

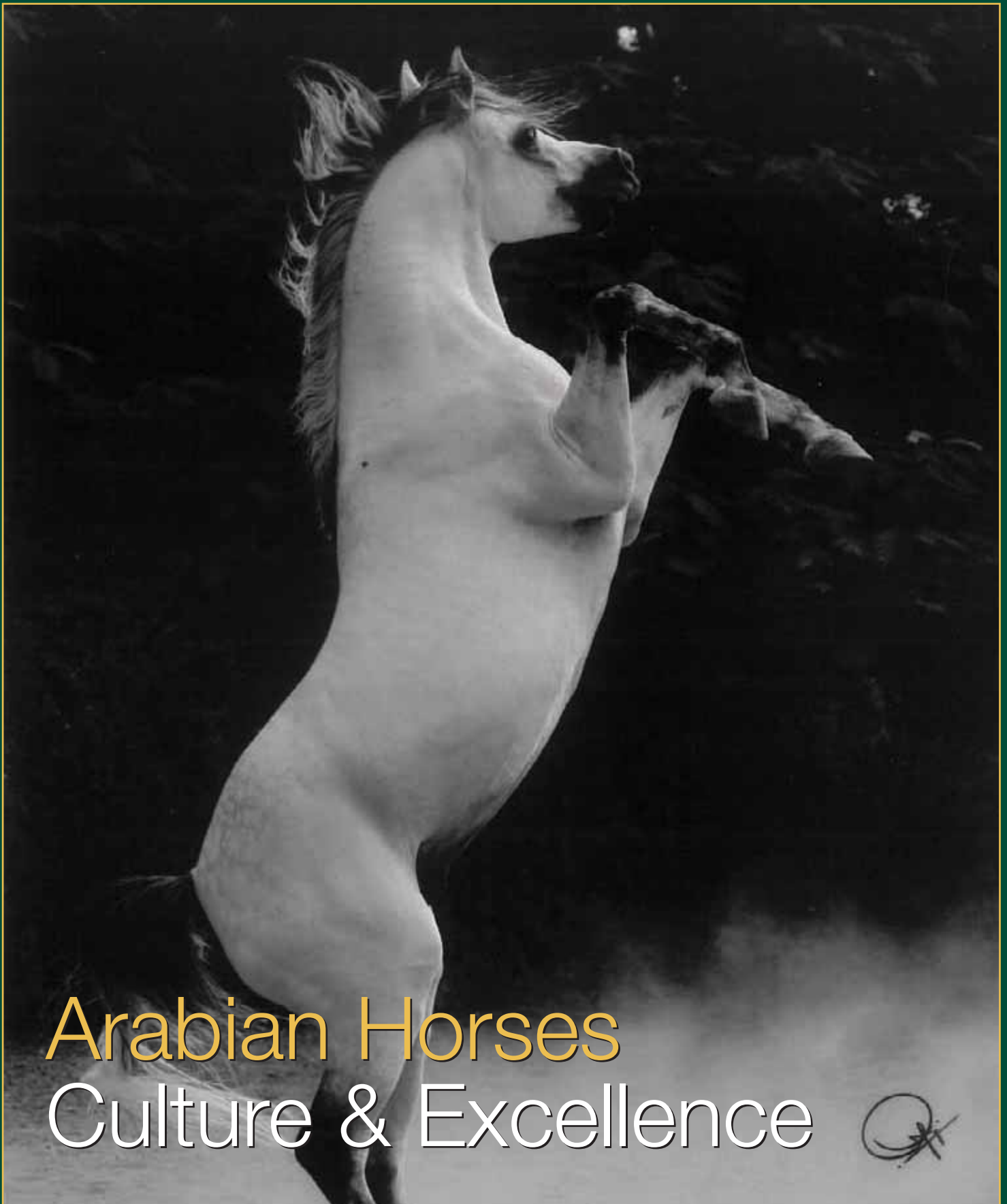
# HORSE TIMES



no. 26

Summer '08

EGYPT'S OFFICIAL EQUESTRIAN MAGAZINE



## Arabian Horses Culture & Excellence



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# VIEW POINT

## FROM THE CHAIRMAN



**Dear readers,**

We believe that what makes Horse Times special is its diversity; we really go the full length in every way to present to our readers more and more innovations with our contents.

In this issue you'll read more about the Arabian horse but in extreme depth with my dear friend Dani El Barbary. Moreover you'll know more about some of the important Dutch brood mares written by Karin de Haan and given to us by another friend, Elke Jaspers Fassen.

Communication with the horse in Equus is explained to us by yet another friend from England Sue Akehurst in an interview with the famous Monty Roberts who will be with us during our next upcoming issues.

News with Ina El Kobbia and her review about Aachen and PSI in Hagen is featured from the European scene. More and more news from the Arab scene is also at hand with a Q & A with Sameh El Dahan on winning the A Class in Egypt as well as a 60 second interview with the Arab League leading rider Abdullah Al Marri.

On the other hand, what is also spectacular is our joint venture with the Dutch magazine 'Sport Horse Breeding' where they will regularly feature one of their breeding articles in Horse Times along with some of our content in theirs.

Another contact from the USA is Christine Ross who explains some of her great work regarding Heart Rate Variability. Continuing on with more flair on sections about Celebrities with Amr Waked, Training with Dr. Mohamed Elsherbini, and Spot Light, we hope you'll read on and enjoy.

Sincerely,

**Khaled Assem**

Chairman

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### **Chairman**

Khaled Assem  
khaledassem@horsetimesegypt.com

### **Managing Editor**

Nada H. Abdelmoniem  
nadahussein@horsetimesegypt.com

### **Executive Manager**

Azza El Sharkawy

### **Marketing & Distribution Manager**

Mohamed Hassan Hozayin  
mohamedhassan@horsetimesegypt.com

### **Writers & Contributors**

Christine Ross  
Emmad Eldin Zaghoul  
Jac Remijnse

Karin de Haan

Khaled Assem  
Dr. Mohamed Elsherbini  
Nada H. Abdelmoniem  
Sue Akehurst

### **Design & Layout**

Amr El Tayeb  
Miray Kamal  
Noha Hamed

### **Photography**

Jacques Toffi  
J. Beck

### **Financial Consultants**

Ismail El Sily  
Mohamed A. Mawgoud

### **Distribution Officer**

Maged Hassan

### **Publisher**

Permanent press Ltd.  
Nicosia, Cyprus

### **Prepress & Printing**

Headline Printing & Design

### **Head Office:**

Equicare  
2, Bahgat Ali Street, Zamalek, Cairo-Egypt  
Tel & Fax: +2-02-27356939 / +2-02-27354348

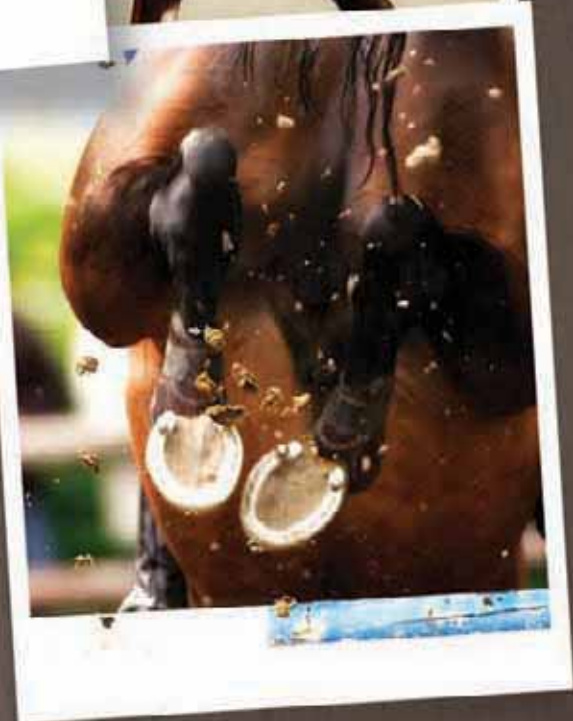
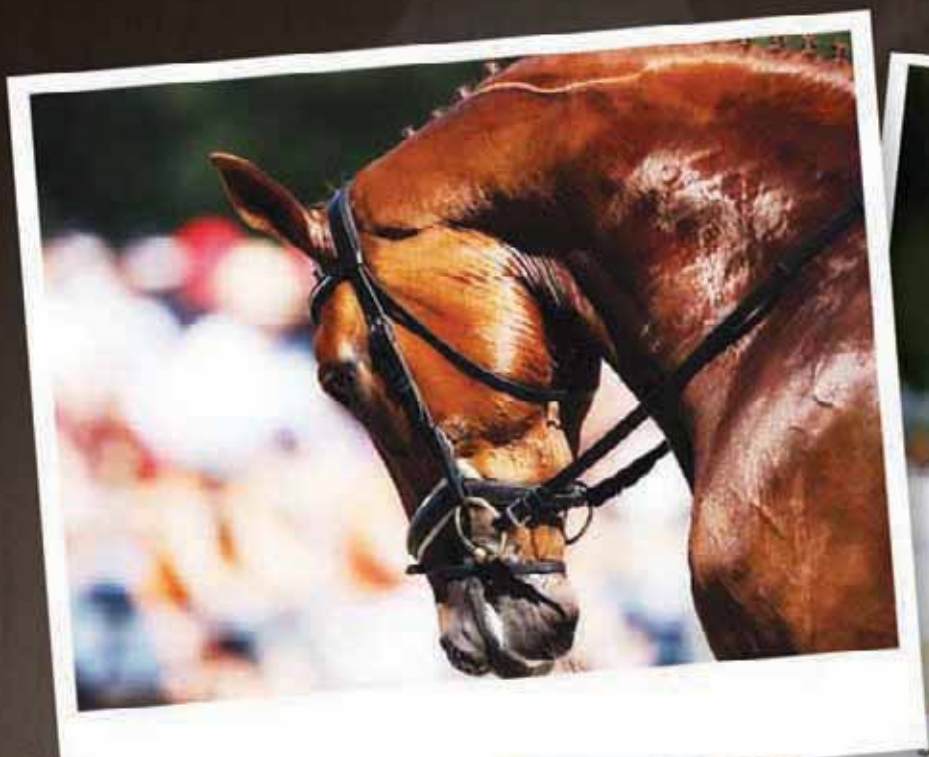
### **Enquiries:**

horsetimes@horsetimesegypt.com

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2, Bahgat Ali St. Zamalek, Cairo, Egypt  
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Tel: +202 27356939 +202 27354348  
khaledassem@horsetimesegypt.com

Khaled  
**Assem**  
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# A BREEDING PHILOSOPHY

## INTERVIEW WITH WIGDAN EL BARBARY

By Khaled Assem

“BREEDING IS AN ART”. THAT IS WHAT WIGDAN EL BARBARY CALLS IT. WIGDAN, KNOWN AS DANI, IS ONE OF THE MOST PROMINENT BREEDERS OF ARABIAN HORSES IN EGYPT AND MOST PROBABLY, IN THE WORLD. AT NEARLY 80 YEARS OF AGE, DANI HAS BEHIND HER 8 GENERATIONS OF PURE BRED ARABIANS. WITH A MUCH FOCUSED VISION AND ENORMOUS DETERMINATION, DANI HAS TODAY SOME OF THE FINEST BRED LINES IN THE WORLD.



### Dani:

When it comes to breeding, I work with my feelings and sentiments. This along with experience and knowledge is what defines a true and genuine breeder. For 8 generations I have worked very hard, day after day to build what I have today. 45 years of dedication to my dream and my passion.

My philosophy behind breeding is to preserve our heritage, our history and our culture. Culture is particularly important when breeding is involved because the two concepts are very interrelated.

Our Arabian horse has deeply rooted traits, qualities and characteristics; he is smart, alert, friendly, agile, tough, courageous, proud, and built for the desert. I am trying to keep all those traits when I think of breeding the Arabian horse. It is not about make-up or posing to the crowd.

A story that was misinterpreted by a few people is the story of ‘Al Mansour’; a horse that I bought a long time ago from Spain. I instantly fell in love with the horse while judging a class over there and even though the horse was disqualified from the show by another judge, I still bought





the horse to be a riding horse for me and actually, for so many years he was my friend and my companion. I never presented 'Al Mansour' in my breeding programme until he died, nor did I have any intention of showing him, and actually I never did; there were no shows at that time.

My dear friend Khaled bin Laden asked to use 'Al Mansour' to cover one of his mares on several occasions. Finally I agreed. The progeny of 'Al Mansour' was a beautiful mare named 'Al Shaimaa' whom we had some difficulty registering in the stud book.

Khaled asked me to enter 'Al Shaimaa' at one of the shows back then and I totally refused saying that, "we breed Arabian horses to represent our culture, our lines and our own vision of what an Arabian horse really is. If we do present 'Al Shaimaa' then we'll be defying our goal." Khaled and I discussed presenting 'Al Shaimaa' at some shows as she was such a beautiful horse, yet we both decided not to as this would defy our goal; promoting our vision of what an Arabian horse really is.

Things have changed since that time, the fact that they allowed imported Arabians to compete locally changed the whole concept, and consequently, there was no point in keeping 'Al Shaimaa' out of shows. This mare won Supreme Champion twice in row.

What you will read below are some words written by me some 40 years ago defining my perception and fears for the future. The future back then is our present today. I am still as adamant about my cause as I have been 40 years ago, I am still passionate about my cause, yet and unfortunately, my fears are much worse.

Guest editorial by  
Wigdan El Barbary reprinted  
from Arabian Horse World  
Magazine:



As you travel in pursuit of the Arabian horse, likely as not, one day you will meet Dani El Barbary. A well-known figure among international Arabian horse breeders; she is a WAHO member and a respected international judge. In 1983, she judged the Polish National Show at Janow Podlaski and the Salon du Cheval in Paris for the second year in a row. Dani El Barbary owns one of the few private breeding farms in Egypt, the Shams El Assil Stud, where she stands her Wagag son, Misk (X Nazeema).

He is the true and faithful companion and friend to whoever loves and keeps him. He is the father of all good horses in the world, and like symphony of pride, courage, grace, refinement, substance and power. This symphony is played at its best, very well studied and perfectly balanced. It is the work of God no man can do better. Stressing one note would be at the expense of another.

Here lie my fears. People love the Arabian horse. It's not difficult to do so, in fact it's hard not to. But people have to learn to love him the way he is, with his faults as

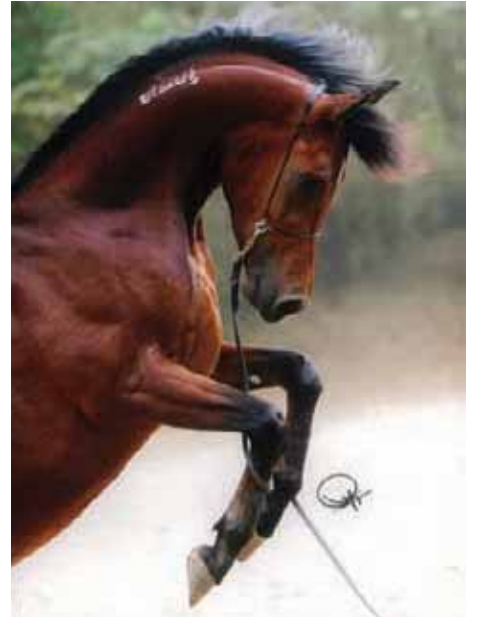


THANK YOU VERY MUCH FOR GIVING ME THE CHANCE TO SHARE SOME OF MY THOUGHTS ABOUT THE ARABIAN HORSE WITH YOUR READERS. I AM NOT AT ALL AN AUTHORITY, AS YOU KNOW, OR MUCH OF A WRITER, BUT AS A LOVER AND BREEDER OF THE ARAB HORSE I WOULD LIKE TO EXPRESS SOME OF MY FEELINGS AND FEARS FOR HIM. TO ME THE ARABIAN HORSE IS THE DESERT HORSE; A NOBLE CREATURE AND THE MOST BEAUTIFUL CONQUEST OF MAN.

well as his good qualities. Of course, we all think he should be bred to perfection, but what is perfection? Perfection is relative to what one thinks or imagines, or needs.

