



FREEDOM HILL HORSE RESCUE, Fall 2018

PEOPLE HELPING HORSES, HORSES HELPING PEOPLE

The Combined Federal Campaign (#52449)

By Terry Pennington

The Combined Federal Campaign (CFC) is the largest and most successful annual workplace charity campaign that raises millions of dollars each year. Pledges are made by civilian, postal, and military donors from September 1 to December 15 to support eligible non-profit organizations like Freedom Hill Horse Rescue (FHHR).

The CFC provides the bulk of FHHR's working capital and we rely heavily upon the generous donations of federal and military employees. FHHR also relies upon the generous volunteer manpower offered by federal employees in their free time.

Beginning in September, the campaign really starts in earnest. Local agencies begin to host fairs, inviting nonprofits to participate. FHHR annually attends the CFC fair at the US Census Bureau in Suitland. Many Census employees living in Calvert County generously contribute to FHHR through the CFC. To see the list of charities participating in the 2018 Combined Federal Campaign, please visit:

https://cfcncnca.org/sites/cfcncnca.org/files/publicity_kit/2018_CFCNCA_Charity_Listing%20DIGITAL%20508%20Final.pdf. FHHR is one of three organizations participating as part of the "Horse Welfare League" and our number is #52449.

Maryland Charity Campaign

By Beth Meader

The Maryland Charity Campaign (MCC) gives Maryland State Government Employees and Retirees the opportunity to reach out and touch the lives of those in need; to sustain local, state, national and international health, educational, environmental and human service organizations; and to make a meaningful contribution to your community. MCC provides a single, coordinated appeal, rather than hundreds of individual drives. If you are a MD State Government Employee or Retiree, please consider choosing Freedom Hill Horse Rescue for your payroll contributions. The monies will be used wisely for the care and keeping of our wonderful horses.

Grant Writing for Freedom Hill Horse Rescue

By Beth Meader

Believe it or not, Freedom Hill Horse Rescue (FHHR) does not keep going on volunteer hours alone. There are many necessary expenses that need to be covered. Funding for FHHR comes from donations, fundraising, and grants.

Some grants such as the Combined Federal Campaign (CFC) and the Maryland Charity Campaign (MCC) seem simple enough. Just ask people at their workplace to choose Freedom Hill Horse Rescue. But there is paperwork to fill out and deadlines to meet in order to be in the campaign by the next year. Then there are kick-off sessions to attend to get the word out to employees about FHHR and why they should choose to donate their hard-earned money to the Rescue. CFC and MCC are the two biggest funding sources for Freedom Hill.

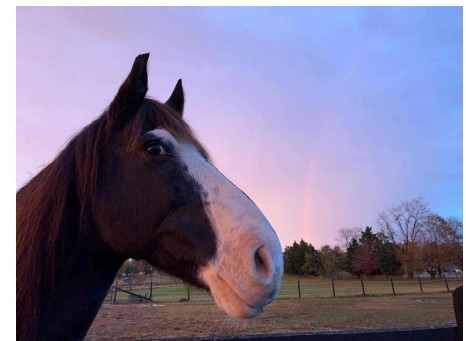
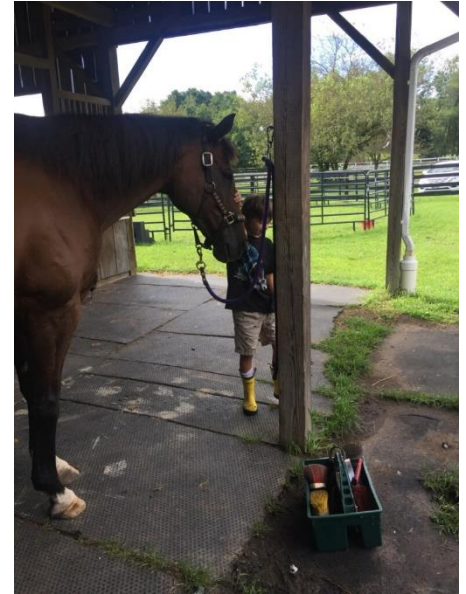
ASPCA Help A Horse Grant is an annual grant that takes a lot of effort on the part of the horse rescue. This year to qualify horse rescues had to detail their adoption campaign, have one adoption during the grant period, hold a fundraiser, and submit a video about the rescue in MP4 file format and no more than 3 minutes in length. Also required was the on-line grant submission which includes basic organization information along with reporting from the contest. For those rescues that were awarded a prize, the rescue was required to write a press release

for the local newspaper which included the ASPCA logo. This year after much effort on all of our parts, FHHR was awarded a \$2,500 prize.

The EQUUS Transparency Grant takes several days to complete. To be eligible the organization needs to be classified by the IRS as a 501(c)(3) public charity, maintain a minimum of a Silver Level status on GuideStar, (FHHR holds the highest level on GuideStar - Platinum) participate on the EQUUS Foundation Equine Welfare Network, and obtain Guardian designation to be eligible for financial support from the EQUUS Foundation. It requires end of year financials and an extremely long, on-line questionnaire about every aspect of the rescue including our financial information, veterinarian, policies, and procedures.

