



The Equine Touch

ANZET NEWS

The Equine Touch™ - Your gift to your horse

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Hi everyone,

The Equine Touch NSW Road Trip went well! Courses were held on the Central coast and out Central west with an amazing 5 days at Manilla sandwiched in between to take in the high drama of Tom Quilty 2010 endurance ride. Included in this issue are some stories representing the myriad facets of that exciting event, the bitter-sweet mix of disappointments & triumphs.

Keep in touch.

Janis, Ed

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Equine Touch at "The Quilty", Manilla, NSW June 2010

"That's endurance riding!" said Tracy John, Level 3 ET, Endurance Rider, philosophically after she informed me a week before the event that her horse would not be participating in this year's Tom Quilty Gold Cup Challenge at Manilla, NSW due to a hoof abscess. Unfortunately timing after Tracy had so recently enthused about "the boy" being "on fire" and performing extremely well in all his preparation rides. "Next year! Next year's his year!" she announced with conviction, I suspect to console us both. My plan had been to attend the Manilla, NSW 2010 Tom Quilty Gold Cup Challenge to support Tracy, a student and friend, in her bid for a buckle, the award for completing the 160 km (100 miles) in 24 hours, & passing all the compulsory vet checks at the end of each stage. Moreover I was looking forward to that exciting atmosphere first experienced at Tonimbuk, Victoria, September 2009. Having also committed to a couple of Level one courses in NSW the week before & after the Quilty we decided to go anyway hoping to reconnect with some of the people from last year. We did just that, and made some wonderful new acquaintances as well.



Exciting midnight start—292 horses stream out over the bridge for an orderly start. A relatively mild winter's night turned to rain during the day increasing the degree of difficulty. 160 completed the ride successfully and received a Quilty Buckle, a 54.79% completion rate. Others were vetted out at various stages and a small number chose to withdraw.

Someone from last year was Louise Stevens. This is her Quilty ET story.

"I first encountered Equine Touch at the 2009 Tom Quilty event where ET instructors & students were working on horses & humans as well as sponsoring a prize in each division. The Equine Touch camp was just across the way from ours and Kelly Long, (a Level 3 ET student) had demonstrated Equine Touch for us. Laeli our strapper, found Janis after the third leg. "Boots" had an ET session before the compulsory re-present to the Vet before going out on the 4th leg. His log-book tells the story. From that time to the end of the ride Boots recorded all As and Is! That means, his scores for all the vet checks (temperature, heart rate, breathing, hydration, gait & so on) were all top notch. We were over the moon! Dad & Mum (Laurie & Sally) who had bred the horse, Salz Bossy Boots, Laeli, our strapper, my two boys, Janis & Bruce, we all just couldn't stop grinning! This year we ran across Kelly again but she had already booked herself up to work on a few horses and passed on Janis's card. Janis worked on Boots after every leg (as well as the day after) and supported the partnership, me & Boots, throughout the whole ride. She even worked on me a couple of times to help overcome the tremors in my legs from fatigue & cold. Janis & Bruce were definitely valuable members of our team & helped us to achieve another Quilty buckle. If Janis is holding a course near me I'll be there! I have to learn how to do Equine Touch for myself or rather, for my horse!"



Boots, Laeli (strapper), Louise, and Laurie (Dad) in a blur of activity, just in off the course. "Check the heart rate...All's good! Let's head for the vet check!"



One of our new contacts was Gloria Mills, Tom Quilty participant, 2010

"Disappointment! I vetted out at the end of the 4th leg, at 149 kms – with only 11 kms to go! My horse had shown some stiffness or lameness in the run out in front of the vet. The morning after I had a "chance meeting" with Janis Hobbs and heard of her participation at the Quilty as support to some horse & rider combinations. Why hadn't I met her a day earlier? Co-incidentally Janis was conducting a 3 day Level 1 clinic the following weekend at Gulgong, NSW 30-40 kms from where I live! I work as a vet nurse and the co-operation of my wonderful workmates, juggling work rosters, made it possible for me to take up this opportunity. The course was excellent, more than I expected. I look forward to applying Equine Touch to my horses, assisting them in training and supporting them at endurance events in the future."



Gloria working on Trinket at Gulgong ET course

Wendy's Well-earned Awards - "The Quilty", Manilla, 2010

Wendy Bootle, ET L3, Endurance Rider

Unfortunately Wendy's *Blue Bopp* was not able to take part this year due to an injury a month or so prior to the event. Wendy decided to attend to receive her award for 8000 endurance ride km with *Blue Bopp* and to be a strapper for a friend, Carl Adamson. At the presentation evening, Thursday night before the ride, Wendy's words of acceptance included inspiration for others "We are not a remarkable combination. I think I've won one ride and one best conditioned. But this (8000 km award) is something everyone can achieve."

