

Hoofprints of Love

**BEGIN AGAIN FARMS, INC. EQUINE SHELTER
AUGUST 2018**



LUCY IS FOUND! (see story page 11)

The mission of Begin Again Farms, In. is to rescue imperiled, retired or abandoned hooved animals, provide a safe refuge, promote rehabilitation and return to full physical ability; provide safe adoptions for rehabilitated animals; and expand the knowledge of equine science, training and horsemanship through association with community groups and leaders.



Max's Corner: An Eye on the Farm

Hay there (and here and everywhere)!

Wow! What a year, and we are so sorry that this is the first newsletter of the year! I will get on my staff to make sure they behave better from now on.

You are probably wondering about this picture. This spring I fell in the bad windy weather, broke my legs and ruined my old paint job. However, I am finished now and ready to come home! I am a bay now. Older volunteers and supporters may remember my old friend Robos. Well, I am painted to look like him! What an honor! Volunteers will be working to prepare my old area in such a way that I can no longer be assaulted by lawn mowers and weed eaters as well. Many thanks to the people who worked so hard to glue me back together again and paint me to look handsome: H&M AUTO REPAIR, owner Mickey Rose. Donald & Gina Zobal purchased materials along with hauling, painting my eyes, ears, muzzle and mane. Joe Peach did the fiberglass repair and reinforcement. Ricky Davis sanded all three layers off and painted my body. Ricky Tweatt trimmed my mane and tail. It truly took a crew of wonderful people to restore me to my true beauty. Just like it takes a village of volunteers to restore the horses that come to the farm.

Rhonda's had yet another knee surgery (makes it sound like she has four knees, doesn't it, but, no, humans only have two). And then it got infected, and then she got stuck in the hospital and on antibiotics for darn near forever. But she is back and up-and-at-'em again. FINALLY!

RESCUE RIDE 2018 is scheduled for **SEPTEMBER 22. MARK YOUR CALENDARS!** And we are seeking sponsors for the ride. If you or your company can help support us, we have many different levels. Please see page 7 for more information. And we need your help posting flyers as well.

Volunteers had a terrific time at the annual **WAVERLY HALL PARADE** last December. If you missed it last year, come join the fun this coming year. The kids decorate the trailer and the horses for Christmas and lead them in the parade. The grown-ups have just as much fun.

Memorial Ride did well, but not as busy as some of our other rides. Hopefully, we won't have as much schedule conflicts for our fall ride!

Dr. Kim Glass and Elizabeth Glass held a joint housewarming/Kentucky Derby/fundraiser for Begin Again Farms, and they raised over \$4000 for us! Thank you to the Glass's and all their wonderful guests!

Our intrepid Lucy has been found and is home! See page 11 for her incredible story.

Hoofprints of Love is the newsletter of Begin Again Farms, Inc., a 501c-3 equine rescue in Ellerslie, GA.

If you are not on our e-mail list for the newsletter and upcoming events, please contact:

reusmannl@bellsouth.net

Max's Corner *(continued from previous page)*

The big excitement this year was the new schooling show at Poplar Place Farm. Dressage, jumping, cross country—and the new owners have put lots of effort into sprucing it up. Looked great, and the show went really well.

The big deal was the **Seasoned and Sexy Amoeba Challenge** for riders 35+ who hadn't competed for years. Forty-four people rode in this competition. They had a blast! And to make it even better, they made it a **charity ride** and donated the proceeds to Begin Again Farms! What an honor! They raised almost \$3400 for the Farm, plus donations. We supported the event with a trailer set up with information and T-shirt sales, and people came by who had adopted horses from us and let us know how well they were doing. **Eventing Nation** ran a great article about the Seasoned and Sexy which you can read at: <http://eventingnation.com/the-real-story-seasoned-and-sexy-amoeba-challenge-at-poplar-place-farm/>



Some of our volunteers and supporters rode in the Challenge. Pictured are Alice Stagg with the "Old Enough to Know Better" team and Kris Weaver from Saddle Up.