Then there are small grants that are no less complicated. The paperwork may be smaller but there is no guarantee that our project will be accepted for a grant. These grants include The Binky Foundation, Joseph Roberts Foundation, American Horse Network, Doris Day Animal Foundation and local grants such as from the HELP Association.

If anyone would like to help in this process, or if anyone has any suggestions for a grant, please let us know at freedom.hill.org@gmail.com



Calvert County Animal Shelter's New Livestock Barn!

By Terry Pennington

It was a fitting birthday present and memorial for former county commissioner, animal rights advocate, and Freedom Hill Horse Rescue supporter, Linda Kelley, that the new county animal shelter and livestock barn

ribbon cutting was on her birthday, October 9. Freedom Hill Horse Rescue's President, Lori Harrington, attended the ceremony. The shelter will offer a 1,380-square-foot barn to house horses, pigs, and other farm animals. The shelter, located at 315 Stafford Rd., Barstow, MD official opened on Thursday, November 1. The website for the new facility is <http://www.calvertcountymd.gov/AnimalShelter>.

Junior Volunteer column

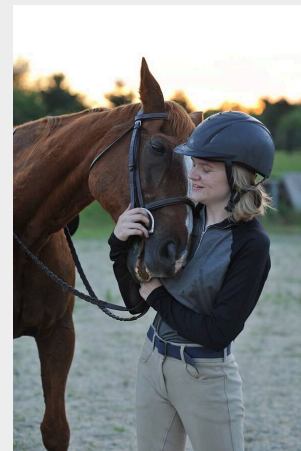
Fostering Dawson

By Jaylee Crum

When I joined Freedom Hill Horse Rescue in January of 2016, I knew horses at the rescue come and go. I didn't expect to find a horse that would forever change me. In March of the same year, a chestnut thoroughbred by the name of Dawson came back to the rescue from a failed foster program. When I first met him, I honestly didn't see much at first glance. Dawson was looking like a walking skeleton that hadn't seen much if any love recently. But upon looking further and starting to spend more time with him, I saw that he had a heart of gold, even with everything that happened to him. Over the course of the next year and a half, I was the designated person to work with him. Knowing that the horses here would be adopted, I tried my best to not get attached to him, but that failed. Little by little I started to fall more and more in love with Dawson.

When the fall of 2017 came around, it was impossible to deny that I have completely fallen head over heels for this horse. Every potential adopter that came out to look had my heart skipping beats, afraid that I would lose Dawson. By the time November of that year came around, I started to try and convince my parents to let me adopt or foster him. I never thought all of my persuasions would pay off so quickly. As the spring of 2018 started to roll by, more and more people became interested in Dawson. I thought that this year would be the year that Dawson would leave the rescue and me. I was constantly worrying from one potential adopter to the next. All until one Monday in July, when I had the biggest surprise of my life. It started as any other Monday, doing my second feed shift of the week and preparing for horsemanship team and to work with Dawson. I was sent to do a chore away from the barn, when I came back, I saw something I never expected to see.

Dawson in a bright red bow with Lori Harrington and Terry Pennington beside him with a certificate of foster. My parents surprised me with my only wish, Dawson was now my foster baby! Ever since that day, my life has forever changed. Knowing that Dawson isn't going anywhere and I am able to work with him and bond more with him is the greatest dream come true. Both Dawson and I have taught each other so much. From him teaching me to listen more to the ones who don't speak, to me teaching him that he can trust with his whole heart and he will never be in danger. If someone came up to me and told me when I first joined the rescue that I would find my soul horse and that I can walk him without a lead or halter and not worry about him bolting, or that he would be mine, I wouldn't believe it. I would have said that it would be a dream, guess you could say I'm living the dream. I truly never thought that I would find a horse like Dawson in a million years. Even with his flaws and my flaws we make each other perfect in our own ways.



Spotlight on Families that Volunteer Together

By Lori Harrington

Freedom Hill Horse Rescue has always been a place where people can come to bond with horses. Lately though, it has also been a place where mothers and fathers come with their daughter or sons and experience a family bonding. Or even grandparents with their grandchildren, husbands and wives, sisters or brothers. We have several family team volunteers now and we are thrilled to see the whole family joining in and working together to care for our horses and do chores around the barn/farm. Sometimes it is the children that bring the parents into the horse world and sometimes it is the parent that wants their child to experience what it is like to be responsible and caring to animals and to learn what volunteering means. Whatever the reason, we are very grateful FHHR can be a part of it. If one googles the words, "family volunteering in Maryland", Freedom Hill Horse Rescue is the first organization to come up on the search. What better way to have quality time together as a family and make long lasting memories while making a positive difference in the lives of our horses? Our heartfelt thanks to our veteran family teams of Beth and Anna, Tom and Tommy K, Lisa and Brooklyn/Sierra E, Disa and Grace E, Dawn and Zac R, Shannon and Luke/Noah, Diane H and her grandchildren, Jeanne and Dina H, Cathy and Terry H, and Dave and Serenity C. As well as all the other family volunteer teams that have recently joined up with us, thank you so much - We couldn't do it without you!



