



The Equine Touch

# ANZET NEWS

The Equine Touch™ - Australia & New Zealand Newsletter

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## New direction for the ET Newsletter!

January, 2010. A new year, a new decade! A fitting time to take on a new direction. We trust our readers will share with us the excitement about this new development. From this issue the Australian Equine Touch Newsletter will become the ANZET News with more items from "across the creek", as Jock refers to it, for us to share news as The Equine Touch™ reaches more & more people in the Australasian region for the benefit of their horses.

And it is up to you, dear readers, to help this publication reflect your experiences with The Equine Touch™ by sending in your stories. For "stories" read "paragraph & photo", short case study report with before & after photos & comments or just some comment about the positive changes you have noticed in your horse since it has had an ET session. Or even just a fun photo! See a sample on page 4 ...

Janis, Ed

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Hi everyone and welcome to the first ANZET newsletter!

We hope you enjoy this combined effort and many thanks to Janis Hobbs for putting it together. I'm Karen Burrows from Invercargill in the far south of New Zealand and have been an Equine Touch Instructor since 2007. I mainly teach in Invercargill and Dunedin but we have a Level 1 course booked for Cromwell near Queenstown in February, which will

be a fantastic place to teach a course and will hopefully be warm and dry! (We're having a very wet summer here in the Deep South – we'd be very happy if you Aussie's would take some of our rain!) I also have a very busy Equine Touch Practice which sees me working on horses anywhere within a 3 hour radius. I get to meet heaps of great people, lovely horses and see some of the most beautiful countryside in the world! Part of our aim with this newsletter is to keep people in the loop, if you know of anyone who has done an ET course please could you check with them if they received this newsletter as we know some email addresses are no longer current. My first crop of Level 3 students attended their course with Ivana in December, which was great to see. They are working well together and have their first study group practise day organised in Dunedin. This is a great idea as you get to practise without feeling like your Instructor is looking over your shoulder! Why don't you try and organise an afternoon with the people from your last course? Your instructor can probably supply you with names of other ET'ers in your area too.



Janice Clyma (labove) has been an Equine Touch instructor since 2008. Janice was the coordinator for the December courses for Jock & Ivana Rud-dock.

Level 3 and Level 4 were held at Janice's clinic at Balcairn just north of Christchurch, North Canterbury, New Zealand.

These were preceded by Ivana's Dissection course held at Lincoln University. (Report page 2.)

Happy New Year!  
Karen

*"Brilliant!"*

## Equine Dissection Clinic – 5-7 December 2009 With Ivana Ruddock, DVM

The time was drawing closer to the start of the equine dissection clinic. I was excited but nervous as I had never seen a dissection of a horse before. I remember the frogs and rabbits at high school and not liking that very much, but my concern was that this was a horse – such a noble animal – how would I cope with seeing it being cut into pieces?

The clinic was being held at Lincoln University, just south of Christchurch, New Zealand. It was only 10 minutes away from where I lived which was a huge bonus as there were people travelling from overseas and from either end of New Zealand. The clinic was for three days, and they were very full days.

There was a nice bunch of people on the clinic, mostly equine touch students and professionals, but also a few other people. We all robed up in our aprons and latex gloves and the clinic began. The horse, a two year old Clydie cross, who had broken his leg, was wheeled out from the chiller storage and into position. Initially I felt a sense of sadness that this animal had died but then Ivana introduced herself and her enthusiasm and passion for what she was doing took over.

I only had a limited knowledge of the muscles and how they all fitted together so it was fairly overwhelming trying to remember all the names. It was an incredible eye-opener to see the thickness or thinness of some of the muscles and just how strong the tendons and ligaments were. To be able to see, first hand, where some of the equine touch moves were performed was excellent and it really cemented what areas to look for on the skin of the horse.

The first day came to an end and I think everyone was feeling full to the brim with information. Being concerned about the death of the horse had faded into being so interested in the horse's inner workings that it was somehow reassuring that this horse hadn't died in vain. It was providing a source of learning for everyone on the course so they could help horses in the future.

The second day arrived and the horse was wheeled out of the chiller again and we began where we had left off the day before. The intestines and organs were removed. That was a smelly experience but with a bit of Vicks Vaporub placed strategically under my nostrils it dulled the smell a bit. It was amazing to see how big the intestines were in the horse and the size of the liver. Both were enormous. I hadn't realised that all the organs were suspended in the gut from the spine. When you think about it, they would have to be suspended from somewhere otherwise the stomach would have a tremendous strain placed upon it.

