



JULY 2022



Happy Birthday Diesel! He turned 15 on July 9th.

City to Saddle Rides Again

Yesterday was the 1st day of this year's City to Saddle program. We welcome 9 children between the ages of 6 and 9 to the barn to learn all about horses. Each day includes lessons in horse care, other animal care and riding.



Ode to the Person Stepping into My Muck Boots



Words of wisdom from instructor, mentor and supporter Lisa:

At the barn, you have the privilege to learn who you truly are as a person from the best teachers. All the animals will teach you about an aspect of yourself if you are open to learning. The equines will teach how to stay present--not letting your mind wander off to all the things on your to-do list, who just made you angry, how your significant other never listens to you, the complexities of life, what your higher purpose is, etc.

And just when you've reached the epiphany and figured out the meaning of life, one of the 1500 lb. woolly mammoths with the emotional complexity of a toddler decide to taunt their neighbor and you're instantly snapped out of your existential awakening and back into shoveling poop. (So yes, that is an aspect of your job and will become a topic of interest and discussion).

Poop tells you a lot, so pay attention. It can tell you if your charges are dehydrated or stressed. If dehydration is the case, tell them to go to their waterer or forever be known to them as their "trough filler and hay thrower" and fill their trough.

Each animal here has a personality with excellent and bad quirks, just like us. Please get to know each one. They each will teach you something. I have learned more about myself from the paddock clinicians than I have in 5 years of talk therapy.

A farm will teach you how tough you are physically, mentally, and emotionally. Embrace the challenge, and, yes, there will be tears, daily "what the f***s, tons of laughs, and the most incredible experiences. You learn nonverbal communication, quick reflexes, how to relax in the face of certain death (aka a trail ride), to ask for help when you need it, that it's okay to not know everything and, most importantly, what matters in life.

At a farm, you are part of an ecosystem; living beings rely on you to fulfill their needs. If you flake out, someone hurts. You are directly responsible for them thriving, and thankfully you're not doing it alone. You have a barn family. Like any other family, each member has quirks and friction, but if you can see where their hearts lie, you can love the animals just like the dysfunctional family they are.

Be kind, be true and be honest. You can't hide your feelings from a horse; they're mind readers. It is one of their many superpowers.

If you're having a lousy day, embrace it; own it. And if you're having a good day, it will be contagious and every other being on the farm will have a good day. That's the magic of the barn.

Meet Luna

Une Etoile de l'Eclipse (aka Luna) is a Belgium warmblood who stands at 17h. She was a high-level show jumper in her youth and has now become a fox hunter. Luna is super friendly and just wants you to say "hi" to her whenever you come to the farm.

Watch a [video](#) of Luna competing in the Rolex Kentucky Summer Classic in 2013.



Upcoming Events

8/8 to 8/19 – Horse Tales: Reading, Writing & Riding

9/12 – Beginning of Fall Term

10/13 – Horse SenseAbility Soirée at Green Pastures Farm

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