



November Newsletter

In this Issue:

2015 Board of Directors

US Nationals Congratulations

Happy Holidays from CAHC

In Review: Mountain Mettle Endurance Ride

The Fit Equestrian

Fall Charity Show Fundraiser

CABA Nominate Your 2016 Foals

President's Corner

Stallion Spotlight

Membership Application

A look at the dedicated members of the Colorado Arabian Horse Club who give their time and efforts to the success of this club

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In October, the annual gathering of trainers and amateurs occurred in Tulsa, OK at US Nationals. As usual, CAHC had strong representatives and here are the results!!

US Nationals Successes



BCR MidniteCowboy
Top Ten
PB Hunter PI Select
with Kiley Rubin
owned by Peyton Randle



Felenah
Top Ten
PB Western PI AAOTR 55&over
with Dawn Dawson (owner)

Adelita RTA
Top Ten
HA Hunter PI Select
with Edie Howell (owner)



VSH Dominic
National Champion
HA Gelding In-Hand Saddle PI 3&o
with Andy Sellman

HA Gelding In-Hand Saddle PI
AAOTH
with Texie Lowery (owner)

Top Ten
HA English PL AAOTR 40&over
with Texie Lowery

It is also worth noting that VSH Dominic is now the 3rd all-time winningest arabian horse of all time being only 1 more national championship out of 2nd place with 25 national championships to his name. Congratulations to the Lowery's on their beautiful gelding!

C Sir Tyson
Top Ten
PB Hunter PI Open
with Sally Randle
owned by Barb & Karly Connally

SI Dreammaker

Top Ten
HA Western PI AAOTR 40&over
with Mark Helmick (owner)
HA Ladies Sidesaddle ATR
with Debbie Helmick (owner)

HF Psypher

Top Ten
PB Hunter PI AAOTR 55&over
with Texie Lowery (owner)

PB Gelding In-Hand AAOTH
with Texie Lowery

Ole A Wish

Top Ten
PB Hunter PI AAOTR 36-54
with Sue Oldham (owner)

Dance with Fame WF

Top Ten
HA Yearling Filly
with Jeff Schall
owned by Mark & Debbie Helmick



Lorenzo SW

Top Ten
PB Yearling Colts
with Travis Hansen
owned by Julie Providenti

This colt was shown to a top ten at the Arabian Breeders Finals in Scottsdale, AZ in the beginning of October. Congratulations!

Congratulations to all the competitors and good luck the rest of this year and the next year to come!



CAHC wishes you and your family a very

Happy Holidays

Held in conjunction with the Mountain Mettle Endurance Series, Colorado Arabian Horse Club partnered to sponsor a regional championship for our endurance riders and what an event it was! Here is Philip Himanka's review of the wonderful day.

In Review: Mountain Mettle



The Region 8 Distance Championships were held along the series of the CMM Express Endurance challenge as part of the Mountain Mettle Endurance ride at the second day at the magnificent Colorado Trail. The scenery was spectacular, well marked, with technical parts of the trail that any experience endurance rider was able to handle.

Weather wise it was gorgeous and nature did its trick, making this a magical ride. The Region 8 Champions for Arabian and Half-Arabian finished in the top

Five with less than seven hours for the 50 mile ride.

Our Region 8 Director Rusty Cook as well as our president Jerry Martinez attended and gave the prizes for the Region 8 Champions. Rusty Cook also gave more information about the AHA programs at the awards ceremony and invited more Endurance riders to



participate in AHA sanctioned distance rides.

Great footing and views of Pike's Peak and the Front Range. We hope to do it next

year and will encourage CAHC members to participate in this exhilarating sport that brings out the very nature of the Arabian Horse.

You can browse some of the beautiful pictures at:
<https://jarvis-images.smugmug.com/Competitions/Mountain-Mettle-2015-Day-2>

And also you can find information about the ride at:
<http://www.mountainmettle.com>



Congratulations to all riders who participated!