I caught up with Wendy at the arrival gate on a couple of occasions during the ride. She was part of that picture, the endurance event for the strappers:- hovering at the arrival gate, decked out in beanie, all-weather jacket, wrapped in a woollen horse rug, hovering over the fire dodging the smoke, strappers all watching for their riders. "He ought to be in by now... Ah, here he comes!" And then the flurry of activity, stethoscope in one pocket, log-book in the other, preparing for presentation at the all important vet check, sustenance for horse & rider ready back at camp where both would make the most of the compulsory rest breaks.

Knowing the profound effect it can have on the horse, a little ET was judiciously used, as this mare, *Missy*, had had no previous work; pre-race tune up on Friday, shoulders at the end of the second leg and saddle area at the end of the third leg. Carl was delighted to earn his first Quilty buckle having finally met the challenge successfully after about 20 years of endurance riding. Well done, Carl!

Carl was heard to remark by the camp fire the night after the ride, "Couldn't find a better strapper than Wendy!" and he was sure that the ET had helped along the way too. Another well-earned

award. Well done, Wendy!

Pictured at right:
:Carl & *Missy* exercising in the beautiful riverside setting Friday afternoon before the ride, due to begin at midnight. Below: *Missy* in her yard after her "ET pre-race tune-up" from Wendy.



Wendy holding the 8000 km awards, a trophy and *Blue Bopp's* embroidered rug



Last minute girth check. Right to go? Where's your helmet? Yes, need that too!



Return to the Quilty — West Coast Dayan - Chris Haddon, Endurance Rider

Once again Joanna and I made the journey from Western Australian to the Tom Quilty Gold Cup, held this year in Manilla, NSW.

I must first mention that before and during the Victorian Quilty 2009, Kelly Long had a couple of sessions of Equine Touch with *West Coast Dayan* and *West Coast Mehira*. *Dayan* is generally very alert, dominant and head strong. Not at all affectionate, only allowing me to rub her ears, face and neck but never returning any affection. During Kelly's first session *Dayan* started licking my hands and arms, yawned repeatedly and proceeded to lay down and rest at the end of the Equine Touch session. This was great medicine after the arduous 3700km journey across the Nullabor, and considering the horses had been in camp 3 days and had not lain down prior to the ET session.

I found *Dayan's* reactions amazing and had hoped to be able to attend an Equine Touch course at first opportunity. The opportunity has not come forth but Kelly Long contacted Joanna and I to let us know she was going to the Manilla Tom Quilty and would we consider having her work on our horses. We jumped at the chance, unfortunately we arrived late in the week and Kelly was already very busy with all her other equine friends so *Dayan* missed out on her ET sessions.

Mid Friday morning, along comes Bruce and Janis in a 4WD towing a caravan (which, as it rounded the corner came very close to taking out our horse float awning!) Janis offered her ET services and so Friday *Dayan* was treated to a session of Equine Touch, once again becoming relaxed, yawning and being far more affectionate than previously. Immediately after the ET session *Dayan* started eating and seemed more relaxed and therefore better prepared for the event.

The Tom Quilty 160 km ride started that Friday night at midnight. *Dayan* was well focused, completed the first leg without incident and vetted through ok. Kelly carried out a short ET session on *Dayan* during the break which helped relax her and she began eating immediately after the session. *Dayan* cruised along perfectly through the second leg till the last 10kms when she became agitated and

Sept 2009
Lots of yawning after Kelly's ET session



(Continued on page 3)

YOUR SAY:

Kelly's Quilty — Manilla, 2010

Wow what an experience!

I have just returned from the Tom Quilty Endurance ride in Manilla NSW and 5 days of networking, meeting up with old friends and making new ones, all mixed in with the anticipation and excitement of Australia's premier Endurance Ride!

I was fortunate to attend the 2009 event in Tonimbruk with Instructors Trish, Janis and Susan, and a number of other fellow students. It was there that I met many riders, owners, and trainers who allowed me the honour of working on their horses and introducing them to The Equine Touch with some great successes. After the event I maintained contact with many of the riders, owners and trainers and as a result I was invited to attend the 2010 event in Manilla to work on their horses again!

I traveled to Sydney and met up with one of the riders, Tara Brown, and then traveled on to Manilla with her. Tara was both riding in the event, and also filming a story about Endurance Riding for 'Horse Talk TV' a show that will be screening on channel 31, beginning September 2010.

When I arrived on Wednesday I renewed old acquaintances and offered Equine Touch to other riders, owners and trainers, and very soon 'my dance card was full'!!

Over the next days I worked on many horses before the event and then focused on the 6 horses that I had been specifically invited to attend.