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PLEASE WELCOME OUR NEW PHOTOGRAPHER— KRYSTYN WARGO

Krystyn Wargo is a happily, married mother of four fur babies. Krystyn was raised on an ostrich farm a few miles outside of Columbus, Georgia. She spent most of her childhood rescuing animals with her family and grew up continuing to help animals in the best way she knew how with her camera. She has always had a love for photography and has turned that hobby into a business. When she is not working with her clients she is out helping local animal rescues bring the sweet faces into focus for the public to see. She hopes that she can capture the most amazing images for the pets and their families.

Kwargophotography@gmail.com
Www. Kwargophotography.net
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**KRYSTYN WARGO
PHOTOGRAPHY**

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BEGIN AGAIN FARMS, INC.
EQUINE SHELTER
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E-mail: beginagainfarm@aol.com * Website: www.beginagainfarms.com

"Help A Friend Begin Again!"

July 01, 2018

Dear Sir/Ms:

Begin Again Farms, Inc. Equine Shelter's 11th Annual Rescue Ride is coming up on Saturday, September 22, 2018.

We would like to offer your business the opportunity to sponsor our 2018 Rescue Ride with the possibility of becoming a **Presenting Sponsor, Event Sponsor** or a **T-Shirt Sponsor**. Before Begin Again Farms, Inc. Equine Shelter, horses in Georgia and the surrounding area were generally not impounded by animal control because no one had the capabilities or expertise to shelter and rehabilitate them. Historically, in cases where officials decided that horses were being neglected or abused, owners were ordered to sell or euthanize the animal. For over 21 years now, Begin Again Farms has been successful in providing shelter, rehabilitation and the chance to begin again for horses that would otherwise suffer or perish.

Of course, this can't happen without the support we have received from our community. In turn, we help our community by giving them public recognition when they contribute to our mission of fostering compassion and responsibility for horses through intervention, education and outreach. Our **Rescue Ride** is a perfect opportunity for us to say thank you to the contributors that make our mission possible by providing various promotional and advertising opportunities. Last year, we had over 100 attendees at our 10th Annual Rescue Ride and we are anticipating that number to increase this year! We have seen our t-shirts from the past Annual Rides continue to advertise for our sponsors throughout the entire year. This event is a perfect way for you to promote your business to numerous potential customers.

There are several ways that you can sponsor our efforts while promoting your business:

- (a) **"PRESENTING SPONSORSHIP" (\$1000):** Your business would be listed as a Presenting Sponsor for the Rescue Ride in all publicity for the event. Your business would receive prime placement (top-back) of your name and logo on the event t-shirts worn by our volunteers, riders/walkers and for sale to the general public. You would also receive a business card sized advertisement in our quarterly newsletter, *Hoofprints of Love* and a 8'x2 ½' banner displayed at all events for the period of one year, space at our Sponsors Booth for your business' promotional materials.
- (b) **"EVENT SPONSORSHIP" (\$500):** Your business would be entitled to a medium size ad under the Presenting Sponsor on our event t-shirt which is worn for years to come and acknowledgement in our newsletter, *Hoofprints of Love*, and an 6'x2 ½' banner displayed at this event. Space is also provided at our Sponsor Booth for your business' promotional materials.
- (c) **"BANNER SPONSORSHIP" (\$200):** Your business would be entitled to a 6'x2 ½' banner displayed from the road at this event. **Combine both c & d sponsorship for (\$250)**
- (d) **"T-SHIRT SPONSORSHIP" (\$100):** Your business would be entitled to a business size ad on our event t-shirt given to all volunteers, riders/walkers to wear during the event and for years to come, and also for sale to the general public.

Can we count on your support for one of these levels? Please contact me at beginagainfarm@aol.com or 706-315-6945 if you have any questions or to notify us of your support.

Sincerely,

Rhonda Jackson
President
Begin Again Farms, Inc. Equine Shelter



On the Trail...

By Alice Stagg

The following is an article from Dressage Today by Eliza Siydnor Romm entitled "How To Embrace Incompetence in Dressage." It can equally apply to any difficult endeavor.

