



ASK MONTY

Wednesday June 10, 2015

Greetings!

Are we ever too old to start riding horses? Read Monty's reply in his Question and Answer column below.

MONTY ANSWERS

Question:

I am 58 years old and recently retired from teaching. I have always wanted to learn how to ride a horse. Nothing fancy, just enough to know what I'm doing when riding on trails. What do I look for when selecting a riding instructor? Or is it already too late to consider learning?

Thank you very much for your time.
Nancy B.

Answer:

At 80 years of age and still learning, I would be the last person on earth to tell you that 58 is beyond the point of learning. If I look back on what I knew at 58 and what I feel I know at age 80, I would say that fully half of my learning curve has been executed in the last 22 years. This does not mean that the age of 58 comes with no challenges. One must prioritize differently when starting at the age of 58.

A teenager can dream of winning massive competitions and train to compete in events requiring skilled athleticism and sometimes a reckless disregard for their safety. These goals are not recommended by me for people who are beginning a riding career at 58. This, however, does not mean that the thrill of riding should be stolen from someone who wants to begin to ride in their late 50s.

Safety is a huge issue. It should be regarded as living with all capital letters and each one is RED. The second priority should be trainer selection, followed by horse selection and a plan regarding care and proper handling of the horse involved. I recommend an experienced instructor with impeccable credentials as to honesty and integrity. One cannot do enough research into the background into this individual.

There are ways to use my organization to provide counsel and advice in each of these areas. You have started by asking the right questions which is good but only the first step in creating an acceptable environment for a happy outcome. Horses often get the blame for creating dangerous incidences which in fact could be seen from great distances by an accomplished advisor/instructor.

Please stay in touch with us and make sure you subscribe to our Equus Online University. We have a DVD called The Perfect Match: Monty's Guide to Buying a Horse <http://www.montyroberts.com/shop/dvds/dvd-perfect-match/>. This question has triggered the intention to include lessons in this area on the Online University within the next year. I look forward to helping you with this project.

~ Monty

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Monty's Principles

From Colorado to Switzerland

Hello Monty,

I met you in Bern at the BEA years ago, and came to see after the show (4 horses) with my cowboy hat on and a picture of my Arabian Stallion in Colorado to show you. I am so glad to have found you on Facebook! Actually I am a concert violinist living in Switzerland and grew up in the Rocky Mountains with both an amazing musical family and beautiful horses.

All my very best to you.

Michaela Paetsch

THIS WEEK IN MONTY'S EQUUS ONLINE UNIVERSITY

THIS WEEK ON EQUUS ONLINE...



Monty's Challenge



MONTY'S TOUR DEMONSTRATIONS MACK PART 2: JOIN-UP WITH THE CLIPPERS



Monty's Equus Online University lessons continue today with Monty's Tour Demonstrations in Germany. Watch Part 2 of Monty and Mack, the clipper-shy horse. [Watch the video now!](#)

GO STRAIGHT
TO THE VIDEO



JOIN THE ONLINE
UNI TODAY!

Not a student yet? Click on: www.montyrobertsuniversity.com and Join-Up with thousands of horse lovers learning Monty's force-free and fun methods now.

GLOBE GALLOPING WITH MONTY ROBERTS

Follow Monty, go to: www.facebook.com/MontyRoberts

Monty in California

June 15, 2015	Horsemanship Radio with guest Bunnie Sexton, 54, on her 16-year-old OTTB, Rise Against, about completing their first CCI4, finishing 24th overall. And Trainer Diana Good on the qualities of a great lesson horse. www.HorsemanshipRadio.com	Online
June 25 to July 1, 2015	Monty's Special Training with Portuguese Translation at Flag Is Up Farms. http://www.mundoequestre.com.br/#!viagem-monty-roberts/ccco	USA
June 30, 2015	Monty and Carole Herder of Cavallo Horse and Rider will host a webinar All About Horsemanship (more details to come)	
June 30, 2015	Horsemanship Radio with guest Temple Grandin and Monty Roberts. www.HorsemanshipRadio.com	Online
July 6 to 17, 2015	Gentling Wild Horses course (open to all levels) at Flag Is Up Farms	USA
August 1 and 2, 2015	Monty's Riding with Respect clinic. For details, go to: http://www.montyroberts.com/wp-content/uploads/2015/05/RespectClinicAug_web.pdf	USA
August 3 to 7, 2015	Monty's Special Training at Flag Is Up Farms	USA
September 5, 2015	Night of Inspiration with Monty at Flag Is Up Farms	USA
October 3 and 4	Weekend with Sculptress and Equestrian Pat Roberts	USA