Caught between everyone's beliefs, this heavenly gift of God will be lost. He is small, we say, he does not have much of a neck, he has not the greatest movement in the world, etc., etc. We seem to be always looking for faults, faults which could be in fact his qualities as a desert horse. The desert horse small and exquisite, dainty, dry, light, and very refined eats little, drinks little, is able to fly without wings, carrying his friend in the vast and extremely hot deserts of Arabia. No sweat, no short breath, always





full of spirit and head high, with his fine, densely-boned legs that do not sink in the sand and graceful high movement like his desert companion the gazelle, for which he does not really need a long neck.

If everyone keeps on breeding him the

way we conceive he should be, instead of the way he was meant to be, we might as well honestly confess to ourselves, we are breeding a different beautiful horse to fit our needs of today, close to the blood, but not the pure Arabian that over the years and ages has inspired kings

and sultans, poets and painters and to whom we owe all the good breeds of the world today.

I pray and hope that the breeders of pure Arabians will always keep in mind that he is a desert horse. He should be loved and appreciated for what he is really, because he simply cannot be better.

He, who keeps a mare for the love of God, is asking to he who prays, fasts, and gives the poor. This is one of the most beautiful holy sayings I have ever heard about the Arabian. He is blessed by God, and I believe that if we keep him as he is, pure as we can, for the love of God, we also will be blessed. **HT**





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# THE MAN WHO LISTENS TO HORSES

## INTERVIEW WITH

# MONTY ROBERTS

### (Part 1)

By Sue Akehurst

Monty Roberts, known as the Man Who Listens to Horses, has led an extraordinary life. An award-winning trainer of championship horses, best-selling author, Hollywood stunt man, foster dad to 47 children (in addition to three of his own) and creator of the world-renowned and revolutionary equine training technique called Join-Up, Monty Roberts could now, in his later years, be resting on his laurels - but that's not his style.

**“MY GOAL IS TO LEAVE THE WORLD A BETTER PLACE THAN I FOUND IT, FOR HORSES AND FOR PEOPLE, TOO.”**

Roberts has won countless awards and received immense worldwide press coverage, put three books on the New York Times best-seller list, trained some of Queen Elizabeth's equestrian team in London and been awarded an honorary doctorate from the University of Zurich. But if you go looking for Monty Roberts, you won't find him lounging in his favourite chair high-up in the hills overlooking his horse-training farm in the beautiful Santa Ynez Valley.

The man who listens to horses is more likely to be found somewhere on the globe continuing to spread his message of non-violence. You're more likely to find him speaking to incarcerated youth in a juvenile detention facility, gentling his 15,000th horse at a demonstration, teaching his techniques to the growing number of students at his Equestrian Academy in Solvang, California or advising executives at Fortune 500 companies.

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

My passion for horses started before the age of consciousness really; my mother was riding whilst she was heavily pregnant with me. And some 2 or 3 weeks later she was riding again with me strapped to her. They tell me I rode with her as she gave riding lessons; and then at about the age of 2 I could ride on my own, literally riding a horse without any assistance. Obviously they were probably watching over me pretty closely at 2, and they also tell me, by the time I was 3, I was just going with the rest of the kids wherever they rode - and so I was actually giving lessons to other children when I was 6 or 7 years of age.

By then I had already had an extreme passion for horses, a passion to stay away from violence; violent acts were perpetrated on me at the age of 4, 5 and 6, and I was a victim of domestic abuse from the age of 4. The more domestic abuse I suffered, the more passion I had for horses, because they took me away from that horrible experience. My passion for horses preceded what you would call the age of reason when children can decipher things for themselves, I was



*In 1989 Queen Elizabeth II invites Monty Roberts to Windsor Castle to demonstrate Join-Up and train her staff*



already in love with a horse and the horse was my protector before the age of reason. (Monty Roberts had had approximately 42 bones broken in his body before the age of 7).

**How do you assess your horses before you start working with them; what goes through your mind?**

Well, what goes through my mind before I start to work with a horse is very similar to what would go through the mind of a psychologist or a psychiatrist as they meet a particular patient in their office. You look at them, you begin to hear a story and the learned psychologist or psychiatrist will pick certain things out of that story that they begin to hear; these things are keys to the problems in that person's make-up and it could very well be that that person doesn't even know their own problems so well. And it is very often the case that even if they do know the problem they tend to twist the problem into their own understanding, this isn't so bad, when maybe its very bad, this is ok, when not ok at all and this is horrible, when really this isn't the most horrible thing that they suffer. Horses are no different. I look at them, I ask them questions in their language and they answer the questions, and I then seek portals or windows that I can pass through to get to that psychological make-up of theirs. Next I can answer the questions that they've come to deal with from their past - I can answer those questions and attempt to put them at ease with their phobias if you will.

**Do you always start your methods with the Join-Up process; is that the first thing that you would do?**

First you have to define what Join-Up is. Join-up can be defined as that process where you send horses away and they go round and so forth and so on. Yes, that's the full story of Join-Up. But in my opinion the true definition of Join-Up is when the horse chooses to be with you, trusts you enough, to be with you of free choice, more than even to be away from you. That's Join-Up, and that's the true definition. So what you do to gain that can vary a lot. One of the things is to send them away, have them travel about a quarter of a mile, then have them go through the communications litany and then have them come to you. Or you can do it another way, or another way, or another way. There's a lot of ways to get that horse to trust you enough. Some are longer than others some are this, but the true Join-Up is when the horse chooses to be with you rather than away from you.



▲ Monty Roberts, Champion Western horseman & award-winning championship horses trainer

**So your basic techniques would be to Join-Up, to send them away etc, but you would change and adapt the techniques according to the horses' responses?**

That's right. You will see me do Join-Up without a round pen at all, with just the Dually halter, you will also see me do Join-Up in the round pen, the full litany of it, but you will also see me using Join-Up from the saddle, on a trained horse, and you will see Join-Up from the saddle on a very young horse, ridden for 4 months, then you will see Join-Up from a champion dressage horse from the saddle and a champion working hunter from the saddle. So you will see it in a lot of ways.

**Would you say that your methods are the best methods to communicate with**

**and train a horse & if so why?**

My methods are the only methods, for me, today. But if you show me a better method, it will be my way tomorrow, so I guess you could call me a thief of good methods. I will steal any good method from anybody that I see will improve on the methods that I am currently using, that's how you get better. So if you keep an open mind you never know where you are going to improve it, and I've made a lot of changes. A new method that I am using is one I've only learned a very short while ago, and that's pretty amazing. All these thousands and thousands of horses, I must be pretty dumb not to have figured this out before! And there are two things that I have learned in the last year that have profoundly changed my opinion of how to deal with certain phobias. That's pretty



**“A GOOD HORSE TRAINER CAN GET A HORSE TO DO WHAT HE WANTS HIM TO DO. A GREAT HORSE TRAINER CAN GET A HORSE TO WANT TO DO IT.”**

strange when you figure that I've dealt with some 70.000 horses in my career!

**What are those two changes?**

I've done demonstrations where I deal with a horse that's terrified, he's frightened of everything. I've done them in a certain way and the funny thing is that I watched another practitioner, a professional, and that demonstration that that professional did was SO bad it was not to be believed. That person took over 2 hours to do something that I think should have been done in 15 to 20 minutes, and I couldn't imagine why that person couldn't see a better way?! I started thinking about how I do it, and then I thought of ways that could even be better - and seeing that awful way of doing things with whips, drove me to make my own way a lot better and I went home and tried my new dream, it was unbelievable, it worked like a charm. Don't know why I didn't figure that out before!

Then the other one has to do with a thoroughbred horse that was an absolute killer; I mean he was really dangerous. It had to do with getting a saddle on him and starting the long lining process and I did it the way I always had been doing it. This horse was going to kill himself and maybe me, it was unbelievable he was in the process of destroying a round pen, and I tried another little system of getting him to accept the saddle and the long lines and it clicked and it worked. It would be hard to explain to you but it is a different system.

**A horse that is started your way and a horse that is broken under more traditional methods; some people would say that if a horse is started it is started. Why is a horse that is broken your way in kind and non-violent methods, a better horse?**

That's a very good question and one that if I couldn't answer well, it doesn't leave me much reason to exist. But in fact the answer to that question I believe can best

be attained by putting it in human terms. For example: I have a Construction Company, and I hire a lot of day labourers and I want those day labourers to dig a ditch faster than anybody could ever dig a ditch, and I want them to, lets say, put more concrete in the ditch faster than anybody ever did. Those labourers are non-skilled, just workers. What I will do is every time they go slow I will hit them with an electric cattle prod and they'll go faster, and they will, until they get so angry that they don't care and go on riot. I get killed, and the ditch doesn't get dug at all. But we did have whips over the rowing crews and we certainly had whips over the slave cotton pickers in America. There has been abuse of people since Roman times, slavery is still going on today there are legal sales of slaves today. SO we still haven't learned that forcing someone to do something isn't as good as causing them to want them to do it.

The people that are revered the most in my operation on my farm in California are the ones who muck the stalls, they have the best job in my farm, they really do. You and I wouldn't say it's the best job because we don't want to do it but they love it! They are paid well by their performance and they know they are good; they are trained well, they know how to clean a stall really well, and they make more then anyone else on the farm. It's unbelievable, but I get a better job done and faster so I've caused them to want to do it. SO horses can be broken, and you can force the horse to do anything you want him to do. Because the horse is a flight animal, he will generally get broken and tend to do it as a good slave would do. But you will get performance just because they want to survive and you'll only get a certain level of performance, they are not going to be out there breaking



*Punished as a child for challenging his father's traditional methods, Monty remained undeterred from his vision* ▲

*Monty's methods encourage true partnership between horses & humans* ►







▲ Violence is never the answer. Join-Up is founded on a consistent set of principles, communication, & trust

◀ Shy Boy, a Mustang born & raised in the wild was "started" by Monty in the wild using no enclosures

their necks for you so they can give you break-through performance in order to give you the highest level of performance. There isn't that extra incentive to do better. But when you cause them to want to do it, then you get that extra incentive. That's why for my entire career I've produced more World Champions and more Major Stakes winners than anybody with any kind of broad base disciplinary career like I've had. Nobody in the history of horsemanship has done as many things at World Class levels as I have. Gaited horses, show jumpers, hunters, dressage horses, cutting horses, reining horses, western pleasure horses, western stock horses of all kind, western riding which is like dressage for western horses, and even driving race horses. Nobody has ever done all of those things and each one of these I can tell you about a World Class level horse that I trained. It doesn't matter what the discipline is, if you can work it out to get the horses' mind saying I want to do this, and if you can do that then you can produce better horses.

### Who taught you your methods?

A lot of people taught me my methods. Some of which don't even know that they taught me, some of which would deny that they ever taught me anything. I've had people say You know, he lied, I never taught him anything and they didn't even know that they taught me. But I can learn watching them.

So lots of people have taught me, I've learned from more people than you can imagine. There's a man named Harold Farren that taught me a lot & I have never even written about him that much, I think he would tell you, No, I've never taught Monty Roberts anything, but watching him ride his horses and do certain things I

learned from him. Red Neil and Don Dodge, taught me so much and in the end he said yeah, I remember he was around a little bit, but he was one of the strongest teachers I had. But the number 1 teachers, without any questions were the 4 legged Mustang horses; they were my greatest teachers.

As a frank teacher, Sister Agnes Patricia, my 8th grade teacher was profoundly instrumental in causing me to be everything that I am. She was amazing. She knew my father, and she trained me not to hate my father, and she gave me good reason not to hate him. Suggesting that he was raised the same way, and knowing that he was, and that these patterns of abuse follow families, this business of being violent follows families right on through and you have to break the chain, and it's not easy. I am imprinted, completely imprinted to violence. So often times I flash and I want to get violent. But it's no different really from an alcoholic who doesn't take a drink. I am not going to be violent because I've sworn off. But many people have taught me, I learn from all my students, I've learned from other professionals that ride and I see & pick up on certain things they do. The higher level you reach, the more observant you become of what works for other people. The little incidences stack up and then you say when you do this with a horse, he does that. **HT**

*To be continued..*

Images courtesy of Monty & Pat Roberts Inc. Photo credits: Christopher Dydyck

*If you are interested in more information about Monty Roberts, his work, training methods, and purchasing any of his books or DVD's, or are interested in attending a demonstration with Monty Roberts in Cairo please email [sue@horsetimesegypt.com](mailto:sue@horsetimesegypt.com).*



# 60 SECONDS WITH ABDULLAH AL MARRI

By Nada H. Abdelmoniem



▲ *Abdullah Al Marri & his father*

**Country:** UAE

**Date of birth:** 22/7/1984 (Star Sign Cancer)

**What's your best achievement?**

Winning a Bronze medal at the 2006 Asian Games & qualifying for the 2008 World Cup Finals at Goteborg, Sweden.

**Who is your favourite athlete (rider or other sports person)?**

I will have to say my father. He is so passionate about sports and he always drives me to do better and achieve more. He inspires me in every way in life, and not only as an athlete. He plays tennis, and runs his own Tennis Academy.

**Do you keep any pets?**

I don't think I have time to take care of them.

**What is your favourite movie?**

The idea of the movie 'Déja Vu' gave me something more to think about, it is a must see movie.

**Who is your ideal celebrity?**

Denzel Washington.

**What is your favourite gadget?**

My mobile phone!

**What is your favourite music record?**

I like to listen to Meshary Al Efasi most of the time (Anasheed).

**What is your second favourite sport?**

Tennis & Soccer.

**Do you like to cook?**

I think I have an amazing touch in cooking. I mostly cook when I am not around my mother. She is a better cook, as you can imagine!

**To your close friends & family, you are known to be**

Bu A'abid.

**If you had the power to change something, what would you change?**

I would like to stop all kind of wars, and I would like for everyone to live in peace.

**Do you support any charitable organisations?**

Yes, it's very important to help people in need. I try to do it as much as I can. **HT**

*Abdullah Al Marri* ▼



# Leaping Ahead

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# NEWS • TICKER



By Ina El Kobbia, Germany

## HORSES AND DREAMS

# 2008

Germany's outdoor riding season started off in spring with the International Riders' Festival Horses and Dreams in Hagen. This time the already 12<sup>th</sup> Horses and Dreams Festival carried the motto "Horses and Dreams meets America". More than 50.000 visitors enjoyed the special American spirit on the Kasselmann Yard. Participants from 20 nations in addition to 600 horses were enrolled

for this four day Festival. The German dressage squad with its top riders double World Champion and European Champion Isabell Werth along with the team World Champions Heike Kemmer, Nadine Capellmann and Hubertus Schmidt were eager to compete outdoor and to test their own as well as their horses' conditions after the long winter indoor season, particularly in view of the upcoming

summer Olympics. In the CDI\*\*\* Event, Isabell Werth and 'Satchmo' underlined their excellence and won both the Grand Prix as well as the Grand Prix Special, whereas Heike Kemmer won on her Hanoverian horse 'Bonaparte' the Grand Prix Kür. Additionally the special German Dressage Championships for Professionals in the highest class 'S' were won by the host's wife Bianca Kasselmann on her horse 'Forum 2'.