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

The Fit Equestrian

Leg Warmers and the Equestrian

I may be dating myself but I remember the days of leg warmers, Jane Fonda workouts and step aerobics being all the rage. While today's cardio training may be a little less flamboyant it is still a mainstay in any fitness program including equestrian workout programs.

Are you out of breath after jumping a course; riding a reining pattern; completing a class; during your lesson; or just doing barn chores? Your cardiovascular health needs improvement. There is nothing worse than feeling like you are going to pass out because you can't catch your breath. Why am I am fatigued and out of breath? In a nut shell, during prolonged exercise (of any kind), your heart rate elevates as your heart pumps oxygenated blood to your muscles. This oxygen metabolizes carbohydrates and fat into energy. You experience fatigue and shortness of breath when your heart cannot keep up with your muscles need for oxygenated blood.

How does aerobic training solve the problem? Regular aerobic

training transforms your heart into a well oiled machine more effectively pumping oxygenated blood with each stroke. As a result, your heart and lungs do not have to work as hard to keep up with your physical demand thus reducing fatigue.

Your aerobic conditioning program will depend on your goals. Do you want to improve your riding performance? Increase your stamina and endurance? Lose weight? Each of these goals requires a slightly different approach. In general, if you are just starting out, please take it slow and gradually step up your intensity level. Start with as little as 10 minutes of aerobic activity a day. As you become more accustomed to exercise, your ac-



tivity level can increase to 20-60 minutes, 3x per week. For those with aerobic experience, 20-60 minutes, 3x per week is appropriate.

Aerobic activity includes walking, running, cycling, stair climbing, swimming, rowing, fast-paced bodyweight routine, etc. - anything that gets your heart rate up and blood pumping. The main thing to remember is that you need to work at a heart rate that translates to the maximum aerobic benefit. In fitness terms, your heart rate should be 70-85% of your calculated maximum heart rate (also known as your target heart rate). In simple terms, just remember to walk faster (if walking is your workout of choice) than if you were walking the dog and reach a level of moderate exertion where you are breathing fairly hard and sweating but could hold a conversation

if someone was so inclined.

The good news is that aerobic training does not have to include leg warmers, Jane Fonda or step aerobics. Depending on your fitness goals, a few tweaks and a little effort will improve your aerobic endurance.

If you are interested in calculating your target heart rate and/or discussing aerobic activity options, e-mail me at fit2ride.co@gmail.com.

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), Conditioning 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!



As we highlighted in the September issue of this newsletter, Ryan Melendez is an Arizona youth rider currently battling leukemia. Our CAHC members are rooting for his recovering and helping out the family by raising money!

Fall Charity Show Fundraiser

At the Fall Charity Show this past September, several CAHC members learned that Ryan Melendez, the 16 year old son of Arabian Horse Judge and Trainer Bill Melendez, had been hospitalized and diagnosed with leukemia. After a few brief discussions, a plan was formulated to put together a fundraiser for Ryan at the CAHC Fall Show which was held the very next weekend. Orange wristbands with "RYAN" printed on them were ordered and some of the Jr. CAHC Club members made posters for the event. Email blasts were sent out and info about the fundraiser was posted on the Club's Facebook pages. The wristbands came in via FedEx on Friday and on Saturday they were given to all who donated to the cause. By show's end, everyone on the grounds was wearing an orange wristband and an orange ribbon pinned to their shirt or hat in support of Ryan.

Thanks to CAHC members who assisted with the project, the Jr. CAHC Club for pitching

in to help with the fundraiser and to the CAHC Fall Show, Karen Kerrick, Show Manager, for allowing us to have the fundraiser at the Fall Show. A special thank you goes out to Midge Martinez for hand crafting over 250 orange ribbons that were handed out for everyone to wear. In addition, Midge manned a table outside of the show office for two days and collected donations and handed out wristbands.

The good news is that the CAHC raised \$1000 in two days which was sent to the Melendez family the week after the show. Even better news is that on Wednesday, November 18, Ryan's blood tests show that Ryan is now in remission!! He will still be undergoing intense treatment but is steadily improving. The CAHC would like to thank all those that worked to make this fundraiser a success and to those of you who generously donated to Ryan. CAHC members are absolutely the BEST!!

