



The Equine Touch

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Hi everyone,

Here is the newsletter a little earlier this month because we will be heading to Tooradin for the Level 3 with Ivana Ruddock next weekend before she heads off to the US & UK.

Have been travelling a bit myself - interstate to WA for a couple of courses. Had a great time.

Looking forward to NSW trip in May. Those who have been waiting for a course in NSW, this is your chance for this year!

Keep in touch.

Janis, Ed

ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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Equine Touch courses return to Western Australia

In November 2008 Jock Ruddock drew a ticket from the container which had been accumulating tickets over the 4 days of Equitana (Melbourne). The draw prize was free tuition for Level 1 - Equine Touch Horse Lover's Foundation clinic. Jock phoned the lucky winner in Western Australia only to find that he had to leave a message on the answering machine!

Fast forward to March 24, 2012 and at last Liz Tollarzo of WA was able to collect her prize. On the three day course Liz was joined by six other very enthusiastic students. Four of them had travelled seven hours from Kalgoorlie to attend the first Equine-Touch (ET) clinic in WA for a number of years.

In the interim ET Practitioners, Carolyn Jurgens & Debbie Pollard had been "keeping the faith", as it were, including excursions to Kalgoorlie to do ET sessions on horses there, helping horses and thus allowing more humans to begin to understand and appreciate the value of ET to the well-being of their horses. Many thanks to Carolyn for all the organization and Debbie for hosting and assisting at the course.

As the course progressed so did a bout of laryngitis! Debbie was fantastic and filled the breach where possible, conveying my squeaky toy, tortured whispers to everyone. For the next few days I was strictly a "hoarse whisperer" to help save my voice for the follow up course at Wadi Farm, Nannup in the south west the next weekend. Despite other plans my new program included a visit to the Doctor, some medication, rest, lots of lozenges and TLC from Katherine at Wadi Farm.

There was plenty of support at this course too. Level 2 student, Elizabeth Denniss attended as an "ET ninja" helping to get the horses ready for the practical sessions, minding them while the students watched the demonstrations etc. Deb Ryan, ET Practitioner, was 'conscripted' to assist, to be the voice, reading out some of the introductory prepared notes and calling everyone to attention for demonstrations. Day 2 we had an undercurrent of tension when a fire further down the valley had our hosts preparing in case evacuation was necessary. Fortunately it wasn't. Undeterred, everyone remained focused and by Day 3, yeah, there it was again! It was ET happening in every direction I looked! Students were challenging themselves to remember the work and then checking their manuals as needed. Instructor satisfaction!

Without the fabulous support of Carolyn, Debbie P and Deb R as well as Katherine & Kevin Waddington this trip would not, could not have been the resounding success it was. Fifteen more Level 1 students are out there practicing, helping their horses, many, in fact, most of them with their sights set on progressing through the levels. I am really looking forward to returning to WA later in the year to help everyone further along the path on their ET journeys. I am also anticipating some great "Your Say" items for the newsletter along the way! Well done, everyone! Thanks for making me feel so welcome. Like Arnie said, "I'll be back!"



Level 1 ET at Serpentine, WA
L-R : Monica Tyson, Joann Demasson, Peta Naake, Pania Harris, Megan Funston, Debbie Pollard Front, L-R: Liz Tollarzo and Gillian Forsyth

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Level 1 ET Wadi Farm, Nannup, WA
L-R : Deb Ryan, Anna Venter (kneeling), Verna Blackburn, Belinda Taylor, Janis Hobbs, Kevin Waddington, Ryan Clarke, Faye Simmonds-Short, Sandy Hall and Kerri Gibbs.
Horses L-R: Dante, Karisma and Woody.

Holistic HorseCare featured at Bealiba Pony Club Horsemanship Camp

Day One at the Bealiba Pony Club Horsemanship Camp featured a “classroom chat” including input from Equine Dentist, Darren Lynch (Harcourt), Saddler, Peter O’Brien (Melbourne) and Equine Touch Practitioner/Instructor, Janis Hobbs (Charlton). (Unfortunately, Tony Blanchard, Farrier, had other commitments and could not attend this year.)

The young Pony Club members participated enthusiastically in identifying “Things that horses do that people think are naughty” compiling quite a list:- Pig-rooting, bucking, being hard to catch, hard to bridle or saddle, making “nasty” faces with ears back, tail swishing, not wanting to go forward, not wanting to stop, evading the bit, not picking up canter lead, travelling with shortened strides—and even more! They were then asked to consider if there may be another reason for horses acting like that—perhaps pain is an underlying reason? Appropriate care available from saddlers, dentists, farriers, body workers, nutrition experts, vets etc may help make the difference and help the horse be more comfortable and fit for its work.

Peter O’Brien stressed the need to check your horses & ponies twice a year to adjust saddle fit as needed to accommodate seasonal changes in body shape. He had a saddle tree on display and as he fitted saddles throughout the day he freely explained to the owners & onlookers what he was doing and how he was adjusting the saddles—sometimes changing the saddle gullet size, sometimes adding some padding.