For information about Monty's worldwide demos and the courses held at Monty's farm in California go to: http://www.montyroberts.com/ab_about_monty_calendar/see-monty/

Test yourself each week as I challenge you to answer the question below. I mean this. Sit down and write an answer. Don't wait for my answer next week. If you have been reading my Weekly Questions and Answers for the last six months, you should be in a position to do this. Send your answer to my team at: askmonty@montyroberts.com

Why should you bother? Because it will help you focus. There is probably a comparable question in your life that needs answering - or will be. If you can gain insight into how to go about answering a practical question that is loosely related to your problem, this exercise will help you answer your nagging question. Then read my answer. I want all of my students to learn to be better trainers than me. That's good for you and good for horses!

~ Monty

Next Week's Question:

My new horse bought at 7 months suffering from neglect; unfortunately I couldn't have his in-foal mum too. Never been handled. Now I've owned him 5 months he's had everything health-wise and castrated 3 months ago. Dually halter works wonders. Leading and handling great. As soon as I take him away from the yard alone, his anxiety increases a lot! He lives with one other 5-year-old gelding who, when I ride Sven, is happy home alone. Out in the field together Sven is very on edge and wants to get back to stable even though other horse is calm and happy. His whole world is centered around the stable yard were he will be happy with anything plastic bags, road signs, balloons. Cars, lorries and tractors are also fine not at all spooky as long as his yard is near. How do I say it's okay to walk out with me or go out grazing?

SUCCEED: Digestive Health



"I have believed for years that digestive health has a major impact on a horse's happiness, performance and overall well-being. Just by owning and riding horses, we take them out of their natural environment. We keep them in stalls, we feed them grain, and we exercise them. All of this works against the horse's digestive health.

TRAILBLAZERS SUMMIT OFFERED FOR FREE!

International 3-day event rider and expert in performance mindset, June Burgess, invited me to participate in the Equestrian Trailblazers video summit. I'm incredibly excited because along with that invitation, I was offered the chance to extend to you the opportunity to listen in.

If you are struggling to marry your passion for horses and career...
If you need to re-examine your horse/work/life balance...
If you want to rekindle your once fervent passion for equestrian life...

...this is one event you NEED to join-AND IT'S FREE!

With two interviews per day for 12 days, you'll get exclusive access to today's top equestrian experts-revolutionaries in the industry and true Equestrian Trailblazers. These are men and women who have stepped out of their comfort zones and pushed boundaries to win bigger, invent new products, increase understanding and improve equine communication. Listen in as they share their stories of success and examine the mindset that allowed it all to happen.

All you have to do is reserve your "virtual seat" by going here:

<http://xs.gy/monty>

Don't pass this opportunity up to get insider access to some of the brightest minds in the equestrian world today.

HORSEMANSHIP RADIO

The Junior Equestrian Festival and the non-profit College Prep Scholarship & Educational Fund, joined forces to encourage riders to educate themselves about the charitable organizations in their communities, emphasize horsemanship and sportsmanship for equestrian success, and promote higher education as a foundation to future success in life. Sophie Cox joins us from Australia. Our Trainers Tip is from Carole Herder of Cavallo, Inc. Episode 41 by Index Fund Advisors www.IFA.com, [Omega Fields Supplements](#) and Monty's [Equus Online University](#).

Click here and listen in...

<http://www.horsemanshipradio.com/2015/05/29/horsemanship-radio-episode-41-by-index-fund-advisors-ifa-com-jane-dacosta-of-the-jr-equestrian-festival-lindsay-martin-of-the-college-prep-scholarship-fund-australian-trainer-sophie-cox/>

The Horsemanship Radio Show is an online radio show (podcast) dedicated to the exploration of good horsemanship throughout the world. Hosted by Debbie Loucks (Monty Roberts' daughter), the show includes segments, tips and interviews exploring good horsemanship.

Get the free App here:

<https://itunes.apple.com/us/app/horse-radio-network/id672259386?mt=8>

[Click here to bookmark the Horsemanship Radio episodes on iTunes.](#)

[Click here to bookmark the Horsemanship Radio episodes on Android.](#)



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EQUUS
ONLINE UNIVERSITY

HORSE SENSE FOR LEADERS



Enjoy the First Excerpt Now.

Now available on Amazon! Click on Amazon Smile and donate to Monty's nonprofit while getting this great book.

