



January Newsletter

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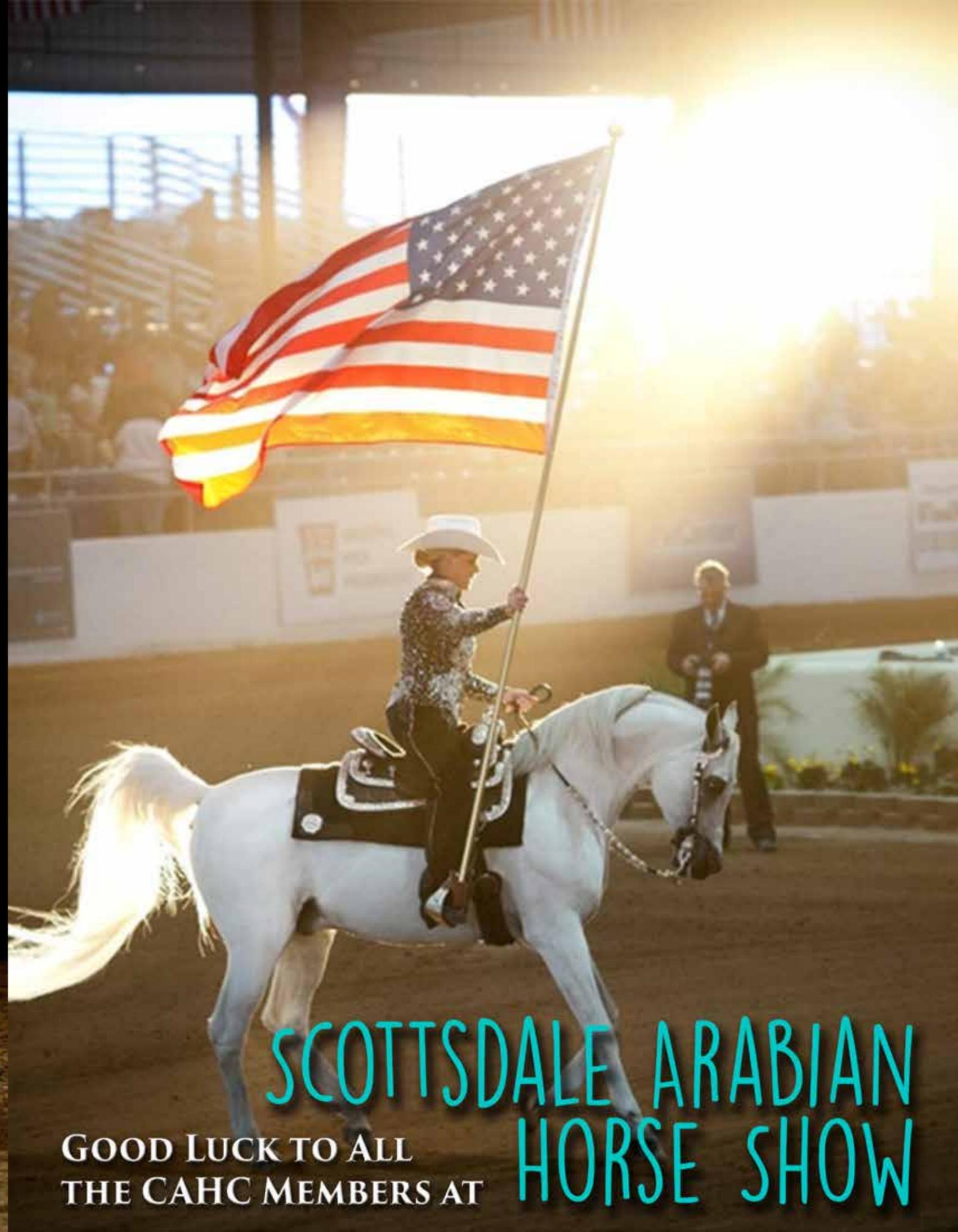
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WE ARE
#UnitedInORANGE



SCOTTSDALE ARABIAN HORSE SHOW
GOOD LUCK TO ALL THE CAHC MEMBERS AT

Congratulations to all the winners of the year end high point awards! And thank you to everyone who attended the year end banquet held during the Holiday Hoorah Horse Show on December 18th, 2015.

