

# *Hoofprints of Love*

**BEGIN AGAIN FARMS, INC. EQUINE SHELTER  
MARCH 2024**



**ABANDONED HORSES MOVING TO SAFETY**

**MARK YOUR CALENDERS!**

**MEMORIAL RIDE—SATURDAY, APRIL 20, 2024  
RESCUE RIDE—SUNDAY, OCTOBER 6, 2024**

## Max's Corner: An Eye on the Farm



Hay, everybody, it's me, Max, Begin Again's spokeshorse. I'm still in storage. They tell me it's because there is too much that needs to be done first. So please be sure to look at Lisa's Focus On The Farm (page 9) to see what's been going on over there.



At least I have my man-ger-top computer. If you are local, you probably heard about the to-do on Harris County Chat, where buzzards alerted hunters to a dead horse. Three more (live) horses were located in the woods and swamp of the property where it appears they had been abandoned for years. It took some doing, since we no longer have a quarantine area, but a kind soul allowed us use of their area nearby, so the three surviving horses have been moved there and are awaiting results of bloodwork, etc. before coming to the Farm.

***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](mailto:reusmannl@bellsouth.net)**



**BEGIN AGAIN FARMS, INC.  
EQUINE SHELTER  
16TH ANNUAL FUNDRAISER  
“MEMORIAL RIDE”**



**WHEN:** SATURDAY APRIL 20, 2024 9AM-4PM

**WHERE:** BEGIN AGAIN FARMS-EQUINE SHELTER  
1967 HARRIS ROAD ELLERSLIE, GA

**COST:** \$40.00 FOR RIDERS (BRING YOUR HORSE)

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**VISIT OUR WEBSITE TO PRE-REGISTER: [BEGINAGAINFARMS.COM](http://BEGINAGAINFARMS.COM)**

**FOR MORE INFO: RHONDA JACKSON, 706-315-6945**

Negative Coggins test required for each horse entering property.

**\*\*Rental horses are not available\*\***

# ON THE TRAIL

*By Alice Stagg*

The following article appeared in the U.S. Eventing Association Newsletter. I wish I had been there to hear Dr. Grandin give this presentation. My own mentor, J. Ashton (Jeff) Moore, admires her greatly and subscribes to her views. I have found it so informative in my own training journey to recognize these points and have some tools to employ that will help horses deal with the demands we place on them and come out the other side feeling more confident and connected.



## 8 Top Tips for Equestrians from Dr. Temple Grandin—by Meagan Lisle - USEA staff

Attendees of the 2023 USEA Annual Meeting & Convention were in for a real treat with this year’s keynote speaker, Dr. Temple Grandin. Dr. Grandin is an icon in the worlds of agriculture and autism and is most notably known for applying her own experiences as an autistic individual to her studies on how stress impacts both humans and animals. In this year’s keynote address, Dr. Grandin shared several different scenarios encountered in both her studies and the studies of her animal science students at Colorado State University that apply to the equestrian community. Take a look at some of our favorite takeaways from this year’s keynote address below:

**1. Animals live in a sensory-based world.** Get away from verbal language to understand animals and instead evaluate what is the animal hearing, smelling, and touching and use that to your advantage when exposing your horse to objects that often spook them. "Sudden new things are scary for people with autism and for animals. If your horse is afraid of flags, don't shove it in their face.," she said. "Decorate their pasture fence or arena fence with flags and let them walk up to it on their own."

**2. Exposure, conducted in the right manner, is the best training tool for your horse.** "A lot of animals lead sheltered lives," said Dr. Grandin. "I had a chance to go to the  
*(continued on following page)*



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## ON THE TRAIL *(continued from previous page)*

Keeneland Thoroughbred sale [Lexington, Kentucky], and the horses were terrified of the auctioneer because they hadn't been trained for the sound of the auctioneer's voice. They also hadn't been prepared for a strange groom or handler to hold them. What I realized was that when a horse was swapped from his regular groom to a new person, the horse became anxious and let out a giant shriek. I noticed that noise. I don't think anybody wants to make that stressful mess, but they did. Now the horse was alone in this strange, creepy, scary new place, and his regular groom was gone. You have to expose your animals to enough different things."