On the third day we dissected more muscles and then onto the head, legs and hooves. The head and hooves were sliced down the middle. The inside of the horse's head was very intricate with the larynx and pharynx and the hyoid bone being structures I hadn't given much thought to. The brain of this particular horse would have only been the size of a man's fist – very small for such a large animal.

As the clinic drew to a close I was in awe of Ivana and her knowledge and skill in teaching. She kept everybody fascinated for the whole three days even when you're head felt like it was going to explode with all the incoming knowledge. I would highly recommend this clinic to anybody who contemplated doing it in the future. I think a course like this would benefit every horse owner so they could see what muscles were being used in different situations, eg, saddle fitting, hoof imbalances and general movement.

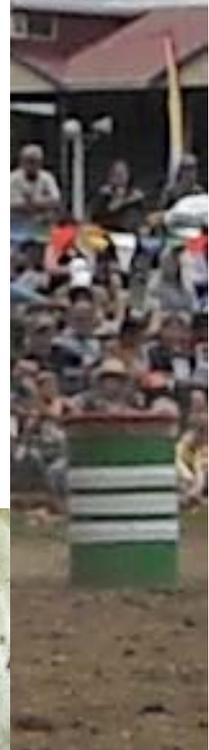
*Bronwyn Hamilton*  
ET Level 3 student



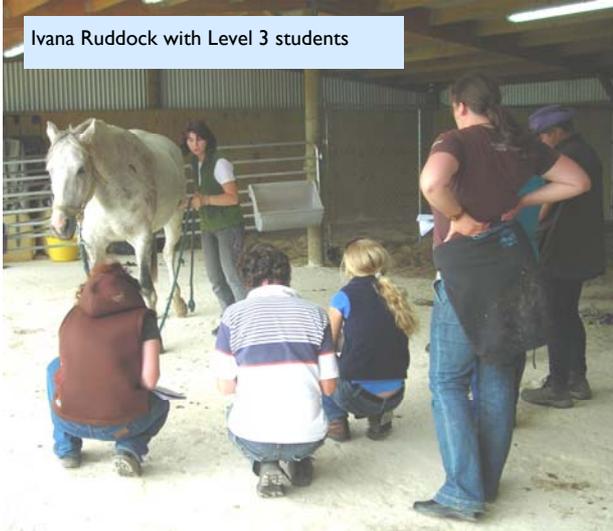
Everyone was riveted by Ivana's presentation. Her enthusiasm for the topic was thoroughly engaging and the extent of her knowledge remarkable.



**Spots & barrels in Nelson, NZ. What do they have to do with ET? Check it out next issue!**



## Level 3 & Level 4 - 9-12 December 2009 At Janice Clyma's "Woodhaven" Clinic, Balcairn, NZ



Ivana Ruddock with Level 3 students



Back at the motel room Level 3 students, Sarah, Jenny & Tansy, review the Level 2 DVD in preparation for tomorrow's class with Ivana.



Woody

Buddy

Jock Ruddock with Level 3 students



Jock Ruddock with Level 4 students, Jamie from the North Island, Annette & Karen from down south, working in teams on the project horses.



Janice Clyma addresses the neck on the little red TB project horse.



After Karen Burrows applied the new stretch for, it seemed like, ages the little fellow zoned out for about 15 minutes!



Touché arrives in time for the Level 2 tutorial 16-17 January, 2010



"Touché"

A new arrival! Part way through Day 1 of our Level 2 tutorial-get-together weekend at Wendy Beer's lovely property near Benalla, Victoria, Wendy made the announcement. We were all quite focused on review & practice but totally understood when Wendy scampered off up the hill to visit the new-born cria as soon as we called a close to the day's proceedings.

Sharing a BBQ & salad for the evening meal rounded out a very satisfactory day. Wendy's fruit-cake and Nicole's chocolate mudcake & berry muffins will not be forgotten! (YUM!) A high standard has been set for morning teas at tutes!

Next time we would like to take up Wendy's offer of trying out her sheep & alpacas with our ET. Maybe Touché will be our subject then!

For this time thank you to Sam & Nicole for bringing Creamy & Sunday along to take their turns with Wendy's horses, Merry, Lulu & 38 year old Patch to provide a variety of learning experiences. Thank you to Wendy & Shirley for making the property available for a fun and educational weekend in preparation for Level 3 in Wagga Wagga, NSW next month, February. See you all there!

Instructor: Janis Hobbs

Lyndal at work while Wendy minds Merry



Nic & Sunday, Sam & Creamy waiting in the shady sheep yards for their turn



YOUR SAY:

What is YOUR ET story?