Brocca



Timmy

IN LOVING MEMORY OF JUNIOR AND BROCCA

Tribute to Junior

By Susan Fogleman

Junior was the little white pony with a Napoleon complex. He was the smallest equine at Freedom Hill, but you had to always be on your guard with him or he would take advantage of you. And he loved to boss around his best friend, Romeo, who was bigger than him. But if you didn't let his kicks scare you (or connect!), if you took the time to break through that wall, he was a sweet pony who simply wanted to know he was loved and would be taken care of. And to have fun! I decided I would volunteer at a horse rescue for two reasons – I had always loved horses, but never had one; and I knew horses were a little more difficult to take home than a cat or dog, so I figured it was a safe option for this animal lover. But Junior stole my heart and proved my last notion wrong. While I couldn't bring him home and let him roam my way-too-small-even-for-a-pony yard, nor afford his fence kicking ways, I could be his Horse Angel. And it was well worth it.

The last couple of months of Junior's life were rough from colic to surgery to recovery to more colic. But I'm certain he knew without a doubt that he was loved by so many at the rescue. And he lived the best life a pony could hope for. And for all his bluster and gruff, he will be dearly missed by all who took the time to get to know him.

Tribute to Brocca

By Diane Hermann

It certainly has been a very difficult year here at Freedom Hill. We lost three of our wonderful friends. Timmy, Junior and our man Brocca. We all knew in the back of our minds that in time we would lose our friends as many of our horses have health issues. However, I think we thought that Brocca was going to be around forever. He was the Guardian of the barn, he was the grumpy old man, he was the king of the hill and he was a love. It is strange to see his door closed, him not peering out of the stall when I arrive at the barn and another horse in his pasture. I know it's crazy but I miss him banging on that gate when I get the food ready and rushing me to feed him first and having him run out to the hay bag when we hung it.

Brocca taught me a lot about being around horses he taught me to be careful, gentle, strong and understanding. Horses, like people, have good days and bad days and we all certainly saw that with him but what I always saw in Brocca's eyes was a wisdom, a sassiness that he never wanted us to know....but we did all know that he loved attention, he loved his neck rubbed ... and I think he really did like Dutiful and he loved us. We will all miss that old man and the wisdom he shared with us...we were all very lucky to have him as a teacher and friend. Now you three behave and make sure you don't give Freedom Hill a bad name across that bridge.

Bluebird Trail Tales

By Mary B. Hollinger of the Calvert Nature Society

For nearly thirty years, the Battle Creek Nature Center, a part of the Calvert County Natural Resources Division, has been establishing and monitoring bluebird trails throughout Calvert County. This year Freedom Hill Horse Rescue enthusiastically joined the effort and helped bring the total number of trails to 23. It is a nice compliment to the neighboring trail at Northern Middle School, which was diminished to four boxes with the new construction.

On May 23, 2018, ten bluebird boxes were installed on fence posts and free-standing posts around the farm. Calvert Nature Society volunteers Jan Hurst and Dave Elkington began monitoring the following week, and found one nest already had two eggs! For a relatively late season installation, the bluebirds readily took to the new nesting sites. Of the ten boxes installed, four hosted bluebirds. Those four boxes produced 12 eggs, 11 of which fledged. Two other boxes were used by Carolina Wrens and Carolina Chickadees. Unfortunately, the 5 Chickadee eggs disappeared, but the initial success of the FHHR trail is exciting.

So why bluebird trails? Bluebirds are cavity nesters, but unlike woodpeckers, they cannot carve out their own holes. As development has increased, natural stands of old trees have been greatly reduced. While wooden fence posts around farms often provided alternatives, small farms are disappearing, and metal or treated posts are replacing the old wooden ones. Finding a home is getting difficult!

Bluebirds are wonderful insectivores. During Spring thru early Fall, 87% of a bluebirds' diet consists of all kinds of insects and spiders: grasshoppers, ants, termites, beetles, mosquitoes, etc. During the winter, when insects are harder to find, they switch to berries and fruits, such as sumac, holly, dogwood, pokeweed and hackberries. During especially harsh, cold periods, finding food can be difficult, and the birds may move farther south looking for something to eat. Putting out meal worms or cut up bits of fruit can help those who stay survive these food-scarce times. The nesting boxes also provide roosting sites for the birds to huddle together during very cold events.

In March and early April the birds start looking to nest. Bluebirds tend to return to the same areas each year but they need their space. In establishing trails, the recommended distance between boxes is 100-150 yards. This has much to do with food competition. Nests are built in 2-6 days, but the egg laying may not happen for up to 3 weeks, depending on weather, food and the maturity of the pair. One egg is laid each day, usually ending with 4-6 eggs. Incubation starts after the last, or next to last, egg is dropped, and takes 12-14 days. Once the eggs hatch, the

young are totally dependent upon the parents for food for the next 17-21 days. The nest boxes are cleaned out once the fledglings are gone, and the parents may nest again 2-3 more times in a good season.