**3. Horses think in pictures which can impact how and why they spook at certain objects.** "This is an interesting study that one of my students did that explains why a horse might suddenly spook. If you look at this playset, you will notice that it looks totally different when it's rotated. My students walked young fillies and colts past this playset 15 times at the walk, until the horses just walked by it without stopping, raising their heads up, or flaring their nostrils. When this thing was turned, it became a new thing. It became something different."

**4. Everything feels different to horses at different gaits.** "The saddle feels different at a walk, trot, and canter," she said. "I suggest to students to put a backpack on and then walk, trot, and canter so they can see how it feels different. Sometimes you have to go slow and think about how you are going to introduce things to your horse. Since they are sensory-based, it is much more specific."

**5. Animals are very fear specific.** Keep that in mind when dealing with a horse who habitually exhibits fear as a response to certain stimuli or when trying to expose a horse to something new. "This horse was terrified by black cowboy hats because he associated a really bad experience with a person wearing a black cowboy hat," she said. "So black cowboy hats were very frightening, but white cowboy hats were fine—it was very specific. Now, if I put the black cowboy hat on the ground, it was a lot less scary, but as I brought that hat toward my head, it got more and more scary. And the problem with fear memories is that they are very, very difficult to get rid of. So let's try to not have that."

*(continued on following page)*



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## ON THE TRAIL (continued from previous page)

**6. Animals have emotions and, just like in humans, each animal or each horse is going to be very different in the way they manage their individual emotions.** "Fear is a proper scientific word," said Dr. Grandin. "When I first started doing scientific research in the early '90s, I wasn't allowed to use the word 'fear' as they said it wasn't scientific to assign human emotions to animals. But now we know that animals have emotions; they definitely do. Fear is real, and some animals genetically are going to have higher fear responses than other animals. It turns out with me that my fear center is three times larger than normal. You can have animals that are higher fear or low fear. An animal that is high fear is an animal that gets scared more easily; their heart rate and cortisol levels go up more, and when you put that animal in a high-stress situation they are more likely to get sick."

**7. The best thing for your horse is to let them be a horse.** "We have to look at what animals need," she said. "Dogs in an animal shelter need 45 minutes every day of funsies with the volunteer, that is what they need because we have bred them to be social. A lot of horses need to get out and run around in the pasture just to have a chance to be a horse. I am concerned that some horses are so locked up in stalls. You've got stallions with abnormal behavior? It's because they have never learned that give and take of social relationships with other animals. Does the animal have a life worth living? Does it have a positive, fun, experience? Does it get to do things it likes to do? For a horse, that is getting out and running around. You want to let the horse have positive, happy experiences."

**8. Horses can be life-changing for people of all backgrounds, but especially for kids with autism.** "When I was in a regular high school, I got bullied and teased for being autistic," Dr. Grandin shared. "So I went away to a special school where horses became my life. The only place I had friends was when I was riding horses or getting horses ready for shows. I learned how to work with horses and there are a lot more troubled teenagers today who cleaning horse stalls, taking care of horses, and getting involved could be the best thing that has ever happened to them."



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**2024 RESCUE RIDE**

**OCTOBER 6, 2024**

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**COSTUME CLASSES**

**EVEN THOUGH IT IS EARLY!**

# HORSES AVAILABLE FOR ADOPTION

Please visit our website for more information about the horses available—  
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Arrowlena  
Bingo  
Snip  
Maia



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Chiquita  
Blaze  
Princess  
Luna  
Ben  
Mocha  
Bella  
Cheech

CHEECH i(above) is back at Begin Again Farms due to the untimely death of his owner. This beautiful Arabian, foaled 2008, loves people and is looking for just the right person.

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# HORSES AVAILABLE FOR SPONSORSHIP

Please visit our website for more information about the horses available—  
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A few of the newer horses and ponies may be moved to adoption after they have regained weight and/or been evaluated.



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## ***FOCUS ON THE FARM***

*By Lisa Palmer*



Like everyone else, we at Begin Again Farms are looking forward to spring weather. At this time of year, everything looks a little rough: horses, pastures, and some of us people too! But the grass is starting to green up and hopefully there won't be any more really harsh weather. Let shedding season commence!!!

Luckily, Begin Again didn't have any major aftereffects of the torrential rain that came through a few weeks ago. We know quite a few Harris county residents struggled with washed out driveways and roads. We were just a little soggy than usual for a few days.

