



The Equine Touch

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Hi everyone,

Unfortunately the New Year has brought with it extreme weather events across Australia which have created dangerously dry conditions and brought devastation to many in the form of bushfires already in the south-eastern states while Western Australia has experienced many a wild storm & most recently northern Queensland & parts of NSW are awash due to cyclone Oswald & aftermath.

Quest Equine Welfare non-profit organization has launched an appeal to assist horse owners in bushfire & flood affected areas. Donations can be made directly to Quest or via Horseland stores.

Keep up with courses planned for the 2013 via Facebook and the websites (see last page).

Take care of yourselves and your horses and ...

Keep in touch.

Janis, Ed

### Inside this issue:

Your Say: 2  
UPDATE—Monty's million \$ leg & other stories , lovely Lilly & Skye

ET out and about... 3

Course & Events Calendar 4

# ANZET NEWS

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## Equine Touch at Victorian Endurance State Championships

My introduction to ET was at the Victorian Tom Quilty in 2009 and was entirely by chance. My horse's usual body-worker was unable to attend the event and I knew that massage would be one more factor in helping my horse successfully complete or not. Equine Touch practitioners had a stand in the office area where I met Julie. We talked, I had a VHT first to see whether I was comfortable trying this unknown procedure on my horse, and Julie then worked on *Danny* throughout the event. At the time I was very impressed with the mental effects as well as the physical benefits of ET – both were easily noticeable.

I took the opportunity to do a Level 1 course in ET a few months later and had a fantastic 3 days not just learning, but getting to know my own horse better, as well as meeting new people and deepening existing friendships further. My intention was to be able to maintain my horses at a basic level but being just before Christmas the timing was unfortunate. I didn't practice as much as I should, my fingers lost their confidence and ET was shelved.

2010/11 were less competitive years for me but in comparison 2012 was huge! My 10 year old mare *Joby* was finally qualified in May, so my next goal was the Shahzada 400km marathon in August. *Joby* and I had done the mini-marathon of 120km at Shahzada in 2011 so I had a slight idea of what we were in for – a very challenging week of riding! I withdrew *Joby* out on-track on the 4<sup>th</sup> morning. I didn't want to risk souring her so I listened when she told that me she'd done enough for the week. Rather than being disappointed at not finishing, I was thrilled that we'd both achieved a personal best by successfully completing 240km (80km per day) over physically demanding terrain, helped by a fantastic support crew of friends all riding in the mini-marathon, a well-fitting saddle, and a multi-discipline body-worker.

Our state championships were held late in October so the timing was right to enter *Joby* for the 160k ride. She'd had sufficient rest but still kept her residual fitness from Shahzada so I was entering a physically and mentally fit, tough horse. However after my original experience at the quilty, I was more than keen to find an ET practitioner to work on *Joby*. I had never met Janis Hobbs (ET Instructor) but we had developed a good email rapport by this time. She was able to link me up with Sam Barnard, a Level 3 student looking for case studies to further her skills.

My friend Jen and I travelled with *Joby* across the state to the ride base and settled in. Sam and her partner John, who had also driven quite a way from a totally different direction, arrived the next day. Sam did a terrific job with *Joby*, keeping her mentally relaxed and refreshed, and physically supple, easing tight spots and keeping her balanced. We completed the 160km ride with *Joby* being judged a sound horse "fit to continue" which is the sport's criteria for success.

The State Champs were definitely a highlight in my year, not just because of a successful completion, more because I shared the experience with some special people! Jen has always been an amazing friend – we've shared lots of riding together. Meeting Sam and John and getting on so well and comfortably together was a real bonus! Seeing how lovingly Sam looked after *Joby* was awesome!

I have since done a one-day refresher course for Level 1 with Janis, finally meeting her in person. I hope to continue on with ET this time – Level 2 is in March 2013! ET is certainly about the horse but it seems to have wonderful people at its core who make the difference. Their intent and integrity shines through and I am proud to be friends with them.

By Susan Gill, Level 1 ET



Joby with Susan, Jen (Strapper) & Sam (Level 3, ET)



## Your Say:

## Monty's million dollar leg &amp; other stories—Update

Continued from Nov-Dec 2012

By Elizabeth Denniss, Level 2 ET

Seven months on since Monty the Wonder Whippet's injury and Lilly's foal was due on 19 October. Unfortunately the excitement of the new arrival was overshadowed by Monty's second prosthesis failing which required a third operation and a totally different procedure. The day after he returned home he became very sick and so it was back to the city where, after spending a week at Murdoch University Vet Hospital he was diagnosed with spinal meningitis. The ongoing treatment for this would last for between six to nine months.

We had been home from the city a week when Katherine Waddington, who with her husband Kevin, owns the property where I agist my two wild caught mares, Sophie and Lilly, called me to tell me Lilly had given birth to a beautiful bay filly! My brain could not take it all in! The date was 18 October – Katherine's birthday!

