

Hoofprints of Love

**BEGIN AGAIN FARMS, INC. EQUINE SHELTER
DECEMBER 2025**



**TACK & GARAGE SALE—April 25 and 26
MEMORIAL RIDE—May 31
RESCUE RIDE—October 25**

**THANK YOU
RESCUE RIDE SUPPORTERS!**

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AND TO ALL OUR VOLUNTEERS

***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:

josiereus@bellsouth.net (same editor, different email)

BUT
MOM
I DON'T
WANT
TO HAVE
A
COGGINS'
TEST!



FOCUS ON THE FARM

By Lisa Palmer



We had a good summer with volunteers showing up regularly on Saturday to help with various projects and our usual dedicated crew during the week.

At the end of summer, we managed to get around 300 square bales stacked into the hay loft, which is always a good feeling. We mostly use round bales, but square bales always comes in handy.

The first part of summer in June and July was lovely: hot but not really brutal yet, with plenty of rain. August and September was a different matter: the rain stopped and the heat dried out the pastures. We had to put out round bales much earlier than we would like because the pastures were clipped down like putting greens, and although the grass looked green, it wasn't growing much. We are hoping to get enough round bales locally, and not have to bring them in from another area.

Our fall trail ride just before Halloween was a big success! Thank you to all the riders and others who donated and to the many volunteers who helped set up. The obstacle course alone takes two weeks time to get set up and ready to go. We had a great turnout, better than we have had for awhile. I don't have a full count of how many riders, but we parked thirty-five trailers, and most brought more than one horse. That makes all the hard work of setting up worthwhile, and will help us buy the rest of the hay we need for winter.

The costume contest at our fall ride gets better every year. People are so creative and it is a fun event for everyone. It's hard to pick a winner, but our winners are:

Adult rider: First Place goes to Angela Traywick as Cruella DeVille and her Dalmation horse. Second Place is Paula Whatley as a Carousel Horse.

Youth rider: First Place is Ellie Carey as Barbie. Second Place is Anya Tyla as Santa.

Child: First Place is Daelyn as a cop eating a donut. Second Place is Forrest as a Ninja. (Sorry, didn't get last names for those.)

If you haven't participated before, put on your thinking cap and check out Pinterest for your costume next year!

Please see pictures of our winners on the following page.



WINNERS!

ON THE TRAIL

By Alice Stagg

In recent months, I have read quite a few articles that center around the use of forceful training methods and the resulting damage that horses can suffer. I am reminded of a phrase my mentor, Jeff Moore, spoke about during some of his clinic lectures that resonated with me. It is called “learned helplessness”. It is not unique to horses that are not trained thoughtfully and with kindness and patience. It applies to any living creature. Following is an outline on this subject, some of which I found online by Don Jessup at www.masteryhorsemanship.com, and some of which is good old AI provided. I hope it will cause all readers to consider their own approach to their interactions with horses and perhaps how they could benefit from changes to their approaches if they recognize patterns and issues in their own relationships,



Learned helplessness is a psychiatric term. The definition: “a condition in which a person (or animal) suffers from a sense of powerlessness, arising from a traumatic event or persistent failure to succeed. It is considered to be an underlying cause of depression.

Don Jessop says that, without a doubt, horses experience emotion. They feel fear, doubt, love, anxiety, connection and determination. They feel loss, loneliness, joy, happiness and just about everything else. All a horse owner/rider/trainer has to do to make a horse feel “learned helplessness” is to put them in a position where they cannot win, then berate them over and over for not getting it right and never reward them when they do get it right. Take lunging for instance. If you ask a horse to canter or trot circle after circle and you whack them when they break gait when you don’t want it, you are teaching a sense of learned helplessness. There is no win for the horse. He gives you everything he’s got and then when he needs to rebalance, he gets whacked. Jessop is not saying that lunging is bad. He’s saying that not giving the horse clear, fair choices, then beating them up for not giving you what you want is bad. Horses struggle to understand what we want all the time. If you do not, or cannot, communicate your wishes in a clear manner, reward even slight glimmers of success, and refrain from overreacting with harsh treatment, then you need to reexamine why you want to be around horses at all. (My opinion: Either learn to do better or take up another sport that doesn’t involve a living creature.)

