



# Anne Gage

## Confident Horsemanship

# Newsletter

Sep 2009

*Helping horses & humans be better ...together.*

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Adoptable Horse of the Month



Jahari is a 5 yr old Percheron/Paint mare living at the Whispering Hearts Equine Rescue in Hagersville, ON. Click on the picture to find out more about Jahari & other horses available for adoption at Whispering Hearts.

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## What's New?

**Article in Horse Canada!** ["Fear Factor"](#) (Horse Canada – Sep/Oct issue) is an article about how & why I created the "Women, Horses & Fear" workshops. In the same issue, is an article called "Natural Disasters" in which Chris Irwin is one of 3 trainers interviewed about how "natural horsemanship" really works.

**Workshops on the Road** – After another successful "Women, Horses and Fear" workshop held at Amaranth Farms at the end of May, I traveled to Alexandria, ON for my first "away" workshop. Organized by Deborah Wilson, this workshop was held at Sonrisa Farms in beautiful Alexandria, Ontario. This small town south east of Ottawa is very close to the Quebec border. The countryside is gorgeous! It was well



worth the 6.5 hour drive. I met & worked with another amazing group of women, 3 wonderful horses and we all had a fantastic day working through confidence and fear issues. The horses as well as the humans were positively affected by the work. I am looking forward to returning to eastern Ontario (this time near Woodlawn, northwest of Ottawa) in mid-September to meet another group of women. In this 1.5 day clinic, we will focus on horse training from the ground up to improve the horse/rider relationship.

Terri Bowhey of Blue Heron Farm (Minesing, ON) has partnered with me to present **The Equus Connection** workshop. This one day workshop is open to women with or without previous horse experience who want to learn how to create a lasting bond with their horses through better understanding of body language and horse psychology. Download the flyer at [www.annegage.com/workshops](http://www.annegage.com/workshops) or contact Terri Bowhey at [terriBowhey@hotmail.com](mailto:terriBowhey@hotmail.com) for more information or registration.

**Earn to Learn Program** – Would you like to learn about horse care, management and horsemanship at no financial cost? Earn credits towards training time with me by contributing your labour at High Point Farm. Work may include stall mucking, barn cleaning, handling horses, and farm maintenance. Contact me at [high.point.farm@gmail.com](mailto:high.point.farm@gmail.com) for more information.

## Horses in Crisis

**Whispering Hearts Equine Rescue – help needed urgently!** Whispering Hearts has just rescued 14 horses through an animal cruelty investigation. The horses are very emaciated and several are close to foaling. You can help bring these horses & foals back to health by donating food, feed or other supplies. Besides LOTS of hay, they need:



mare and foal feed  
sweet feed  
high fat & fibre feed

wormers  
fungal shampoo  
dry kill lice treatment powder

Contact Brenda McArthur at [whisperingheartshorses@hotmail.com](mailto:whisperingheartshorses@hotmail.com) or visit [www.whhrescue.com](http://www.whhrescue.com) for more information.

**Grand River Horse Rescue has moved** – Kim Goddard started her horse rescue & rehabilitation program after a thoroughbred she had rescued succumbed to the illness caused by severe neglect by a previous owner. Kim focuses on helping thoroughbreds. She has just moved the rescue to her own farm in Amaranth Township. To learn more about this Kim & the horses at Grand River Equestrian, visit [www.grandriverequestrian.com](http://www.grandriverequestrian.com) .

## Upcoming Events

Check my website regularly for upcoming events – clinics, workshops, and Chris Irwin events (Ontario).

**Private Horsemanship Clinic** at Holmewood Farm, Woodlawn, ON – Sep 11 & 12

**Horsemanship Clinic** at Honora Bay Riding Stables, Little Current (Manitoulin Island), ON–

Sep 19-20

**Train the Trainer Clinic** with Chris Irwin at Owlstone Equestrian Centre, Sterling (near Belleville), ON – Oct 2-4

**The Equus Connection** at Blue Heron Farm, Minesing, ON – Oct 17

To book a training session, clinic, demo or workshop at your location, just send me an email at [high.point.farm@gmail.com](mailto:high.point.farm@gmail.com)

For more information about my upcoming events, visit my [www.annegage.com](http://www.annegage.com)



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*"A lovely horse is always an experience.... It is an emotional experience of the kind that is spoiled by words. "*

~ Beryl Markham

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## Training Tip

If your horse is spooky in one area of your arena, try this simple technique. Ride through the spooky area in a counter bend and leg yield away from it. Do this several times until you feel your horse is no longer getting tense as you approach the area. When your horse is feeling more relaxed ride through the area in true bend. This technique applies horse psychology:

- 1) Horses instinctively want to bend away from potential or perceived danger
- 2) Horses are claustrophobic and do not like to go straight forward into corners because they cannot see a clear escape route
- 3) Good herd leaders as protectors of the herd do not push the other horses into danger. They move them away from it.

By putting your horse into a counter bend & leg yielding away from the "scary" area, you are showing her that you are a good leader who never pushes her into danger, but instead moves her away from it. She can then relax because she feels safe - trusting that she is "in good hands".

Got a training question you need answered? If you want to learn more about how to help your horse be better, send me an email at [high.point.farm@gmail.com](mailto:high.point.farm@gmail.com)

## Wanted

Locations for demonstrations, clinics, or workshops. Talk with me about how you can promote your facility or club and generate some income. Send me an email at [high.point.farm@gmail.com](mailto:high.point.farm@gmail.com)

## Available

Working Student Position (see Earn to Learn Program on page 1)

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