Year End High Point Award Winners

Adult Winners

Bask Heir AHS
PB Country/English
owned by Tracy Dawson

My Name is Earl +//
HA Country/English
owned by Texie Lowery

Legacy PR +/
PB Western
owned by Mignon Stetman

TR Butch Cassidy ++
HA Western
owned by Mignon Stetman

HF Psypher +++++//
PB Hunter (Tie)
owned by Kiayn Lowery

Backstreet Kid V+
PB Hunter (Tie)
owned by Gwenda Mahoney

Glitterati RS
HA Hunter
owned by Kristen Meyer

FS Rocketman
English Specialty
owned by Kristen Meyer

WGA Ima Copy Katnic
Western Specialty
owned by Sandra Augustine

Bey Intensity
PB Versatility
owned by Eunice Yost

WGA Ima Copy Katnic
HA Versatility
owned by Sandra Augustine

SC Calarro
Sport Horse
owned by Trisha Swift

Prada JCA
PB Halter
owned by Kaitlin Schuessler

LSH Alada Red Roses
HA Halter
owned by Collyer Cronk

Youth Winners

Makenna Martinez
W/T Equitation

Alexa Gilbert
W/T Pleasure

Emma Nelson
10 & Under Showmanship

Morgan Vaughn
11-13 Hunter Equitation

Morgan Vaughn
11-13 Hunter Pleasure

Jessica Jacobucci
11-13 Western Equitation

Harper Hamill
11-13 Western Pleasure

Caden Piercey
11-13 Saddle Seat Equitation

Caden Piercey
11-13 English/Country English PI

Morgan Vaughn
11-13 Showmanship

Jesslyne Kaufling
14-18 Hunter Equitation

Hannah Hagens
14-18 Hunter Pleasure

Mia Peterson
14-18 Western Equitation

Maia White
14-18 Western Pleasure

Francesca Welter
14-18 Showmanship

Mia Peterson
14-18 Saddle Seat Equitation

Emily Moller
14-18 English/Country English PI

Morgan Vaughn
Working Western

Jesslyne Kaufling
Specialty (Tie)

Mia Peterson
Specialty (Tie)

Laura Rubin, certified personal trainer and avid equestrian, shares her tips on being a fit, healthier, and more effective equestrian

The Fit Equestrian

Ride Like Gumby

Do you struggle to swing your leg over your horse when mounting or dismounting? Do you ride in a “chair seat” position? Do your legs flop at the canter? All of these problems stem from flexibility issues, mainly in the hip area. Lack of flexibility also presents itself through low back pain when riding, stiff shoulders, and poor posture. Relaxed/supple muscles translate to a balanced seat with long legs and good posture.

Flexibility or suppleness is a key component to riding in unison with your horse. Flexible joints with supple muscles act as shock absorbers allowing you to move freely WITH your horse’s movement not against it. Locked joints with tight muscles result in an inability to move with the horse and stifle the horse’s movement resulting in loss of connection and instability in the saddle. Once again, the goal is creating oneness with your horse.

The cornerstone of riding is a deep seat. What do I mean by a deep seat? The simple answer is to feel balanced in the saddle with the ability to connect with your horse’s back through your seat bones with relaxed muscles. This cannot be

forced but performed through a combination of balance, strength and flexibility. Forcing yourself to sit deep in the saddle will inevitably result in tension or stiffness and an inability to remain relaxed and supple.

In order to develop a deep seat, a rider must have open hips and relaxed inner thighs allowing his or her legs to wrap around the horse resulting in light contact with the horse’s sides and relaxed/bouncy ankles acting as shock absorbers. With relaxed hip/thigh muscles and joints, you can feel the upward and downward motion of your horse allowing you to follow your horse’s movement.

In regards to posture, many of us sit at desks all day which can lead to rounded shoulders and hunching backs. Proper posture, whether on or off a horse, is maintained by having the muscles of our upper body strong and balanced. Rounding shoulders is usually caused by weak back muscles and tight chest muscles.

The following are a few exercises designed to open up your hips, stretch your inner thighs, and release your tight chest muscles.

Flexibility Guidelines

- Stretching every day is recommended
- Never do holding stretches with cold muscles – do something to get your heart rate up for at least 5 mins before stretching
- Hold each stretch for 45 seconds
- Gently hold stretch; never bounce
- You should experience mild discomfort; no severe pain
- Take rhythmic deep breaths



Side Lunge (Inside Leg Stretch)

Start with feet wider than shoulder width apart and toes pointed forward; rock onto right leg bending at the knee and pushing backwards with arms stretched forward; hold for 45 seconds; return to starting position and repeat on the other side.



