

Hoofprints of Love

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



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

Hey, all! As promised, check me out in my gorgeous new coat! Don't I look great? I am painted like our foundation horse, Robos Loot, who lived here well over 30 years, and am renamed Robos Max after him. I feel wonderful, and honored. And I have new digs, so that the lawnmower and weedeater can't break my legs anymore.

It's been a great summer, with lots and lots of fresh grass, rain and sun. Hay is nice, but grass is greener and yummier and all of us (except me, since my mouth doesn't open) enjoyed ourselves thoroughly. The weather stayed nice right through the Rescue Ride and then plunged right into winter. Blankets on, blankets off, blankets on again. The volunteers stay busy.

We had a nice Rescue Ride, not quite as many riders as we had the year before, but lots of fun anyway. Thank you to everyone who came out and participated, and to Tricky Dick's Oyster Bar for the donation of burgers and buns to keep the humans fed and happy.

Our annual tack sale was the biggest and best yet, and earned over \$1300. Thank you to Ellerslie Fire Department for use of their facility, and to everyone who came out and supported (literally) us.

What a surprise when the volunteers came out to feed, went to start the old Gator and discovered a shiny new (previously owned) Kubota in its place! Thank you to John and Alice Sands, and to Tom and Cherie Camp for this wonderful addition, that walks on, whoas and stands still when asked, and can move directly from forward to reverse and back again without a full stop. The Gator has worked very, very hard for us, logging over 21,000 hours in 7 years and is now doing very light duty at another location.

Dr. Kim and Elizabeth Glass have donated 76 round bales of hay which should see us right through the winter. We are thankful for the hay and their continued fostering and support of Begin Again Farms!

Keep your eye on the Petfinder page with our horses available for adoption. We will be upgrading the photos with some phenomenal ones from our volunteer photographer, Kristin Wargo. Thank you Kristin and Miriam Resnick for taking on this responsibility!



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

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Oak Hill Farms (Alice Stagg)
First Peoples Bank
Ellerslie Fire Department
And all of the Volunteers**

Wish List

Electrician to do minor repair work

Horse Supplies:

Tucker Mills 12% Solutions
All Grain feed
Beet Pulp
Mineral Blocks
Shavings or Pellets for Stalls
Wormer
Fly Spray
Fly Spray for Piranha Spray Master

Tack:

Any new or used saddles &
miscellaneous tack
Horse Blankets
Easy entry miniature horse cart

Tools and Equipment:

Any kind of yard tools
Steel T-Posts—6'
Any Size Gates
Hog or Horse Wire
Treated Lumber any size
Power tools

Event Needs:

Awnings (Free Standing)
Picnic Tables or Banquet Tables

Also:

Large Flatbed Trailer, minimum of 20 feet,
dual axle. Can be gooseneck.
Wooden fence posts

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Happenings With Our Horses

Hank (mammoth jack, pictured right) and **Princess** (miniature horse) have found their forever homes!

Two of our horses, **Lady** (now called Lakota) and **Luna** (pictured below) have gone to Michigan for training with our volunteer Matthew Davis. They are already doing very well. They will be available for adoption after training.

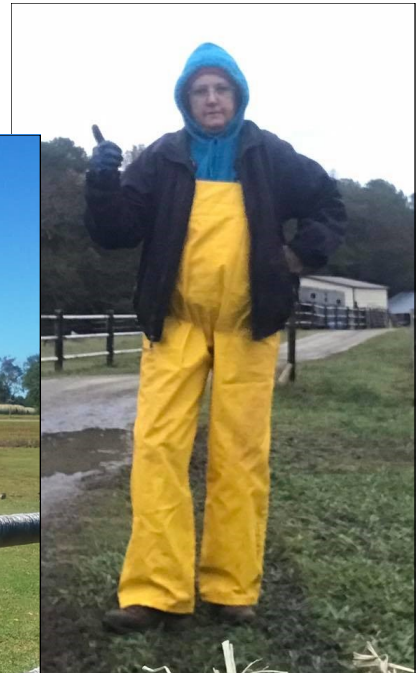


Cheech, Bitsy, Sheldon (pictured below right), **Lucy** and **Don** (now called Honey Lee) have all been sponsored.