Email your story & photo to Janis by 15th of each month to equinetouch@hotmail.net.au



Photos courtesy Katherine Waddington, Wadi Farm, Nannup, WA & Debra Ryan, ET Practitioner

Hello, Janis, Thought you might like some funny photos of what we are up to in Western Australia. This little filly is a beauty and one of my favourite clients.

Debra Ryan  
ET Practitioner

Butt butt... (or) what are we doing here, Deb? Can I help, huh, can I?



Buttshots from WA

## Tales of "the Quilty", September 2009

### —A Quilty buckle for Susan & Danny with ET support

Wow.... the 2009 Tom Quilty, what an experience! I went into this weekend not knowing a lot about endurance racing, and ended up having a great time and gaining invaluable knowledge with many wonderful experiences and meeting some lovely people along the way. For one thing I found out that with the motto of "To complete is to win" that it is regarded by most participants more as a competition or event than a race.

My most memorable experience was with Susan Gill and her horse, *Danny*. Susan came to our stand on the Thursday looking for help with *Danny*, wanting to offer her hardworking partner support in the final preparation for the 160km challenge ahead, an event that they had been building towards for an extended period of time. With already known & trusted bodyworkers unavailable Susan asked if there was there something I could do to help.

I met *Danny*, he was a lovely fellow, but the first bit of advice Susan gave me was to be careful as he is known to be very snappy. He was obviously carrying elements of discomfort. I had heard some great information on working with endurance horses from a practitioner with previous Quilty experience. I was able to use this as I worked on *Danny* that first day and he had a wonderful release.

The next day Susan came and found me again and said how great he was, his behaviour had improved and he seemed a lot more comfortable and settled. Susan also took *Danny* back to another experienced bodyworker she had seen the day before (but who was unable to work on *Danny*) and asked if there was improvement in his mobility. It was confirmed that there were definitely improvements after the ET session. Susan asked me to work on *Danny* again on that Friday, the day of the event, which was starting at midnight. *Danny* responded beautifully to the session, Susan asked if I would I be able to work on him throughout the competition tomorrow.

I caught up with Susan just as she was about to go out on the 3<sup>rd</sup> leg; she asked if I could do 'anything' straight away as *Danny* was looking a bit stiff and tired, but he was already saddled, with 5 minutes to go before the 3<sup>rd</sup> leg. With only a couple of minutes to work with I just talked to *Danny* and ran my hands over his body to re-energise him, talking to him the whole time and generating the energy throughout his body. He 'lifted' straight away; I told him I'll be here waiting to give him another ET session after his 3<sup>rd</sup> leg.

I worked on a couple of other horses as they came in, but I was eagerly anticipating the return of *Danny* and Susan. We had to wait about 4 hours for them to come in, and then there was the rush of "How are you? How is *Danny*.....?" I worked on *Danny* before his vet check; he passed very positively. His energy levels were good; He was meeting the challenge on all levels, mental/emotional & physical.

The 4<sup>th</sup> leg was a lot shorter, but still took quite a while to complete, with care being taken in regards to fatigue on horse and rider. *Danny* and Susan came in, we went through our routine again, had the vet check and again they passed beautifully. So now we had the longest wait of about two and a half hours waiting for them to complete the journey. It was getting cold, late and everyone was getting really tired. While waiting we were watching other competitors come in and work on their horses, trying to get them through the final vet checks to receive their Quilty buckles. There was a lot of celebration and quite a bit of disappointment, but what stood out was the obvious love these people had for their horses.

At about 11.30pm, *Danny* and Susan returned, again... how is he, how are you??? They were good. Even though the pair was feeling totally exhausted *Danny* was able to be presented for the final vet check in less than 7 minutes scoring a heart rate of 48..... The consistent, dedicated, on-going preparation coupled with ET support on the day all paid off.

*Danny* passed, hurray!!!!

Julie Woodward, ET Practitioner

Ed note – Following this "experiment" with ET Susan was impressed enough to go on and attend a Level 1 ET course in Dec 2009.

## ET Top Tips

"ET Top Tips" will feature a tip every issue as something you can focus on to improve or maintain your ET skills. These will be reminders of items you probably heard and saw during a course.

Janis Hobbs

# 8 If you notice your horse has repeated soreness in the back make sure to check your saddle for lumps & bumps & protruding nails etc to eliminate one possible cause.

If the problem persists always check out the rider and the length of stirrups; these can usually reveal whether the rider has an anatomical leg length difference. Does this saddle fit the horse? Get it checked professionally.