Horse Sense for Leaders: Building Trust-Based Relationships Features New York Times Best-Selling Author Monty Roberts

http://www.amazon.com/Horse-Sense-Leaders-Trust-Based-Relation-ships-ebook/dp/B00UM34OZC/ref=sr_1_1?ie=UTF8&qid=1426527171&sr=8-

[1&keywords=Horse+Sense+for+Leaders+monty+roberts](http://www.amazon.com/Horse-Sense-Leaders-Trust-Based-Relation-ships-ebook/dp/B00UM34OZC/ref=sr_1_1?ie=UTF8&qid=1426527171&sr=8-1&keywords=Horse+Sense+for+Leaders+monty+roberts)

"The connection made in this book between leadership and non-violence is extremely important. Many leaders have employed violence or cruelty to achieve their ends but Monty Roberts has gone in the opposite direction and shows how true leadership is about the development of trust (whether between a human and an animal or between humans) and encouraging those around one to reach their full potential. Everybody could benefit from absorbing the practices outlined in this book."

I also believe there is something you can do to care for your horse's digestive system. I've been using a product called SUCCEED® on my performance horses for many years now, with tremendous results." ~ Monty

See more

<http://www.montyroberts.com/shop/horse-health-care-products/>

CORIGEM: Honey Power



"The scientists behind Corigem® have found a nature-made healing gift from a species that no one before seemed to appreciate: a species of very busy bees that will improve the lives of humans and animals together."

- Monty Roberts.

Read more on:

<http://www.montyroberts.com/corigem/>

Giving Back to Veterans



Please remember to support our war veterans and first responders. One easy way is by shopping online: When you do your holiday shopping at AmazonSmile, Amazon donates 0.5% of the purchase price to

Monty's nonprofit, Join-Up International.

Bookmark the link

<http://smile.amazon.com/ch/77-0459889>

and support us every time you shop. You will be helping Monty's horse rescue efforts, free clinics for war veterans, and more!

You can also an make a year-end donation directly to Join-Up International here:

<http://www.join-up.org/donation-faqs.html>

Monty on HRTV



Watch Monty on HRTV Tuesdays at 6:00 PM ET.

beneficial. Everybody could benefit from absorbing the practices outlined in this book.

Andrew Rowan is the Chief Scientific Officer for The Humane Society of the United States.

Premise of the book: Monty Roberts, author of The New York Times bestseller, The Man Who Listens to Horses, has cooperated with the writing of a new book, Horse Sense for Leaders. The book borrows from the fascinating life of Roberts, known as the horse whisperer, for a highly engaging look at the significance of trust-based leadership. The book blends Monty's work as a world leader of non-violent horse training with current research on the value of a trust-based leadership approach. This unique approach allows for an interesting and provocative read on how leaders can engage followers in more effective relationships at work.

[\[Click here to read on...a free excerpt\]](#)

Horse & Country, UK



Watch Monty Roberts on Horse & Country TV in the UK (Sky channel 253), Ireland, The Netherlands, Sweden and Australia.

<http://www.horseandcountry.tv/programmes/monty-roberts>

In Australia: www.horseandcountrytv.com.au

E-News Delivery

Do you receive this FREE letter with Monty's Question and Answer weekly?

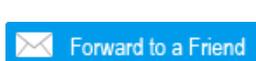
If not, click here: <http://www.montyroberts.com/category/montys-question-and-answer-space/>



KEEP IN TOUCH

Let us know what you are looking for in content from these emails. Send your comments and requests to askmonty@montyroberts.com.

Never miss an e-mail from Monty: To ensure you receive this email in the future, add askmonty@montyroberts.com to your list of approved senders or select the Add/Save to Address Book function in your email browser and follow the appropriate instructions.



Sincerely,
Monty Roberts



Special Offer for Monty Roberts' Fans!
First month FREE of HRTV.com when you subscribe now! Just use the **promo code MR13** when you sign up!



Please check local TV directories for your time and channel or the HRTV website where times are in Eastern Standard Time:

www.hrtv.com/MontyRobertsShow/

Please note that Dish TV has moved the HRTV channel position to 398.

CANADA'S RURAL TV



In Canada, Monty's Backstage Pass show airs Thursday & Saturday-10:30 AM, 4:30 PM, 11 PM (all times are EST) on television

on The Rural Channel. More info as to where

The Rural Channel is available: <http://theruralchannel.com/gallery/monty-roberts-backstage-pass/>

If you have questions or need more info go to info@theruralchannel.com or reach out on any of their Social Media platforms: @TheRuralChannel www.facebook.com/theruralchannel

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