

## "Horses and Me"

During my time, with Groom Elite and TRF,  
I learned a lot about horses, as well as myself.  
Working with horses there's so much to gain.  
How to control my frustrations, anger and pain.  
Unconditional love, from one to another,  
Closer to a horse, than even a brother.  
They earned my respect, while teaching so much,  
Just for my praise, or a gentle loving touch.  
Their's Hot Biscuit, I Do, Gato and Spider Dance,  
Just longing for Love and a Second Chance.  
Look through their eyes, what did they see,  
A man dressed in tans, with letters SCDC.  
Never knew, they could teach me so much  
Their range of emotions, implied by a single touch.  
We depended on each other, for all we received,  
Then the day comes, its time for me to leave.  
I gather my thoughts as I go out the gate,  
Thank God for the horses, that helped me conquer  
Frustrations, anger, and hate.

William Sheffield  
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