



Headlines

Issue no. 33



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SPORT BOOTS

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ADVANCED RIDING EXPERIENCE*



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2, Bahgat Ali Street, Zamalek, Cairo - Egypt
Tel & Fax: +2 02 27356939 +2 02 27354348
post@equicarecompany.com



FAMILY

Chairman

Khaled Assem

Managing Editor

Menna Loutfy

Assistant Managing Editor

Nermin Marwan

Art Director

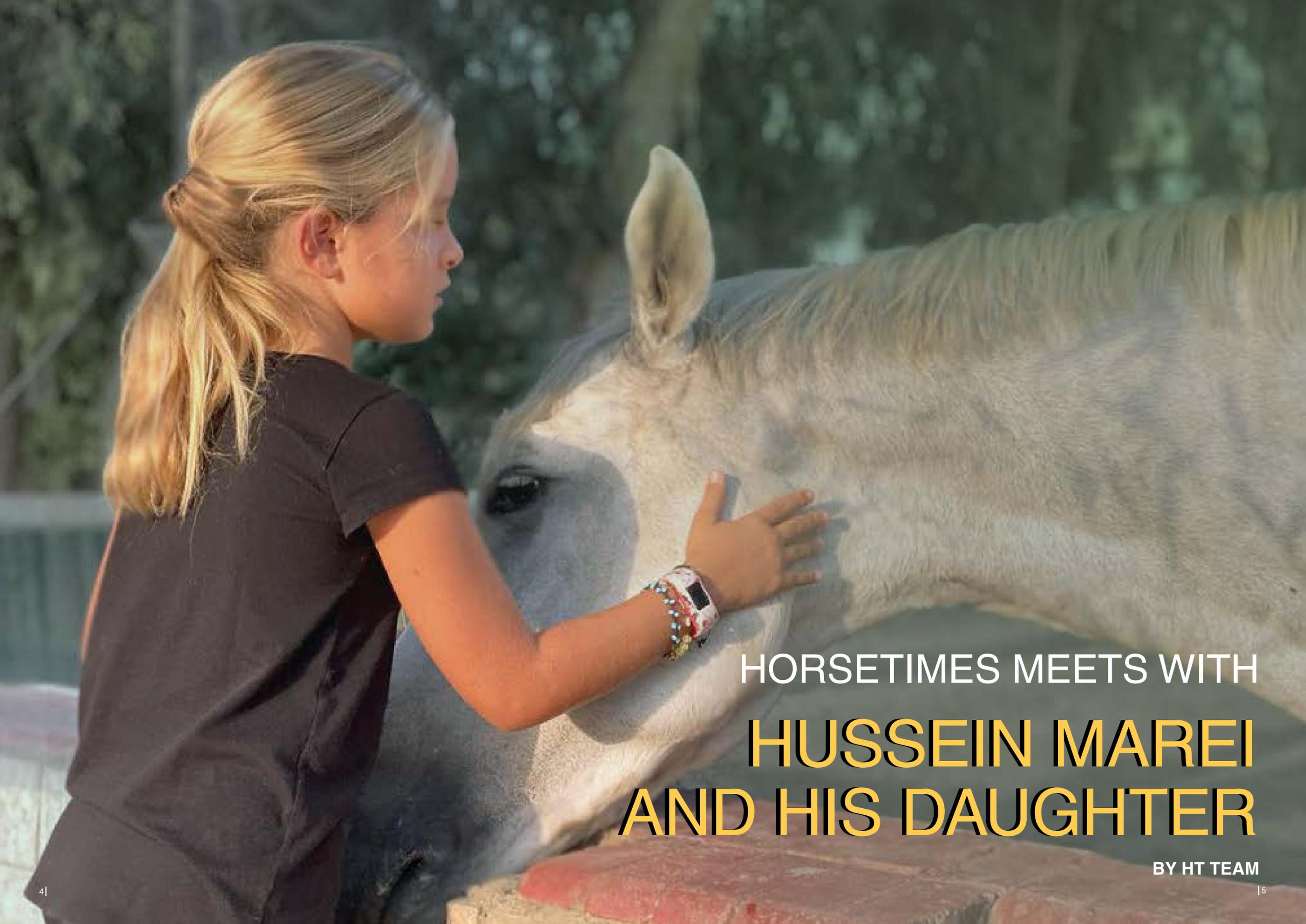
Salonaz Sakr

Design and Layout

Omneya Mohamed

Cover

Mohamed Hamdy



HORSETIMES MEETS WITH
**HUSSEIN MAREI
AND HIS DAUGHTER**

BY HT TEAM

ONE MUST ALWAYS WONDER ABOUT THE JOURNEY OF BRINGING UP AN EQUESTRIAN CHAMPION; HIS LIFESTYLE AND THE ROLE OF HIS FAMILY IN SUCH SUCCESS. HORSE TIMES MAGAZINE HAS DECIDED TO WORK ON A SERIES OF INTERVIEWS THAT EXPLORE THE VALUE OF HORSEMANSHIP, ITS CARE, ITS CONTENT, AND HOW DOES THAT INSPIRE A YOUNG RIDER. AS WELL AS HOW FAMILY BONDS CAN LEAD TO FURTHER SUCCESS THAT SHAPES UP A CHAMPION IN THE EQUESTRIAN WORLD.

Our first meeting was with an Egyptian family; Hussein Marei a father of 3. Hussein has horse-riding background and he decided to follow upon his daughter's horse riding dream.

TELL US A BIT ABOUT YOURSELF.

I am Hussein Marei, Evine's Father I am 42 and I am a Lawyer by profession, I studied Law in Egypt then I did my Masters in Chicago, USA. From a young age I practiced sports and it was encouraged by my parents who also played sports.

DO YOU HAVE RIDERS IN YOUR FAMILY?

I was a rider myself, and my grandfather was also a rider. My Father's Cousin "Nasr Marei"; owner of Al Badia stables for Arabian horses, so we were always around horses.

WHY IS HORSE RIDING THE SPORT YOU CHOSE FOR YOUR DAUGHTER?

She actually chose it without any influence from my side! she always had a passion for horses and wanted to be around them, so it was all her, I definitely encouraged such passion because this sport teaches you responsibility from a very young age as well as courage and most of all it is lots of fun.

WHICH IS MORE IMPORTANT TO YOU, HER EDUCATION OR ATHLETIC LIFE?

I don't think we need to make a choice nowadays, given the evolution of sports in many schools. An athlete no longer needs to make such a choice as

they can pursue their passion and get a top notch education at the same time.

TELL US ABOUT HER SIBLINGS.

