



May, 2025

# From the Horse's Mouth



## What's been happening?

ANZAC Day is always a time of quiet reflection for us here at Fell Timber Farm. As veterans ourselves, we remember the sacrifices all service personnel and their families have made, and are grateful for the life we are creating for our little family here at the farm.

Sometimes we could all use a different perspective. This magnificent creation by Gilbert Metal Art has found her home at Fell Timber Farm. She reminds us that when we get lost in the day-to-day, or feel overwhelmed by the 'to-do' list, Eagle Wisdom encourages us to zoom out and look at the bigger picture.

We began life at Fell Timber Farm living in an unlined shed, without power or water...for a year! On days when we are cold, exhausted, and unsure what to tackle next on our daunting list, the beautiful pair of wedge-tailed eagles that nest in our woodland remind us to pause, look around, and acknowledge how far we have come.



## Meet the Herd

### ~Buckley's Ghost~

Ghost is a Brumby from the Kosciuszko region and was rescued as an orphaned foal. Originally from the area near Buckley's Ridge and Ghost Gully, his name came about as he had Buckley's Chance of surviving, but his little Ghost hung on long enough to find Ali. Our beloved Zeke became his guardian angel, along with Ali's German Shepherd Oya, until Meemee and Tex took him into their care.

Ghost is now a confident, curious, cheeky little man who loves to play with the other horses and "help" with any jobs that need doing! Tex is quick to step in when his demands for attention are starting to frustrate the other horses and takes him for a run to use up some excess energy! We all need a friend like Tex to keep us out of trouble!



## You herd it here first!

***A few spots remaining! Register now!***

### **Self-Regulation and Healing Your Nervous System EAL Workshop**

Saturday, 17th of May, 2025

Learning how to self-regulate can unlock our ability to be in charge of our own nervous system, which is the key for safely being able to face areas of our lives and aspects of ourselves that we might otherwise avoid.

See the flyer for more information!



### **Veteran's Half-Day EAL Program**

We are very excited to announce we will soon be delivering a new introductory program for veterans in partnership with Soldier On. More details coming soon!

## Contact us

[www.helpinghoovesfelltimber.com.au](http://www.helpinghoovesfelltimber.com.au)  
[info@helpinghoovesfelltimber.com.au](mailto:info@helpinghoovesfelltimber.com.au)

0431 794 024