



June, 2025

# From the Horse's Mouth



## What's been happening?

As June brings Winter, I contemplate the lessons Mother Nature can offer. As in nature, our own life has cycles and seasons. We can resist and fight against them, or flow with them even when they are difficult. I have been trying to embrace the latter in these last few days as we said goodbye to my beautiful German Shepherd, Oya. We watched the sun set together here at the farm, and she was laid to rest on a bed of wattle, with a large stick, an incredible view and her favourite stump to mark her grave.



In the words of the late Queen, grief is the price we pay for love. While it can be painful, through allowing myself to feel what I'm feeling, without resistance, I find it washes over me like a wave and passes. There is comfort in knowing that although she was only here for a season of my own life, I was with her for the entirety of hers.



Nature also shows us that life continues around us, and we can still find joy through the grief if we are open to it. For me, this came in the form of one tiny human discovering the mud!!! After all, what's the point of growing up on a farm if you can't play in the mud?!



## Contact us

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## Meet the Herd

~Chimosa~

Mossy is a sweet girl who had every reason to distrust people after her early years being trained for the racetrack. She found us after having a foal and her confidence and trust in humans has slowly grown within the Helping Hooves Herd. It has been beautiful to see how clear Mossy's communication is - for years she had to shout and was still ignored. But Mossy is learning that not only do we hear her, we will listen to her whispers so she doesn't have to shout anymore. (Yes - she is also our feature girl for the Horse's Mouth!)



## You herd it here first!

***They're here! Don't miss out!***

### Helping Hooves Half-Day Veterans Programs

Experience the healing power of horses in our introductory Half-Day Veterans Program. Sponsored by Soldier On Australia - no cost to veterans or current serving ADF members! 6 sessions between June - November 2025. Limited places available so don't wait!

Dates and details on the booking page:

<https://www.trybooking.com/events/landing/1395393>