Evine has 2 siblings, a 12-year-old brother who plays Tennis and a 2 years old sister who follows her around all the time and seems to want to ride horses like her.

WHAT'S HER DAILY ROUTINE?

Evine wakes up early at around 6:30, she goes to school and then she returns home to study. Afterwards, she gets ready for her horse-riding session by sorting out her clothes and gear. She never forgets to prepare a treat for the horse! After she takes the horse for a stroll, she rides the horse and then showers him and makes sure he is all set for the night in his box.

WHERE DO YOU SEE EVINE 10 YEARS FROM NOW?

I hope Evine follows her passion and as parents we are prepared to do what we can to help her follow her dreams. Evine has grand plans for horse riding that include the Olympics, so we will follow her passion wherever it takes her even if they sound hard to reach.



DID YOU HAVE THAT MOMENT, THAT YOU SAID TO YOURSELF “WHY HORSE RIDING”, IT WOULD BE BETTER IF SHE JOINED ANY OTHER SPORT?

Well I never questioned it! I have always loved horse riding since I was young, and I know the benefits that come with it. Maybe her mother who was never involved with horse riding had some doubts. But now after seeing her develop in the sport and as a person, she became very happy with what Evine’s doing.

WOULD YOU CONSIDER TAKING UP THIS EQUESTRIAN SPORT AS A CAREER FOR EVINE?

If this is what she wants and her passion leads her to, then I will support her. There is nothing better than working in the field you love.

HOW DOES THIS SPORT AFFECT HER BEHAVIOR GENERALLY?

Since she started, she really matured and became more responsible, working with an animal teaches you so much about caring for other things than yourself and made her more compassionate in general. And I think because of the nature of the sport she also became much more courageous. Horse riding is much more than a sport; it’s a way of life and we’ve overseen the changes very clearly on her since she started.

WHAT IS THE ADVICE YOU OFTEN SAY TO HER?

I always tell her, follow your passion and never give up. You will face difficult times but if you do what you love and persevere you will succeed in whatever you do.

TELL US ABOUT A HAPPY MOMENT YOU SPENT WITH EVINE, RELATED TO RIDING.

This is an easy one, the day we bought her first horse, “Athena”. It was a surprise and when she found out, the look on her face and her reaction was priceless.

WHAT ADVICE CAN YOU GIVE TO PARENTS WHO DO NOT CONSIDER SPORTS FOR THEIR CHILDREN?

