

Flying Lead Changes

the CENTAURS 4-H CLUB newsletter

www centaurs4hclub.org "RIDE WITH PRIDE" COUNTRY CARE CODE:



"Just ride the ride and enjoy what you're doing and don't think about all the people who are watching. Just do what you love." - Exhibitor Billie Hennard

January 2012 **HAPPY NEW YEARS TO ALL OF THE CENTAURS!**

Our next Club meeting: Thursday, January 12, 2012 7:00 p.m. at the 4-H Building

This Month's Highlights:

- Record Books Due in January
- World Horse Expo
- Centaurs Club Dues
- Officer Inductions
- Sign Up for Club Committees and Family Responsibilities
- 4-H Club Officer Training



Don't forget to bring:

- ✓ Your completed **Record Book**
- ✓ Your **Club Dues of \$50.00 per member or \$75.00 per family**

THE MANE EVENT



Our January Club Meeting: Club Officer Induction and Club Planning Meeting - Our next Club meeting will be held on Thursday, January 12th at 7:00 at the 4-H Building located at the Howard County Fairgrounds. Please note that we will be meeting the **second** Thursday instead of the third Thursday so that Club members can go to the World Horse Expo. We will have the Installation of Officers for 2012 at our Club meeting.

Congratulations to the following Club members on their recent election:

President(s) – **Britta Hart**
Vice President – **Meredith Pecukonis**
Recording Secretary – **Lauren Hollidge**
Treasurer – **Katie Hollidge**
Corresponding Secretary – **Lydia White**
Historian(s) – **Kaylee Beklik and Maddie Farling**
Club Reporter(s) – **Sarah Butler, Eva Fogel, and Cameron Veals**

We will hold a special candle lighting ceremony at the January Centaurs 4-H

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Centaurs 4-H Club Leaders: Marcie Barnard 410-461-3985 Barb Dashiell 301-262-4549

Sue Hart 301-776-8134 Beckie Peregoy 410-635-3281

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Club meeting. Afterwards, we will hold a Program Planning session for 2012. So, everyone, please come prepared with your 2012 Club meeting ideas.

Club dues will be collected at our January Club meeting. Please forward your dues to Sue Hart and Barb Dashiell at the meeting. Club dues are \$50.00 per member or \$75.00 for a family. Please make all checks out to the Centaurs 4-H Club.

The following families are responsible for bringing snack items and setting up at the January Club meeting:

Setup: **Beklik Family**
Sweet snack: **Butler Family**
Salty snack: **Farling Family**
Drinks (including paper napkins and cups): **Hollidge Family**

If you are assigned to Setup, you will be required to arrive at 6:45 to get the tables and chairs set up so that we can start our meeting promptly at 7:00. *You must also stay and ensure that all tables and chairs have been put away.*

Club Books Are Due - Reminder!!!
Centaurs 4-H Club completed Program Planning Book for 2011 (**Janina Vickers**) and the 2011 Treasurer's Book (**Kathleen Periera**) are due to Marcie Barnard at the **January** Club Meeting. The Tentative Program Plan for 2012 (**Britta Hart**) will be due to the 4-H Office by February 1st. So, Club Officers, work on your Club Books for final submission!

Record Books Are Due at the January Club Meeting - Record Books are due at the **January** Club meeting. We need to review all of the Record Books prior to

sending them off to the 4-H Office. This way, we can have the Club Awards Banquet in February or March. Make sure you turn in your completed Record Books. All Centaurs are required to turn in a Record Book. **If you recently joined the Centaurs, you are not required to submit a Record Book until January 2012.**

If you need help in completing your Record Book, Sue or Marcie will be glad to help. Go to our web page at www.centuars4hclub.org for a complete listing of all 2011 Club activities (located under the Calendar link), which will serve as an aid in completing your Record Books. All directions and forms are on the 4-H web site at www.howard4-h.org. Information can also be found in the Centaurs Parents Handbook, located on the Centaurs 4-H Club website. ***Don't wait until the last minute - work on your Record Books now!***

Hang Stockings with Care –

As you deck the stalls this holiday season, keep your horse's safety in mind. First, assume that anything within reach will be eaten, and hang stockings, lights and all decorations well out of the way. Use only outdoor-approved lights, and before hanging them inspect the cords for frayed areas or cracks. String lights away from hay, bedding, and other inflammable materials. Ensure that no wreaths, garlands, or other greenery includes toxic plants such as yew, and remember that the tinkling of sleigh bells can spook horses not accustomed to the sound. (From Equus, December 2011)