You may notice that some of the posts have metal cones around them. The primary predators of bird boxes are raccoons, cats, and snakes. And House Sparrows. The cones won't do anything about the sparrows, but there is a much better success rate (6.7% by one study) in houses with predator guards.

At Battle Creek/Calvert Nature Society we are very excited about this new addition to our trail system. Not only are bluebirds great at catching insects, they are beautiful, and a lot of fun to watch. We are always looking for new sites to establish trails, preferably large enough to take at least 10 boxes, 300' apart. If you are interested in more information about setting a trail up in your area, and watching nature in action, please contact Andy Brown at andrew.brown@calvertcountymd.gov or 410-535-5327



HALLOWEEN SHOW

By Terry Pennington



On October 29th, Junior members of the horsemanship team hosted a Halloween Party and In-House Show. The turn-out was much bigger than last year! Goblins, bandits, kayakers, cats, and other characters played games on horseback, participated in athletic tests, and competed for the best costume prize. Teams competed on horseback to see who could gather the most grooming brushes and individuals competed on horseback to see who could gather the most hidden riding crops. Off horse, competitors jumped 12" and 24" courses on foot to see who had the fastest time. Volunteers enjoyed a feast after and during the competition.

Winners: Emma Cummings – both the 12" and 24' human jumping competitions; Danielle Hollinshead – crops game; Zach Riley -- walk/trot equitation; Sophie Lawson, Emma Cummings, and Jaylee Crum - - Brushes game; Jaylee Crum – Underwear Race; Jaylee Crum and Dawson – Costume Contest. Other costume winners included Eden, Arielle, Danielle, Sophie and Dan, Chloe.



*Photo Credit Dawn Riley

We hope you will visit us on the web at freedomhillhorserescue.com, Facebook, Twitter, and Instagram!



ANNUAL TACK SALE

By Terry Pennington

Freedom Hill Horse Rescue accepts tack and equestrian clothing donations on an ongoing basis. Tack that can be used by our horsemanship team and current/future horses is set aside. Tack that cannot be used is sold in an annual tack sale event hosted by Freedom Hill Horse rescue's horsemanship team.

Special thanks to Maryland Saddlery, Julie Gross, Lucy Wilson, Janet Ashworth, Diane Murphy, Leah Bryce, Hilary Walker, Illkim Boyle, and so many others who donated tack throughout the year. Special thanks also go out to volunteers Emma, Jaylee, Megan, Shaun, Dawn, Zach, Lori V., and Holly for putting together the sale. In addition to setting up the sale, volunteers applied elbow grease and saddle soap or a good machine washing to items prior to the sale.

This year's sale was a huge success and helped offset some large unexpected expenditures associated with our older horses. To donate tack or equestrian clothing, contact terry.freedom.hill@gmail.com. We will provide you with a donation receipt for your tax deduction.



FOSTERING ROMEO

By Kelsey Blocker

I remember when I went to try horses for foster and heard there was a spunky pony available, I knew Romeo was the horse for me. I fell in love and started working with him as soon as I could. As often as I could, I raced to the barn from work or on the weekends to see him. We would start with grooming, including working on picking up his back feet and then move to the ground work. Romeo had a habit of running ahead of his handler when being led, so we worked on backing up and respecting your space with a long lead line. While riding, he began to nail his canter transitions because he was more balanced on his hind end. He started to slow his pace and maintain an even tempo. Romeo is such a good pony and will make a wonderful equine partner when he finds his future forever home.

Junior and Romeo's Great Escape (Based on a true story.)

Once upon a time, there were two horses living at a horse rescue. Their names were Junior and Romeo. Junior was a spunky, white pony. Romeo was a tall black horse with a white blaze on his face. They were best friends and enjoyed getting into trouble. One night, while munching on hay, Junior said, "I'm bored, Romeo. What should we do?" Romeo thought they should just go to sleep, but Junior didn't like that idea.

"I have an idea! How about we break out and go on an adventure?" said Junior.

"That's ridiculous. The gate is locked. How are we supposed to get out?" asked Romeo.

"We'll jump over!" said Junior. But then Romeo pointed out Junior was too short for that.

"We can kick our way through!" exclaimed Junior.

Romeo thought that sounded like a good enough plan, so they went to work nosing the boards on the fence to see which ones would be the easiest to break. When they found the best spot, Junior turned and kicked! But the boards didn't break. He tried to talk Romeo into kicking the boards since he was so much bigger, but Romeo told Junior this was his idea, so he could do the work. So Junior kicked. And kicked. And kicked some more. Finally, the boards broke!

And Junior and Romeo went galloping through the hole in the fence! For a while, they ran all around the rescue, having a merry time. They visited the other horses, but they told Junior and Romeo they were going to get in trouble. Junior told the other horses they were just jealous and then trotted away. All of that work and fun made Junior very hungry and his favorite thing to eat was grass, so he started munching away.