I would tell those parents that the development of any child depends on many things, such as education, home environment and sports. If a sport is not included in their daily routine, the child misses on so much potential. I mean they don’t need to become champions as most of us want, but having that in your life teaches you so much and develops you mentally and physically to become a much more rounded person.





Young Evine Marei is a 9-year old girl, who fell in love with riding and horses. She has great potential and we expect a brilliant future for her in riding.

TELL ME ABOUT YOURSELF.

My name is Evine Marei, I am 9 years old, and I go to Lycee Francais du Caire

DOES HORSE RIDING AFFECT YOUR EDUCATION?

Not at all, on the contrary, it helps me in my education as it helps me set goals and be responsible.

WHAT IS YOUR GREATEST MOTIVATION?

My greatest motivation is that I want to ride and compete on the biggest international stages like the Olympics.

WHAT IS YOUR BIG DREAM?

To compete in the Olympics and own a big farm where I can ride and train horses for a living.

WHAT IS THE MESSAGE YOU WANT TO SAY TO YOUR MOTHER/FATHER?

Thank you so much for supporting me in this and I hope to make you always proud of me. 



ART

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FOUR WAYS TO SAVE MONEY ON HORSE CARE

BY DR.DAVID RAMEY



The current economic situation has most folks looking for ways that they can save money wherever they can. When it comes to taking care of your horse, of course, you don't want to be trying to save money to turn into substandard care. Nevertheless, there are probably some things that you can do to help ease the financial commitment that comes with taking care of a horse.

There are certain things that you have to do for your horse. You're going to have to feed him, get his feet cared for, and, occasionally, address some important health concerns. While taking care of all of these needs is important for your horse's health – and it's a lot cheaper to take care of a healthy horse than it is to take care of a sick one – there are probably some things that you can do in each area to save a few dollars.

WEIGH YOUR FEED

If you feed your horse yourself, you probably measure your feed in units such as “flakes,” “quarts,” or “coffee cans.” Nutritionists are much more precise. In fact, they have calculated that most normal adult horses need something along the lines of 1.5 – 2% of their body weight in feed per day. For a 1000 pound horse (a normal-sized quarterhorse), that comes to about 15 – 20 pounds of feed per day to maintain ideal body condition (where you can feel the horse's ribs easily, but not see them).

Feed more hay than your horse needs and one of two things usually happens: either the additional hay gets wasted (as bedding, or as a fun toy), or the horse gets fat. So, rather than waste feed, why not weigh it before you feed it, using a simple scale? You'll most likely find that your horse will stay in good shape, you'll reduce wastage, you'll feed a consistent amount of feed (which helps prevent colic), and you'll save some money on feed, too.

CUT OUT THE SUPPLEMENTS

The fact is that horses are designed to live on some pretty simple stuff. In the wild (“natural” conditions, as it were), horses thrive on coarse grasses and water. Their bodies get everything that they need from such a diet: all of the NO_nutritional_supplement vitamins, minerals, amino acids, etc. However, many horse owners seem to feel that their horse couldn't possibly be healthy without a veritable smorgasbord of “important” supplements, designed to improve digestion, prevent arthritis, provide extra vitamins, etc.

In fact, most such supplements do horses little – if any – good. For example, there's essentially no research to support the use of the various joint supplements; there's virtually no reason to believe that any of them do what they say they'll do. Or, take vitamin and mineral supplements (please). They provide very

small amounts of most vitamins and minerals – if horses did have deficiencies, most of these supplements don't provide enough to correct the deficiency anyway. To keep your horse healthy, concentrate on giving good quality feed, in appropriate amounts (horses that exercise heavily do need extra feed), providing fresh, clean water, and regular exercise.

SHOE YOUR HORSE WHEN IT NEEDS

There's no preset shoeing schedule that works for every horse. Horses' hooves – like people's fingernails – grow at their own pace. There's no reason for every horse to get shod every six weeks, or even at any set interval. Work with your farrier to determine how quickly your horse's hooves grow, and trim them on a schedule that's appropriate for your horse. Measure the length of your horse's front hooves from the coronary band to the toe, and keep track. Most horses grow only about 1/8 to 1/4 inch per month. If your horse is a slow grower, don't get his feet trimmed too often. Overtime, too frequent trimming can lead to feet that are excessively short; short feet can get easily bruised, or can cause lameness on their own.