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2012 Officer Training Workshop - The 2012 Officer Training Workshop is scheduled for 7 pm, Wednesday January 11th, at the Glenwood Community Center. **All Centaur Club officers must attend this workshop.** It is important that you attend this workshop even if you have held the office before. At the workshop, you will receive guides for you to refer to throughout the year and materials needed for you to fulfill the duties of your office. Also, the responsibilities of your office will be explained more in depth. If you are unable to attend, you will be required to complete an alternative assignment to better help you understand your officer position. Please contact Sheryl Bennett by Friday, January 7th at 410-313-1912 or sherylb@umd.edu if you have any questions.

Glenwood Community Center
2400 Route 97
Cooksville, MD 21723

Spur and Stirrup 4-H Club Annual Used Tack Sale! The sale will be held on Saturday January 14, 2012 in the Dining Hall located at the Howard County Fairgrounds from 8 am to 1 pm. Snow date: Saturday, January 28, 2012. To reserve a table for \$20.00 please contact: Laurie Gordon, 410-442-2507 or email: Lbg93@comcast.net. Table rates go up to \$25 after January 4th. Save the date, come sell and shop!

Club Committee Memberships - Club Members: signup sheets for *Club Committees* will be posted at the January meeting. Committees include the Banquet Committee, Booth Committee, Float Committee, Banner Committee and

Community Service. Think about which committee(s) you would like to join and be sure to sign on the Sign-up Sheet.

World Horse Expo Coming in January

– World Horse Expo is coming January 20th to 22nd at the Timonium Fairgrounds. What is World Horse Expo? World Horse

Expo offers the Best of the Best in the horse industry. Top quality seminars and clinics - meet and learn from industry professionals



from all over the country. The experts will discuss topics covering virtually every aspect of horse care and training. There are two arenas and two seminar halls, which will have activities scheduled continuously throughout the weekend.

Enjoy mounted demonstrations. Watch a wide variety of fun and entertaining demonstrations throughout the weekend. There's something different every day. You will see top national riders demonstrating proper riding techniques and training skills.

Stroll down Stallion Avenue to view some of the best stallions in the area. Don't miss Parade of Breeds that happens at various times during the day. You will have the opportunity to see the beauty and versatility of many breeds, both common and rare. These educational demonstrations will enlighten you to the many abilities that a breed has to offer. You may just catch a glimpse of a breed that is rarely seen anywhere.

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And let's not forget the SHOPPING!!!!!! World class shopping abounds. Test out the latest products, shop for that new horse trailer you've always wanted, sit in that "perfect" saddle, plan your new farm construction, or just bring home a souvenir tee-shirt from the weekend. You will enjoy hundreds of vendors selling thousands of horse related products and services. Everything from the latest in horse care products, saddles and tack, jewelry, children's toys, products and apparel for the show ring and for every day, home products and decor, virtually every brand of horse trailer is represented. Beware, you may just find some things you just didn't know you needed.

For more information, go to

www.horseworldexpo.com

Save the Date for the 2012 Howard County 4-H Model Horse Show – The date has been set for the 4-H Model Horse Show, sponsored by the Centaurs 4-H Club, for Saturday February 12, 2012 at 1:00.

What is a Model Horse Show? Model horse shows were started by adults in the mid-1960s, first with the "photo" show and later the "live" show. In a photo show, a picture of a model horse is assessed. The horse is photographed at halter or in a performance class. The photo is sent to a photo show to be judged. A live show is where the actual model is exhibited and judged. The Howard County 4-H Model Horse Show is a live show.

Why should I participate in the 4-H Model Horse Show? The Howard

County 4-H Model Horse Show is an educational event, entailing the collecting and showing of model horses. This hobby inspires 4-H'ers to pursue perfection, authenticity and creativity. Participating in model horse shows requires equine knowledge and skill to reproduce the realism needed to portray the image of a live horse.

Collecting and showing model horses is both interesting and informative. 4-H horse lovers of all ages will enjoy participating in the show. It is especially a wonderful learning experience for 4-H'ers who do not have horses or for 4-H'ers who, because of health reasons, cannot physically work around live horses.