"Don't eat too much. You always get sick when you eat grass," Romeo tried to remind Junior.

"But it's so sweet and delicious and I haven't had any in so long," Junior said while chomping on a big clump of grass.

After eating their fill of grass, Junior and Romeo decided it was time for bed. They tried going to their stalls in the barn to lie down on the soft bedding, but the gates were closed. So they went back to the shelter in their paddock to sleep. When the sun came up, they knew people would be coming soon and their fun would be over. So they left their paddock again to gobble up as much sweet grass as they could.

And just as they thought, when the people showed up, they yelled at them and put halters on them. Junior thought about running away from the humans, but he was starting to feel bad and didn't have the energy to run anymore. The people led Junior and Romeo into a pen and closed the gates on them.

Junior told Romeo he was starting to feel sick. "I told you not to eat so much grass," Romeo said. "But it was just so tasty," Junior replied.

"Yeah, but now you are going to be sick and grumpy all day." "I know," said Junior.

"And now we are in this tiny pen until they fix our fence," Romeo said. Junior replied, "I don't feel like moving much anyway. Besides, they'll get our fence fixed soon. They wouldn't leave us in here too long."

"You're right," agreed Romeo. "And then we can start planning our next adventure!" exclaimed Junior.

Author: Susan Fogleman



HORSE ANGELS

Janet Lehman and Diane Hermann - Dutiful Sun

Susan Fogleman - Junior

Ann Hearn - Gold Story

Diane Hermann - Brocca

Marcellyn Stone - Romeo



FALL WORK DAY

By Terry Pennington and Cathy Hurley

On October 6, volunteers arrived at Freedom Hill Horse Rescue for a Fall Workday to prepare the farm for winter. Volunteers came out in force to paint fences, cut up fallen trees, mow pastures, prepare water pumps with insulation and heat tape, replace lightbulbs, prepare winter blankets, fill in mud and ruts around troughs, clean the tack room and barn, and make sure all the run-ins had stall mats installed.



Starting a Horse

By Sharon Fowler



I don't profess to know a lot about horses and that's one of the reasons I began volunteering at Freedom Hill. I always thought that "breaking" a horse was the term used to literally "break" a green horse so that you could ride them. All of us greenhorns have seen it done on TV, as that's what cowboys do at a rodeo in the Wild West, right?

As I learned the gentle nature of most horses through volunteering at Freedom Hill, however, I wondered if "breaking" a horse was a good thing. What are you breaking, besides their spirit and perhaps a few bones, which could easily be yours? It would also seem that "breaking" anything is just not a good idea. After all, kids get in trouble for breaking things, so why would we want to "break" a horse?

This is why, when Shaun Gandia mentioned that her next class would be on "starting" a horse, I was very interested in attending. She explained to me that it's basically a difference in terminology, but the way that horses are "started" today varies greatly from the old cowboy days of the past. I've been to several of her classes on "starting Maia" and have been very impressed with how this is done.

Shaun brought two of her horses, Artemis and Maia, to Freedom Hill twice a week, both to get them used to trailering and to ride them both someplace other than home. She was working on honing Artemis' skills at dressage and was planning to "start" Maia. Maia is Shaun's four-year-old mare who had

never been ridden. Artemis is the older sister at age 6. Both horses were used to being together all the time and both were seriously in love with Shaun and she with them. She said they were spoiled, but I saw it more as well-loved.

Over the course of several sessions in October, I watched as Shaun patiently added each separate aspect of the “tack” to Maia and let her get used to it. She had been trained using some, but not all of it. Shaun started with the bridle and lunge line, which Maia was used to, but she was not used to being in the round pen, as Shaun doesn’t have one. She then added the bridle, saddle blanket and saddle to get her used to them. Shaun gave Maia plenty of time to get used to each, all the while using the lunge line to teach and reinforce verbal commands. This was so that when she actually got on Maia for the first time, she would have some control over what Maia would do, as she would respond to the verbal commands even though she would not yet know what Shaun’s leg commands were for. Each day, Shaun would end the session on a positive note so that Maia would associate the lesson with a pleasant experience.

Shaun also told her audience what she was doing each step of the way and explained to all of us what each piece of tack did and why she was using that type of training aid. It was very interesting to watch some of the things she did to get her point across to Maia. I was totally absorbed in watching this happen right before my eyes and learned so much. For example, I never knew that they had rubber bits for bridles. Shaun also had several gadgets to assist her in getting Maia used to being ridden before she actually got on her. One set of lines held the reins in place so that Maia could actually feel a bit of pressure on the bit; another trick she used to keep the reins from slipping over Maia’s head included tucking the reins into the bridle under Maia’s chin. She also kept the stirrups tied up tight to the saddle in the beginning so they wouldn’t distract Maia while she got used to all the equipment, but if they loosened and fell down during training, Shaun left them down so that Maia would get used to something moving around on her sides. Shaun also used the lunge line to tire out Maia a bit at the beginning of each training session so she would not have excess energy and also to make sure she was focused on Shaun instead of on all the activity around her, since many of the sessions were held at feeding time and there were lots of people moving around and making noise, including the audience for the training session. These were all things that only an experienced horse trainer would know, so I was left feeling like now I really know what goes into the making of a good horse. This also takes so much time since an hour of intense training for Maia exhausted her. You could tell she was tired out afterward because she would literally fall asleep as Shaun discussed the session with us.