CUT BACK ON DEWORMING

Yes, internal parasites can cause problems for your horse if they are unchecked. But the fact is that most horses that live in the stables that are in the desert that is southern California have little opportunity to acquire internal parasites. Such horses usually don't commune with other horses in pasture (where parasite eggs can be more easily transmitted via lush grasses), they aren't exposed to other horse's manure, and even their own manure is regularly cleaned. There's simply no reason whatsoever to deworm your horse every few weeks if there's no significant parasite exposure. In addition, not only is the practice of needless deworming a waste of money, it also helps create parasite resistance to dewormers, which is becoming a problem throughout the world.



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60 Seconds With Youssef Hany

BY HT TEAM



© MOHAMED HAMDY



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- YOUSSEF HANY
- AGE : 17 YEARS
- ZODIAC SIGN: PISCES

TELL US A LITTLE BIT ABOUT YOURSELF.

My name is Youssef, I am an IGCSE high school student. I am a showjumper at Ferousia Club in Cairo. My sister has been riding horses since the age of five, and I used to go to watch her when I was a young boy.

At the beginning, horses frightened me and the idea of riding was scary. But my current trainer Khaled Assem and my parents kept convincing me to give it a try. So, I did, and I'm grateful that I did because I've been practicing and enjoying the sport for 10 years.

TELL US ABOUT YOUR DAILY PRACTICE.

Every day, I begin by visiting the horses, I check on them up and say hi. Then I place a training plan with Khaled.

I usually ride from 3 to 5 horses every day starting with my horse "Storm", then one hour for each horse.

WHAT WAS THE BEST ADVICE YOU WERE GIVEN?

Khaled once said that "everyone has his journey, so don't hurry to get to the end of this journey, you only have to

make sure that you are walking in the correct way", and he has a quote which I like so much "It isn't practice makes perfect, It's perfect practice makes perfect.

DO YOU FOLLOW A SPECIAL DIET ROUTINE?

No, I am not that much in diet routines, and in my opinion it's not about diet, it's about how to keep "balance" in all your meals.

IF TIME RETUNES TO YOUR CHILDHOOD, AND YOU ARE GIVEN THE CHOICE, WOULD YOU CHOOSE HORSE-RIDING AGAIN?

Sure with no doubt.

IF YOU HAVE TO CHOOSE A SUPER POWER, WHAT WOULD IT BE?

To be able talk and listen to horses.

IF YOU ARE GIVEN A CHANCE TO CHANGE SOMETHING IN THIS WORLD, WHAT WOULD IT BE?

Nepotism, I really hate abuse of power and influence.

WHAT IS YOUR CURRENT GOAL THAT YOU ARE WORKING TO REACH?

Ranking (A) in the National competition in Egypt.



© MOHAMED HAMDY

TELL US ABOUT A MOMENT THAT YOU WERE PROUD OF YOURSELF.

When I asked to jump bigger classes in the sport , although everyone wanted me to give it a little bit of time and warned me , but I kept convincing Khaled to do it.

And sure every moment I witness an improvement in my horse I feel really proud.

HOW DO YOU BALANCE BETWEEN YOUR EDUCATION AND TRAINING?

It's all about time management ! Don't make time or study an excuse to give up on your hobbies or dreams, by time management you can get all what you want.

WHAT ARE YOU PLANNING TO STUDY AFTER HIGH SCHOOL?

Engineering.

DO YOU PLAN WORKING IN ENGINEERING OR TAKING THE SPORT AS A CAREER?

Why not doing both, my coach is a trainer and an engineer at same time.

WHO HAS BEEN YOUR GREATEST SUPPORT?

I gain a lot of support from my dad, my mom and sure my trainers Khaled and Hammad.

WHAT IS THE BIGGEST CHALLENGE IN THE SPORT YOU HAVE FACED?

Adaptation, adapting to different situations and different horses.

WHO IS THE RIDER YOU LIKE TO WATCH?

Bertram Allen and Sameh El-Dahan.

WHAT IS YOUR SECOND FAVORITE SPORT?

Rowing, I started playing rowing mainly to help me in horse riding, my rowing training is twice a week.

WHAT IS YOUR FAVORITE GENRE OF MOVIES?

Crime.



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WHAT KIND OF MUSIC DO YOU ENJOY LISTENING TO?

Techno Music.

WHAT IS YOUR FAVORITE BOOK?

“Considering the horse” by Mark Rashid.

WHAT IS YOUR FAVORITE FOOD?

Steak and Pizza.

WHAT IS YOUR STRENGTH POINT?

My strength point is consistency. I am completely ready to repeat anything hundred if times till I have full control on it. 🏆



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