Jumping riders also had to take the challenge of an international three star competition, CSI\*\*\*, with 15 efforts and a height of 1.50 m; around 17 nations enrolled for this event. Amongst the participating riders were also Karim El Zoghby from Egypt and Jordanian rider Ibrahim Bisharat; both presented themselves well with confident rides, but did not qualify for the end round of the Grand Prix. The happy winner of the Grand Prix of Hagen was Germany's renowned rider Otto Becker on 'Lunatic' followed by the Swiss female rider Christina Liebherr; the third place was to another renowned German rider Carsten-Otto Nagel on his stunning mare 'Corradina'.

During the Festival the host Ullrich Kasselmann and his visitors were pleasantly surprised by 205 motorcyclists on their Harley Davidsons, who contributed to the special American spirit of the Festival!

▲ *Isabell Werth & Satchmo at Horses and Dreams 2008*



# HOW DANGEROUS IS EVENTING?

**Eventing** - a three phase competition that consists of dressage, a cross-country obstacle course and show jumping - has come again under scrutiny because at least 14 riders have died worldwide in competitions over just the past year and a half; which makes eventing an even more dangerous sport than the international motor sport car racing, Formula One! Since the tragic death of the outstanding Brazilian World Champion Ayrton Senna in 1994 in Imola, the motor sport has invested heavily in the safety of the drivers and their cars which led to the result that Formula One did not witness the death of any of its drivers for 13 years. In fact eventing began to learn from Formula One; experts from the motor sport for example gave advice on how to create better helmets that protect the rider against breaking his neck which is a fatal injury that frequently results from the fact that the rider falls from the horse and hits either the solid obstacle or ground, or a more frequent occurrence is that the horse falls on top of the rider. It is easily understood that it is the cross-country exercise with its solid fences that makes eventing inherently dangerous. Just before the 2006 World Equestrian Games the British team lost young eventing rider Sherelle Duke, Germany lost in 2007 two eventing riders in only one week and in early 2008, two top contenders for the U.S. Olympic team have been seriously injured during competitions. Back in 1999 eventing was headline news as the result of an unprecedented fifth death from a cross-country fall in Britain in a year. In the 1990's discussions arose on whether or not eventing should be kept in the Olympic programme.

However, eventing has remained an Olympic discipline from 1912 until today; the FEI even noted in its recent

report at the beginning of this year that the number of eventing competitions as well as the number of starters in this discipline, have increased over the years. It also has to be noted that efforts have been taken to make this sport safer for riders and horses such as the improvement of the riding equipment, i.e. helmet and vest. Furthermore, the course design has become increasingly more focused on the safety of the horse and rider, and the cross-country course itself has been shortened. The newest improvement in cross-country safety is the "frangible fence", which uses a pin to hold the log of an obstacle up. Should a horse hit the obstacle, the pin breaks and the obstacle falls to the ground. This technique helps to prevent the most dangerous situation on cross-country which is when the horse hits a solid fence between the forearm and chest, and somersaults over – sometimes falling on the rider. This type

of fall has caused the death of several riders, as well as horses. Nevertheless, given the recent death tolls and serious injuries of both riders and horses, it seems that the mentioned improvements are not enough. The FEI responded recently by announcing a rule change that would disqualify a rider if either the horse or rider fell at any time during the competition. Additionally the FEI focuses on the ongoing education of the riders and their associations as well as responsible organisers. It remains to be seen how eventing will develop in the future, hopefully riders, horses and spectators will be spared tragic scenes; to use the words of the thrice Olympic winner in eventing, Australian Andrew Hoy: "We have all known the feeling of jumping a fence in a manner that wasn't quite as we planned, but we don't expect to pay for it with our lives."



# NEWS • TICKER

## A UNIQUE SPECTACLE CHIO AACHEN 2008



▲ Carsten-Otto Nagel and his stunning mare Corradina



▲ A Unique Spectacle, CHIO Aachen 2008

CHIO (Concours Hippique International Officiel) Aachen is the only tournament of this kind in Germany. According to the FEI regulation each country can only hold one CHIO tournament. CHIO Aachen has a long tradition; it was first opened in 1927 and is known today around the globe as the "Wimbledon of equestrian sport"! The best riders and horses of the world compete in Aachen in five different disciplines: jumping, dressage, four-in-hand driving, eventing and vaulting. Last year some 400.000 spectators visited the Event and 470 journalists were accredited for it. CHIO Aachen has four official sponsors: Mercedes Benz, Rolex, Warsteiner and the Dubai Equestrian Club. For the first time since its existence CHIO Aachen 2008 was held over two weekends, from the 27<sup>th</sup> of June until the 6<sup>th</sup> of July; furthermore this year's event was very special for another reason: riders and horses tried to give their best to star in their disciplines, as this year's CHIO Aachen meant for many athletes the last possibility to qualify for the Olympics!

The jumping competitions at CHIO are held in the main stadium, the biggest in the equestrian world. In Aachen riders and their horses have to be in top form to meet the numerous challenging

competitions over a period of ten days. The Nations' Cup in jumping is one of the highlights of the Event; each nation has to overcome two rounds with its team, which usually consists of four riders, whereby the best three out of four rides count. After the first round, Germany, the Netherlands, the U.S. and Great Britain were the hottest candidates for the title. In the second round Ludger Beerbaum on his 9 year old 'All Inclusive' brought the final result for Germany by his clear round and a two point penalty for exceedance of time; Germany won the Nation's Cup with a total score of 16 penalty points well ahead of the Netherlands with 20 scores. For Germany it was already the third win in a row. The best Dutch rider was Albert Zoer, who had two clear rounds. The third place went to the teams of the U.S. and Britain, both scored 21 points. The best rider in the U.S. team was Beezie Madden. Beezie also won the Prize of the Dubai Equestrian Club, Best of Champions, with the extra challenge of changing horses. Coming in second was German Meredith Michaels-Beerbaum followed by Jos Lansink, who took third place. CHIO Aachen always ends with the special highlight of the Grand Prix of

Aachen in jumping. Not many horses and riders can keep their concentration and condition on such a high level to meet after a ten day tournament the extra challenges of a jumping Grand Prix, but Dutch Albert Zoer on his 9 year old gelding 'Sam' did! They are the new champions of Aachen. The Dutch couple edged out Ludger Beerbaum and his also 9 year old 'All Inclusive' by four-hundredths of a second! The third place was to a most amiable couple: German Carsten-Otto Nagel and his outstanding mare 'Corradina'; it has been a joy to watch this couple over the days in Aachen. At the challenging Grand Prix they performed elegantly with clear rounds. After the first round Carsten-Otto was in tears, as he was so overwhelmed by his young mare and her devotion to her rider. The couple was a hot candidate for the Olympics, but the owners of 'Corradina' did not want the mare, that is only nine years old, to face the stress and strains of a long trip to the Olympics in China with additionally the extremely hot weather conditions there.

It has to be noted that Germany also won in Aachen the Nations' Cups in dressage, eventing and vaulting. Germany's best individual dressage rider was again Isabell Werth on 'Satchmo'; the couple won the Grand Prix Kür ahead of Dutch Adelinde Cornelissen. The overall best individual rider in eventing was German Frank Ostholt on his horse 'Air Jordan'.

Although this year's CHIO Aachen meant a lot of wins for Germany, German riders were keen to keep a low profile with regard to the upcoming Olympics. In an interview Ludger Beerbaum spoke for many when he commented: "What happens in seven weeks time, will have nothing to do with Aachen anymore..."





# HONG KONG RIDING HIGH

About the Olympics...

*The FEI President HRH Princess Haya at the press conference in Mannheim*

*Zara Philips, eventing star & granddaughter of Her Majesty Queen Elizabeth II*

It has not been easy in the past months for the Olympic officials in China. At first, during the traditional Olympic torch relay around the globe, China faced severe outside criticism for its tough response to riots and protests in Tibet, soon after, a massive earthquake hit the south-western part of China killing tens of thousands of people. Now, less than a month to go for the Olympics in August, things seem to be in order again. China stood up; the government led a massive relief effort for the devastated regions of the earthquake and earlier severe outside criticism softened. China wants to present the best Games ever and if China stands together, it seems that there is no hurdle that it cannot take.

Whereas the main venue of the Olympic Games as well as the opening ceremony on the 8<sup>th</sup> of August will be held in Beijing, the equestrian Olympic part will be held in Hong Kong, the glamorous business city with its stunning architecture and world famous skyscrapers.

Almost one year ago, in August 2007, the FEI President, HRH Princess Haya Bint Al Hussein, informed the international media at the European Jumping Championships in Mannheim, Germany, about the ongoing preparations for the Olympic Games with regard to the equestrian sport. The Princess who was at that time in her six months of pregnancy had just returned from a test event in Hong Kong. She informed the international audience that the test was a success:

“The Hong Kong Jockey Club is as you know a very professional organisation and in so many ways we are lucky to

be partnered with them. The main issue that had worried everybody was obviously the weather and the heat conditions. Probably for the first time in the FEI’s history we had a situation where there was a marriage between the horse sport community and the racing community to find the best way and both ideal situation for horses to compete. I think we came up with wonderful sights. I thought it was an amazing achievement. I believe that the competitors were more than happy with the facilities; the facilities are wonderful. I think that the people of Hong Kong and the City really, really embrace the Event. I am sure that it will be a success.”

Now a year later at this stage most of the Olympic teams are preparing their horses and themselves for the departure to Hong Kong. One of the first teams to leave for Hong Kong will be the German team.

Already on the 27<sup>th</sup> of May one of the world’s top jumping riders, Irish Jessica Kuerten, announced in an official press release that she will not participate at the Olympics. Jessica decided together with horse owner Lady Georgina Forbes, to inform Robert Splaine that she gives up her place for Ireland at the Olympics. Jessica wants to give her horse ‘Castle Forbes Libertina’ a well deserved rest, as she says, and 14 year old ‘Quibell’ is a very nervous flight passenger, the long flight and the



weather conditions would be too much stress for the mare.

Another top rider announced recently her withdrawal from the Olympics: the World Champion and European Champion in eventing, Britain’s Zara Philips, granddaughter of Her Majesty Queen Elizabeth II. The 26 year old was considered a strong contender for an Olympic medal. She was forced to withdraw after her horse, ‘Toytown’, was injured in training. “I am very disappointed not to have the opportunity to ride at the Olympic Games and feel that Toytown deserved his chance to go,” Philips said in a statement. “However, with horses these things happen and we still have a very strong team. I wish them every success.”

To compete at the Olympics is a dream for any athlete and an exciting and unique event for all sport enthusiasts. Sport has the capacity to unite people from around the globe; may the official theme slogan of the Beijing Olympics: “One World one Dream” come true! **HT**





# SEEKING AN IMMUTABLE ESSENCE

24 September - 17 October 2008

New Work, By Ahmed Moustafa

New Silkscreen  
prints by Dr Ahmed  
Moustafa, the  
highly respected  
Egyptian artist and  
scholar.

WRITES HIS BIOGRAPHER, JEREMY THEOPHILUS:

Ahmed Moustafa is an exemplary and much needed link between Islamic and European cultures. A conversation with him soon reveals the ways in which his practical training and experience as an artist and masterscribe, starting in Egypt and continuing to the present day in England, have been of crucial importance in informing his academic research into the scientific foundation of Arabic lettershapes. Underlying these activities is his strong Islamic belief that enables him to create images of the most intense complexity yet which can have an aesthetic and spiritual appeal to those with little understanding of their linguistic meaning.

*"Photograph courtesy Mathaf Gallery, London".*

The Exhibition will be held at the Mathaf Gallery, 24 Motcomb Street, London SW1X 8JU Tel+44 (0)20 7235 0010 Fax: +44 (0)20 7823 1378 [www.mathafgallery.com](http://www.mathafgallery.com)  
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# HORSES & CELEBRITIES

INTERVIEW WITH

# AMR WAKED

By Nada H. Abdelmoniem

## HORSE TIMES:

Is keen to offer what is different; this time with the aspiring and very much outspoken and charismatic Egyptian movie star Amr Waked.

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## AMR WAKED:

Not like any other celebrity that was interviewed by the magazine, Waked is a very charismatic individual with a lot of vision and sparkle. He is at a disposition as being an actor to influence a lot of the young generation. Waked adopts a lot of honourable traits; he seems to be a man of society and his efforts in the field of social development highlightens his moral values. It is quite interesting what we will see of him in the future.



## Brief profile:

Born in August the 7<sup>th</sup> 1972 (star sign Leo), and known in the Hollywood movie 'Syriana' as the Blue Eyed Egyptian, Waked is a graduate of the American University in Cairo. His acting break came in 2001 in the movie 'Ashab walla Business' (Friends or Business) and being unfamiliar to audiences up to that point, Waked portrayed the role so well that many viewers left the theatre believing he was a Palestinian actor. Since then, his reputation as one of Egypt's most serious and devoted character actors went from strength to strength. Waked became interested in acting at a very young age. However, his undeniable talent crushed all the hesitancy, and his performance in his first major film solidified his belief that he could become a major actor in the region. His first lead role came in 'Deil el Samaka' (The Fish's Tail). However, his most acclaimed performance came in the short film 'Lilly'. Although it was a short film, Waked received excellent reviews for his portrayal of a Muslim cleric. Awards include Best supporting actor award in 1997, from Alexandria Film Festival for his role in 'Ganet el Shayateen' (Paradise of Devils), and Best Actor award in 2001 for his role in 'Deil el Samak

## Horses and riding:

Horses represent a companionship that is blended with a very unique, reliable, and kind friendship. As riding is one of my favourite sports, a horse to me is one of the most graceful animals I have ever seen; they are very intelligent and one of a few animals that have loyalty. I was 6 years old when I first rode a horse, and was very scared, but throughout time, I saw a symbol of chivalry and knighthood that comes with being on a horse. Somehow, one can see a lot of animals that are evil, but horses are very difficult to depict as evil. They are super kind.

## Career profile:

Share holder and partner in Zad Communication & Production Ltd. Company. Some of the company's clients are NGO's; development companies which recycle funds from certain areas to present a better future, such as our work with the United Nations' office on Drugs & Crime. By investing in such fields, Zad occasionally has communication tools that are needed in order to implement NGO projects accurately. Zad C & P Ltd supplies these tools. Zad started 7 years ago as Kayan Production Services. The company's desire was to carry out public service announcements concerning many daily factors which can improve by very small



“TO ME, IT IS TO COMPEL PEOPLE TO THINK AND REALISE SOMETHING WITHIN THEMSELVES. IT'S ABOUT THE RELATIONSHIP BETWEEN THE FILM MAKER AND THE AUDIENCE; SOME FILM MAKERS PREFER TO ENTERTAIN THEIR AUDIENCE AND SOME LIKE TO CHALLENGE THEM.”

contributions; we started to pitch our ideas until we managed to find a private sector owner 'Mansour Manufacturing and Distribution Group' that was interested in financing the educational and environmental spots that Kayan Production Services had covered. Zad has also worked with the Unicef's programme 'Unite for Children Against AIDS' which is a global campaign as well as the UNAids on publications.