The day that Shaun actually got on Maia was a big event, as you never know what a horse will do, but it went off without a hitch. No bucking, rearing, or anything. Shaun had practiced putting her weight on Maia’s back several times from both sides so that Maia would know what to expect. When she finally got on her, it was like it was no big deal to Maia. She did splay her legs out a bit because she wasn’t used to having anyone on her back and she had to get used to the weight being there, but other than that, she was fine. There was a small hitch in getting her to walk while Shaun was on her. She seemed to want to step backwards instead of forwards. I think she just wasn’t used to balancing her body with someone on her. Carol Brady stepped in to lead Maia around and then just to walk with her while Shaun encouraged her to move forward with the “walk-on” command. After that, Maia became more comfortable walking with Shaun on her back.

I also think it helped Maia to watch Shaun ride Artemis before each one of her own training sessions—and watch she did. While Shaun rode Artemis around the arena, Maia would watch her every move from the round pen and when Shaun stopped riding Artemis, they would whinny back and forth to each other. I learned so much from this experience that it was unbelievable. Shaun seems to just know what goes on in a horse’s mind and knows all the tricks of the trade to get them to do just what she wants them to do. I learned so much about horses and what goes into training them from attending these classes. If you have not taken advantage of Shaun’s training classes and especially if you have little to no experience with horses or how to train them, I highly recommend them. Not only will you learn about training a horse, but you will learn more about the way they think and the way they respond to what you do.



Training Goldie

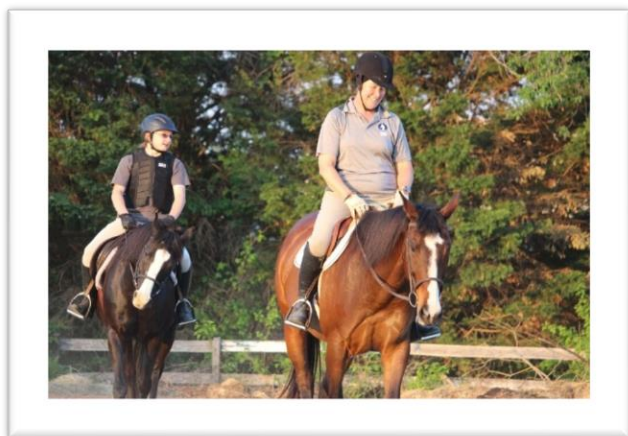
By Shaun Gandia

I had the pleasure of working with Goldie during the last few months. Goldie, aka Gold Story, came to FHHR as a rescue and adoption on the very same day! Unfortunately, her adoptive owner fell ill and was not able to keep her, so Goldie is again looking for her forever home.

I started working with Goldie in May. We worked together about three times a week for the month of May and then dropped to weekly at the Horsemanship Team meetings and is currently as needed to show her to perspective adopters. Upon initial evaluation, Goldie was very nervous and distracted while tacking up and training. She whinnied a lot and was very worried about where her friends were and what they were doing.

After just a few sessions, Goldie relaxed while being groomed and in the round pen. She tries very hard to do what you ask and is eager to please. Goldie now walks, trots, and canters both directions on a loose rein, stops easily, and goes over obstacles like the wooden bridge and poles. She enjoys hacking out in the pasture and is doing much better yielding to each leg.

With help from a couple volunteers and Zac Riley of the Horsemanship Team, Goldie is now comfortable with different people riding her and has done great for everyone who has come to see and ride her. Zac rides Goldie when the Horsemanship Team meets and continues to work on her confidence and flexibility. I think Goldie is a great horse and I hope she finds her new forever owner soon.



Updates on work with Dutiful and River

By Megan O'Reilly

Dutiful, who is known by many as "D" and some as "Dude" lost his lifelong friend this year when Timmy left us. D had become a bit aggressive in attempting to protect Timmy towards the end and the reports were that some volunteers were feeling intimidated by him. At least one person reported that he would try to kick at times. Previous attempts to do round pen or ground work with him had not gone particularly well, as he would pull people around and he did not seem to understand how to go in a circle on a lunge. With these reports, Terry suggested that I spend some time with him.

I started by simply spending time with him and I mean REALLY spending time with him – tuning into his energy, being present in the moment with him, and listening to what he was telling me. He was going through changes in his routine without Timmy and figuring out his "new" life. He responded quite favorably to one on one attention. Then, I started doing some ground work with him. In the round pen, he seemed to think that he was just supposed to run, so he did. This was a bit disconcerting, because he has such bad arthritis and I did not want him to hurt himself. So, I had to back things up and just

lead him around at a walk. I taught him to understand verbal cues for gait transitions: walk, trot, ho. Once he got those, it became easier to bring him to a slower pace in the round pen. I also worked incrementally on lunging, helping him to understand that he could broaden the circle, and walk, trot, stop and change directions on the line.

