

May, 2026

From the Horse's Mouth



Helping Hooves
FELL TIMBER



Tilt - the horse who started it all...



It's 2017. I've been selected for the most challenging and demanding role of my military career - long hours and on call 24/7 for the entire year. So I did what any sensible person would do...I bought a horse!

Helping Tilt find his wings was hard. But releasing him from his old aching body with dignity, rather than holding on until the great decline, just to delay a heartbreaking decision, was the greatest final act of love I could offer.

This month is dedicated to this special boy, Tilt, who started it all, and my eternal gratitude for all that he gave and what he has inspired. Tilt's impact on my mental health that first year was more than I ever could have imagined, and he is the reason I do this work today.



As I sift through 9 years of memories, if one lesson stands out it is the embodiment of Maya Angelou's powerful quote: *"Do the best you can until you know better. Then when you know better, do better."* Tilt took it one step further - the "knowing better" is an active pursuit, not passively waiting for "better" to find you. His forgiveness, patience and continued connection helped me develop intuition and self-compassion. He taught me to forgive myself and maintain my own agency in the face of well meaning advice from others.



My daughter Elsie and I shared a quiet sunset with the herd as they grazed peacefully, and I went to bed with a heavy heart, but trusting my intuition. The day of his passing was clear and sunny. The emotions came in waves and I allowed myself to feel them as the tears rolled down my face. With the compassionate and experienced support of a team from Snowy Vets, we said our goodbyes as my sweet old boy lay down for the last time. Elsie and Greg helped me gently place flowers on his head, and my heart, although still heavy, was overflowing with gratitude and a sense of peace.



As my first horse, the rest of the herd have him to thank for helping guide me gently through my ongoing knowledge-quest to put my horses first and my own agenda second.

Grief is a natural part of life, but can be a theme that we try to avoid. There are many transitions in life and the end of our time in our physical bodies is yet another part of the natural, inevitable, cycle of life. I will take the grief that comes with love any day, rather than a life without love.



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