Hip Flexor Stretch

Stand in a lunge position and lower yourself to the ground so that your back knee is touching the floor. Rock your weight into your front leg; hold for 45 seconds; switch sides and repeat.

Ankle Stretch (with Hamstring Stretch)

Stand in a lunge position and raise your front toes to the ceiling. Hinging at the waist; grab your toes with the same hand as your forward leg; hold for 45 seconds; switch sides and repeat.



Chest Stretch

Clasp your hands behind your back and move your shoulders backwards; hold for 45 seconds.

As a final note, flexible joints and relaxed muscles work in conjunction with strong muscles. While the goal is to have long relaxed muscles they must be supported. For example, a deep seat consists of relaxed thighs with a stretch through the hip flexors while the hamstrings (back of leg) must be strong to keep the leg in place. For proper posture, the chest muscles must be stretched and open while the corresponding back muscles must be strong enough to hold the shoulders in the appropriate position.

Finally, my reference to Gumby! While he is flexible enough to be manipulated in all different directions, he maintains form (strength) to be able to support his body. Next time you ride, think of Gumby!

Go See Laura!

Interested in improving your riding from the ground up? I can help. Don't think you have time or can't come see me? No problem. With just ½ hour Skype session twice a week from the comfort of your own home, you will see results. E-mail me at fit2ride.co@gmail.com to find out more.



About Laura

Laura M Rubin is a Certified Master Trainer (NASM-CPT, PES, CES) and a National-level equestrian competitor. Combining her passion for riding and fitness, she has developed Fit 2 Ride (www.fit-2-ride.com), Condition-

ing Beyond the Saddle. Along with one-on-one training, Laura offers online training programs as well as workshops.

Contact her with any questions at fit2ride.co@gmail.com

Follow her on Facebook at Fit 2 Ride and/or Fitness Unleashed - Denver for more information and great tips!





APAHA

GET YOUR POINTS ON

Congratulations CAHC's professional nominees



Diane Underwood
Instructor of the Year



Sally Randle
Hunter/Show Hack Trainer Of the Year

Calling All Sponsors!

We want you! Yes you! We need you to sponsor this year's 2016 Region 8 Championship Horse Show.

This year we're sponsoring Children's Hospital so we would love to get donations to send their way!

Here's the quick details:

Three levels of sponsorship-

- Platinum - \$2500
- Gold - \$1500
- Silver - \$500

Sponsors will be rewarded! Depending on your sponsorship level you can get-

- Sponsorship for Regional Championship shows
- Sponsorship of four classes
- Your logo advertised on the Regional webpage throughout 2016
- Banner placement in three main rings, patron's lounge, and warm-up arena

For more info contact Deb Ludington at Deb.Ludington@hpe.com



A letter from our CAHC President, Jerry Martinez

President's Corner



Happy New Year! The CAHC is off and running in 2016 after having just finished a sixteen day stint of sharing a booth at the National Western Stock Show with the Colorado Horse Council, the Rocky Mountain Quarter Horse Assn. and other horse groups. Our volunteers handed out promotional materials on Arabians and a great video produced by Paul and Ellin Smith ran continuously throughout the show. Dr. Arlyn LaBair once again did a great job of lining up volunteers and coordinating our participation at the Stock Show. Sally Randle and crew took a lovely group of Purebred halter horses and Gary Martinez and his crew took a trailer load of Half-Arab halter mares and reiners to the Stock Show for the National Western Judging contest. It is great to be able to provide

classes of top notch horses for the kids to judge. Thanks Sally and Gary and all of your helpers for your hard work and providing such lovely horses for the contest.