Just in time before the great deluge began, we were able to get a shelter built for our miniature horses and donkeys. There is plenty of room inside for a round bale and all the minis. When it was completed and we put a round bale in there, we barely saw them for three days! The shelter was made from a kit: we supplied three corral panels for the sides, and the kit provided the tarps for the sides and the top as well as wire cable to lash the tarps to the panels and top. We added several long PVC pipes to bend into arches for the roof. It came together in just a couple of hours and our minis are dry and happy when it storms now.

As with any farm, we always have projects waiting to get started. We still haven't gotten the floor in the barn storage room replaced, and some of the tin panels on the barn and storage sheds have come loose and need to be hammered down. But as most of you know, with the winter weather being so unpredictable, we never know from one week to the next if we can round up enough volunteers to tackle big projects and when we do, if the weather will cooperate. The "to-do" list never gets shorter.

The Spring trail ride is almost here, so be sure to mark your calendars for Saturday April 20<sup>th</sup>. In just a couple of weeks, the volunteers at Begin Again will be gearing up to get everything

*Continued on following page)*

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## FOCUS ON THE FARM (continued from previous page)

organized and put together. We are already working on the T-shirt design and the food to be served. Next comes the obstacle course which takes weeks to plan and assemble. The miles of trails have to be ridden several times to pick up fallen limbs, mark hazards and flag the trail path. A few days before the ride, we set up chairs, tables, picnic area and pop-up canopies and pull the swag out of storage. Then the killing of fire ant mounds as the weather warms up....and again....and again...

The lovely Dr. Rachel with Valley Vet came out this week to pull blood samples to have Coggins tests done for our horses. We have so many that we schedule half for the spring and half for the fall. We had a crew of six people out to catch and hold horses, and everything went smoothly. Of course, from the list of 30+ horses that were due, there were a few holdouts that refused to be caught, and one naughty donkey that wanted to start a wrestling match, and sent one volunteer tumbling over the arena fence before we decided to quit while we were ahead. (She's fine!) The same crew (mostly the ladies who feed horses all week long) show up to help with the farrier every three weeks or so. Running Begin Again Farms is always a team effort.



Speaking of volunteers, we are always on the lookout to help. The best time for new volunteers to come see what we do is on Saturday mornings, between 9-12. We will keep an eye out for new faces. No experience is necessary, just dress for the weather and wear sturdy shoes. If you do have experience with horses, that's just a plus. If your expertise is in other areas, we will put you to work in that way: fences, gates, electrical, carpentry, vehicle repair and so on. There is always plenty to do! Much of what needs to be done is unskilled labor, and we will train you! We appreciate everyone who shows up to help.



**A Special Thank You To**

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Heavy Metal and Little Cowboy adopted.

Cinch and Cloud adopted. They were here about 2 weeks and have found a great home.



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# HORSE TREATS

By Daphne Spence

I don't use exact measurements. Typically I eyeball everything. Mix together until the batter is sticky and cohesive.

- Alfalfa
- Beet pulp
- Flaxseed oil
- Steel cut oats
- Wheat flour
- Molasses
- Cinnamon
- Shredded coconut
- Shredded apple
- Shredded carrot

Fill a greased mini muffin pan

Bake for 15-18 minutes at 350 degrees.

If using peppermints, press into each muffin immediately after baking.



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## Wish List

### Horse Supplies:

Feed: Senior Feed  
Tasty 10  
Shredded Beet Pulp  
Probiotics  
Buteless Pellets  
Mineral Blocks  
Shavings or Pellets for Stalls  
Wormer  
Fly Spray

### 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  
Wooden fence posts

### Tack:

Any new or used saddles &  
miscellaneous tack  
Horse Blankets

### Event Needs:

Awnings (Free Standing)  
Table Umbrellas

### Volunteer Help:

Plumber for minor repairs  
Electrician for minor repairs  
Mechanic for maintenance & minor repair  
Carpenter for repairs  
A.m. or p.m. feeding one or more days per  
week  
Drag pastures weekly  
Misc. maintenance of property and fences  
Knowledgeable horse people who want to get  
their horse fix brushing horses and  
giving them attention

**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.**

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



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**Looking for an easy way to help  
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**Print this newsletter and hang a copy  
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**Spreading the word about Begin  
Again Farms is a huge help to us!**