



The Equine Touch

Editor:
Janis Hobbs
equinetouch@hotmail.net.au

Hi everyone,

Some good news amongst the sad news.

How will Equine Touch fare following the sad loss of originator, Jock Ruddock? We are in good hands. Ivana Ruddock will carry on the work that she and Jock began when they set up the Equine Touch Foundation. In due course Ivana will begin to schedule more clinics including dates for Australia. There is already a Level 3 planned for December in New Zealand.

Your input will assist with planning & scheduling of future courses.

Please contact me at equinetouch@hotmail.net.au with your

Expressions of Interest for Level 3, Mobilisation & Stretching, Canine Touch and Dissection courses.

Keep in touch.

Janis, Ed

Inside this issue:

- 2011 Tom Quilty, Barossa Ranges, SA 2
- Your Say-Lady's SA TQ buckle 3
- NZ News 4
- Your say: 5

ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

Volume 2 Issue 4

October-November 2011

Passing the baton... The Equine Touch Journey continues



Jock Ruddock 25-7-1942 – 6-11-2011

When I was looking for a lead story for this edition of the ANZET News this was NOT what I hoped to find. Sad news came through that Jock Ruddock had passed away after an extended battle with cancer. Jock had an adventurous and extraordinary life, maybe you could say, many lifetimes in one.

We knew him here as the intuitive body worker, originator of The Equine Touch (ET), and together with his wife, Ivana, herself an inspiration, they were Founders of the Equine Touch Foundation (ETF) with their mission statement "To help horses by educating humans".

Holding fast to that ideal Jock & Ivana travelled the world for years teaching horse owners this simple but profoundly effective system of bodywork. Over time they developed a study path for those inspired to continue on and learn MORE and thus be trained as Equine Touch practitioners.

As demand grew to learn Equine Touch and various dedicated individuals demonstrated they were qualified to teach the work they were appointed instructors. Then in 2007 the first International Instructors' Clinic was held in Texas, USA followed by another in 2008. This was so Jock & Ivana could focus more on the Level 3 & 4* courses and hopefully slow down from the relentless pace of their travelling & teaching rounds. (* Level 3 – the Practitioner level and 'Level 4'- Equine Touch & Beyond, Jock's Master Class).

The Equine Touch was developed from Jock's human bodywork, Vibromuscular Harmonisation Technique (VHT), and the task of continuing this work had already been passed in large part to Jo Fernandez, (UK). In 2010 an instructor clinic for Jock's VHT human bodywork was held in Republic of Czech. This was completed just before the nature of Jock's illness was known.

The heartening thing is that there are a number of qualified, licensed instructors worldwide to support Ivana's continuing work and enable the mission to help horses by educating humans to continue to be fulfilled.

Jock's passing has had a deep impact on many people throughout the world in many ways but he would be very pleased to see his work continue to make positive changes in the lives of horses & humans. It's up to us! I know that many ETers worldwide, not able to attend his funeral service in New Zealand, responded to Ivana's call to go out and ET some horses in memory of Jock to honour his passing. Yes, he would have loved that!

Jock will always be remembered with a smile when we picture him strolling into view ready to commence an Equine Touch class, students anticipating another amazing educational adventure: white Stetson, aloha shirt, jeans & cowboy boots and a twinkle in his eye.

RIP Jock Ruddock.

Janis Hobbs, Instructor & Practitioner
Equine Touch & VHT for Family & Friends
ANZET News, November, 2011

More Endurance Riders getting "In Touch" with ET

2011 Tom Quilty Gold Cup Challenge, Barossa Ranges, South Australia 30 Sept-1 Oct, 2011



Bit by bit awareness of Equine Touch is growing and more people are tapping in, seeking Equine Touch (ET) for their horses or VHT* as bodywork for themselves to assist in coping with the physical & mental challenges of such a demanding sporting event. Others are choosing to learn Equine Touch for themselves.