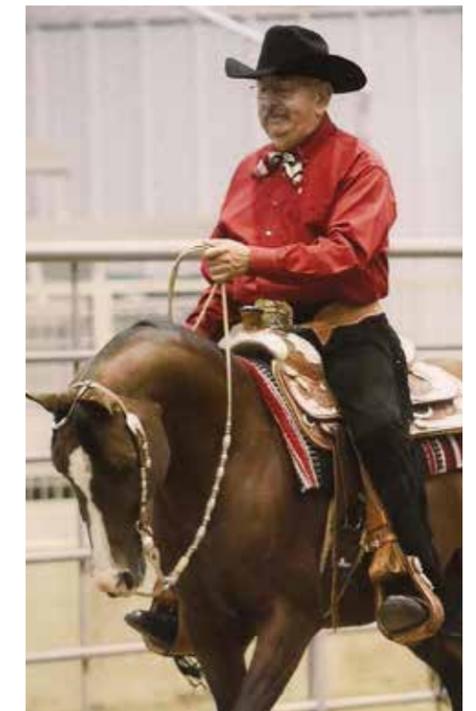
The CAHC Annual Awards party was held on December 18th at the Holiday Hurrah Horse Show in Denver. Co-managers Barbara Arkin and Jim Hitt graciously allowed us to have our party during their show. The free reception format was well received with the largest turnout in recent years. The CAHC provided free food and drinks and High Point awards were handed out to both youth and adult winners. All of the results can be found in this Newsletter. CAHC coffee mugs were handed out to the Club officers and volunteers as a token of appreciation for their work as it is they that are the lifeblood of our Club. Holly Reuter was presented with the AHA Club Level Volunteer Award and Gary Martinez was the recipient of the AHA Regional Level Volunteer Award which he received at the AHA Convention. The

Volunteer of the Year was Kiley Rubin, the lovely young lady who is our Newsletter Editor and is responsible for bringing our newsletter back to life! The President's Award was presented to Ron Harden for 36 years



of membership with 24 of those years of devotion and dedication as the Treasurer of the CAHC. The President's Award was presented by Past President Chuck Mangan and Kelly Meyer. Chuck presented the very first President's Award to Kelly exactly twenty years ago. Ron received a plaque and a CAHC jacket for his service to the Club.

Show managers and committees are working hard on upcoming CAHC shows and events for 2016. The show calendar will be coming out soon and will be available on the Club website at cahc.info. The Colorado Arabian Breeder's Alliance reported that 50 horses had been nominated for their 2016 Futurity program with entries still being accepted until the end of January. The Rocky Mountain Horse Expo is next up with a promotional booth and beautiful Arabians in the Mane Event in March 2016. 2016 is looking good thanks to the hard work of the Club officers, board of directors and the legion of volunteers that make



it all happen. We are always looking for new volunteers and pursuing new members for the CAHC. Encourage your friends, old and new to join or re-join the Club! Good luck with all your horse endeavors this year! Looking forward to seeing all of you at a CAHC Event!

Jerry Martinez – CAHC President

A message from the new editor of the newsletter, Kiley Rubin

A look at the beautiful stallion offerings we have within Colorado

Thank You from the Editor

Stallion Spotlight



Hello CAHC! It's been a while since I've written my own hello in here, so hello! I wanted to take this opportunity to thank you all!

If you read Jerry's President's Letter (or if you were at the awards), you'd know that I was given the honors of being the 2015 Volunteer of the Year! HOLY COW! I was so excited and shocked and proud... and a plethora of other emotions. I had no idea that a year ago I would embark on such a wonderful journey in being the newsletter editor. I've gotten to know so much more about CAHC and have encountered and inter-

acted with so many amazing people of CAHC. So I want to thank you. Each and every one of you of CAHC. Without you, I wouldn't have a newsletter to put together. Without you, I wouldn't get to do something so amazing and so exciting! So keep riding, keep giving me stories, and keep being your fantastic selves!

I have no idea what 2016 has in store, but I can't wait! Here's to another great year!

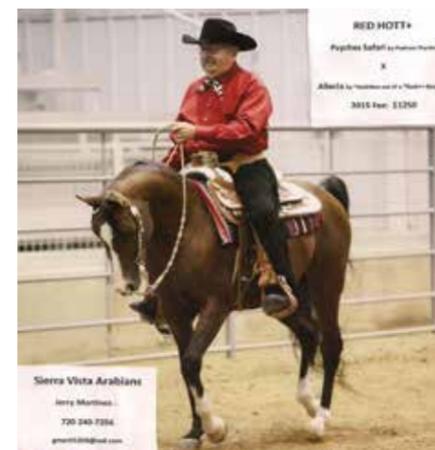
Kiley T. Rubin
CAHC Newsletter Editor
krubin7@gmail.com

Red Hott

(Psyches Safari x Allecia)

Red Hott+ is sired by Psyches Safari, a Padrone Psyche son and is out of Allecia, an *Aladdin daughter who is out of a *Bask++ daughter. In addition to having an impeccable pedigree, Red Hott is beautiful and athletic and has a wonderful disposition. He is a Halter and Western Pleasure Champion having won almost forty championships at the class A and regional level. He stands at stud to approved mares for \$1250 LFG, AI, or shipped semen only.