I jumped in the car and headed over to the farm to meet the new arrival. Katherine and Kevin had to leave as soon as I arrived as they had a funeral to attend. Lilly had, unfortunately, stepped on the placenta before it had fully expelled after giving birth and so had retained some of the placenta.

Katherine had spoken to the vet by the time I arrived and we knew we had about six hours before we would need to get the vet over to remove the placenta if it did not expel naturally.

When I arrived at the farm I could see Lilly was quite exhausted and that her filly – named Rafa Skye – was indeed a cracker of a foal and very healthy. There was a short hand over before Katherine and Kevin left, then I made a cup of tea and sat in the foaling paddock with Lilly and Skye, just observing while I mulled over what I could do to help Lilly with that placenta.



A tender moment—Lilly & newborn, Skye  
KAW Photography

I started with some of the BBB - addressing Lilly's hind end before she moved off and Skye wanted a drink. Lilly rested for about a half an hour before wandering back over to me. I decided to try the Sacrum Pump to see if that would help stimulate the expulsion of the placenta. Within a few moments Lilly was lying down with contraction type movements (interspersed with long periods of rest). I was on the phone to the vet several times during the morning, before and after the body work. When Lilly stood up, she had pushed out a much more of the remaining placenta, but it was still not fully released. It all sounds quite quick and simple to write about it, but several hours had passed by now and the vet suggested I fill a plastic bottle with water and tie the placenta to the bottle to add a little gravity to the situation!

This was done with some difficulty as my knot tying skills are not the best when using ropes, let alone slippery placenta! Lilly walked around the foaling paddock tolerating the bottle bumping her hind legs very well for about an hour and it did make a difference. I could see the ET had helped move the majority of the placenta that had been retained and that gravity was indeed helping shift the final portion.

Another half hour passed and Lilly decided it was time for a rest...she lay down alongside Skye with her head resting on my shoulder as I sat beside her, we watched the light on the water of the dam and ducklings bobbing around. Lilly did not rest long, maybe about twenty minutes and as she stood up she stepped on the bottle and hey presto the entire placenta was out!



KAW Photography

Skye was two weeks old when she participated in her first ET Clinic – a combined Level 1 and Level 2 course held at Wadi Farm (Katherine and Kevin's property) in Nannup where both she and Lilly received some wonderful hands on work by instructor and participants!

Monty also attended the clinic – observing from the deck while he rested in his post operative confinement. His third operation was a success and he is now in "rehab" with lots of body work to complement his gradual increase in physical activity. I haven't yet attended a Canine Touch

Clinic, but I continue to transpose the BBB and ABB to his smaller (and skinnier!) frame.

ET continues to be a real blessing in the life of my animals and I love it that I can help and support them when they need it. I often find myself sitting on the lounge with Monty practicing a particular move on him subconsciously while I watch TV. I only realize it when I become aware of his intense gaze which seems to say "Are you done? I am not a play thing you know"!!



# ET out and about...

## ET Pink link at MCAV g2g

After an absence of several years I attended the Mountain Cattlemen's Association of Victoria (MCAV) annual get-together, this year held near Licola, (Gippsland) Victoria, January 11-13 . (Scarily, as I write Licola is one of the locations under threat of bushfire.)

Invited back to the MCAV to participate in a Poets' Breakfast, to join the reunion of past winners of the Don Kneebone Heritage award for original bush poetry/songs, I had a great time reconnecting with people of the bush once again.

A whole program of events including bands in the evenings, stock whip cracking competitions, pack horse races, dog high jump and tug-o'-war kept the 1000s of spectators busy, then the main event, the running of the cattlemen's cup took place on Sunday.

Hurling down the gully riders in the Cattlemen's Cup emerge from the clouds of dust, watched by part of the crowd perched on the hillside in hopes of gaining a better vantage point to view the exciting action.



Also part of the Sunday program was a parade honouring women of the mountains. Included in this parade was a contingent of 30 or so riders representing the 84 riders involved in the two day "Pink Ride". Their participation celebrated survivors or those in recovery from breast cancer simultaneously commemorating loved ones who had lost that fight. As well as creating an atmosphere of mutual support their efforts raised several thousand dollars as a donation to the Jane McGrath Foundation.



Two of the horses involved in the Pink Ride, Angel and Dante, received an Equine Touch balance and managed to reach some lovely relaxation in the midst of the hubbub. Pictured right is one of the participants, Debbie, with her horse, Dante, enjoying the ET session.

← Angel dozing après ET

## Postcards from Equitana, Melbourne, 2012

Level 2 ET students from WA, Kerri & Sandy



Sarah Drummond, ET Practitioner from Dunedin, NZ (pictured on right) with her friend,



VERA State Champs October, 2012



Time for a brief greeting for Jo Brock & Sam Barnard, both putting their ET skills into service at Victorian Endurance Riders Association State Champs, October, 2012