At the 2009 Tom Quilty in Tonimbuck, Vic a group of ET instructors, Practitioners & students showcased ET with free sessions on horses & humans to get the word out there to the endurance riding world at the premier event of their annual calendar. We also sponsored the ride by offering prizes of free tuition for Level 1 of the Equine Touch, one for each of the four divisions. This followed on from the groundwork done in 2007 in WA.

At this year's Tom Quilty held at Mt Pleasant, Barossa Ranges, South Australia on 30 September, we counted a dozen people who had completed at least Level 1. There MAY have been even more... This included riders, strappers, volunteers, a vet, a ride organizing committee member & spectators.

* VHT—Vibromuscular Harmonisation Technique, "ET for humans"

VERA members & ETers L-R Jo Brocke, Jenni De Groot, Jane McLaughlin, Joanne Francis & Wendy Bootle with *Blue Bopp*



Victorians Barb Harding & Jenni De Groot, strappers for a team of 5 equids including *Joe*, the mule.



Paula Van Eck, ride committee member, with her daughters, Dannielle & Kimberly approaching the creek crossing. (end of stage 2??)



Deb Ryan, ET Practitioner, WA with her Quilty buckle, successfully completed with her horse, *Karisma*, barefoot



Photo by Jo Arblaster

Left: *Blue Bopp* in full stride on his way to securing his 5th successful completion & the Shareym Award for the most buckles for a horse currently competing. Right: Wendy Bootle, *Blue Bopp's* owner, with Val & Ron Males who presented the award named after their stallion who earned 6 buckles.



Lady returns to South Australia by Jo Brock

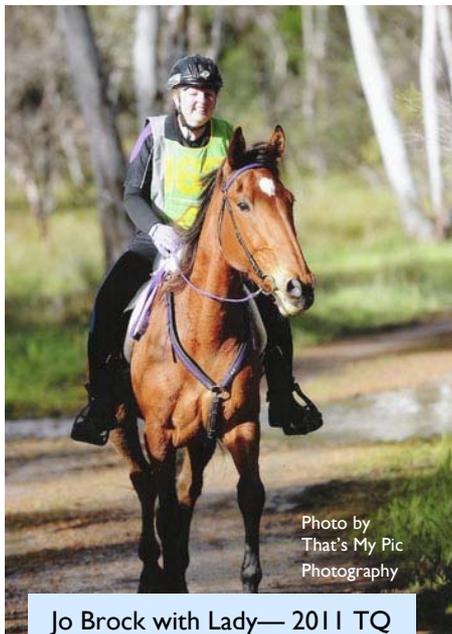


Photo by
That's My Pic
Photography

Jo Brock with Lady— 2011 TQ

I recently came back from the South Australian Tom Quilty Gold Cup 160km endurance ride, bringing home the booty of a silver Quilty buckle earned with my 17yo standard bred mare, *Lady*.

How much of a part did Equine Touch (ET) play in *Lady's* Quilty buckle? I'd be confident to say that without ET, we would never have even got there, let alone successfully completed the event.

Back in 2006, I was preparing *Lady* for the Quilty that was to be held at Boonah in Queensland that year. All was going well in the lead up – *Lady* was in training, we had prepared and planned for our long trip north, and entry fees were paid up. Then 10 weeks prior, *Lady* tore a tendon in her left foreleg. This was not the first time I had aimed for a Quilty and had those dreams fall apart.

To cut a long story short, I did make it to that Boonah Quilty on our other standard bred *My Friend Jack* – but that is a separate tale.

Lady was retired from endurance, and after her tendon had initially healed, then was re-injured in the paddock, then healed again, we put her in foal in early January 2007.

During that year I discovered Equine Touch, and like most students, practiced repeatedly on my own horses as well as any others I could lay hands on. I noticed in particular how it really helped improve *Lady*. Years of tight neck and back and shoulder muscles had no doubt contributed to the tendon injury (as Level 3 lectures later were to explain), and the release of these muscles led to a free moving horse who started developing a top-line for the first time in her 13 years. And most noticeably, her trot was no longer a jackhammer to ride.