## Given the power to change something in the world, Waked would change:

I would eliminate greed; greed is what leads to corruption, which unfortunately, is what humans are soaked in today.

## Controversial roles:

I think there is always a point to any script...I like picking out different scripts. Usually, negative criticism about the role comes before the film is released, and after, ironically, the praise comes along (smiling). Once they watch the movie, the negativity dies off and then comes the truth...the reality. In the movie 'Ashab walla Business' I played a role of a Palestinian who ends up being a suicide bomber; the controversy was quite political & diplomatic for a few weeks; how could I "be-hero" what is termed as a terrorist?! Just as in Syriana, I played the role of an Islamist, but what do the viewers end up realising from the role? They sympathise or maybe understand the concept behind sacrificing oneself for a cause. What they term as a terrorist, is basically a believer of an issue who reached that stage of sacrifice through the human dramatical and tragical curve that he has witnessed. And on top, they accept this stage and make a choice. Having said this, it is a big problem! How

can one accept a Islamist, and not label him as a terrorist? Everyone needs to understand where their ideas derive from. Scripts usually come my way, and for Syriana, they chose me of course. But out of all the scripts, I choose what I think is controversial, yet worth while because it conveys a good intention as well as a strong statement. Why would you want to make a film? Is it to collect cash, or to view nudity or to laugh? To me, it is to compel people to think and realise something within themselves. It's about the relationship between the film maker and the audience; some film makers prefer to entertain their audience and some like to challenge them.

## Sports (Physical and Ethical education vs. Professionalism):

Sports are like the film industry; it's a "play". The first element in our industry is to have fun...to play...to educate people. It's the same with sports; we enjoy playing sports. Its fun and is the one of the best forms of education! It would be fantastic if the business perspective involved in sports gets upgraded not dictated; otherwise we lose the ethical value of the sport. I believe it's the balance between the ethics and values behind sports vs. the business and professionalism that would be of added value to the sports industry.

## A different scenario for Amr Waked besides acting:

I really don't know. I was a stock broker once and I think I would have continued because I liked it so much; I enjoyed the vast opportunities that continued to come everyday. **HT**



# TAG Heuer

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La Chaux-de-Fonds - February, 2008: TAG Heuer is proud to announce that the new and innovative Chronoprinter 540 has been approved by the prestigious Federation Equestre Internationale (FEI).

Show jumping timekeeping is not the easiest task we can imagine. The technical perfection of the infrastructure is 1 thing; the handling of this technique is another. In addition, the need to provide accurate results as quickly as possible is extreme. So far, the new Chronoprinter 540 is FEI approved a state-of-the-art in term of technology in the field of highly precise time measurement for sport.



TAG Heuer has made profitable its extensive and unique timekeeping expertise in the most highly demanding sports, such as, Show Jumping to develop the most accurate Timing installation. As ever, the TAG Heuer Timing division has respected and surpassed the most stringent demands for accuracy.

### **Chronoprinter 540 main features:**

#### **FLEXIBILITY:**

The numerous integrated timing modes such as NET TIME, NET TIME + 2 INTERMEDIATES, PARALLEL SEQUENTIAL, PARALLEL DIFFERENTIAL, TRAINING, SPEED MEASUREMENTS...etc. will satisfy the most demanding timekeeper. The CP 540 is able to accommodate the majority of sports disciplines operating as a stand-alone unit. When connected to a PC running TAG Heuer's extensive range of race management software, it is also the ideal time base for all professional sports-timing.

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#### **SIMPLICITY:**

The hallmark of TAG Heuer timing philosophy. The operator has only a few essential keystrokes to master. Mistakes are kept to a minimum and recovery from errors quick and painless.

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#### **DESIGN:**

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#### **EXPANDABILITY:**

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TAG Heuer, the leader in prestigious sports watches and chronographs since 1860, is currently the largest and fastest growing international luxury watch brand. The Swiss watchmaking legend draws upon its active engagement in the world of sports to create the most accurate timing instruments and sports watches in the world. TAG Heuer today is the first watchmaker ever to master luxurious chronographs with an unsurpassed precision of 1/10th, 1/100th and 1/1000th of a second. From the Olympic Games in the 1920's to its role as official timekeeper to within 1/10,000th of a second for the legendary Race of Champions, TAG Heuer, in a constant quest for innovation, excellence, performance and prestige, continues to aim ever higher, as reflected in its partnerships with Team Vodafone McLaren Mercedes in Formula 1 and its two aces: rookie sensation Lewis Hamilton, and Heikki Kovalainen. Powerfully endorsed by 2007 world F1 champion Kim Raikkonen and Scuderia Ferrari F1 driver, world number 1 golfer Tiger Woods, WTA star tennis player Maria Sharapova, NASCAR idol Jeff Gordon and Champcar four-time world champion Sébastien Bourdais; as well as by Hollywood superstars Brad Pitt and Uma Thurman and Bollywood icons Shah Rukh Khan and Priyanka Chopra, TAG Heuer more than ever epitomizes Sport and Glamour!

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# S U C C E S S S T A R T S W I T H K N O W L E D G E !

In Holstein breeding the Thormählen family has ranked among the most successful breeders for several generations already. Last year they celebrated the 444<sup>th</sup> anniversary of their farm in Kollmar, located close to the Holstein breeding centre Elmshorn. The name of Harm Thormählen is inseparably connected to that of Capitol I and his dam's line, lineage 173. This stallion made that the stables could grow into one of the most famous show jumping horse studfarms in the world. Lineage 3615 may sound less familiar to many, but it is this lineage that brought Thormählen his biggest sport successes. The well planned talent of this story goes by the name of Cero, who is a product from this small family that produced horses with exceptional show jumping talents. In the beginning of 2006 Cero was sold to Princess Haya bint Al Hussein.

It was in 1963 that Rheder Thormählen discovered the mare Gera when he saw her jumping an MB competition (1.30m). Even in the jump-off the then 5-yr-old daughter of Galvani I cleared every fence with 30 cm to spare. "What a super horse, I will not go home without buying this mare." He accompanied the breeder to his home where he has to negotiate for five hours before he managed to acquire the mare. His son Harm picked up the training of the mare and as a 6-yr-old he already started her at Grand Prix level. Harm describes Gera as a highly athletic sport horse with a powerful stride, a proudly lifted head, throwing well rounded jumps. As a 7-yr-old Gera won the Nations Cup in Madrid, ridden by Kurt Jarasinski, after which Rheder Thormählen sold the mare to Bavaria with a priority right to buy her back eventually. Still having

▼ *Cero's grandam Gera VI performed successfully in the international show jumping sport under Michael Morrissey. The temperamental mare had inherited many qualities of her sire Calando I*





won S-level classes as a 14-yr-old, the mare returned to her native soil. At Thormählen Gera produced two sons and two daughters by his own stallion Capitano, who is a son of the celebrated sport mare Retina (Ramzes) on which Fritz Thiedemann won the Hamburg Derby. With the two Capitano daughters Larsa and Mandalyn the continuation of lineage 3615 was secured. Mandalyn produced one daughter, Cera by Cor de la Bryère. This top-class mare with the ability to give her last over the fences was a successful international showjumping horse for many years. Under Paul Darragh she won the 1996 Grand Prix of Barcelona and the World Cup qualifier of Sevilla. After the EC in Mannheim in 1997, Cera was ridden by Otto Becker, winning the German National Championship and the Aachen Nations Cup, amongst other achievements. Like her dam, also Cera only produced one daughter, by Landadel. By the name of Fein Cera this mare earned world fame under Peter Wylde. In 2002 the combination won bronze at the WC of Jerez de la Frontera. In the finals with the horse exchange Fein Cera proved to be the best horse of the WC. Two years later she won Olympic gold for the American team in Athens. The meanwhile 17-yr-old mare was still successful last year, finishing third in the Grand Prix of Brussels and Leeuwarden.



▲ Ridden by Torben Köhlbrandt Cero was the 5-yr-old winner of the German National Championship qualifier of Elmshorn

**KNOCKED OUT**

Larsa, the eldest daughter of Gera, always remained at Thormählen's studfarm until she died age 30. Unlike her full sister, Larsa displayed more characteristics of their sire Capitano, such as a fine conformation and good movements. Larsa passed on these qualities specifically in her son Lacapo (Landgraf I), best known as sire of the stallion Flemmingh. In 1992 Larsa's match with the influential showjumping horse supplier Calando I resulted in the mare Gera VI. We have now come to the grandam of the well planned talent of this story.

Cero - 2001 - grey - Rider: François Mathy jr. - Breeder: Harm Thormählen, Kollmar (DE)

Calido I	Cantus	Caletto I	Cor de la Bryère	SF-93
		Monoline	Deka	Holst-730b
	Baroness	Coriander	Roman	Holst-18b1
		Kollet	USA	Holst-8777
Larsa I	Come On	Cantus	Coriolan	Holst-5739
		Sühne	Primadonna	Holst-8776
	Gera VI	Calando I	Roman	Holst-18b1
		Larsa	Borade	Holst-5064
			Caletto I	Holst-730b
			Monoline	Holst-8777
		Landgraf I	Holst-275	
		Bühne	Holst-8769	
		Cor de la Bryère	SF-93	
		Furgund	Holst-7673	
		Capitano	Holst-104a	
		Gera (Sarbit)	Holst-3615	

# WELL PLANNED TALENT - C E R O



▲ *Fein Cera* was one of the best show jumping horses of her generation. Under Peter Wylde she won Olympic team gold and individual bronze at the WC

Thormählen is full of praise about the mare. “Before we saddle-break our horses, we always start with lunging. I had built a lunging circle in the indoor hall, fenced off with showjumping material. But when she was lunged, the mare would always jump out of the circle - and back again - even though the fence was higher than she herself. I fetched along aluminium bar and stood outside the circle to prevent her jumping out again. I had told my helper to keep a good hold on the lunging line, but the mare was determined to jump, knocking off the top pole of the fence which banged into my head and knocked me out for a moment.

HOLSTEINER FAMILY 3615				THE LEADING MARES OF HOLSTEIN (3615)			
<b>Oia</b> (Jahn) 211470202 Habs	<b>Wollust</b> (Liebhaber) 212752002 Habs	<b>Galanterie</b> (Finn) 210825303 Habs	<b>Vorr.</b> (Heidenstamm) 210714901 Habs	<b>GERA</b> <sup>IMP</sup> (Colaris I) 21046d103 Habs	<b>Larsa</b> (Capitana) 210614174 Habs	<b>Lacapo</b> <sup>HOLET</sup> (Lanzgraf I) 210061580 Habs	
						<b>Andante</b> (Lorenz) 210020606 Habs	<b>DER KLEINE</b> <sup>IMP-ARMO</sup> <b>LORD</b> (Lanz) 210233192 Habs
<b>A. (Schnefelder)</b> (Weissenburg) 210661302 Habs						<b>GERA VI</b> <sup>IMP</sup> (Colaris I) 210232292 Habs	<b>Larsa I</b> (Carrie Ott) 210108196 Habs
						<b>Mandalyn</b> (Capitana) 210615575 Habs	<b>CERA</b> <sup>IMP</sup> (Cor de la Bryère) 210046487 Habs
							<b>FEIN CERA</b> <sup>IMP</sup> (Lancolade) 210193991 Habs
							<b>CERO</b> <sup>IMP-HOLET</sup> (Colaris I) 210244601 Habs





▲ Cera is a grand-daughter of the international show jumping horse Gera, was herself winner of several Grand Prix and is dam of the Olympic show jumping horse Fein Cera



▲ The mare Gera is standing at the basis of a small but valuable mares line. She performed successfully in the international show jumping, here as a 6-yr-old ridden by Harm Thormählen

When I came to, my first thought was: what a super horse! Since she is so absolutely determined to jump any fence, we should design a training for her in which she can develop her potential in peace, without any violence. I put the mare in a stable together with a mate she had always played with in the field. And I also lunged them together, Gera VI tied up to the girth of her friend. She obeyed and from then on could be lunged by herself." Thormählen trained Gera VI further and sold her to the U.S.A. There the mare performed successfully for a number of seasons in the international show jumping sport under Michael Morrissey.

## PRINCESS HAYA

In 2001 Thormählen bred an exceptional colt by Calido I out of Larsa I (Come On), the only daughter of Gera VI. "As a 2-yr-old he caught attention at his first free jumping event. He showed things that were well beyond the ability of many a 4-yr-old," his breeder says. By the name of Cero he was the 3-yr-old winner of the stallion performance test of Redefin, where he was immediately licensed by the Mecklenburg studbook and leased to the national studfarm Landgestüt Redefin. As a 5-yr-old Cero returned to Kollmar. Then also the Holstein studbook licensed the stallion in Elmshorn, where he promptly won the qualifier for the German National Championship.

Thormählen describes Cero as a sensitive, intelligent and easy to ride stallion. Early in 2006 Cero was sold to Princess Haya bint Al Hussein, who also owns the mare Cera and had started Cero's grandsire Come On in the 90's. This Cantus son added the first class showjumping blood of the Bühne family to the pedigree of Cero. Princess Haya keeps Cero in Belgium at François Mathy, where the stallion is successfully trained by François jr considering their fine results in Lummen, Gesves and Chantilly. Kollmar still has some 25 offspring from Cero's two seasons there. Thormählen mated the stallion to his top-class mares U-Capitola (full sister of Capitol I), Birte II (dam Quite Easy), Pretty Cera and Out of Cera (both grand-daughters of Fein Cera). And so the success in the future seems secure. ■

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**Contact person:** Mr. Islam Eld

Mobile: +2-012 2270678

# SYRIAN NATIONAL ENDURANCE RIDE

THE SYRIAN NATIONAL ENDURANCE RIDE TOOK PLACE ON THE 31<sup>ST</sup> OF MAY 2008 UNDER THE SUPERVISION OF THE SYRIAN EQUESTRIAN FEDERATION WHERE MORE THAN 150 RIDERS PARTICIPATED. HT

Rank	Rider's Name	Horse's Name	Nationality	Time	
				Total rec.	Average
1	HH Sheikh Mohamed bin Rashid Al Maktoum	Wadhah	UAE	0:08:48	00:01:46
2	HE Sheikh Hamdan bin Mohamed Al Maktoum	Jade El Kashmir	UAE	00:16:61	00:03:22
3	Sultan Ahmed Sultan bin Sulayman	Kohinoor de crouz	UAE	00:14:10	00:02:60
4	Saif Abdullah Al Ketbi	Amira Kel	UAE	00:25:54	00:05:11
5	Mohamed Al Shafar	Millpark Kastanah Sibak	UAE	00:31:09	00:06:14

▼ Manal Al Assad



▼ First qualified rider, HH Sheikh Mohamed bin Rashid Al Maktoum



▼ HH Sheikh Mohamed bin Rashid Al Maktoum & Manal Al Assad with HE Sheikh Hamdan bin Mohamed Al Maktoum





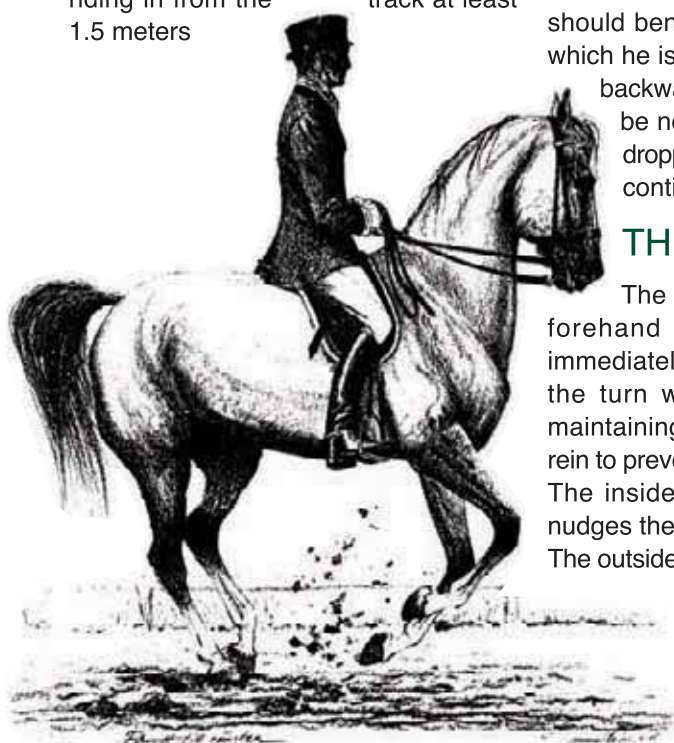
# DRESSAGE

## TURN ON THE FOREHAND

By Emmad Eldin Zaghoul

This may be taught as soon as the horse understands the preceding exercise. While turns on the forehand, carried out equally on both reins, are a good way of teaching the first lessons in moving away from the leg, they should not be attempted too often as they do not encourage good forward movement and are inclined to lighten the hindquarters rather than encourage their engagement.

