

Hoofprints of Love

BEGIN AGAIN FARMS, INC. EQUINE SHELTER

November 2020



**WINNER OF THE COSTUME CONTEST—YOUTH DIVISION
KATHLEN WOLLOMEN**

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 everyone, it's Max again, spokeshorse for Begin Again.

It's been a crazy ride this year, hasn't it? We horses are going on about our business, but the humans are acting strange. We see the humans standing far enough from each other that a horse could stand there, head in one person's face, tail switching the other person's face. Our volunteers seem to stagger their presence so that there is never a crowd. And sometimes they are wearing fly masks, even when there is not a fly to be seen anywhere!



MAX—BAFI'S SPOKESHORSE

We did pull off another great Rescue Ride. Maybe not our biggest, but the weather humans were talking about rain. They should have asked me. It never rains on our parade! The costume class turned out beautifully! People and horses wore grand costumes. The bumble bee even had a stinger! People loved the cash prizes—you know they'll get spent on the horses! Keep turning these pages for more pictures. We had box lunches from Luke's Pub, one of our favorite local places. Volunteers worked hard to get trails all safe and perfect for the ride, and develop new challenges for the obstacle course.

Speaking of volunteers, we need some. We've got some new people this year, and they are grand, but we always need more just to maintain the Farm and the horses. Think about coming out in the winter when others are staying indoors. We horses can't figure this out. The cool weather feels great to us: no flies, the ones with COPD breathe just fine, and we feel frisky. The humans are running around in circles blanketing and unblanketing us as the weather changes. Think about coming out in the spring when everyone (except me) is shedding like crazy and itching because of it. We all need grooming then. You'd be out in the fresh air and sunshine, in peace and quiet, and away from whatever boring things people do when they are not with us. Horses need to be collected and held for the farrier every three weeks, we need to be wormed and vaccinated, and if you prefer, repairs always need to be done.

(Continued on following page)

***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 COLUMN *(continued from previous page)*

We want to give a special thank you to the Sands for donating this wonderful Tow and Collect to us. It hauls behind the four-wheeler picking up poop and then we can use it for compost. This is a real boon to us since it can get into places where the drag cannot fit, and it does a far better job than the drag as well. It should keep worms down, too.





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Featured Horse for Adoption

CHEECH

Cheech LOVES people. There is nothing Cheech wants more than to have a human of his very own. He would be perfect for a person familiar with natural horsemanship training who has the time and desire to help him become the horse of their dreams.

This beautiful chestnut Arabian 12-year-old gelding is a smart, loving horse. He is a lovely mover, is easy to catch and work. He stands well for the vet and farrier.

He is from Arabian racing bloodlines, foaled in 2008, very sensitive to anyone who handles him.

Cheech has had some round pen experience, he has been saddled and ridden at least once, but he is only at the very earliest stages of training.



Featured Horse for Sponsorship -

PICKLEENA

Pickleena is a small darling 25-year-old Quarter Horse mare who has been with us for awhile. Because of her age, she will most likely spend the rest of her life with us. She has a very sweet temperament on the ground, but tends to be coldbacked under saddle. She wants a sponsor who will come spend one-on-one time with her and groom her and make her feel wanted and needed. She leads well, and is sound. Riding will probably not be an option.



Pickleena would probably be the ideal horse for someone who doesn't have a lot of spare time, but still needs a "horse fix" and the calming environment of a horse farm.



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On the Trail

by Alice Stagg



For this issue's article I am taking a bit of a different path by combining the thoughts of two exceptional horsemen. Though Mr. Leone competes and trains hunters and jumpers, and Dr. Ritter focuses primarily on dressage, both have a similar thought process and approach in their interactions with horses of many different types. I have edited and put together some of their thoughts into a single article for this newsletter. The quotes are excerpted from "Finding the Sweet Spot: Taking Your Ride to a New Level" by Peter

Leone, Practical Horseman Magazine, January 2018 and "Inclusive Focus: Getting into the Right Frame of Mind" by Dr. Thomas Ritter from his blog.

Dr. Ritter says: Riding is really an exercise in mindfulness, where the thinking rider tries to be completely tuned in to the horses with all the senses, including the sixth sense of intuition. Connect with the horse's heart and mind. Find out what he is thinking and feeling. Is he paying attention to you and the work, or is he distracted? Is he calm and relaxed, or nervous and tense? How about you? Is there an unhelpful inner commentary inside your head whenever a mistake happens? Are you getting upset or frustrated or can you rise above those emotions and focus on a practical solution rather than swimming in negatives? Be careful not to fall into the trap of digging in and applying stronger, more forceful aids (or gadgets) when something isn't working. Try to find a smarter solution by explaining things better or differently to the horse. Take a step back often to reflect on how far you have come during the time you have been working with the horse, because we often take success and progress for granted and become unhappy about all the things that are still missing from the training, even if we have progressed quite far during the time you have had with the horse. Changes don't usually happen overnight, even if it sometimes appears that way. They are usually longer term developments that start very small, almost imperceptible, and gain momentum over time.

Alice says: Keep in mind that horses learn retrospectively and by repetition. This applies to both good and bad things, but somehow it seems they pick up the undesirable behaviors much more quickly than they grasp the desirable ones. So, it is up to the rider/trainer to present the horse with opportunities to make the right choices through experimentation and reward rather than being forced to perform from fear.