Lady made a comeback to endurance in 2009, completing a couple of 80km rides, before moving house put yet another pause in our endurance plans. She was a completely different horse since having the foal and having regular ET. I continued with my ET studies, completing Level 4 ET & Beyond and moving on to VHT studies as well.

Fast forward to 2011 and the SA Tom Quilty. Janis Hobbs was present, and prior to the ride, had given me a full VHT session, which worked wonders. I had done the same for *Lady*. We both started the event full of brightness and vigour. It was not an easy course, and the going had turned to extensive mud bogs, thanks to 3 days of extreme rain prior to the event.

At the end of the third leg (110kms into the ride), the vet noticed a very slight soreness mid back, just under my seat bones. I had been experiencing a bit of riding cystitis – maybe I was not sitting as balanced any more? Could it be the saddle? I had been routinely giving *Lady* a quick 'back, butt and shoulders' ET between each leg, but after this comment, I went back to camp and spent a bit more time ET-ing her. By the compulsory vet re-present before going out onto Leg 4, the vets could find no evidence of any soreness any more.

Full of ural sachets, I was using all my energy to carefully ride every step, aware of the increased potential for *Lady's* back issue to recur. Arriving into camp at the end of Leg 4, I handed *Lady* to Glen, with only one comment – "*Lady* is fine, just find Janis".

Glen vetted *Lady* through with no problems, and I retreated into my tent to try to gather enough energy to complete the final 20kms of the ride. During this time, my body started to shut down. Janis came to the rescue, and it was amazing how a few simple gentle VHT moves made all the difference, and I was completely energized again.

My proudest achievement was not just successfully completing the Quilty and earning a buckle, but that my horse trotted out in that final vet check with exactly the same vigour and brightness that she did at pre-ride. I am so proud and humbled by what our horses will do for us humans when we ask so much of them.

NZ News

A note from Karen Burrows, Instructor, ET Down South

Hi everyone,

It was a real shock losing our amazing founder, Jock, earlier this month; I think we all thought he would beat the cancer and I know we'll all miss him. I feel very lucky and privileged to have known and to have trained under him.

Here in the South of NZ it has been a very strange spring weather wise and I am seeing the effects of it on horses almost every day. We are having quite a lot of rain but it's usually staying warm (up to 24degC) (apart from the weekend before last when it snowed and was 2deg!!!) the grass is full of sugars and proteins and there are a lot of horses with hoof abscesses and problems with laminitis and founder. A vet was telling me that they are also having problems with mares getting into foal, apparently they are producing follicles but not coming into season properly – believe me there are a Lot of VERY grumpy mares out there! I am seeing many horses with skin problems too. We are finding that a product called Pineatarsil (usually used for kids with chickenpox) is very affective.

It's great seeing all the new foals on the ground. I like to have worked on the mare while she is pregnant and then do a session for the mare and foal within 3 weeks of birth. This helps the mare get rid of a lot of post pregnancy toxins – I had one who snorted Gacky stuff for 20mins after a session! She had a good birth and seemed well but she had obviously stored a lot in her system. I find working on the foals within 3 weeks is great, they accept it very well and are not too energetic (not too soon, make sure they are bonded well).

I worked on a 4 day old pacer foal last week who was out of a maiden mare and was born crooked in his hindquarter. He was slightly lame too. I think he's just been squished up awkwardly in the womb. His right hind was very tight and as I worked on him, his little lips were quivering. He was very cute! I'm sure he'll straighten up as he strengthens and he's very lucky as his owner is a Level 1 student, so he'll get lots of Equine Touch. I should have a new foal to work on this week as one of my clients has a miniature mare due any day, I'll get some photos of that one for you for the next newsletter. *Karen*

It's November! We should be in shorts not screaming gales!

Level 2 at Wanaka, South Island, NZ
November 11-13, 2011 *Instructor: Janice Clyma*

Weather was very interesting this weekend; I drove 5 hours down to Wanaka, in screaming gales. I have never seen waves on a lake the size they were! It snowed overnight and during the first day. Fortunately we stayed at Cheryn's house, from which she operates as a Bowen Therapist, so massage table was set up in front of the fire and had a lake view out the window offering snowcapped mountains as a backdrop.