The dentist, Darren Lynch, brought along a couple of horse skulls and samples of teeth which sparked quite a bit of interest from the young PC members. When he went to work he also had a steady stream of horse clients and curious humans. Some horses just needing a maintenance treatment and others requiring more advanced attention, removing broken fragments of teeth & sharp points, ‘hooks and ramps’, ‘wedges’ and so-on in order to balance the mouth and restore proper function.

A number of horses & ponies also enjoyed an Equine Touch basic body balance. In the fairly busy environment some were not able to totally relax but others exhibited noticeable signs of relaxation. Both the dentist & saddler acknowledged the value of bodywork to help horses’ bodies adjust to the changes and promote healthy function.

The theme of the presentation was that your horses need you to have a team of horse care professionals working with you, the horse owner, to support your horse to do all you ask of it.

Who is on your horse-care team?



Pony club members craning to get a closer look at the dentist at work.



When we start keeping horses "we need to make it as comfortable for them as possible because what we're doing is putting them in our environment and we need to make that a good place." ~

Elizabeth Graves

NZ News

Tauranga Tales

Your Say:

Level 1 & 2 March, 2012, *Instructors: Denyse Cambie & Ivana Ruddock*

As I made my way to Tauranga and nervous excitement took over, I was unsure what I was heading for. I had done plenty of research on Equine Touch and had decided it was something I needed to learn, but having never done any sort of body work, or courses I really didn't know what to expect. On arrival at Denyse's house I was greeted by 3 friendly dogs and a few of my fellow ET students & Denyse and Ivana.



L-R: Denyse, Amy, Crystal, Thea, Ivana, Kirsty, Robyn, Sue, Margaret

Turns out I had nothing to be worried about, I was made to feel very welcome and soon made myself at home. After doing a spot of admin we were into the learning, asking questions along the way and getting very informative answers. We soon headed out into the beautiful sun and started practising "the move" on each other, learning the human element of Equine Touch, where we were able to practice our technique on our fellow students and get great feed back into how it felt to our subject. Then on to the horses... well, before the Level 1 students had a chance to touch Ben he was yawning and licking and chewing, giving our egos a huge boost that we must be doing it right.

Over the next two days there were several moments of bonding between human and horse and a few times I turned around to find fellow students having a "moment" with their horses. Over the 3 days I met and made friends with a great bunch of ladies and thoroughly enjoyed myself. Being Denyse's first teaching seminar, I am sure she was just as nervous as the rest of us, but did a great job teaching the Level 1 element and I have walked away confident to practise the technique and excited to continue my ET journey.

Ivana took the Level 2 course but was still on hand to help and ask questions from an amazing and knowledgeable person.

My biggest regret is not doing this course sooner and not finding a way to get my own horses down to Tauranga to be apart of such an awesome experience. So thank you to everyone that was there, and I look forward to seeing you all again at the refresher.

Crystal (Level 1)

Whole Horse Dissection Seminar with Ivana Ruddock MVDr

2 clinics available in NZ this year!

June 30– July 2, 2012

at Lincoln Uni, Christchurch, South Island

Contact: Janice.clyma@xtra.co.nz

July 6-8, 2012 at Palmerston North, North Island

Contact: ivanaruddock@aol.com

Cost: NZ\$800 p.p.

Class size limited!





**ET Questions &
Answers with
Ivana Ruddock,
MVDr**

A foal has an infection of the umbilicus (probably from damp conditions in the stable due to the extremely wet weather experienced recently) and is getting injections (antibiotics?) twice daily. Is the best course of action to wait until the series of injections is finished and check with the vet before going ahead with some “less is best” ET work (just BBB) for this little one?

In this case the caution needs to be surely in place, as the baby is battling infection and also the load of ATB. Asking a vet for permission and opinions is a "must" as the foal is in vet care. Slowly starting ET could be beneficial, starting with the TMJ procedure as it will be now suspicious of humans (causing them a little pain with the injections). Then progress to BBB for relaxation and helping the body to stimulate the system.

I know from personal experience when I was injecting my horse (ATB into her hamstrings) as they were really warm and painful at the start. I was doing ET (BBB plus AoC) on her during the treatment, and of course I also did the hamstrings. She always liked this procedure and relaxed during it, so I was continuing with the hamstrings even during the treatment (but mostly for the “feel-good factor”). The vet was so surprised that her hamstrings were in good shape directly after the course of injections - no hard lumps, no hot inflammation - despite the frequency of injections and volume of ATB.

So I would really work very gently on that little one, stimulate the body, but only if it is comfortable and does not add stress into her life.

Don't miss it!

WHAT???

Ivana Ruddock's only Level 3 ET

in Australia this year

When? 20-23 April, 2012

Where? Tooradin, Victoria

For bookings email Janis on

equinetouch@hotmail.net.au

**Answers to March issue
Mini-Quiz for Level 2s**

Name the procedures



L2 Sacrum,
leg elevated



Serratus



Shoulder &
Girth



Subscapularis