This exercise is a test of the horse's obedience to the rider's legs and is useful training for when they open and shut gates. It is also a valuable exercise for the rider, as it develops your ability to use one leg independently over the other. The easiest way to prepare the horse for a turn on the forehand is by collecting the walk slightly and, if in a manège, by riding in from the track at least 1.5 meters



(5ft). If working in a field, walk parallel with the hedge, about 1.5 m away.

Halt the horse squarely, then turn him, head towards the track or the hedge. His hind legs should cross over, step-by-step making a half-circle round the inside foreleg on the side to which he is turning. The turn will be 180 and the hedge or side of the manège will help, because it will prevent the horse from walking forward. Smaller turns (of less than 180) can be performed by halting the horse at right-angles to the track or hedge.

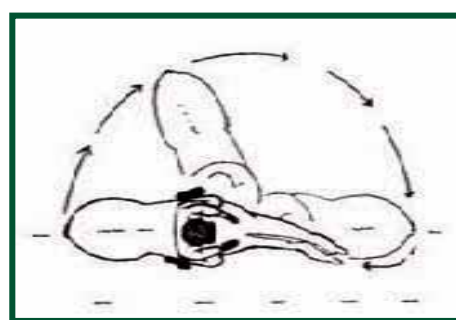
The turns described above will be complete when the horse is alongside the hedge or track. He must then go forward at once into walk, trot or canter. The correct sequence of walk steps must be maintained throughout. The horse should bend slightly in the direction in which he is turning. He should not step backwards, nor hurry. There should be no resistance in the mouth or dropping of the bit. The horse must continue to accept the contact.

### THE AIDS

The rider asks for a turn on the forehand by halting squarely and immediately indicating the direction of the turn with the inside rein, while maintaining the contact of the outside rein to prevent the horse gaining ground. The inside leg, just behind the girth, nudges the quarters over, step-by-step. The outside leg behind the girth receives and regulates each step.

### SUMMARY

To turn on the forehand to the right: proceed on the left



▲ *Turn on the forehand to the right*

rein. Come in from the track as described. Halt. Indicate the direction of the turn with your right hand.

Maintain the correct with your left reins. Nudge the quarters over with your right leg. Regulate and receive the steps with your left leg.

### COMMON FAULTS

- Resistance due to not accepting the bits.
- The horse may show too much bend in his neck in the direction in which he is going. This is corrected by maintaining the outside reins contact.
- The horse may step backwards. This can be avoided if the raider maintains impulsion and keeps both legs in contact.
- He may walk a small circle. This is due to lack of coordination of the aids. To correct the fault, establish a square halt. Then, at first, ask for only one step. Reward the horse when he responds.
- He may lose the correct sequence of footfalls. This is usually due to lack of impulsion. **HT**



# PERISCOPE ON SAMEH EL DAHAN

**Country:** Egypt  
**Club:** Police Sports Union  
**Date of Birth:** 28/01/198

By Khaled Assem

SAMEH EL DAHAN IS A RIDER & MEDICAL STUDENT AT EIN SHAMS UNIVERSITY, CAIRO. HE STARTED RIDING AT THE AGE OF 5 AND HAS BEEN DOING SO EVER SINCE. SAMEH IS VERY PASSIONATE ABOUT RIDING AND HAS SIMPLE & REALISTIC DREAMS; TO BE THE BEST RIDER THAT HE CAN POSSIBLY BE. WITH A FULL & BUSY SCHEDULE, SAMEH IS TRYING HIS BEST TO GRADUALLY FULFIL HIS ASPIRATIONS. HE ATTENDS UNIVERSITY 6 DAYS A WEEK FROM 9 AM TILL 1 PM AND WILL GRADUATE THIS YEAR IN DECEMBER. THE BEGINNING OF THE 2008 SEASON BROUGHT SAMEH SOME SUCCESS; FOR THE FIRST TIME HE ENTERS & WINS THE GRAND PRIX OF THE A1 CLASS LEVEL OF THE NATIONAL CHAMPIONSHIPS. HE ALSO CAME IN SECOND PLACE IN THE B CLASS, AND FIRST IN THE C CLASS. INTERNATIONALLY, HE CAME IN FOURTH AT SEIF AL SHAM GRAND PRIX QUALIFIER (CSIO\*4 SYRIA 2008). AS A JUNIOR, SAMEH CAME IN 7<sup>TH</sup> PLACE AT LE TOUQUET INTERNATIONAL JUNIOR CHAMPIONSHIPS (FRANCE).

**How many horses do you ride per day and for how long?**

I nearly ride daily; 6 days a week and a minimum of 4 horses a day. They are my horses, but every so often friends ask me to ride their horses, so I end up riding 5 to 6 horses on average per day; I mainly focus on my 4 though.

**What can you tell us about your club?**

I have been riding for the Police Sports Union club since I was 9 years old. Only for 3 years, I switched to the Army Sports Union, but then I went back to my original Club. We have a very good team and we have a healthy atmosphere. Even though the management is renovating the club & providing new arenas, the facilities are quite complete; we have a clinic and one of the best vets in Egypt, Dr. Ashraf El Kalla. We leave the worrying about the horses to him; he is excellent at his job. On top of things, we have a good system

managed by Lieutenant Colonel Sameh Niseem and Stables managed by Brigadier Ayman Fahmy. Credit is also due to both General Hamada Sameda, the General Manager of the Club and General Mahmoud Salah who regularly assist our team, but never appear in the picture.

**Does anybody help you with supervised riding as opposed to riding on your own without coaching & do you choose your own horses?**

I try to train on my own, but I am mainly assisted by my friend & fellow rider Alaa Maysara every week; I think he is a fantastic rider who follows a very strong & technical system. I am also supervised by General Ehab Abdelaziz everyday; he is the Team Manager of my club. Gen. Ehab Abdelaziz is a very perceptive Team Manager who helps me with choosing horses & knows when to create a good horse & rider combinations. Before the start of the 2008





▲ Sameh El Dahan

season, he gave me 2 horses; Cairoboy who helped me win the A1 Class level of the National Championships, and Mashallah, helping me win the C Class level. I also came in 2<sup>nd</sup> place in the B Class level (with Honeymoon).

**If you are approximately competing with 4 horses at National shows every weekend, how many rounds do you jump per season multiplied by the number of horses, and how many weekends did you compete this season?**

To make it easy for you, let's put it this way: it is 10 shows per season; every show goes on for 2 days. I ride 4 horses every day so that is basically a minimum of 4 rounds except for the jump offs. Throughout each & every competition, there has to be at least 4 jump offs...meaning every horse has to jump a round & a jump off. So per show (provided that the horses jumped

clear), I have to complete 12 rounds per show; 12 multiplied by 10 (season) is 120 rounds per season before the finals. The finals have 20 rounds, so all in all, I complete 140 rounds per season. Moreover, I compete during the summer season; for the 2008 summer season, we just bought new horses that will need training and preparation for the 2009 season

**What can you tell us about family support & future aspirations?**

My family has been supportive all the way, financially, physically, mentally, and psychologically. I would like to thank each and every one of them, especially my brother because I really made him suffer during my training for the National Championships (smiling). He would wake up with me so early on daily basis for riding and support. He was always there, and he did a great job throughout the season.

Regarding my future plans, I would like to go to Europe for training in order to become a better rider. That would be through riding bigger shows, competing with tougher riders, consequently gaining more experience, then finding out if I will be able to be an international rider or not. Unfortunately, I cannot find that out if I will be based in Egypt.

**It is a realistic dream, but do you realise that in order for you to compete, get better mileage, become a better rider, you need a very good horse. So there is an equation between technicality & work versus a good horse, which means financial means. How do you see this working out?**

My club is currently helping me with the horses, so my plan is to get the best out of the situation I am in now; to ride during the Arab League, to make a good name for myself, and to try my best to win lots of Grand Prix. If I gain more exposure, maybe I will be able to go to Europe. From there, perhaps I can ride for a well known stable that would help me with horses at the beginning of my career. It is a gradual stage that requires perseverance.

**Do you think that your club would be at all interested in funding you with a horse without being allocated in Egypt, but in Europe where you would still compete under their name?**

They did that in the past, but they based the riders & horses for a couple of months in Europe, but not permanently. This could possibly be a start, and it is somehow possible for the club to support us this way, but not possible to keep us there permanently. **HT**





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# ABU DHABI 2008

المعرض الدولي للصيد والفروسية  
INTERNATIONAL HUNTING & EQUESTRIAN EXHIBITION

WEDNESDAY 8th – SATURDAY 11th OCTOBER 2008

The Organizing Committee of the International Hunting & Equestrian Exhibition Abu Dhabi 2008, held under the patronage of His Highness Sheikh Hamdan Bin Zayed Al Nahyan, Deputy Prime Minister and Chairman of the Emirates Falconers' Club, is pleased to announce the launch of the following competitions:  
- please note that the deadline for participation is 15-9-2008 -

For information	Details	Competition
<b>Mr. Mansour Al Mansouri</b> Tel: +971-50-6688627 Tel: +971-2-6934712	<ul style="list-style-type: none"><li>o Finest Gyr Saker</li><li>o Finest Gyr Porogrino</li><li>o Finest Male Gyr</li></ul>	Competition for Hybrid Falcons
<b>Mr. Mansour Al Mansouri</b> Tel: +971-50-6688627 Tel: +971-2-6934712	<ul style="list-style-type: none"><li>o Best Idea or invention for hunting &amp; falconry equipment</li><li>o Best hunting equipment</li></ul>	Competition for the Best Idea or Invention of Hunting & Falconry Equipment
<b>Mr. Sliman Al Qablan</b> Tel: +971-50-5914744 Tel: +971-2-8195470 Fax: +971-2-6212419	<ul style="list-style-type: none"><li>o Finest poem describing a bird.</li><li>o Finest poem describing a hunting trip.</li><li>o Finest poem on losing a bird</li></ul>	Competition for 'Nabati' Poems on Falcons and Hunting
<b>Abu Dhabi Authority for Culture and Heritage</b> Tel: +971-2-6211794 Fax: +971-2-6214472	<ul style="list-style-type: none"><li>o Specially written for the exhibition discussing Arab hunting or equestrian traditions in 20 – 50 pages</li></ul>	Competition for the Best Research on Arab Hunting & Equestrian traditions
<b>Abu Dhabi Saluki Center</b> <b>Mr. Hamad Al Ghanem</b> Tel: +971-2-5755330 Fax: +971-2-5755339	<ul style="list-style-type: none"><li>o Tow Breeds: Feathered &amp; Smoothed</li></ul>	Competition for the Finest Saluki (Arabian Hunting Dog)
<b>Turret Group</b> <b>Miss Dalia Hourani</b> Tel: +971-2-4064259 Fax: +971-2-4443987	<ul style="list-style-type: none"><li>o Finest hunting, Equestrian &amp; heritage Paintings</li></ul>	Competition for the Finest Paintings
<b>Turret Group</b> <b>Miss Dalia Hourani</b> Tel: +971-2-4064259 Fax: +971-2-4443987	<ul style="list-style-type: none"><li>o The Finest Hunting &amp; Equestrian Photographs</li></ul>	Competition for the Finest Hunting & Equestrian Photographs
<b>Abu Dhabi Authority for Culture and Heritage</b> Tel: +971-2-4447499 Fax: +971-2-4445639	<ul style="list-style-type: none"><li>o Preparing Arabic Coffee in the Traditional Way</li></ul>	Arabic Coffee Competition
<b>Abu Dhabi Authority for Culture and Heritage</b> Tel: +971-2-4447499 Fax: +971-2-4445639	<ul style="list-style-type: none"><li>o Sado (Woollen) Products</li><li>o Tally</li><li>o Saaf (Palm Leaves) Products</li><li>o Traditional Clothes</li></ul>	Made in UAE Competition

# THE MARE THAT MAKES ALL THE DIFFERENCE

## ‘ODETTE W’

By Karin de Haan

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WHEN YOU THINK OF BREEDING SPORT HORSES, ONE HAS TO THINK OF ODETTE W. SHE IS SECOND ON THE LIST OF THE HIGHEST BREEDING INDEX.

SHE JUMPED INTERNATIONAL LEVELS WITH SWEDISH RIDER ANGELICA AUGUSTSSON. HER MOTHER CARTA JUMPED NATIONAL LEVELS AND BESIDES ODETTE, HAD 3 OTHER DESCENDANTS WHO JUMP INTERNATIONAL LEVELS. ODETTE W HAD ONE FOAL, SINATRA (V. EPILOT), WHO IS NOW 9 YEARS OLD AND ALSO JUMPS INTERNATIONAL LEVELS.

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The story of Odette W begins with her grandmother Karta (Millerolexx x Alanda x Majesteit Hendrik). This mare had many foals at the stables of Heinz Fassen in Herkenbosch, and even though this was about 25 years ago, Elke Jaspers Fassen, his daughter, still remembers Karta.

**Elke:** “I was about 11 years old when my father searched for a mare for me to ride and compete with. The mare he found was Karta. She was a brave mare and although her father was a thoroughbred, she was a classic model. She had powerful and large movements. At that time we used to train in a small accommodation which was shorter than 40 meters in length, so it just took 3 strides to cover that one side. After some time we decided to breed Karta. All her foals had one thing in common; they could jump. From Almé she got Dino. He was sold to Johan Heins, who trained some Japanese riders. One of them jumped International levels with Dino and even started at the Olympic Games. The brother of Dino, named Elvis, was placed in Z level dressage and Z level jumping as well (1.30m). From Graveur she got Nancie, who is the mother of Selena (v. Farn). Selena was a breeding mare of the Brouwers family from Baexem who bred a lot of National and International horses such as Mirage, Largo II (v. O. Largo) and Why Not (v. Abgar xx).”