During the first few weeks, I think that part of his desire to run around was a feeling of new-found freedom and excitement about getting to do some work. This was particularly true when we joined the other horses during horsemanship night. D just ran circles around me as I led him around because he was so thrilled to get to join the other horses in the arena.

A part of this work was also ensuring that D has good manners for walking and not pulling a person along and assessing issues I had heard about relating to kicking and trouble putting on sunscreen. D is now a perfect gentleman when walking, except that he WILL test someone who is not confident. Also, he's been having outings to eat grass, so it may be necessary to give him clear messages about whether or not he's allowed to stop to eat grass. Regarding kicking, he does not try to kick. He has a twitchy back leg, due to his arthritic stiffness, and he sometimes lifts his hind leg with a sudden jerk. I think this is because he thinks he's being asked to pick the foot up. You can simply put a hand gently on the thigh of that leg and then move down with gentle pressure to let him know that you're not trying to pick his feet. Finally, sunscreen. Just do it at his pace, which means slowly. See the notes I posted in the Whinny about applying sunscreen.

Several of you attended the session I offered to give Dutiful a chance to show off all that he's learned. I'd say that he has "graduated". He has settled in to his new routines, seems well adjusted and happy with his opportunities to interact more with the rest of the herd these days, and is behaving quite agreeably. What D needs now, on a regular basis, is movement to loosen his arthritic legs. A nice walk around the arena does him a world of good.

I am so glad that I have had the opportunity to really get to know this horse. He is a truly special character. He is confident, clever, brave, and yes, strong-willed.

As I was wrapping up work with D, I transitioned into working with River. River is recovering from EPM. This is a parasite that has neurologic effects on horses. In River's case, it was caught early enough that he is recovering. The vet will do another check on him in the spring, after he's had some time to do some rehabilitation but he is currently doing quite well. So, what I'm doing with him is basically physical therapy. I'm also attempting to build his confidence and trust so that he'll be a bit less nervous about being handled from the ground and teaching him a few new skills from the saddle that he may not have learned before, since he was a trail horse.

I started with some round pen work, doing everything I could to help him to feel safe and comfortable in the round pen and to realize that he can relax in there. Part of this was being very clear with my cues and having intentional goals. River is extremely nervous around any kind of whip or swinging rope. I have thus worked on desensitizing him to the dressage whip I use for cues, and I also work without a whip at all once he understands my cues with just my hands and arms.

River and I have also done some lunging and some riding. Goals include rebuilding his muscles and coordination, particularly on the hind end. I think that part of this is renewing neural pathways that allow him to get his brain to direct his legs and feet to do particular movements. We walk up and down the hill by the barn, do lateral work, back up, and work on maintaining a regular rhythm at the trot. River is having trouble with cantering on the right lead. We will revisit that when he gets stronger. He was getting bored with riding around in circles, so I set up some trail challenge features for him. Those are great because they build his confidence while also building physical strength.

In Tribute and Honor

From Carol Brady, "In loving memory of Brocca my pasture pal for many years. Love Mickey Blue"

From Carol Brady, "From all the horses at FHHR in memory of our pal Junior"

From Marilyn Deans, "Get well, soon Junior! If all your bills have been paid, FHHR may use this donation wherever it is most needed."

Alice Watson, "Thank you Dot Stein for sharing all the good Freedom Hill has done for these animals."

Cristina Krasow, "This gift is in honor and memory of my beloved friend, Janice Enright."

Heather Halvorson, "Donation in honor of Kaia C's 9th Birthday! From her friends Gage and Parker"

Next up with River is riding with a bitless bridle. He has been fighting the bit and pulling a lot. So I will be experimenting with riding with a type of bitless bridle called a "side-pull" bridle, which is very mild, but allows for direct turning of the horse's nose. That will help as River learns more about bending.



Junior's Surgery

Thank you to Rebecca Polly, Janet Lehman, Heather Boley, Mark Meader, Dawn Webb, Laura Catlett, Anne M Davenport, Bonnie Plastow, Marisa Goldberg, Marcellyn Stone, Susan Fogleman

Martha Havens, "Positive thoughts for a successful surgery and recovery for junior!"

Sharon Fowler, "Get well soon, Junior! We love you!"

A huge thank you to Wolf Creek Equine Hospital team for all your efforts to help Junior.

Free to Be Me- Women's Wellness Program

By: Karen McMahon

Free to Be Me, a Women's Equine Assisted Activity program focusing on healthy living and wellness took place at Freedom Hill Horse Rescue this fall on Sunday afternoons. Several ladies got together to enjoy quiet afternoons talking and hanging around the calming, dreamy, effects of the barn. Many topics were on tap and subjects such as, observing and improving communication through the help of the herd, self-care, healthy living (being "as healthy as a horse"), facing fears and obstacles, and stress reduction were all kicked about. With the help of some Equine Assisted Activities and their equine partners, women participated in a wellness walk, stretching, an obstacle course, mindful grooming, and a "listen and be" activity. In addition, on October 14th, a special day of mini workshops took place focusing on self-care. Several special guests came to share ideas on how to incorporate healthy habits into daily living. Guests included Desiree Holmes Scherinni, with Trans-Hypnotherapy (Break Through Blocks with Intuition); Stephanie Sweetman Breme, with DoTerra Oil (Essential Oils for Pets, Horse and Human); and Anne Salamon Kerze, one of our very own volunteers did, Yoga With Horses!