A number of horses have gone into foster homes: **Amos II, Buck, Juniper, Paris, Snowflake, Ice** and **Princess** the Arab mare.



AT THE FARM—Photos by Lisa Palmer and Gail Trumble



RIP, OLD FRIENDS

Lena
Ginger



FEATURED HORSE FOR ADOPTION

Snickers

Snickers is a handsome paint gelding. He is an overall really good fellow. He is fifteen years old, sound and healthy, very gentle.

Snickers is excellent on the trail, stands for farrier, loads on trailer easily, and does well with an intermediate rider.

He is UTD on Coggins and shots.



FEATURED HORSE FOR SPONSORSHIP



JAZZ

Jazz is a handsome off-the-track senior Thoroughbred. In his youth, he was an eventer, but his jumping days are over. He is a very sweet and gentle guy, who would love to have a special person to spend time with him.

Sponsoring him financially with no hands on time is an option also.



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. Part II, continued from previous newsletter.

The Pitfalls

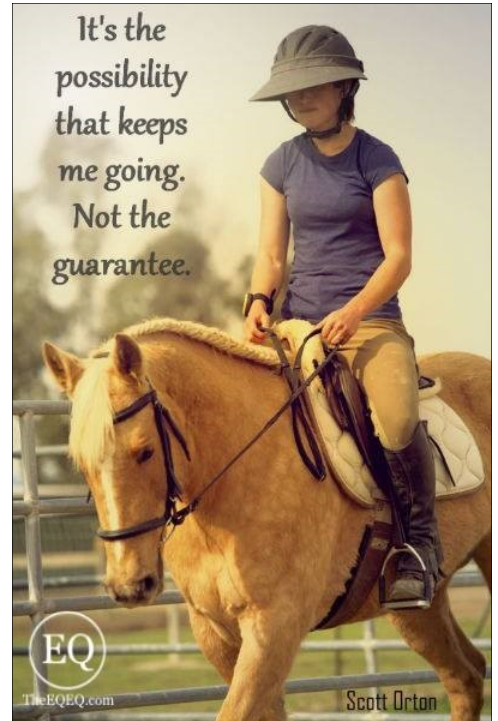
I know it would be much more fun to now go on to the stage Of Conscious Competence, where you finally start to get it, Even though you have to think really hard about it. But I want To sit with these two stages a little more. Why do some people resist them so much?

For starters, it's often embarrassing to learn that you didn't know something and really frustrating to not be able to do it well. But if you allow either of those emotions—embarrassment or frustration—to keep you from being a good student, you will slow down your progress. Another common term for this feeling is to be "outside your comfort zone." When many people reach this point, they often retreat back into the safety bubble of their comfort zone.

I feel that dressage, especially, lends itself to people pretending they know things that they don't. The vocabulary we use in dressage is so specialized that it is very easy to get lost as a beginner. Say you are at a show and the judge says, "You need to drive your horse more into the outside rein so that he engages the inside hind leg and comes more uphill with better self-carriage." I know you are really thinking, "Come again? Was that English?" But instead, you just say, "Oh. OK."

You should never feel embarrassed about not knowing something, no matter how long you've been riding. If you ask an honest question, a good trainer will never say, "I can't believe you don't know this!" If your trainer makes you feel stupid or embarrassed for not knowing something, you need to find a new trainer. Now.

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It's the possibility that keeps me going. Not the guarantee.

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On the Trail...

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Often, we think we want to work on some skill—like riding our horse round—but we find out that some prerequisites to accomplishing that skill are missing—like having a balanced enough seat to be able to ask our horse to go on the bit. When you and your trainer start breaking down what is needed to accomplish something, you will probably have to go back a few steps to discover that you need to improve other, easier skills that you thought you had down. If you resist this temporary regression, you're not holding up your end of the deal of being a good student.