## ODETTE W



### ODETTE:

She is a sensitive and competitive mare who always jumped in the right way with the right mentality. In 2006 she competed with the Swedish rider Angelica Augustsson at the European Championships for Young Riders and she was 14<sup>th</sup> on the individual level and 7<sup>th</sup> on the team level. In 2007 she jumped in Munich at the 1.55m levels mixed competition and in Wiesbaden she started at the Grand Prix. In Ravensburg she was 3<sup>rd</sup> in the 1.40m level mixed competition. Odette was a bay horse; 1.65 min size. She is the mother of Sinatra who also jumps International levels.

## BONJORNA

ELKE JASPERS FASSEN HAS THE BEST MEMORIES OF KARTA'S DAUGHTERS BONJORNA AND CARTA. SHE JUMPED WITH BOTH HORSES, BONJORNA IN THE Z CLASS AND CARTA IN THE ZZ CLASS AND ON NATIONAL SHOWS AS WELL.

Both mares were also employed as breeding mares. Bonjorna's oldest daughter was Indurain (v. Larome). She jumped with her in the Z class before she was sold to an Italian junior rider who was settled at the stables of Dion van Groessen. Her second foal was Lundi which Elke jumped in the ZZ class as well as in National shows, and is now used as a breeding mare. Her oldest son is 11 named Palazzo, and was sold when he was 5; he was competing in the M class. He went to the stables of Beat Maendli where he later on jumped 1.40m levels.

Then came Redcliff from Zeus who jumped Z classes before he was sold abroad. Now she has a 3 year old stallion from Cassini II.

After Lundi, Bonjorna was covered by the approved stallion Marlon v. Zeus. This stallion came back this year from abroad since his foals were doing so well. As a result Marlon is again available for Dutch breeders, and after Marlon came Odysseus. Elke: "Some time ago we got a tape from Khaled Assem showing Odysseus. He is doing well in Egypt and I know that he has just gotten another owner. It is nice when you get some information about your horses that were sold to foreign countries; sometimes, news about these horses is seldom available."



Because Bonjorna and Zeus were a good combination, Elke used this stallion for breeding again hoping to get a mare; the result was Penelope. Elke only jumped Penelope in the M class although she could jump bigger, but she was too busy with family affairs. Penelope was a very important breeding mare for her.

Penelope's first foal was Ufo (v. Darco) who was sold to Ireland and is doing well there. Last year she had a mare by Celano and now she has a mare by Douglas. After that Bonjorna got Rainbow (v. Cash) who jumped in the M class before he was sold to Egypt. Then came the stallion from Hors la Loi who got the name Talent. Talent is already jumping in the 1.40m classes with Rogier Linssen and Dennis Evertse. Following that came 2 mares from Andiamo and Oklund. Verena is used as a breeding mare and Werena (v. Oklund) is now being trained to start a career this year. After Werena, Bonjorna died.



▲ *Bonjorna & Penelope*

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## CARTA:

THE STORY OF BONJORNA'S FULL SISTER CARTA WAS NOT LESS SUCCESSFUL. SHE WAS ALSO USED IN THE SPORT (SHE JUMPED ZZ CLASSES AND NATIONAL SHOWS) BEFORE SHE BECAME A BREEDING MARE. HER FIRST FOAL WAS KARTA II (V. LAROME). WITH ELKE AS HER BREEDER, SHE JUMPED WITH HER IN THE ZZ CLASSES BEFORE SHE WAS SOLD TO EGYPT (RIDDEN BY ALAA MAYSARA HABASH). SHE JUMPED THE HIGHEST LEVELS AND WAS EXTREMELY SUCCESSFUL. AFTER KARTA II, CARTA WAS SOLD TO BENNIE WEZENBERG FROM IJSSELMUIDEN. SHE WAS A FANTASTIC MARE WITH THE RIGHT ATTITUDE. HE COVERED HER WITH LIBERO, THE FAVOURITE STALLION OF BENNIE WEZENBERG.

Bennie Wezenberg says: "I am the greatest Libero fan in the Netherlands." Elke has often gone to see him jump at international shows. Libero was a horse with a special character, a real fighter. Most of his foals also have those qualities.

Carta got 4 foals by Libero. Bennie sold them when they were young. At that time he had 30 foals every year and it was just impossible to keep them all. The oldest one was Midaro W who jumped International classes with the Italian rider Christian Pitzianti. His sister Nicarta jumped Grand Prix levels with the Canadian rider Lauren Hayes. Then came Odette W who jumps International levels with Angelica Augustsson. Her last foal was Platina. Carta and Platina were bought by Elke's family again. They sold Platina, covered by Andiamo, to France where she is still being used as a breeding mare. They tried to cover Carta again but didn't succeed. She was sold and even the new owners were never able to get her pregnant again.



▲ Carta & Platina, full sister of Odette



▲ Karta

## ODETTE W:

Odette W was sold to Jeroen Dubbeldam when she was a foal. Jeroen Dubbeldam says: "There was an auction at the stables of Hans Horn. Odette was there and I liked her. She looked nice and had a very interesting pedigree. I rode a lot of Libero's; they have a lot of qualities but need more time. They are often sensitive but very competitive."

When Odette W was 3 years old she had a foal by Epilot who was standing at the stables of Jeroen. When the foal, called Sinatra, was old enough they began to train Odette. It was a very talented horse with the right attitude. When she was 5, she was sold to Switzerland. Later on she came to Angelica Augustsson. She jumps with her the biggest tracks. Her son Sinatra didn't look like Odette. He was





▲ *Lundi*

much bigger, but they both have the right attitude and enough blood for the sport.

## SINATRA:

Sinatra was 3 years old when he was sold to Klaas Schaftenaar from Wezep. Some years later, Teus van den Brink saw him jumping in Geesteren. Jan Diepman was his rider. Teus bought and rode him in the Ian Trofee. He jumped very well even though they weren't selected for the World Champions in Lanaken. Teus then sold him to a friend of his, where he was ridden by his son Danny van Raay. At that time his name was Superfreak. When Danny quit riding, Teus bought Sinatra back; she jumped him in the Z class and in November 2007 sold him to Pablo Barrios. By March 2008 he was already jumping at the Nation's Cup and Grand Prix in Wellington.

Teus: "It is really great that this horse was already jumping at this level. I saw it myself; otherwise I wouldn't have believed it." Teus thinks that Sinatra acquired his qualities from his mother and father. He has the attitude of Libero and the model of Epilot. He is big, with a lot of blood, and cannot be forced into doing anything. When he started jumping, many people thought he couldn't jump Grand Prix levels. But these horses often jump normal at 1.20m levels yet they begin to impress you when the courses are bigger. Teus also thinks that this horse has a good future ahead of him.

Finally, I would like to say that breeding is so many things put together. It's about passion & vision embraced with experience and knowledge...knowing the bloodlines; having the patience to test yourself & follow up the performance of the offspring is part of this fantastic experience. With little or lots of luck and the right mare, you might just make some difference. **HT**



# ARABIAN PASSION

## Damascus...

The Oldest Continuously Inhabited City in the World...The Dream... The Event

Already much advertised is an Arabian event taking place in October 2008. The Arabian Passion Damascus International Horse & Equestrian Fair will take place in Damascus, Syria between the 7th and 10th of October. The organisers of the event are Profair (a company managing international fairs, exhibitions and mass events) and the Syrian Arab Horse Association. It's worth mentioning that last year Syria hosted the WAHO Congress, which got extensive coverage by specialised magazines.

Already on April the 17th 2008 a press conference was organised at the Four Seasons Hotel. 200 breeders and equestrian fans attended and were provided with useful information about the event.

The extremely rich programme of this international event includes: Arabian horse auctions, clinics on veterinary care and

horse transportation, lectures on the history of Syria and origin of the Arabian horse, equestrian performances, and conferences (Judging the Arabian horse between originality and beauty, Arabian Horse in Syria – Then and Now, and Embryo Transfer). This will be accompanied by an equine fair, whose offer will consist of stable equipment, accessories for both horse and breeder, smithery, stud booths, equine schools, international and domestic organisations connected with Arabian horses and sport, companies producing animal feed, horse trailers and walkers, and insurance companies. The event will surely not lack artistic experiences; equine painting, sculpture, photography, as well as magazines, books and traditional Syrian craftsmanship are on the roster, too. The programme also contains trips to Arabian studs in Syria and sightseeing. Damascus - a place referred to by Mark Twain as "The Heaven of Hidden Treasures" - can undoubtedly offer foreign visitors many unforgettable moments. The event is held on slightly elevated terrain, between the city and Syria's international airport. The scale of the event can be seen in the number of VIP invitations sent by the organisers to officials, politicians and celebrities from all over the world - 10,000.

You are all invited to come, enjoy our event, and be part of making it the arena and the market place for all those interested in horses and equestrian affairs from the four corners of the world. **HT**







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# THE HORSE'S MENTAL FITNESS (Part 2)

By Dr. Mohamed Elsherbini

## RECOGNISING YOUR HORSE'S MOODS:

Regular observation of a horse, as described in the previous issue of Horse Times, will soon give you much input about his moods and body language. This is essential if you aim to work with, rather than against the horse – in fact, the latter approach is doomed to failure. There are some obvious signs that will tell you how he is feeling. For example, the ears tell us much, as discussed before. Sometimes when a rider is in the saddle, the horse moves his ears back and forth which may mean he is “listening” to the rider’s signals.

Horses also have a way of looking dejected when they are not well or are unhappy. Their ears and eyes seem to droop and the head is held lower than usual. A horse in pain may have his ears back but may also have them forward. His eyes will have a staring look that could be confused with fright. Unlike pain, this fright eye staring will pass off as soon as fear is gone.

## BAD BEHAVIOUR:

Behavioural problems fall into 2 groups;

those of handling and riding, such as refusal to be caught or rearing – and other behaviours, known as equine stereotype behaviours, that usually develop in reaction to stresses that their owners place on them. These behaviours include cribbing, wind-sucking, box-walking, and weaving.

**Difficult to catch:** if a horse suddenly starts refusing to be caught and grass is not the obvious attraction, think about what you have been doing with him during the past few weeks. Have you been asking too much of him? Make sure that the cause of upset, whether rough handling or exposure to some frightening stimulus is not repeated.

**Refusing to load:** entering a trailer or a horse van is a totally unnatural activity for a horse. If your horse starts to refuse to load when previously he has been reasonably willing, then you should think back to the last journey. Feeding him in the van or trailer, loading him with a willing horse and driving carefully may give him confidence again.

**Biting & kicking:** these form the horse’s natural way of defending himself against other horses. Sometimes a horse will aim

to bite when being tacked up or when having a blanket put on as a result of a previous rough handling. Some horses are just aggressive. When approaching an aggressive horse, you should always use a non-threatening posture with you eyes downcast, and your shoulders rounded with no sudden movements in order to gain his trust.

**Spooking & shying:** “run away first and ask questions later!” is the self-protective instinct of the horse against predators. He has to trust his rider not to lead him into danger. Horses learn confidence, while they were young from following their mothers or other more experienced horses. If a horse reaches a frightening object, the rider should talk to him confidently and soothingly. The rider should not slacken the reins and pat the horse on the neck as he would be removing the supportive contact of the reins and also losing a control he may need.

**Rearing:** it is always an attempt to evade the rider’s control. It can occur when the horse is being asked to do something that he is unwilling to do or something he is physically incapable of doing. Trainers should tell the rider what to do when a





▲ A bucking horse

horse rears with him by taking a protective position and driving the horse forward when he anticipates rearing. A good trainer should work out what a horse is trying to avoid but in a patient way.

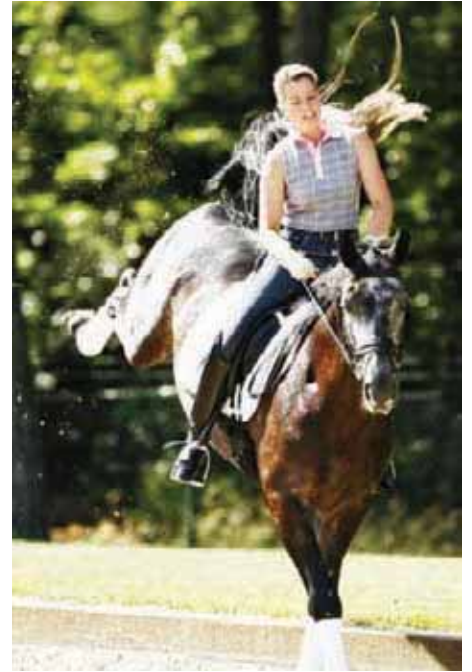
**Bucking & balking:** bucking is an instinctive response designed to dislodge a predator that has leaped on a horse's back. Some schooled horses buck because they have a "cold back", which is excessive sensitivity of the back to the weight of the saddle and/or rider when first saddled or mounted. Some other causes include joy, excitement, pain or trying to dislodge the rider. Bucking could be combined with balking "napping" which is stopping in one place and refusing to go forward. Causes may include tiredness, boredom, illness, pain or sensing a weak rider. A good trainer must evaluate the cause, try to solve it and/or ask for vet advice.

**Equine stereotype behaviour:** these behaviours are classed as vices (discussed in details in HT previous issue), and some actually cause harm to the

horse. There has been much research into these problems. The original view seems to be that highly strung horses that are kept stabled for long periods of time are at a special risk of developing these behaviours. They may arise from the physical and psychological effects of boredom, frustration, and inability to exercise their natural foraging instincts. To avoid such stereotype behaviour from being established, all young horses should be kept outside whenever possible.

## GETTING PROFESSIONAL HELP:

Horses don't usually behave badly without reason. Keep in mind that the horse's behaviour is a product of every aspect of care and handling. A behaviour problem noticed when a horse is ridden may have its origins in some other aspect of the relationship. Besides the professional way of solving obvious medical and technical causes a trainer may ask for an expert's help. These experts are known as "horse whisperers" who work with the horse's



▲ A rearing horse

natural instincts to resolve behavioural problems. Sometimes an alternative therapist is needed. Herbal therapy or homeopathy can also produce dramatic response.

## RECOGNISING A MISMATCH:

Sometimes, when you have tried every strategy for remedying a persistent behavioural problem, you have to admit that there is just no possibility of a good relationship ever evolving between a particular rider and that horse. Both will be better off with different partners. There are many examples of great horse/human partnerships where the horse has been a problem to every other handler, and who just needed to find the right rider for him.

## HORSE PSYCHOLOGY AND MOVEMENTS:

A malfunction in the horse's nervous system can cause badly coordinated movements. Just as in human beings, all actions of the horse are controlled by the brain relaying messages to the nervous system (brain, spinal cord, and nerve). A nervous state of mind can cause loss of normal control over muscle actions. In motion, the horse will show stumbling in front, knuckling over with the hind fetlock, longer or shorter strides, higher or dragged steppage, lacking of quarter control (wobbler), and even lameness in extreme cases. One must realise that it's rough and unskilful handling that upsets the horse's nervous system. In order to improve and to prevent such problems, the trainer has to understand and master the horse's mind. **HT**



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EQUUS Magazine

By Christine Ross, DVM,  
with Christine Barakat

Few sights are as haunting as a racehorse's breakdown. One moment a magnificent athlete is giving his all, the next he's unable to walk, much less run. If he survives the initial insult, he faces months of discomfort and an uncertain future.