The experience of working at an event like this is hard to describe. The horses come in from a leg of the ride and they need to be cooled and attended within minutes to reduce their heart rate and respirations, and ideally, have rapid bodywork to ensure that there is no soreness and they will 'vet through' and be able to continue the ride. All this has to be



Kelly Long, working on Mary, "one of my New Zealand horses". Also pictured is Ingrid Ambrosiussen, who rode Mary.

done without relaxing the horse too much or they may fail to perform at their peak on the next leg of the event!

I have been fortunate in that one of the trainers that asked me to address his horses (himself an equine bodyworker) has invited me to work on his horses at International events! Wow! Texts I have received since the event include: "Thank you once again... you were the difference" & "Kelly, you were the difference between success and failure".

I always knew that I wanted a career where I was doing something with horses... I never expected that it would take off in this direction!

My advice to other students? Get out there and get your hands on as many horses as you can. Believe in yourself and believe in the good that you are doing for your horses.

I would like to send a huge thanks to my Instructors and Mentors Susan Wyatt and Trish Radke-Taylor for their unwavering support and encouragement during my journey; and for giving me the faith that I could make a difference.

Kelly Long, ET Level 3

(Continued from page 2)

difficult to ride. *Dayan* still vetted through ok and during the 60 minute break Janis carried out a short ET session on her.

Dayan settled and ate well during the break and started the 3rd leg brilliantly only to once again lose focus about half way around the 31km, this time not wanting to go which is a first for her. At the time I wondered what the cause of *Dayan's* distractions may be, but upon removing her front ankle guards at the end of the 4th leg I found large rub areas at the base of her main tendons, likely due to the ride conditions as she had never rubbed there before. Ouch! No wonder she was reluctant to go forward and very likely the cause of her misbehaving at the end of the second leg.

Dayan settled in the 5th and final leg of the ride, the ankle guards were left off and she moved out no problem. I had decided not to allow *Dayan* any more ET after the 3rd leg as I thought there may have been a chance that her not wanting to go may have been related to spoiling her with too much attention. On reflection I am sure she wasn't spoiled from too much ET and given the opportunity would welcome Janis and Kelly to work on my horse at any stage (all stages if they were available) of an endurance ride. A relaxed happy horse produces the best results.

I would like to say a special 'thank you' to Janis and Kelly for their time and energy spent on *Dayan* before, during and after the Tom Quilty.

Also worth a huge mention is the human version of the Equine Touch* Janis carried out on me the evening before and after the Tom Quilty event. It is hard for me to tell from inside but I'm sure I was more relaxed and focussed as a result. The second session put me almost straight to sleep. (* "ET for humans" is *Vibromuscular Harmonisation Technique—VHT*—from which Jock Ruddock developed *The Equine Touch*. This year Chris & *Dayan* completed successfully & took home a 2010 Quilty buckle.— Ed note)



June 2010
Chris Haddon holds
Dayan as she enjoys
some pre-ride ET
from Janis Hobbs

Course Reports

First Equine Touch at Somersby, NSW

Level 1 18-20 June, 2010 Instructor: Janis Hobbs

Thanks to Suzanne's persistence, at last Level 1 at Somersby was on! Determined, despite the cold & lack of heating, we warmed our icy fingers and set to on the human practice in preparation for getting our hands on some horses in the warmth of the sunny afternoons outside. Our sweet little subjects were some Welsh mountain ponies who were wonderful teachers although most were quite young. One in particular let us know that she still didn't quite trust us enough to **give** us her hind legs or allow us to "Pop the cap". Information gleaned during the Branding is most valuable! We applied our ET principles & did not force the issue. On the last day another of our (larger) subjects demonstrated how changes in the environment can make a horse unsuitable for our purposes as Level 1 students when her paddock mate needed to be returned to the scene for her to settle back into enjoying the ET work, whereas Deborah's Waler seemed to just love it. Deb has been in contact already: "I have worked on my 5 horses and have been offered a string of eventers to practice on so I will be kept busy for a while". Deb is already looking ahead—"When is the Level 2 going to be?" It is recommended to leave 2-3 months before the next course to allow time to consolidate what you have learned and get some of the Level 1 home-study horse assessments completed. Looking forward to welcoming you all back to the next level.

Instructor: Janis Hobbs

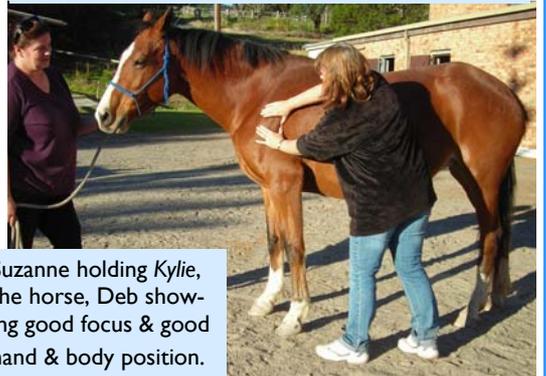
Day 1 Hands on horses! "ET Branding" in progress.