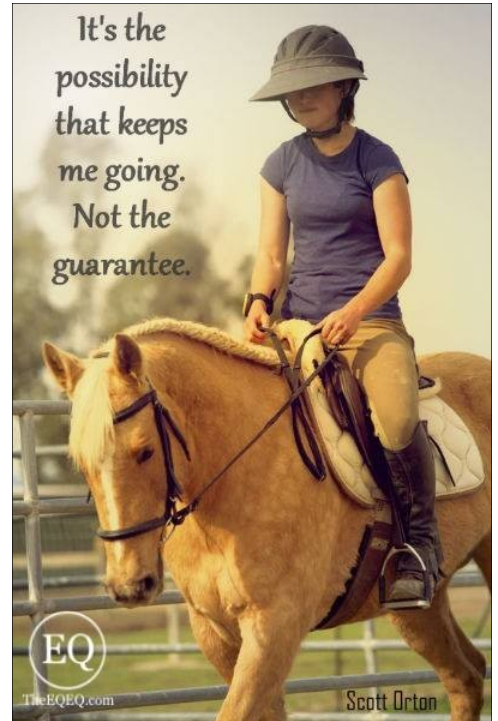
You know that feeling you get when you watch a really good rider on a really beautiful horse? Let's say it's Charlotte Dujardin on Valegro (shown below left), and you have the feeling that the horse and rider are doing the movements effortlessly, without a care? Now, I bet you also know that feeling of trying to accomplish something with your own horse, but instead, you end up feeling utterly and completely incompetent.

Dressage is incredibly hard, and in the beginning, it's difficult to really understand what it is you're supposed to be doing in the first place. Beyond that, it's even harder to get your brain to make your body do what it is that you want, even once you know what that is. The added difficulty of our sport is that then we have to make the horse, another species, also understand what to do and then we must get his body to do it, too. Phew, it sounds exhausting just writing about it—and maybe even a little depressing.

There's good news, though. Absolutely everyone (even Charlotte Dujardin, I'm betting) knows that same feeling of incompetence and they have had to deal with that over and over again throughout their learning process. If we, as riders, can learn to embrace those moments as a very important part of our learning curve, we can move past them more quickly to faster approach those feelings of competence and then maybe one day, even that feeling of effortless.

To make progress through this learning process, it is helpful to understand a model called "The Four Stages of Competence" and it applies to learning any skill in the world. This idea was developed by Noel Burch, who was working for well-known psychologist Dr. Thomas Gordon in the 1970s. The stages are: 1. Unconscious Incompetence; 2. Conscious Incompetence; 3. Conscious Competence; and 4. Unconscious Competence.

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On the Trail... (continued from previous page)

Everyone, and I mean everyone, must go through these four stages to learn any skill in the world—piano, reading, soccer, woodworking, skydiving, arithmetic and, yes, dressage. In this article, I mostly want to focus on the first two stages: Unconscious Incompetence and Conscious Incompetence.

I know those both sound pretty depressing, but they are hugely important, and we can't move into the competence stages without them. As a teacher, I see a lot of people trying desperately to skip one or both of these stages, and although that desire is understandable, it makes learning harder and longer in the end.

First Stage: Unconscious Incompetence

This stage basically means you don't know what you don't know. Let's take the concept of riding a horse on the bit in a round frame. Think back to when you first started riding, maybe when you took some basic hunt seat or Western lessons. No one ever talked to you about riding a horse "round" and "into a connection," and you probably never even thought about it. You held the reins, used them for steering and stopping, tried to be careful with your hands and that was that.

Once you started progressing in dressage, at some point you became aware of this concept of riding a horse on the bit. You probably first noticed that most dressage horses look different in the way they carry their heads and necks.

And then you hopefully had a teacher who began to explain to you how this concept works, both for the horse biomechanically, and how you, as the rider, can help make it happen.

Second Stage: Conscious Incompetence

This Conscious Incompetence stage means that you know what it is you want to do, but you still are unable to do it. This is the most frustrating stage for anyone in learning. So now you know that a horse can go round and a rider can ride a horse on the bit. But then you're left with the question: how in the hell do you actually ride a horse on the bit? This is where every rider in the world needs to do two things: find a good trainer and be a good student.

Finding a good trainer seems pretty obvious, but it isn't always easy. You need someone to explain the concept to you, show you how to do it (over and over and over again) and hopefully put you in situations where you feel the right thing (over and over and over again), even if only for brief moments.