This is another pitfall to which dressage riders are especially prone. As a trainer, I have had a new student arrive who wants to work on a specific movement—let's say it is the half pass. But I find that her basic position is not good enough yet, and I want to be a good teacher and try to work with her on improving her seat so that she can have a better connection over the horse's back, which will eventually improve everything, including the half passes. But if the student says, "Look, I don't want to talk about how I sit, I wanted your help with half passes," that rider will slow down her progress or maybe never get to where she wants to go.

Embrace It

So, you know deep down inside that you don't completely understand something, and you definitely know that you're not super good at it yet. The best students and those who progress the quickest embrace these feelings and take them on as a positive challenge. They don't try to make others think they know things or cover up their incompetence by riding alone or avoiding the issue.

When I have that oh-so-familiar feeling of incompetence, I try to make myself think: *Yes! This is the first step to learning this skill inside and out.* Now, maybe I don't completely feel that way, but I try to say it to myself as a reminder. The next question I ask myself is: *Do I truly understand what it is I'm trying to do? And then, How do I do it? I'm going to need the help of a good trainer. I'm going to need to watch good riders do what it is I want to do and I'm going to need to try it over and over and over while I continue to ask questions.*

The best way to deal with that awful clutzy feeling of incompetence is to laugh. And then experiment. Chuckle at your lack of coordination and then start to ask questions and experiment until you get it—just for a second—and then try to get it again.

The joy of this sport (and the horror) is that you will run into these four stages again and again as you progress. Every time you get to the next level there will be new concepts to learn and new skills to perfect.

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On the Trail...

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The joy of this sport (and the horror) is that you will run into these four stages again and again as you progress. Every time you get to the next level there will be new concepts to learn and new skills to perfect.

Every time you get on a new horse, you will find there are things you didn't know and something that doesn't work with this horse the way it did with the last one. You get to decide if this is exciting or depressing. And the way you approach these learning challenges will definitely affect the outcome.

Allow yourself to go through each stage—Unconscious Incompetence is where you admit to yourself and your trainer that you don't know something. Conscious Incompetence is the time for you to sit with the fact that while you understand the concept, you still can't quite do it yet. And from there you and your trainer can break down the ways in which you will become competent.

Conscious Competence will eventually come, and you'll finally feel able to do what it is that you wanted, but you'll have to think about it every step of the way. If you continue to be a good student by asking questions, experimenting and pushing yourself a little outside your comfort zone, then you'll finally reach the stage of Unconscious Competence.

This is the feeling of effortlessness that you get when watching Charlotte and Valegro. You will no longer have to think so hard about how to do it, and it will come much more naturally and immediately. And then, if you have a good trainer, she'll say, "Congratulations! You've gotten so good at that. Now, we're going to move on to this next skill." And it will start all over again.



Eliza Sydnor Romm works as a dressage trainer and instructor at Braeburn Farm in Snow Camp, North Carolina. She is a USDF Certified Instructor through Fourth Level and is an active competitor from Training Level through Grand Prix. She specializes in working with young horses. She and her husband, Jonathan, live in Chapel Hill, North Carolina, and have one son, Daniel. (elizasydnordressage.com)



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ADOPTION, SPONSORSHIP, VOLUNTEERING?

Adoption—Looking for your new special horse? Please take a look at our pages on Petfinder. And keep watching it, as it will be underway with wonderful new pictures of our horses shortly. 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? Does your child want a horse but you are not sure if she will stick to it, especially in bad weather? 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—feeding, grooming, assisting with vaccinations, worming and with the farrier; machine repair, fencing repair, painting, etc.; and if you prefer working from home, keeping up with the paperwork and/or grantsmanship are possibilities as well.

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



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Begin Again Farms?**

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workplace (or any waiting room)!**

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