



October, 2025

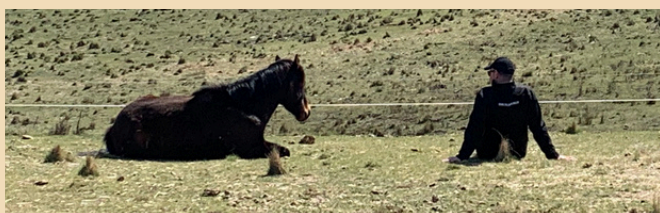
# From the Horse's Mouth



## What's been happening?

As the temperatures begin to warm up, October brings with her the gale force winds of Spring! I am fascinated by the way the tall gumtrees high up on the ridge sway as they are battered about while remaining firmly rooted in the ground. They do not fight against the power of the wind but instead find strength in their deep roots and flexibility.

The trees inspire me to consider the strength of being grounded in our values, which can then allow us to follow the ebbs and flows of life while remaining true to ourselves. When we are clear on our core values we can use them as a compass to navigate the many different forks in the road. We can also reflect on whether the choices we are currently making with our time and energy are aligned to what is most important to us in this world.



In her new book, "Strong Ground", Brené Brown suggests that *"Misalignment is death by a thousand cuts."* Finding our core values is just one of the themes we explore in our work at Helping Hooves, and an important one to help clients find their own grounded strength.

**You herd it here first!**

## Snowy Monaro Veterans Subsidy

We have partnered with the Cooma Ex-Services Club to offer heavily discounted private 8-week programs for 5 local veterans! If you are a veteran living in Cooma or the surrounding area check out our website or contact Ali for more information:

<https://www.helpinghoovesfelltimber.com.au/upcoming-events-and-news>

## Meet the Herd

~Carolina~

Carolina found us with her young filly, and not much interest in having anything to do with people. It was incredible to watch how calm and grounded this mare was during the process of transporting her home, providing a reassuring presence for her baby.

Carolina has a strong, independent nature with clear boundaries and it is a privilege to see her softer side when she chooses to share space and connect with you.



## Contact us

[www.helpinghoovesfelltimber.com.au](https://www.helpinghoovesfelltimber.com.au)  
[info@helpinghoovesfelltimber.com.au](mailto:info@helpinghoovesfelltimber.com.au)  
0431 794 024