

Pony Tails Kids Club Summer Fun Newsletter!



## Hey Pony Tails Friends, it's me Alice!

I hope everyone is having a good summer and spending lots of time outside.

Remember though, if you are outside, wear your sunscreen. Oliver, Panama, Howdy and I all make sure we have our sunscreen on. Yup, that's right, even horses have to wear sun protection. Our humans make sure we have our fly sheets, fly masks and our sunscreen on. Howdy has such a white nose that his fly mask goes all the way down to the end of his nose and covers his whole face, and he also gets sunscreen on his nose! We also always have lots of good clean, cool water to drink and we have nice trees and a nice shelter so we can get out of the sun. Panama loves the sun because he came from Argentina where it is very hot, Oliver loves to stand in the trees, but I don't think it's to keep cool, I think it's so he can hide and then jump out and surprise me!

There are so many fairs and horse shows going on in the summer. Find a horse show in your area by clicking [here](#),  
<https://www.hcbc.ca/index.php/events/>

Don't forget, our friends at TBird will be once again hosting over 900 horses and riders from all over the world in August . TBird is proud to be the first competition for young

junior amateurs just getting into riding, to host the world's top athletes and horses in our major FEI Grand Prix competitions and to provide a world class experience for everyone in between!

Regardless of your experience with equestrian, TBird invites you and your family to enjoy world class show jumping, an array of restaurants, bars and boutique shops, face painting and pony rides! You can find more about TBird's big August show here, <https://tbird.ca/> and don't worry if you don't live close to TBird you can watch the big show jumping classes on their live [TBird TV](#).

If you do get to go to a horse show I would love to hear all about it, you can email me at [ponytails.alice@hcbc.ca](mailto:ponytails.alice@hcbc.ca), send me pictures too, I love hearing from my Pony Tails friends!



## Alice's Summer Activities:

Looking for some fun summer activities? Print our and colour these rainbow ponies of me and my friends!

[Download Rainbow Ponies Activities](#)

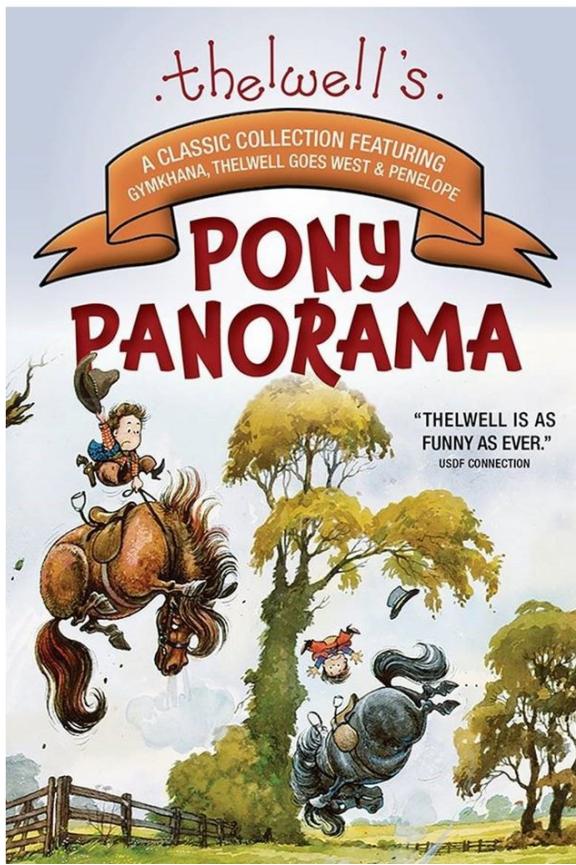
[Download Instructions](#)

Or Watch these wild ponies of Assateague wandering on the beach:

<https://www.wlwt.com/article/wild-horses-roam-free-on-beach-4/3274550>

## Alice's Summer Reading:

Looking for a great book to read by the pool or a shady tree? This is my favourite this summer! If you would like a copy you can order one by clicking the button below, and



be sure to email me what books you are reading this summer!

[Shop this Book!](#)

## Here's some fun from our friends at Horse Lovers Math:

Have you ever wondered why horses are measured the way they are?

Why are horses measured from the ground to the withers and not the top of the head?

The highest point of a horse is the top of its head (called a poll). Because a horse can move its head up and down it is hard to take an accurate measurement from the ground to the top of its head.

The withers is the highest non-variable point of the skeleton. Non-variable means it does not change. Whether a horse's head is up or down, the height at the withers remains constant. That's why horse height is measured from the ground to the withers!

Here's another puzzle.....:

Approximately how much water would a horse need to drink each day in hot weather?

Answer:

When the weather is cool, an inactive horse drinks about 40 to 45 litres of water a day. That can double in hot weather! Double means twice as much or as many.

40 litres × 2 = 80 litres

45 litres × 2 = 90 litres

A horse needs to drink approximately 80 to 90 litres of water each day in hot weather.

Summer is here, giving those of us who are lucky enough more time to spend with horses! Long summer days lie ahead and B.C.'s summer weather is expected to have above average temperatures.

### **Math Talk**

Average: a measure used to find the middle value or number; a calculated "central" value of a set of numbers. In this case the 'set of numbers' is this summer's daily temperatures.

If you feel hot, then your horse feels hot, so keep that in mind when deciding if it's too hot for exercise. Ride your horse early in the morning and late in the afternoon when it is cooler.

### **How do horses keep themselves cool?**

Did you know horses and humans are the only animals that sweat through their skin for cooling? Whether at rest or working, the horse's fastest way to cool down is by sweating.

Here's how it works: the body gets rid of extra heat generated by either exercise or heat and humidity via sweat glands. The sweat then evaporates, decreasing the body temperature as it does and helping the horse cool off.

One way we can help our horses stay cool is by providing plenty of fresh, clean water, allowing them to drink as much as they need to replace fluids lost by sweat.

Do you have a friend that's crazy about horses and ponies?

Why not invite them to join Pony Tails Kids Club!

**Join Here!**

 ALICE

**tbird.**



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Please add [pon\\*\\*\\*@\\*\\*\\*ca](mailto:pon***@***ca) to your address book or safe sender list so our emails get to your inbox. Horse Council BC 27336 Fraser Highway,  
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