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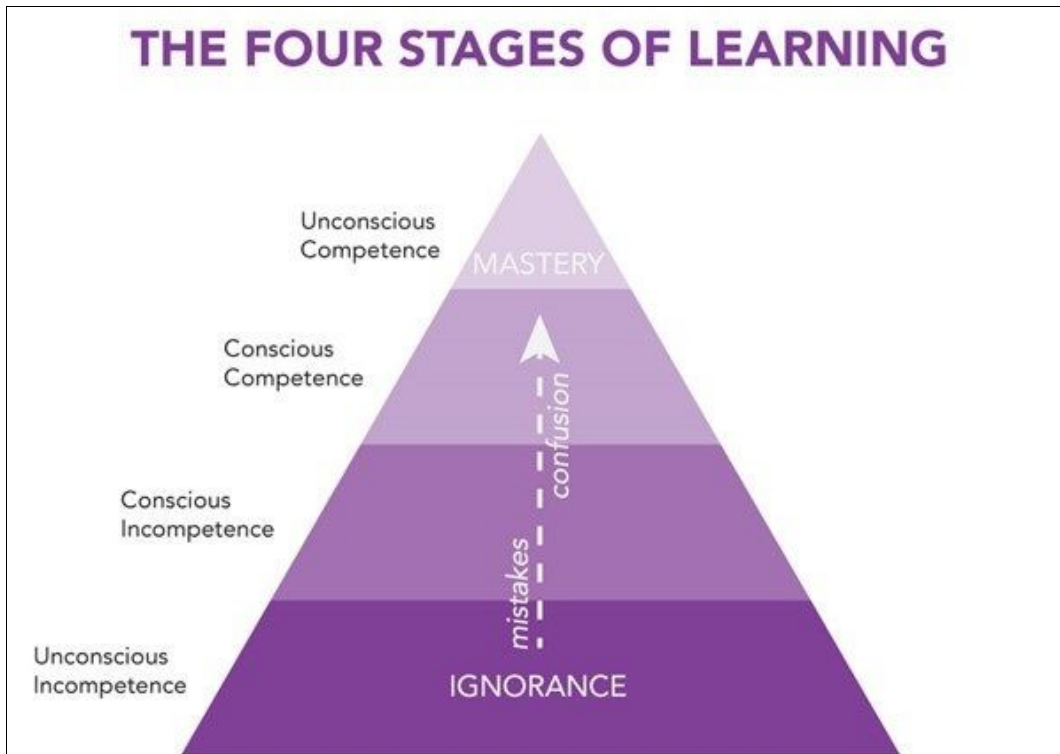
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On the Trail...

(continued from previous page)



No matter what kind of learner you are (visual, kinesthetic, verbal, etc.), it won't work to learn a concept from only one method. Reading about riding a horse on the bit can be great, but reading alone will not make you competent. Watching good riders is important, but no matter how much you watch someone ride a horse round into a steady, soft connection, it will not make you competent. Riding a horse who knows how to go round easily is incredibly helpful, but, unfortunately, that will not always transfer to competence in riding your own horse round.

This is where being a good student comes in. You have to employ all of the mentioned techniques, but, most importantly, seek out the advice of a good trainer who will help you. You have to be honest, both with yourself and with the trainer, about how little you know. This isn't meant to be demeaning. Really ask yourself: *Do I understand the concept?* Then: *Do I understand the steps of how to go about doing it?* A good trainer should go over these questions with you in detail, without assuming you know the answers. As a good student, you should ask lots of questions without assumption either. And then comes the hard work of trying and failing and trying again and again and again.

TO BE CONTINUED IN NEXT ISSUE OF HOOFPRIENTS.



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MY INCREDIBLE STORY

By Lucy

“Let’s go for a ride!” They said. “It will be fun.” Hmmmm, my idea of fun is basically just hang out in a paddock with my friends and lots of stuff to eat. It wasn’t fun. It was scary. There were cars and buildings and smells I didn’t know and it was scary. Now you may know I have not had the easiest of lives, and that probably helped make everything a lot more scary.

So, I bucked my rider off and headed for the hills.

The hills weren’t a hole lot of fun either. It rained a lot. I’m told there were sightings of me all over. And I was wearing a saddle and bridle which was miserable. It took some doing and a lot of time, and it wasn’t easy, but I finally ditched all of them. I found me a little spot in a boggy woods, made me a little trail to get to grass and water when everything got quiet and dark and nobody around. I wasn’t very happy, but I did OK until the big booming noises and bright lights started, couldn’t help myself and ran out and got spotted.

