



The Equine Touch

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# ANZET NEWS

The Equine Touch™ Australia & New Zealand Newsletter

Volume 1 Issue 4

April, 2010

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ET hits the heights  
in the Victorian High Country, that is!

Shaileigh,  
riding *Crystal*



Craig's Hut, built for the movie "Man  
from Snowy river"



Re-adjusting  
saddle position  
due to the  
steep descent



A little bird told me that over the Easter break two of my Level 1 ET students were among a band of adventurers who took to the Victorian high country.

They had a great time, of course! (I am green with envy—heading for the high country used to be my annual Easter pilgrimage too!)

Craig's Hut, built especially for the movie "Man from Snowy River" (and rebuilt after bush fires in recent years), was one of the spots visited during their tour. Amusingly, they were greeted "like film stars" with the clicks of tourists' cameras as they rode up to the hut.

Shaileigh, who just completed her Level 1 in February, was witnessed putting her newly acquired skills to work daily to support her horse, *Crystal* - her first time in the beautiful Victorian Alps. With river crossings, "interesting" ascents and descents as well as some enjoyable sauntering along the trails I am sure *Crystal* & the other lucky ET recipients, *Buck Snort* & *Sharni*, appreciated Shai's efforts to make them more comfortable and help them meet these high country challenges. Good on you, Shai! Will we see you at Level 2 later in the year??

Janis Hobbs, Ed

## Equine Touch - Horse-care Team member at Bealiba Pony Club Horsemanship Camp



Congratulations to Bealiba Pony Club District Commissioner, Faye Barnett, who is renowned for coming up with entertaining & inspiring themes for their pony club camps.

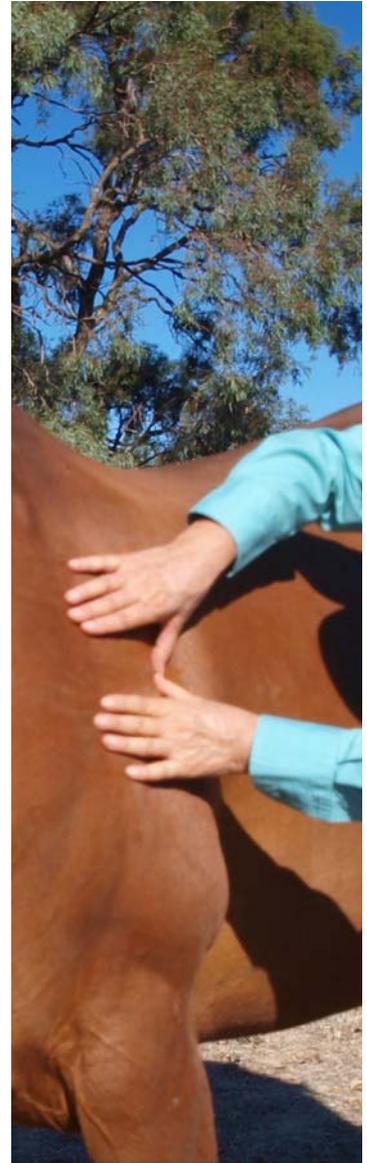
This school holidays the theme was "horsemanship" and the first of the three days at camp was devoted to unmounted activities. Camp participants were encouraged to participate in an educational day at which several horse care practitioners had been invited to attend to work on horses and talk to the club members.

Representing Equine Touch, I was delighted to be involved and to begin the day's activities with a talk & ET demonstration. The group listened attentively and a couple of simulations helped the young participants relate to how their horse may feel with feet problems or ill-fitting saddles and realize how feeling uncomfortable or in pain may make it harder for their horses & ponies to be the best pony club partners they can be.

Also making their services available were farrier/trimmer Tony Blanchard & his two apprentices, a saddle fitter, Peter O'Brien and an equine dentist, Darryn Lynch. Many took advantage of this day to have their horses attended to or simply to watch, listen & learn.

All in all it was a wonderful introduction to a holistic approach to the horse for many of the young pony clubbers and their families; an opportunity to promote the idea of the caring horse owner needing to work with a **team** of horse care practitioners to help their equine partner be well prepared for the tasks they are asked to perform.

*Janis Hobbs, Instructor & Practitioner*



## 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*



# 10 Just like when you participate in exertion which is out of the ordinary for you, your "paddock-ornament" horse is likely to feel sore if suddenly asked to do a lot more exercise than usual. For example if your old reliable pony is pulled out of retirement for the weekend pony club camp involving jumping it is likely to need some gentle work on the hamstrings or shoulders after the body balance. It is better to build up the exercise gradually over time using ET as a way to help with recovery from the regular & increasing demands of exercise.

## NZ News

## Our Equine Touch Get-togethers

Since we completed our ET Level 3 Course in December last year, some local students and I from around the Dunedin/South Otago area have been having semi-regular get-togethers. We have had these about every 4 weeks, at a different place each time, to enable us to “get our hands on” a variety of horses and ponies with different problems. So far we have managed to work on a variety of breeds of horses ranging in height from 10 – 16.2hh, and in age from 2 – 26 years, which has been really helpful. Unfortunately due to everyone’s busy schedules we have not all been able to be there each time, but there has always been at least two of us. It has been helpful catching up to find out about interesting cases we have all been working on, to go over moves we are not sure about, and to compare our findings for the same horses. I would encourage other students out there to get in touch with other local Equine Touch students and give these “ET Get-togethers” a go.