Contact
Jerry Martinez
(720) 240-7256



Bolero Bey+

(NV Beau Bey x Bey Shameh)

Bolero Bey+ is a 2002 black stallion. He was started as an English Pleasure horse, then showed with his trainer and owner as a Country English Pleasure horse, doing very well in both disciplines. He has excelled as a western horse, winning local and regional championships for both his trainer and owner. He is a Sweepstakes Nominated sire with offspring that show well at the local and regional levels. He is EVA and SCID clear.

Contact
Ellin Smith
(303) 648-3693

Bit of Connection V

(Hucks Connection V x Balquenette V)

A beautiful, talented son of Huck's Connection V+/, bred by Sheila Varian, will be standing for the 2015 breeding season at Sierra Vista Training Center/Christensen Stables in Broomfield, CO. Bit of Connection V has been shown successfully in the English Pleasure division. He's a handsome, talented horse with an amazing disposition. His quality and type make him a wonderful sire. He has the total package of size, beauty, and movement. Bit of

Connection V is destined to produce incredible foals with his correct legs, stretchy neck, size, motion, and beautiful look.

Transported Semen Available
2015 Stud Fee - \$1,250

Contact
Dean Stankovic (Owner)
(303) 910 - 5908

Gary Martinez
(303) 881 - 2815



Rafael De Jamaal

(Amado De Jamaal x Baska Rose)

Raphael De Jamaal is a 2009 15.2h black stallion. Started western working cow, he now is showing with trainer/owner in English/Western Dressage. Raphael excels as an athletic performance horse able to be ridden on mountain trails for miles with endurance groups. Should produce nice dispositioned, athletic youngsters in his introductory year.

Contact Julie Providenti
720-339-1770
Paradox Ranch Arabians,
Sedalia CO



Have a stallion you want in the newsletter? Email information to Kiley Rubin at krubin7@gmail.com



Membership Application

For faster and more efficient Affiliate Membership processing, you can join Online at www.arabianhorses.org Please be sure to mark CAHC (Club #8033) as your Affiliate Club.

First Name: _____ Last Name: _____ AHA #: _____

Address: _____

City: _____ State: _____ Zip: _____

Tel: _____ Email: _____

(Very important to receive club information, news and updates)

CAHC/AHA AFFILIATE MEMBERSHIP - Affiliate Individual Membership (AHA Member with AHA, Region 8 and CAHC Benefits to include Voting Privilege in each)

Base Affiliate Membership without Competition Card	Adult 1 Year @ \$65.00\$ _____
_____	Adult 3 Year @ \$180.00 \$ _____
_____	Youth 1 Year @ \$25.00 \$ _____

YOUTH BIRTHDATE: _____

Base AHA/CAHC Affiliate Membership with Competition Card & Insurance	Adult 1 Year @ \$100.00 \$ _____
_____	Adult 3 Year @ \$285.00 \$ _____
_____	Youth 1 Year @ \$50.00 \$ _____

CAHC ASSOCIATE MEMBERSHIP - Associate Individual Membership (Not an AHA member, or does not have AHA affiliation through CAHC: all benefits of membership except those specific to AHA and Region 8; no voting privilege in any organization). Associate memberships expire 12/31 of each year.

Adult 1 Year @ \$25.00\$ _____
Adult 3 Year @ \$70.00\$ _____
Youth 1 Year @ \$5.00 \$ _____

TOTAL: \$ _____

DIVISION INTEREST (Check all that apply): MAIN CLUB NORTHERN SOUTHERN YOUTH

Areas of Interest:

Club Officer _____	Horse Shows _____	Other (List any area you would like involvement with: _____
Director _____	Show Manager _____	
Activities _____	Show Secretary _____	
Awards _____	Barn Manager _____	
Committee _____	Gates Manager _____	