(Continued on following page)

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On The Trail—*continued from previous page*

Peter Leone says: Have you ever had a perfect ride, when every element fell magically into place, and all the while, you and your horse were so in tune that you merely had to think what you wanted to do next and he did it with the appearance of effortless? This is what I call the “sweet spot”. This is a term often mentioned frequently in other sports – baseball, golf, tennis, soccer. In riding, finding the sweet spot is particularly satisfying because there are two of you, neither speaks the other’s language, and that barrier must be overcome through thoughtful and empathetic communication. Then, instead of battling each other, you’re acting as one, whatever your riding discipline might be, and it’s the most awesome feeling. It is why we do this sport.

There is more to it than just getting all the mechanics right. Yes, you must have the correct position and know how to balance and move all of your body parts with the motion of the horse while still being able to coordinate them to influence him. To truly excel, your horsemanship must transcend correct riding technique. You need an understanding and sense of how to communicate at all times. Ultimately, you have to take ownership of your education in order to achieve this. The process is different on different horses. They are living creatures subject to fight or flight instincts if something scares them or causes them pain. Each learns in unique ways and at different paces. So, every ride becomes a unique collection of balancing acts: between being strong and soft, working and relaxed, disciplined and generous, predictable and spontaneous. In the end, the one goal that all riders share is of earning the horse’s trust and forming a strong bond with him.

Ride in the moment. Learn the value of riding the horse that’s underneath you today. The sweet spot is a moving target; it changes day to day, week to week, year to year. Horses are just like us: They have different moods and different physical states. So too, does the rider. If you’re typical, you have a busy schedule full of work, school and/or family responsibilities and you may find riding in the moment challenging at times. If you’re stressed or distracted, horses pick up on all that tension. To give your ride a chance to succeed, it’s really important to take a few minutes to slow down, catch your breath and get to a calm place emotionally before interacting with your horse.

As your abilities to ride in the moment and connect with your horse gradually improve, you will discover that you can find the sweet spot more and more quickly, extending that feeling for longer periods over time. Many riders get caught up wanting to compete at higher and higher levels, often before they are ready. To avoid over facing yourself and/or your horse, ask yourself how often you find the sweet spot. When you can find it consistently, you are ready to move up. If not, give yourself and your horse more time to progress, which will pay dividends when the time is right to move to a higher level.

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Cool Calories
Mineral Blocks
Shavings or Pellets for Stalls
Wormer
Fly Spray
Fly Spray for Piranha Spray Master

Tools and Equipment:

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

NEW (or used in good condition):

3/4 to 1 ton diesel truck suitable for hauling horse trailers and other hard work

Tack:

Any new or used saddles & miscellaneous tack
Horse Blankets

Event Needs:

Awnings (Free Standing)
Picnic Tables or Banquet Tables
Table Umbrellas

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Electrician for minor repairs
Mechanic for maintenance & minor repair
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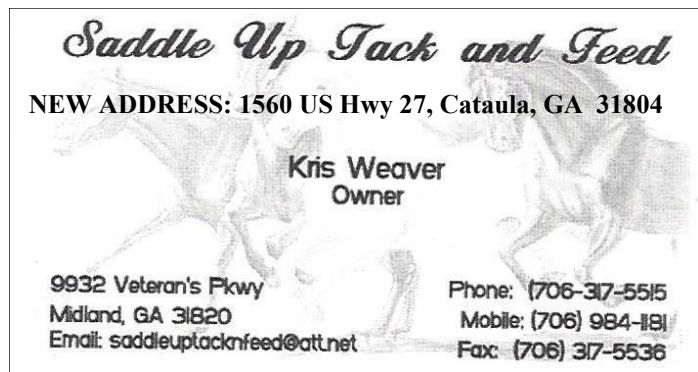
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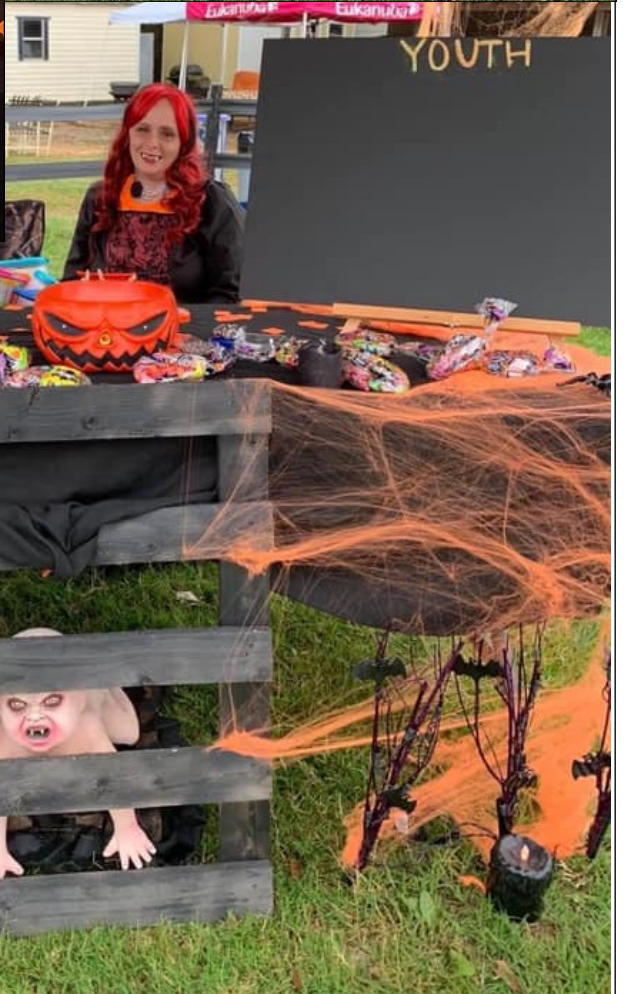
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