Jessop cautions that horses can and do exhibit signs of learned helplessness. Some have just given up and quit trying. Is the horse lethargic, non-responsive, distant or show physical signs of deterioration through muscular tension? They can be reclaimed from this depressive condition, though, if the owner/rider/trainer recognizes and then changes the approach to less pressure and more abundant rewards for the smallest hint of success.

(continued on following page)

ON THE TRAIL *(continued from previous page)*

Googling the term produced the following list of warning signs and how to prevent it:

BEHAVIORAL: Apathy and lack of motivation or interest in surroundings; unresponsiveness to cues, pressure or pain; slow, mechanical responses, reduced inclination to play or interact with other horses.

PHYSICAL: An empty look in the eyes; a flat-necked posture; ears rotated back and held there; signs of incoordination.

HOW TO PREVENT LEARNED HELPLESSNESS: Use positive training methods, provide adequate space, social contact and access to forage and water; ensure your horse feels safe and trusts you to provide direction and protection; regularly check that the horse is not experiencing discomfort from the bit, saddle or other physiological issues.

RECOGNIZING HORSE ABUSE BEYOND THE PHYSICAL

(Posted of Facebook 8/12/25 by Equitopia Center)

“Teaching” a horse patience by tying them for hours without food, water, shelter or the ability to move is not training—it’s neglect disguised as horsemanship. This outdated method is rooted in a mindset that ignores equine learning science and welfare, replacing empathy with dominance and convenience. From the horse’s perspective there is no concept of “patience” as we humans define it.

Research into equine behavior reveals that horses learn through associations and immediate consequences, not abstract moral virtues. When tied for hours, a horse does not learn to “wait calmly”. Instead they often experience escalating stress, confusion and learned helplessness—a psychological state in which they stop reacting, not because they are calm, but because they have given up the hope of influencing their situation. This is not training; this is mental and emotional abuse.

The horse is deprived of the ability to meet basic needs, placed in a vulnerable and unnatural position, and left to endure discomfort, fear and boredom. Such treatment erodes trust and creates long-term damage to the horse-human relationship.

The harsh truth is that these methods persist because they require no skill, no understanding of learning theory, and no investment in the horse’s well-being. They produce the illusion of a “quiet” horse quickly, but at the cost of the horse’s mental and emotional welfare.

True patience in horsemanship comes from us, not the horse. It means taking the time to introduce new situations gradually, meeting the horse’s basic needs, and setting them up for success in a world completely foreign to them. Owners—it is your responsibility to educate yourselves.

Your horse depends on you to choose training built on empathy, science and mutual trust. We surely owe them that much.

ADOPTED

Cheech (pictured top right)

SPONSORED

**Maggie
Paris**

FOSTERED

**Mr. Tim
Little Bit**



OVER THE RAINBOW BRIDGE

**Wilbur
Misty
Dainty (pictured left)**



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Please visit our website for more information

[www,beginagainfarms.com](http://www.beginagainfarms.com)

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MIDNIGHT
SIROCCO
CHIQUITA
(pictured left)
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PRINCESS
LUNA
BELLE
RICO
MOCHA
NEON (minature)
SARGE
ROSIE
PETEY
HARRAH
INDIE



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HORSES AVAILABLE FOR SPONSORSHIP

Please visit our website for more information about the horses available—
www.BeginAgainFarms.com

A few of the newer horses and ponies may be moved to adoption after they have regained weight and/or been evaluated.



**LEVI
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JENNY
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MAX
MATILDA
IZZY
DUDE
OKEY DOKEY
MAIA
FINALE
LUNA
VINO
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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
Salt Blocks

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
Photographer to help horses get adopted

**TRACY PERRY
FARRIER
770-301-9861**



TESTING FOR COGGINS



VET TO PET SERVICES

[3744 GA-85](#)
[ELLERSLIE, GA 31807](#)

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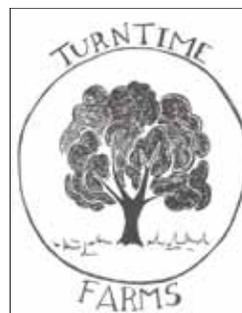
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**Looking for an easy way to help
Begin Again Farms?**

**Print this newsletter and hang a copy
in the break room of your office of
workplace (or any waiting room)!**

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