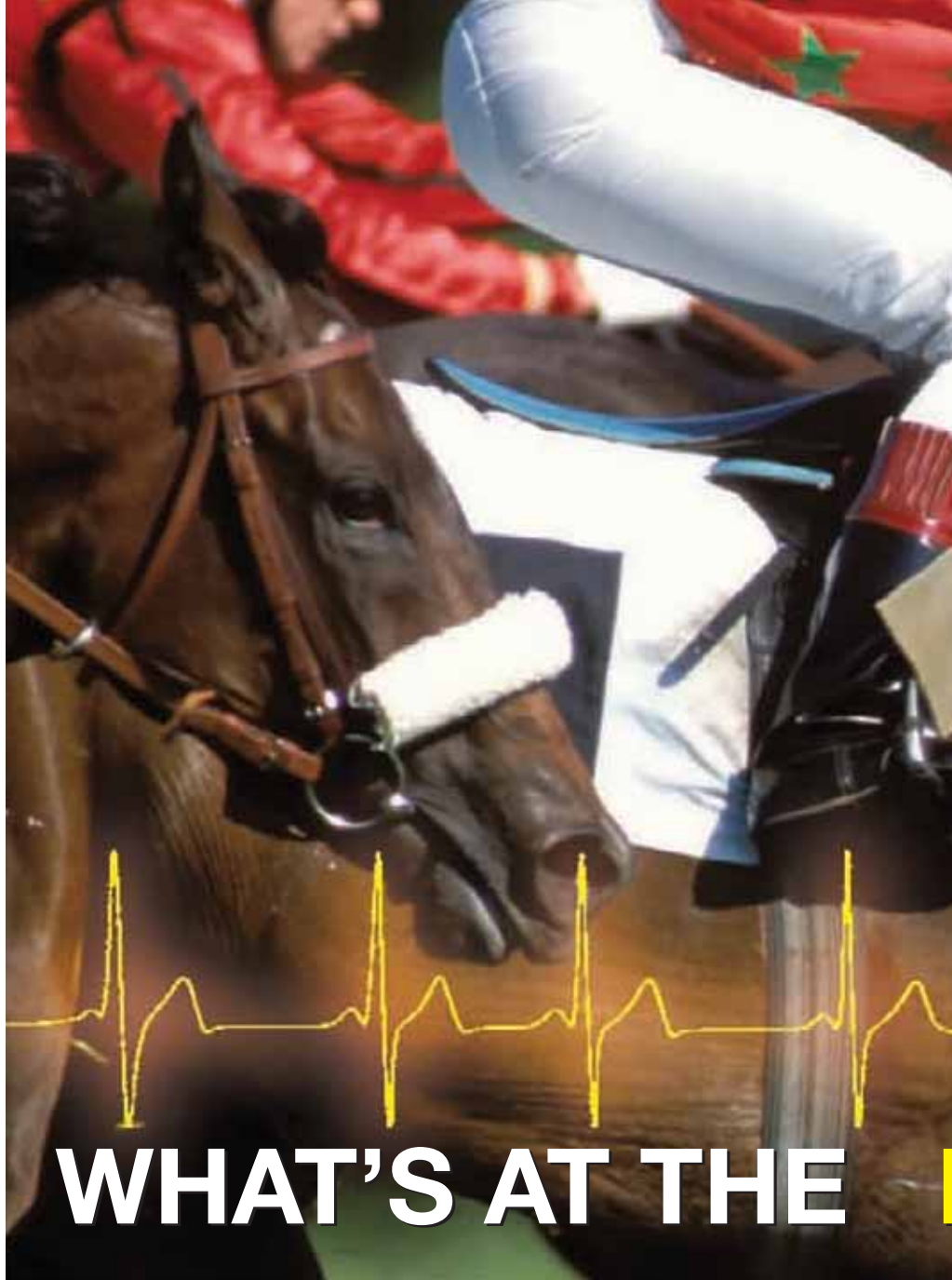
In my 23 years as a veterinarian in equine practice, I have often dealt with the aftermath of these injuries. To be sure, research advances have made this task easier. Improvements in fracture stabilisation, surgical repair techniques and postoperative management help many horses survive injuries that were once a death sentence. But, I always wondered, wouldn't it be better if we could prevent breakdowns from happening in the first place? Although these injuries seem like a sudden event, they are actually the culmination of myriad physiological changes that occur over weeks and months. If we could find a way to identify and quantify these changes, perhaps we might be.

Then about seven years ago, I realised there may be a way to do just that. I began investigating applications of heart rate variability (HRV) analysis, the study of the intervals between each beat of the heart, and I found that this technology can provide precise data about a horse's health, fitness and fatigue. With this information, we can determine when horses are being pushed too hard and adjust their training or competitive schedules accordingly. In other words, with HRV analysis we may one day make breakdowns - and fatigue-related illness - in horses very rare events.

## HRV EXPLAINED

Heart rate variability describes the time that passes between heartbeats (sometimes called the interbeat interval).

In healthy animals, the length of these intervals varies from one beat to the next



# WHAT'S AT THE

A California practitioner  
may have found  
the answer.

By analysing  
the millisecond intervals  
between  
heartbeats, she  
says, it's possible  
**to predict - and  
prevent - catastrophic  
injuries and illness.**





**HEART OF BREAKDOWNS?**





**IMPERCEPTIBLE:**

Even horses who appear vigorous and show no sign of being tired may be experiencing physiological fatigue. When this occurs, a horse's ability to resist the forces of gravity diminishes, increasing the peak loading of his supporting structures, which in turn can leave him susceptible to injury.





# CAUSES AND EFFECTS

Unlike arrhythmias - gross abnormalities in the rhythm of the heart that can be heard through a stethoscope - variations in the interbeat interval, measured in milliseconds, cannot be discerned simply by listening to the heart. HRV is determined using complex calculations based on cardiac data collected with sensitive monitoring devices.

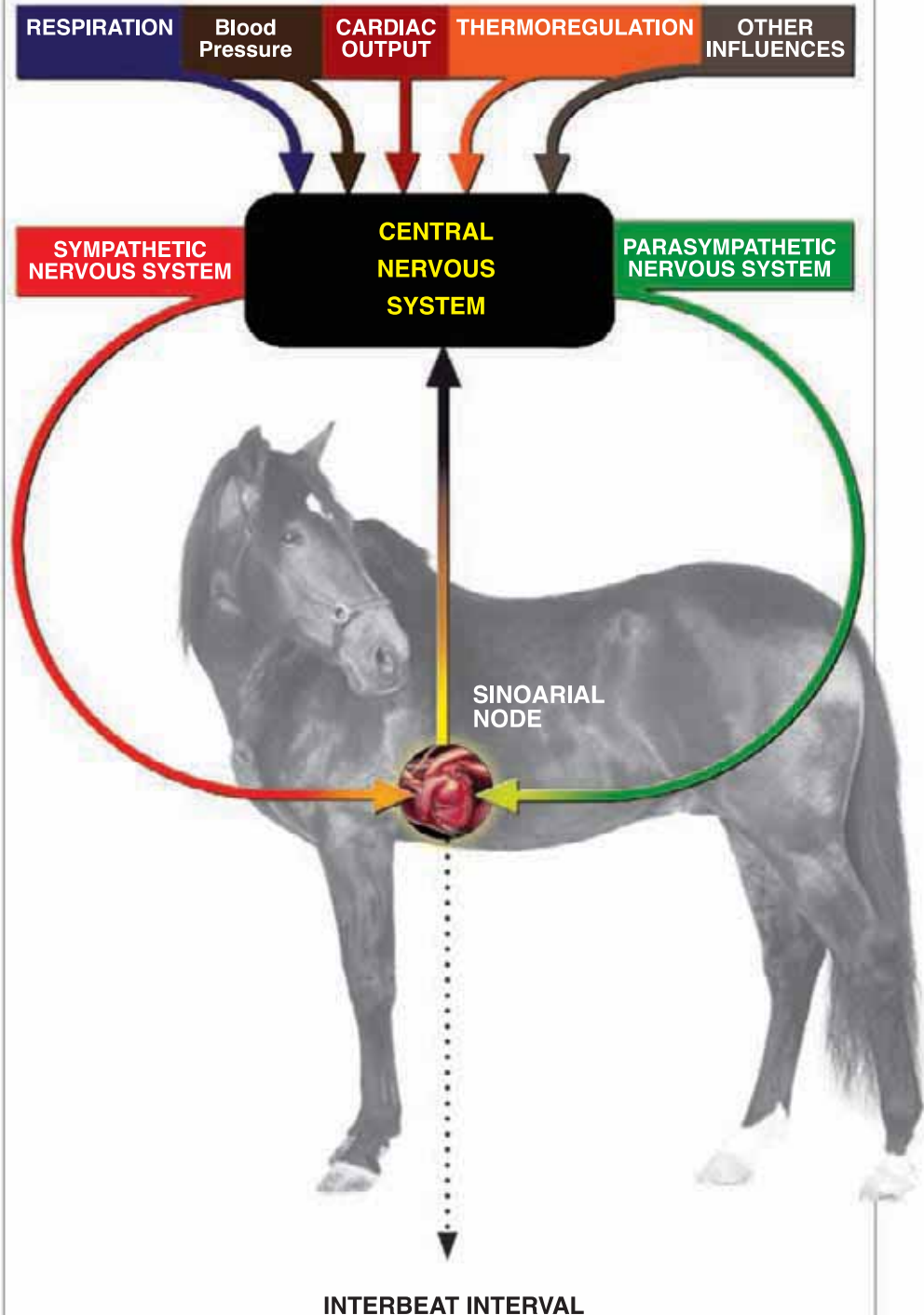
Tracking these small changes in the interbeat interval gives us the HRV pattern, which is then analysed using mathematical formulas to yield specific parameters and measurements. It may seem counterintuitive, but more variability in the interbeat interval is better. Heartbeats are controlled by the sinoatrial node, a discrete collection of nerves within the heart. Both the parasympathetic nervous system, which slows the heart, and the sympathetic branch, which speeds it up, continually send signals to the sinoatrial node. Input from these two branches changes from moment to moment, depending on the physiological and emotional state of the animal. Variations in the interbeat interval reflect the heart's ability - and therefore the entire body's capacity - to adapt to these ever-changing inputs. And, in the individual as in the species, adaptation is key to survival.

## CRACKING THE CODE

Because HRV patterns are essentially a record of the signals sent to and from the central nervous system, they are potentially a rich source of physiological data about an individual. Just as disease "signatures" can be evident in blood panels, certain physiological conditions manifest in HRV, even when there are no outward signs of trouble.

In the late 1960s, for instance, it was discovered that HRV analysis could detect physiological stress in a fetus before a change in heart rate occurred. It soon became, and still is, a key part of fetal monitoring during labour and delivery.

Similarly, HRV analysis can predict the survival rate of cardiac patients: Decreased HRV has been associated



The **autonomic nervous system** (ANS), also known as the visceral nervous system, is the part of the peripheral nervous system that regulates heartbeat, glandular secretions and other maintenance activities in the body primarily performed without conscious control or sensation. Respiratory rates, temperature, blood pressure and other physiological information from the **central nervous system** (CNS) affect the parasympathetic and **sympathetic branches** of the ANS. These then influence the **sinoatrial node**, which regulates the horse's heartbeat and interbeat intervals (the time between consecutive beats). The heart rate variability pattern is therefore a summation of many physiological factors within the body.

# WHAT “FATIGUE” REALLY MEANS



**OVERLOAD:** Hyperextension can damage joints, ligaments and tendons.

In veterinary terminology, the term “fatigue” is generally applied only to specific structures. Bone, ligament or tendon, for example, become structurally fatigued to the point of weakening or failure. But before this happens, it’s likely that a more widespread process has occurred: physiological fatigue.

Even standing still, your horse uses a great deal of energy just to resist the gravitational pull of the Earth. His core and axial muscles must stabilize and lift his 1000-pound body, along with the weight of the tack and rider, against the pull of gravity with each step. As a horse becomes tired, his ability to lift his body weight and rider decreases, increasing the peak loading of his structures.

This contributes to hyperextension of the limbs and damage to joints, ligaments, and tendons. Like a pile driver, over time, each stride contributes to microcracking and ultimately failure and fractures of the bone. The fracture may indeed be the result of isolated bone fatigue, but I believe that fatigue of the whole horse often precedes fatigue of the bone.

It is important to differentiate this phenomenon from stress, which is

essential for conditioning. Stress, in the form of athletic challenge, is an integral part of athletic training: a planned challenge (training) elicits an expected and desired physiological response, a process called adaptation.

Wolff’s Law, promulgated by the German anatomist/surgeon Julius Wolff (1835-1902), states that bone in a healthy person or animal will adapt to reasonable loads it is placed under. As loading on a particular bone increases moderately, the bone remodels itself over time to become stronger to resist that size and duration of loading. Conversely, if the loading on a bone decreases, the bone becomes weaker. Without some sort of controlled exercise, bones demineralise. And with excessively severe or repeated loading, maladaptation—the opposite of adaptation—of the bone occurs and failure looms.

In addition, stressors unrelated to training can contribute to fatigue. That’s why I believe we must do a better job of assessing fatigue in horses and monitoring it during the training and rehabilitation process.—Christine Ross, DVM.

with a fourfold increase in sudden cardiac death in patients with coronary artery disease.

HRV can also detect general fatigue. One French study found a significant decrease in the heart rate variability of garbage collectors during three consecutive weeks of work, a change that reversed with rest. Interestingly, the

HRV readings for that particular study were done at night, while the workers slept, and HRV readings for athletes are done while they are inactive, showing that the effects of fatigue continue long after the inciting event (working or training) is over.

Perhaps most intriguing is the insight HRV analysis can provide about

a subject’s emotional state. A study of championship chess players found a significant decrease in HRV associated with the feeling of hopelessness after particular moves. Other research has shown that laughing and weeping affect HRV patterns.

## HRV ANALYSIS IN HORSES

The idea of applying HRV analysis in horses occurred to me when I was writing a chapter for a book on new therapies. As I worked, I began to fully realise the importance of the autonomic nervous system - the combined sympathetic and parasympathetic branches, as well as other neurohormonal influences - in all areas of veterinary practice and animal management.

I was familiar with the use of HRV in monitoring human cardiac patients and fetal health, and I began to wonder whether the same technology could produce useful data about horses. Specifically, could HRV analysis correlate specific data parameters directly to clinical conditions in the horse? I was determined to find out.

Over a period of several years, I recorded and computed HRV patterns in more than 600 horses. I placed monitoring equipment on horses while they were at rest in a familiar stall and collected cardiac data for five minutes. I then used HRV analysis software, specifically adapted for my purposes, to calculate an HRV “index” of my own design for each horse.

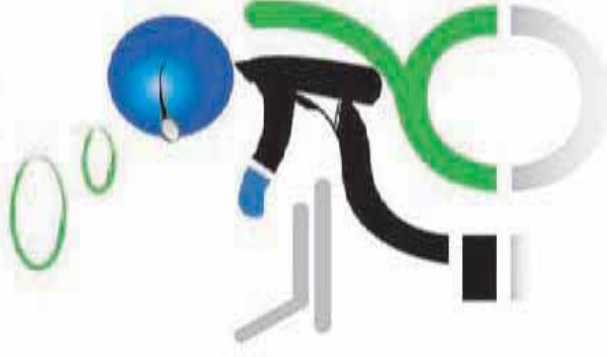
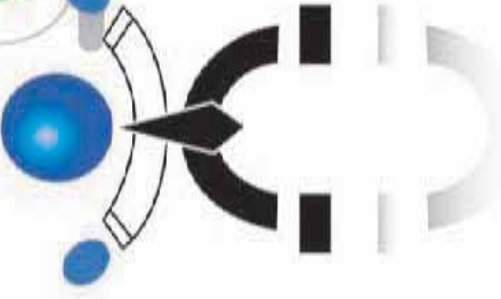
Comparing that information to the current known physiological state of the horse, determined by an independent veterinarian, I came to an encouraging conclusion: a specific index of HRV parameters - signatures, of sorts - could be correlated directly to known clinical conditions, such as pain, fatigue or systemic illness. The pattern couldn’t tell me exactly why the horse was fatigued or in pain or what disease process was present, but it was clear that the horse’s physical well-being was reflected in his HRV pattern.



