenches.

Clips should be large enough to support the shoe from slipping.

Studs are used to give a better grip to the shoe. There are different types of studs: blank for the inside of the hoof, sharp for the outside, studs for hard going, and studs for road work. In general, 2 studs per shoe should be used and the foot should be horizontal all the time. In order to avoid injuries, studs should be taken out immediately after jumping and before the horse is loaded or put back into the stable.

On hard and rocky grounds, some horses wear a shock-absorbing-sole between the shoe and the hoof: "the speed flex hoof".

Care should be taken to observe shoe problems such as neglected correction of hoof deformities, dumped toes, club foot, hard and brittle feet, rotted frog or thrush, as well as slow hoof growth. Remember again: "no foot...no horse".

**HT**

# The Green Country

## Equestrian Centre

By Sinan Nashashibi  
*Jordan*

**T**he Green Country Equestrian Centre is situated in the heart of the Jordanian country side while only being a 15 minute drive from the capital Amman. The centre was established in 1998 by the media entrepreneur Mr. Adnan Awamiah payable to his love for the sport as well as to support his youngest daughter Muna with her riding career. The centre includes 3 main arenas, a club house, seating stands, 3 separate stalls, 7 paddocks, play areas, parking areas, gardens and staff accommodation. The centre is active in endurance and breeding while the main spot light is on show jumping.



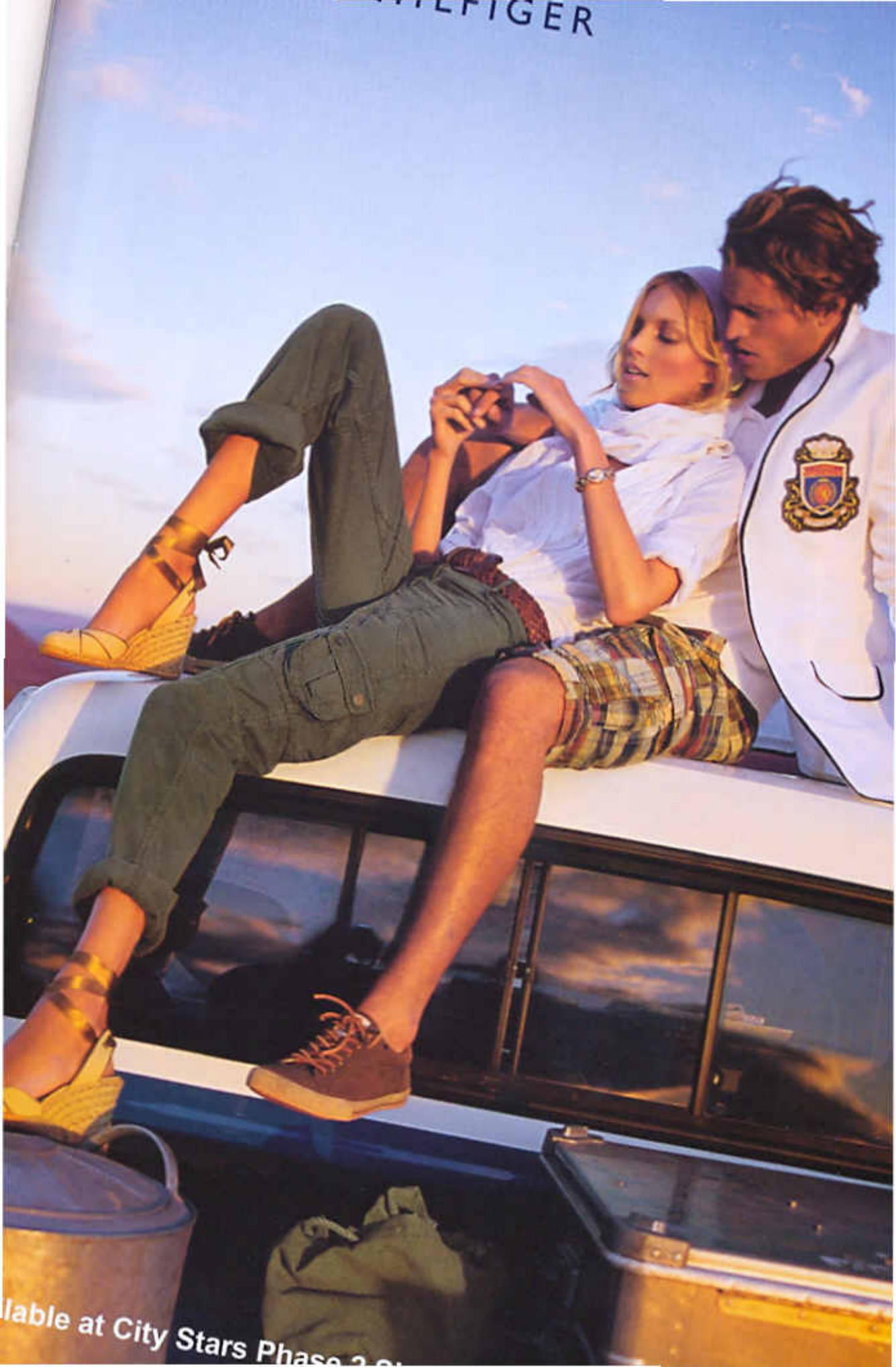
The centre organises major show jumping events all year round; in 2005, both the National Jordanian Championship final and the opening round of the 2006 season took place at the centre grounds with starting lists that included local riders and participation from Dutch, Lebanese, Iraqi and Egyptian riders all based in Jordan.

The 2007 calendar is full with events, training clinics, seminars and the prospect of hosting an international show. With continuous collaboration with the Royal Jordanian Equestrian Federation, the centre is prepared to expand the base of show jumping in Jordan in order to provide the National team with young talents.

The centre offers both private and group riding lessons as well as livery for all levels in show jumping, endurance, Arabian horses and vaulting. **HT**



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