Deb & Suzanne with Rosie

Susan & Alyssa with Lara

"Kylie", Deb's wild-caught Waler, lapping up the attention



Suzanne holding Kylie, the horse, Deb showing good focus & good hand & body position.

All smiles at end of Day 2!



Zammy

Bart

Thank you to Lita Hernandez for making her horses available to us.

Gulgong, NSW

Level 1 2-4 July, 2010 Instructor: Janis Hobbs

Observing the transformations at courses is one of the most rewarding things. With the horses it is often from not too sure to very relaxed, particularly if they are new to the work.

Baby was a classic - basically a gentle little horse, she had trouble remembering her habitual grumpy face as she relaxed into the moves. It would be remembered, then forgotten again as she enjoyed the next lot. At first not trusting of the "pop the cap" later she was quite accepting. A reminder that horses need to be educated into our integrity & intent and to receiving the bodywork.

What I observe for the students is often making the transition from "not so confident" to "I think I can do a lot of good with this new skill I'm developing!" Thanks to Donna, Jim & Gloria for transporting the horses for us.

Instructor: Janis Hobbs

Last day, Jaimie's dramatic response—just HAD to roll—several times—after only the FIRST lot of buttshots! →



Eugene couldn't keep his feet still on the first afternoon and was very relaxed on his second turn (last day). →



Michelle

Donna at work (good form!) with Trish Buchan (Tutor) who came to lend a hand. ←



Your Say:

Personality change?

Hi Janis

On the weekend I performed Equine Touch on my sister-in-law's horse. When handled he's a pushy, fidgety gelding who doesn't like standing still for more than a moment at a time, but in his paddock he's content to either graze or stand in his corner and watch the world go by.

As I commenced the hindquarter procedure he was busy pushing and shoving my sister-in-law all over the place. By the time I completed the second lot of butt shots he began to relax as he realised something was going on; by the time I finished the forequarter procedure his head had dropped almost to ground level and his eyes were half closed.

Approximately 15 minutes after completing the basic body balance we returned the "little lamb" to his paddock and let him go whereby he took off at a hundred miles an hour and started doing laps as if he were on a racetrack, he leapt about, kicked up his heels and called out to horses in other paddocks as if he were king! This is the most animation he has shown for a long time, which I assume is because he felt great. I hope in his moment of exhilaration he didn't knock any tendons or pull any muscles!

From my perspective it was wonderful to see such a marked change in personality after only one "beginners" session. This has given me a thirst for further training.

Thank you Janis and Equine Touch.

Kindest regards

Frances, Level 1

PS: The day after completing Level 1 training I was with my mother, who's had two complete knee replacements, when she complained of searing pain in one of them. I jokingly said that I learned a procedure for horses and performed medial moves over extensor tendons, as learned as part of the foreleg procedure. A couple of weeks later she still swears by this procedure and performs it on herself whenever the pain returns – she can't believe the relief she experiences from such a simple procedure.

Frances at Level 1 course at Tooradin, Vic, 15-17 May 2010.



Astra's choking!

Hi Janis,

Thought you might like to hear my story of helping our horse Astra, she was one of the horses worked on at the clinic at our place.

We leased Astra out to a friend to have a foal with. When our friend sent her back to us, after the foal was weaned, she was put on a local transporter for the journey from north Tasmania to south Tasmania. They apparently had trouble getting her on the transporter in the one minute allotted time frame. So they offered her lucerne to get her on; that was at 3.00 in the afternoon. At 7.30 they rang to say that she had choked and was quite bad could they call a vet. You can image the rest of the story.

Fast forward to 3 weeks ago.

We had been away for the weekend and fed the horses on our return. Astra enjoys her tucker and obviously ate too quickly. Con came in to say that Astra was making funny noises, come look. She was choking. Rang the vet, yes he felt she was choking, ring in a couple of hours if she does not get better, it will get worse before getting better. Not what I wanted to hear.

That was when I realized it was up to me and ET to see what we could do.

I went straight to neck moves repeated twice and then used my Photonic light and back to neck moves. Like magic she stopped making the noise and the staring look in her eyes went and she looked around herself as though to say "thankyou". Next day was like nothing had happened.

I feel that my ET clinic has paid for itself in saving me a large vet bill but mainly because it probably saved my horse hours of pain and discomfort, maybe even death.

Thanks ET for the knowledge.

Cheers --Judy Vervaart, Level 2

Campania, Tasmania, Sept 2008



YOUR SAY: What is YOUR ET story?

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

NZ News

Hall of Fame

Veronica Moore, North Island, makes Practitioner! Congratulations!