This five week program was fun, relaxing, and enjoyed by all involved! Equine activities have many wonderful mental and physical benefits for horse and human! Studies show that it is one way for people to enjoy a closer bond with our equine friends, reduce high blood pressure, anxiety, and stress. Additionally, and in return they give our equine partners a beautiful friendship, love, attention, and a new way of bonding with their human companions!

Please look for more programs like this one on our website and Facebook page! We hope to see you there next time! If you would like to sign up, or be placed on our waiting list for the next session, please feel free to email us at freedom.hill.org@gmail.com



Sweet Summer End-Unicorn Party

By: Karen McMahon

Unicorns and rainbows...we all just need them sometimes, and well...Freedom Hill provided just that on August 31! We are a place that can offer second chances, hope, and dreams for horses and humans who come to our farm and one little way this was done was at our End of Summer Unicorn party! What a beautiful array of rainbow manes and ribbon tails breezed through the barn on that hot afternoon in August before the beginning of a new school year. Many children signed up to participate in the fun activities of our 'Back to school' themed party! They found themselves enthralled with a story about a Unicorn named Goldie, her friends at Freedom Hill and how she learned to overcome her fears of making new friends and of her new 'Unicorn School'. Children not only got to decorate their very own Unicorn, but led them to and from Unicorn School. They also had a lead line ride, enjoyed getting them ready for bed, had a snack, and read them a bed time story! I think everyone, including the Unicorns, slept well that night and were ready for school the next week! Look for upcoming events like our Unicorn Party on our Facebook page, website (www.freedomhillhorserescue.com), in your local paper, and emails! If your group is interested in visiting the farm for an educational program and would like more information, please email us at freedom.hill.org@gmail.com



Our next upcoming event is Reindeer Roundup! Dec 15th 2-4:30pm
 Guests will help Santa get our "reindeer" decorated and ready for Christmas Eve.
 Look for info and photos of this sold out event in our Winter Newsletter coming in February 2019.



HAPPY HOLIDAYS

FHHR now has buttons for sale
 thank you Anna D!



CONTACT US

Physical Address:

Freedom Hill Horse Rescue
7940 N. Flint Hill Road
Owings, MD 20736

Mailing address:

P.O. Box 606, Dunkirk, MD 20754

www.freedomhillhorsescue.com

freedom.hill.org@gmail.com



amazon smile



THANK YOU

To our supporters,
contributors, foster
families, adopters, and
especially to our volunteers
who care for the horses
every day!

Photo credit and thank you to
KRS Images/Kathy
Sherbert, Ciara Andrews
Photography, Dawn Riley and
others.



Please consider a donation

Please call me to set up a monthly recurring gift

Here is my gift today:

\$1000 \$500 \$250 \$100 \$50 \$25

Please make your check payable to **Freedom Hill Horse Rescue** (please put gift in the memo line),
or if you prefer to charge your contribution, fill in the information below. You can also give a gift via our website
www.freedomhillhorsescue.com and donate through Pay Pal.

Mastercard Visa Discover Name of Cardholder: _____

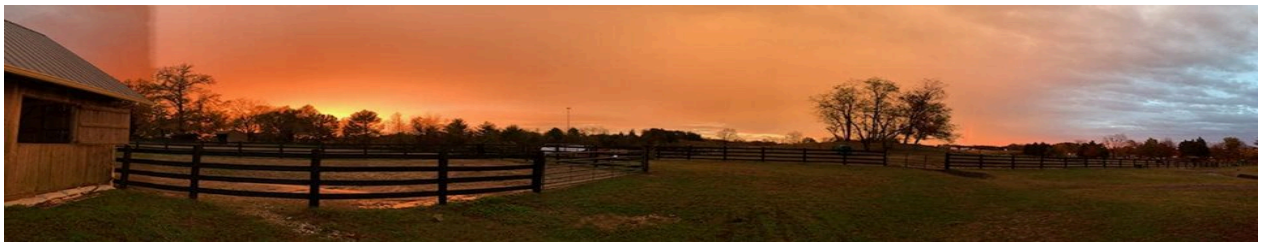
Phone #: _____ Card Number: _____

Expiration date: _____

Email to receive important FHHR updates: _____

We will never share your contact information with others.

Donations are tax-deductible under section 501 © (3) of the IRS Code.



Fall 2018

Spotlight Freedom Hill Horse Rescue

PO Box 606
Dunkirk, MD 20754

[Addressee]

[Street Address]
[City, ST ZIP Code]