CABA Foal Nominations

Attention Breeders!

Nominate your weanlings, yearlings & two year olds now eligible for 2016 CBC classes.

Nominate your in-utero foals now, eligible for weanling class in 2016

Form and updated rules are now available on the CABA website.

www.coloradoarabianbreeders.org





A letter from our CAHC President, Jerry Martinez

President's Corner



I am happy to announce that the CAHC has had another successful and productive year. Club membership is up about ten percent from last year and show participation is also up about ten percent. The CAHC sponsored several shows, an endurance ride and participated in several breed promotion and membership recruiting activities including the Stock Show and the Horse Expo. The CAHC Junior Club is alive and thriving due to the hard work of the youth members and Advisors. CAHC members represented the Club and Colorado well at all of the National Shows, bringing home roses and Top Tens in a variety of disciplines. The CAHC Horse Judging Team comprised of Coaches Jodi Zeier and Kendra McConnell and team members, Madison McKenzie, Teaghen Weir, Catherine

Cannady and Kelsey Dawson once again brought home the National Championship trophy from U.S. Nationals. Congratulations on a job well done! At the CAHC Fall Show, the election of officers was held with the re-election of Jerry Martinez, Jim Hitt, Eri Hook, Gary Martinez and Arlyn LaBair as officers and directors. Gwen Mahoney was elected as the new CAHC Treasurer replacing Ron Harden who is retiring after forty years of dedicated service to the CAHC. Collyer Cronk was elected as the new Director, bringing years of experience and devotion to the Arabian Horse to the CAHC. Lily Martinelli was elected as the new President of the Junior CAHC. A big thank you is extended to those who volunteer their time and talents to make the CAHC a great Club. The Colorado Arabian Breeders Alliance brought back Halter classes, a presentation of horses demonstrating multiple disciplines and a meet and greet reception on Saturday night at the Fall Show. The event was well attended by many that were at-

tracted to the show by the good job of promoting the event by CABA.

The CAHC Awards Reception will be held during the Holiday Hoorah Horse Show to be held on Friday, December 18 at the



NWSS Events Center. This year, the event will be a free reception instead of the traditional awards dinner. Hors d'oeuvres and beverages will be provided by the CAHC followed by the presentation of year end High Point Awards to Adult and Youth members as well as recognition of members who will be awarded the Volunteer of the Year and President's Award. The new year starts with participation in the National Western Stock Show again. We have combined the CAHC booth with the Colorado Horse Council, the Colorado Horse Development Board, the Rocky Mountain Quarter Horse Association and others in the Hall of Education. Joining the other horse organizations has proven to be an effective way to continue participation at the Stock Show at a greatly reduced cost to the Club. We are hoping to increase the use of volunteers at shows and other Club activities this coming year. Reducing the number of paid personnel and utilizing volunteers in some positions can greatly reduce costs of putting shows on.



Your participation is welcome whether you are a seasoned veteran or brand new.....we need your help! New member recruitment and bringing back previous members are also a goal for the CAHC in 2016. Your continued support is greatly appreciated.

Happy Holidays!!
Jerry Martinez-President

A look at the beautiful stallion offerings we have within Colorado

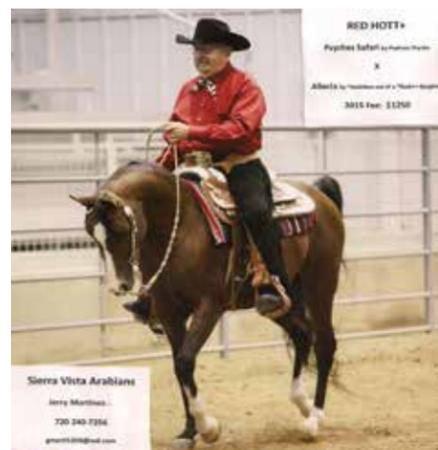
Colorado Stallion Spotlight

Red Hott

(Psyches Safari x Allecia)

Red Hott+ is sired by Psyches Safari, a Padrans 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 _____	