Have also attached two photos of horses we have been working on, the wee one is Honey and the big sway backed boy is Barney.

Sarah Drummond, Level 3

*Well done, Sarah & friends! Would love to see more of this mutual support for continued learning developing in other groups/locations.*

*Janis, Ed*



Barney



Honey

### Equine Dissection Clinic

3-Days with  
Ivana Ruddock,  
MVDr

**Don't miss out!**

*An educational opportunity not to be missed!*

Grab this opportunity to study with Ivana Ruddock,  
Co-Founder of The Equine Touch!  
Book your place on this clinic without delay.

**Dates: 30 April—2 May, 2010**

**Course Fee: NZ\$800**  
**Venue: Lincoln Universtiy, Christchurch, NZ**  
**Course Coordinator: Janice Clyma**

**Mob: 0274 347 090**

**Email: [janice.clyma@xtra.co.nz](mailto:janice.clyma@xtra.co.nz)**

Next Issue—

Janice Clyma, “high on a hill” over Nelson,  
South Island, NZ



## Your Say: More ET in Action

### Endurance training

I use ET in my prep and training for endurance to maintain a high level of suppleness and flexibility. I find that the horse is in a better frame of mind and more willing to work at better paces. Also it has less injury times. I love to see the horse enjoying the ET work after he has given his best to me in training or at a ride. The two go hand in hand and best thing is that *I am doing it for my own horses*, not getting some other person in to give my horses the love of ET.

Tracy John, Level 3



What is *YOUR* ET story?



Email your story & photo to Janis by 15th of each month to [equinetouch@hotmail.net.au](mailto:equinetouch@hotmail.net.au)

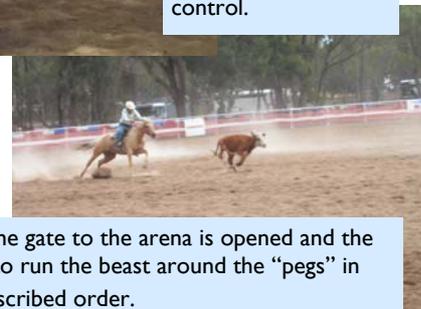
### Camp-drafting

Speaking to Nic at "The Rock", NSW camp-draft event another success story of ET in action came to light. Currently she is camp-drafting with a "new" horse called "Hitman" who came to her with an injury resulting from the heavy demands of cutting training. He had been given up as no good and was going to be "sacked" after 18 months in the paddock, too sore to use, unfit, unsound & unrideable. Nic has had him in work for 6-8 weeks now. He gets a maintenance ET session a couple of days before the event and on Monday or Tuesday he gets a follow-up ET session and herbs\* as part of his rehabilitation from the exertions of the weekend. Occasionally she does a bit of cross-training, varying his exercise, by doing something like "taking him up the bush". Happy to report he is now camp-drafting beautifully.

\*Nicole Heenan is a Level 3 ET student, and has a practice as an herbalist for horses & humans in Albury-Wodonga.



First part is to cut a "beast" from the mob in the holding pen and control.



Then, the gate to the arena is opened and the task is to run the beast around the "pegs" in the prescribed order.

**Jock & Ivana Ruddock will be heading to the northern hemisphere in May & will be back in Australia & New Zealand later in the year.**

See schedule [www.theequinetouch.com](http://www.theequinetouch.com)

November 12-15	Level 3	TBC Victoria
November 12-14	Level 4	TBC Victoria
November 18-21, 2010	EQUITANA ASIA PACIFIC	Melbourne, Victoria
December 2010	VHT	TBC



For bookings or information contact  
Susan Wyatt 0416 274 276 [naturalsavvy@iprimus.com.au](mailto:naturalsavvy@iprimus.com.au)

## Tales of "the Quilty", Sept 2009

Kelly Long was one of the students who assisted at the Tom Quilty September 2009 in Tonimbuk Victoria and received the following letter from the owners of one of the horses on which she worked. Kelly was a Level 2 student at the time and has since gone on to do Level 3.

Hi Kelly,  
Thank you very much for your time and effort with our horses and especially *West Coast Dayan*. To go to a Tom Quilty Endurance ride to compete is a very special opportunity. For us in W.A. it is a little daunting as we generally only travel a few hours to most of our local rides. The big horse studs over east spare no cost or resources to attend a ride that will benefit them in the future. ie - they would attend a ride (like the FEI 160km) at the Tonimbuk endurance course the year before the Quilty so they would have prior knowledge of the difficulties that may arise at that particular venue.

It was very interesting to watch *Dayan's* response to your Equine Touch. Initially she was extremely agitated just being inside the Tonimbuk enclosed arena and even more so after being chased and attacked by the Stallion during your first session with her. (I think she told him he had a little willie, and he took particular exception).

Once back in camp she allowed you to carry out your technique and the results were quite surprising. She yawned many many times and then licked my hands and even me anywhere she could. This is the only time I can remember *Dayan* licking me; she loves being brushed and rubbed but never shows any affection in return. She is a real little Princess in comparison to all the other horses I handle which do lick my hands and nibble my clothing when presented the opportunity.

Soon after the E.T. session, *Dayan* laid down and slept. The first time in 4 days at Tonimbuk she had lain down.

E.T. seems to be a very good for sore or damaged muscles and has an incredible calming effect.

Please put my name down as a possible student when a class is being run in W.A.

Thanks, again.

Chris & Joanna.



West Coast Dayan and her travelling companion two hours after the ET session