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## THE BIGGEST QUESTION

These findings led to two questions with potentially exciting answers: could HRV patterns reveal these problems before they were apparent clinically? And with this data could we actually prevent the impending problem?

To find the answers, I needed to conduct more research. I applied for and received a practitioner's research grant from the Southern California Equine Foundation. With funds provided by the Dolly Green Research Foundation, I embarked on a formal study to test the hypothesis with disinterested third parties selecting the horses, collecting data, conducting clinical evaluations and making predictions based on the HRV patterns I had previously documented.

We used 16 racehorses in training at two separate barns at Southern California Thoroughbred racetracks. There were no outward signs that any were headed toward injury or illness.

## THE DATA SHOWED THAT YOU CAN - WITH HIGH PROBABILITY - PREDICT WHETHER A HORSE IS LIKELY TO BECOME INJURED OR ILL SIMPLY BY ANALYSING HIS HRV PATTERN.

Daily over a two-month period, researchers collected heart data from each horse as he rested in his own stall. The data was then transmitted to a computer for HRV analysis and index calculation.

Based on the HRV index I developed in my earlier research, 13 of the study horses had patterns statistically similar to those associated with pain, fatigue, illness or injury. Although these horses appeared perfectly healthy and energetic, they were categorised as "at risk." We then followed the study horses for three months, noting their performance and health status.

Twelve of the 13 at-risk horses sustained an injury or developed an illness that required veterinary intervention and/or halted race training. Only one of our 16 assessments was incorrect, and we had no "false positives." That is, we did not miss any at-risk horses. This was due in part to the fact that we purposefully calculated the index with a high degree of sensitivity - at the outset we decided we would rather flag a horse that did not have a problem than miss one that did with potentially catastrophic consequences.

The data showed that you can - with high probability - predict whether a horse is likely to become injured or ill, up to three months ahead of time, simply by analysing his HRV pattern. Our results are still unpublished, but we'd like to gather data from a larger group of horses and continue to improve our models for HRV patterns that indicate problems. Currently, we are seeking funding for a large-scale follow-up study. Patent applications on these techniques have been submitted; one has recently been approved.

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## HRV AND YOUR HORSE

Although our studies focused on racehorses, others can also benefit from HRV analysis. Show horses, for example, often have rigorous training and transport schedules that can quickly lead to health- and soundness-threatening fatigue. At the other end of the spectrum are “weekend warrior” pleasure horses, who spend much of their time standing in stalls until we have time to ride. Is your pleasure horse really fit enough for that three-hour weekend ride? At what point during that trail ride does your horse’s fatigue predispose him to injury?

It’s the nature of horses to perform when asked, so we rarely even suspect fatigue until it leads to diminished performance, illness or breakdown. There are few and feeble tests that can tell us that a horse is overmatched or help us measure his ability to manage his workload. HRV analysis could provide this missing link.

My hope is that my work with heart rate



### BEYOND THE RACETRACK:

Someday it may be possible to use HRV analysis to detect fatigue in show and pleasure horses before problems develop.

variability analysis, along with advances in technology, telemetry and wireless communication, will one day make it possible to track your horse’s fitness and fatigue levels. I envision an owner connecting, via computer or cell phone, to a small sensor on his or her horse and receiving a real-time HRV report, depicting clinical status. Better yet, your horse could wear a small sensor that would be set to call you when he is in distress, in pain, fatigued or systemically compromised. In that way, through HRV analysis, horses will have a voice in their own care.

**ABOUT THE AUTHOR:** *California native Christine Ross, DVM, has worked in the racing industry since the early 1970s. After earning her degree from Kansas State University School of Veterinary Medicine, she interned at Chino Valley Equine Hospital in Southern California. After a stint in Australia, she established a private practice in Del Mar, California, in 1992. She now lives in Rancho Santa Fe with her son Erik, three dogs, five cats and a rabbit.*

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# SUMMER TRAINING CAMP IN HOLLAND

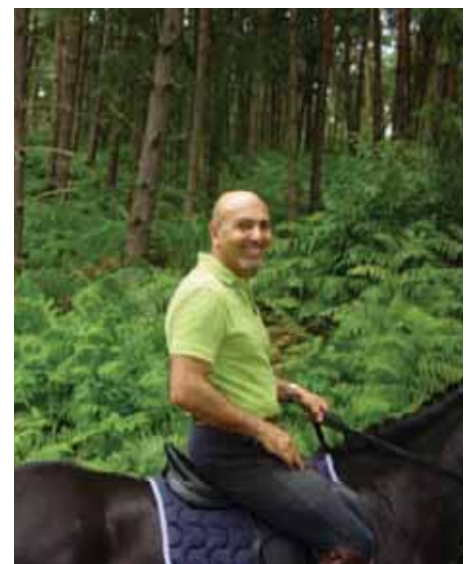
The team of young riders from Ferousia Club trained by Eng. Khaled Assem travelled in the summer to learn, train, and compete in Holland with Peter Fregsenger and Elke Fasten. The concept of complete horsemanship is important to the rider, and the necessity of learning how to look after your horse in his stall, not just while riding, is a concept that you learn through practical work.

Working with your horse, mucking out, turning the horse into the field, grooming, tacking up, taking your horse in and out of the lorry, and tacking up at the show, are things that those riders learned very well this summer along with improving the riding techniques and competing among the Dutch in Holland.

And as the Americans say: "You gotta teach your kids how to ride first and then how to win." **HT**







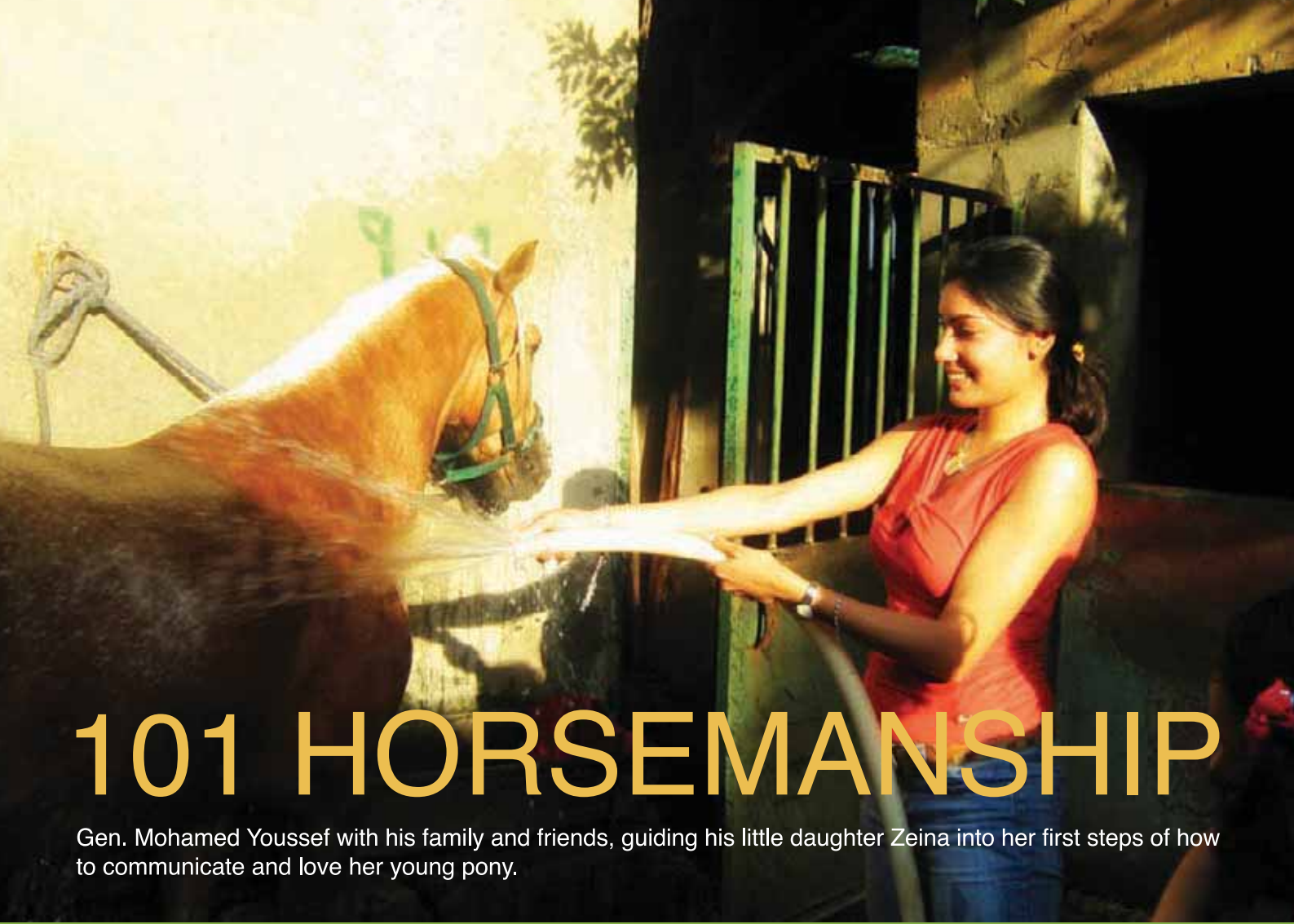
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In the pictures: riders Soliama Adel, Ghita Zayany, Salma Sultan, Farida El Kattan, and Abdelrahman Ikram.

Eng. Khaled Assem, Peter & Anita Fregsenger and Elke Fassen.

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# 101 HORSEMANSHIP

Gen. Mohamed Youssef with his family and friends, guiding his little daughter Zeina into her first steps of how to communicate and love her young pony.



In the pictures: Gen. Mohamed Youssef & his wife Farida, little Zeina, Haya & Malak Assem





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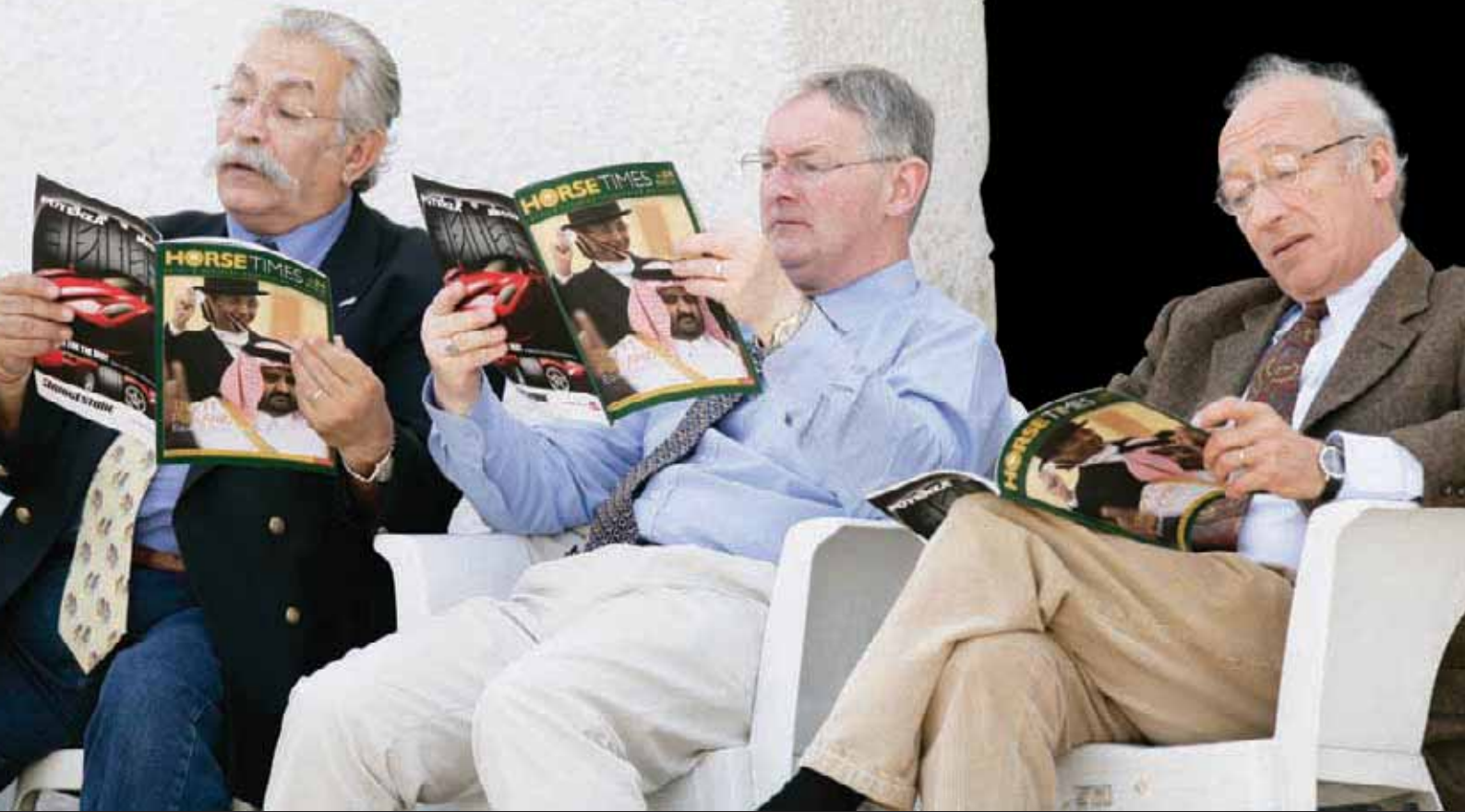
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# SPOT LIGHT



▲ Show Jumping judges Gen. Samy Negm El Din, Mr. John Doney & Mr. Claude Bret



▲ Egyptian team lounging



▲ Lebanese rider Manah Hamshee



▲ Ahmed Hussein & Adham Elias promoting Horse Times in Syria



▲ Amr Eid & his son Islam



▲ Ahmed Talaat & Maysam Bisharat



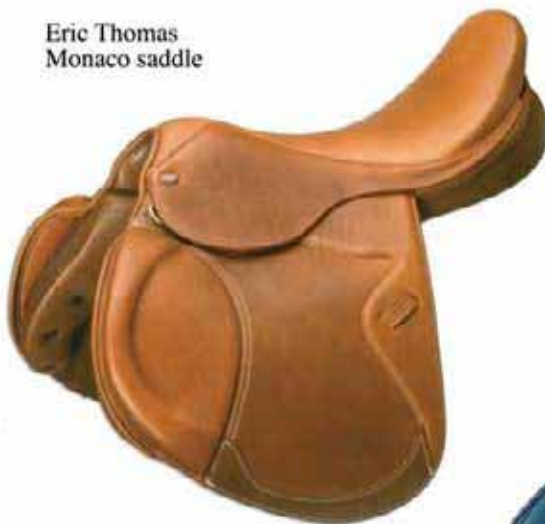
▲ Hisham Hattab along side Sameh El Dahan



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