The next thing I knew, there were people calling my name. I knew Rhonda, but wasn’t sure I wanted to come out. And then Smoke my old pasture mate came, and I followed him out. And now I’m back with Smoke and my home two homes ago with Begin Again Farms and getting healed up and I will tell you one thing, **I WILL NEVER WEAR A SADDLE AGAIN!**

I’m told that people were out looking for me every day for **EIGHT WEEKS**, following up leads in strange places and never giving up. That made me feel really good. They said the booming noises were called fireworks. Hope I never hear them again either!



RIP, OLD FRIENDS



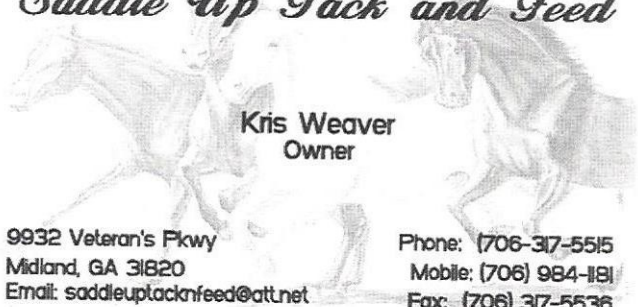
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ADOPTION, SPONSORSHIP, VOLUNTEERING?

Adoption—Looking for your new special horse? Please take a look at our pages on Petfinder. We have some great horses available. We are no longer listing them all in the newsletter due to spatial limitations.

Sponsorship—Not enough time for a horse of your own? Not enough space? Not sure you have enough knowledge at this time to own a horse? Or you just want to support Begin Again Farms? Consider a sponsorship or partial sponsorship of one of the Farm's residents. We have a number of horses that cannot be adopted due to age or handicap, or we have horses waiting to be adopted. You can spend as much or as little time as you want or need with your horse, and if you need it, all the free training for yourself and how to work with your horse.

Corporate sponsorships are also available.

Volunteering—You have the desire to help and/or learn, but you are not financially ready to own or sponsor your own horse. That's fine! Come join a people who will welcome you with open arms and lead you to the adventure of a lifetime. Meet new friends, both two- and four-legged, learn new skills, have FUN. Volunteers do a variety of things around the Farm—grooming, assisting with vaccinations, worming and with the farrier; machine repair, fencing repair, painting, etc.; and if you prefer working from home, grantsmanship and keeping the Petfinder site updated are some of the computer work available.

**For more information on adoption, sponsorship or volunteering,
please talk to Rhonda at 706-315-6945.**

Here are some of our horses that need sponsorship:

KING TUTT—Tutt is back and seeking a sponsorship for his senior years. Tutt is a darling palomino gelding, well-mannered. He has some on-and-off lameness issues.

COCOA—Young black mare, very sweet.. Cocoa is blind in one eye and cannot see well out of the other. Loves people.

(continued on following page)



SPONSORSHIP *(continued from previous page)*

IZZY—Dun stallion, very good natured. Will never be able to be ridden due to foalhood injury. Izzy has a partial (financial only) sponsorship.

LENA—Beautiful bay Quarter Horse/Paint with lots of color. Not very trusting. Has COPD.

MISTY—Sweet black small pony. She is easy to catch and lead and groom. She's carried a small child on her back with a lead line. *(Pictured right)*

MONTY—This handsome boy is a barrel racer retired after an injury. *(Pictured below)*



PRINCESS— Pinto miniature horse mare. She is a very sweet but somewhat shy little mare. Loves to be groomed. Not broke to ride. Leads well.

SAVANNAH—She is like some of our volunteers in that she is getting older, but refuses to believe it. She is an intelligent white mare

WILDFIRE—Gentle chestnut mare, blind in one eye (it had to be removed). Has ulcers, but under control since removed from stressful situation. Prefers ponies and/or minis as her pasture mates.

Begin Again Farms, Inc.
Equine Shelter
PO Box 242
Hamilton, GA 31811



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**Looking for an easy way to help
Begin Again Farms?**

**Print this newsletter and hang a copy
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workplace (or any waiting room)!**

**Spreading the word about Begin
Again Farms is a huge help to us!**