Exhibiting model horses can be a total learning experience. 4-H'ers discover the structure of the horse - anatomy and conformation; way-of-going; colors; markings; proper tack, equipment and attire; and styles of riding and showing. The only limitations are your knowledge and imagination. The ultimate goal is to take the specific action of a live horse, freeze it in time and portray it in model size. Realism and correctness are the intent.

What brand of horses can I show at the 4-H Model Horse Show? You can show any type of manufactured model horse makers. Some examples include Breyer, Stone, and plush horses.

I have a question. Who can I call? You can contact Marya Pecukonis at 410-977-7989. *Marya will be happy to answer any questions that you may have.*

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Do These Exercises Before You Ride!



Tips from Cyril Pittion-Rossillon. Abstracted from America's Horse

A loosening-up period on the ground enables riders to be stretched and mentally prepared before getting on the horse, eliminating the adjustment time a rider usually has when he or she first mounts.

Relaxation exercises are a great way to prepare for any type of riding, and can be very useful when going into the show pen.

Breathing exercise

- Stand in a relaxed position with shoulders slumped, arms limp and eyes closed. Inhale through your nose while straightening your back and lifting your shoulders and hold your breath for two seconds. As you begin to exhale, gradually relax head, neck and shoulders and round your back. Maintain relaxed position for two seconds before taking another breath.

Upper Body Exercises

Ground exercises loosen the neck and back, which stiffen quickly when a rider is nervous or uncomfortable.

- Stand with feet slightly apart with arms relaxed by your sides. Slowly move your head and neck to look up, hold for two seconds, and then look down for a two-second stretch. Do similar stretches looking right and then left. Finally, rotate your head in a circular motion in each direction.
- Stand with feet slightly apart. With arms extended down, clasp hands in front of you. Slowly raise arms stretching them above your head.
- Stand with feet slightly apart and both arms extended at shoulder level, parallel to the ground. Slowly twist trunk at the waist from one side to the other, following the movement with your arms and head.
- Stand with feet slightly apart and hands on hips. Slowly bend at the waist to the right and then the left, stopping to rest in the center. Finally bend forward slightly, keeping the back and knees straight.
- Stand with feet slightly apart with hands clasped in front of you. Bend forward at the waist, keep your back straight and reach down with your hands and look forward.

Hip Exercises

The seat is an important aid for balance and communication with the horse, therefore riders should get a feel for how the hips move in a riding position.

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- Stand with feet slightly apart and flat on the ground with weight evenly distributed. Knees are slightly bent and your hands on hips. Look forward. Rotate your hips in small circles in both directions.
- Stand with feet slightly apart, knees slightly bent and your hands on hips with thumbs extending to rest on your lower back. Look forward. Rotate hips forward and backward without moving your upper body or legs. These are the movements your hips make when you ride.

- Hold a support rail (fence) for balance and rest your other hand on your hip. Lift leg straight out from the waist to the side. Look forward and keep upper body straight. Repeat with other leg.

Some riders may need to gradually build up to completing all the exercises. Number of repetitions is determined by the rider. Never force a stretch or exercise if it is uncomfortable or painful.

Pop Quiz – Which festive plant has been used experimentally to reduce sarcoids in horses? *Abstracted from Equus, December 2011*

- Mistletoe
- Holly
- Douglas fir
- Poinsettia



See below for the answer.

Mark Your Calendars!

January 11th – Club Officer Training

January 12th – Centaurs 4-H Club Meeting: RECORD BOOKS DUE!

January 14th – Spur and Stirrup Tack Sale at Howard County Fairgrounds

January 20th – World Horse Expo

January 28th – Animal Science Leader’s Forum

February 11th – 4-H Model Horse Show

February 16th – Centaurs 4-H Club Meeting

February 26th – Howard County 4-H Horse Bowl Competition

Pop Quiz Answer: *Mistletoe. Mistletoe abstract can slow and even stop the progression of sarcoids in horses when injected under the skin.*

Lower Body

Riding with a “deep seat” allows both English and western riders to be as close to the horse as possible. A deep seat is a must to obtain balance and be a more effective communicator with the horse. The rider must have flexible hips to obtain a deep seat.

- Hold a support rail (fence) for balance and slowly swing each leg forward and backward. Look forward and keep the upper body still.
- Hold a support rail (fence) for balance, bring one knee up to a waist level in front of you and hold it with your hand. The support foot is flat on the ground. Slowly open the knee out to the side while looking forward and keeping upper body still. Repeat with other knee.

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