There were 3 Level 1 girls, Michelle and Tara (whom I hadn't met before as they did Level 1 with Karen Burrows), and Cheryn. All were very adept, especially after our refresher work on Day 1. The local equestrian centre was very kind and we had free rein to collect any horses we wanted to work with so had a variety of problems plus some cute ponies. Saturday was slightly warmer and Sunday we managed to strip off the winter coats. Unreal for November; we should be in shorts.

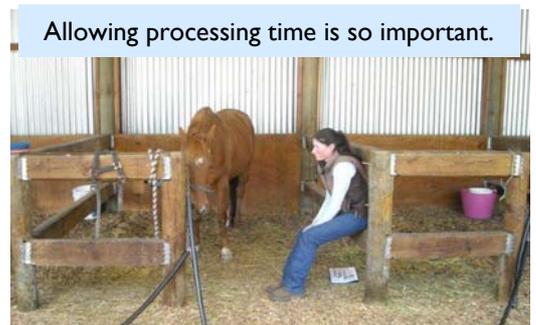
Ivana is going to Invercargill 2-5 December to run a Level 3 if there is any one wlse interested contact Karen Burrow Email: ETDDown-South@slingshot.co.nz).



Tackling the Level 2 procedures with aplomb
Michelle (above) and Cheryn (below)



L-R: Cheryn,
Tara & Michelle



Allowing processing time is so important.

Your Say:

"My work experience with Janice Clyma in New-Zealand has turned out to be a great opportunity and a really good experience, both with horses and the way I learned to look at them.

I learned lots of techniques with the skull, such as with the sphenoid bone or the TMJ joint, much appreciated by the horses! My experience with E.T. was fantastic too and I was really surprised to actually see the benefits directly after a session. As an equine osteopath, I am sure it could help both with difficult horses and /or just to say : "trust me". "

Magali Prigent, Level 1 (now back in France)

Level 2 at Raymond Terrace, NSW
21-23 Oct 2011 *Instructor: Janis Hobbs*



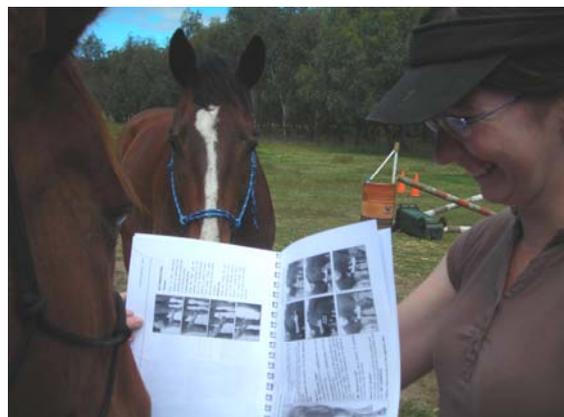
"Is it our turn next?"

The RDA ponies & horses at RDA Raymond Terrace & Lower Hunter, NSW seemed to enjoy the attention at the recent Level 2. Alyssa did a great job consolidating her level 1 skills on Day 1 & taking on board the new Level 2 work over the next couple of days. We had a fun time dancing at the Bushies' Ball, the centre's main fundraising event for the year! Think I'll have to find out the date for next year's Bushies' Ball so I can schedule some courses around the same time!



Course reports

Level 1 at Bendigo, Vic 29-31 Oct 2011
Instructor: Janis Hobbs



Yasey & Oliver seemed very interested in Emily's manual. They both loved the work and demonstrated some spectacular cat stretches as feedback for Emily & Lee. Always when I had just put the camera away! Thanks to Zoe for allowing us to have for these lovely TBs for the course.



Lee, seen here completing her final practice of the fore-leg procedure with Sparkles, was so excited to have acquired a new skill to take home to her horse Pumba.



Emily is so keen she has already booked for Level 2 in February. I am sure Oliver would love her to come back & do some more.