



## JULY NEWS

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## SECTION I: TONIMBUK EQUESTRIAN CLUB



### MITAVITE JUMP FOR FUN WINTER SERIES

Have fun jumping and keep warm and dry indoors!! Come and join the fun at Tonimbuk for the Jump for Fun Winter Series! Everybody just loves the format! I still say Pat's lunches make it worth the trip!

Thanks to the sponsors for this series... Sponsors assist greatly towards our sport. It pays to support our sponsors whenever you can. TEC sends special thanks to:



### INTERESTED IN SPONSORSHIP?

In addition to the usual sponsorship perks (ask [Kim Mouser](#) for details), sponsors are encouraged to advertise (free) in this Newsletter. This newsletter has an increasing reader base. Give it some thought.

#### JULY DATES

Sunday 10th - Mitavite Show  
Jump For Fun [\[Enter Here\]](#)  
Sunday 24th - Mitavite Show  
Jump For Fun [\[Enter Here\]](#)

#### AUGUST DATES

Sunday 14th - Mitavite Show Jump  
For Fun  
Sunday 28th - Mitavite Show Jump  
For Fun

*When warming up  
(a) always CALL your  
jump...  
(b) jump the  
obstacle in the  
correct direction;  
(c) and always ride  
left shoulder to left  
shoulder.*

### WARM UP ARENA PROTOCOL



Remember, when warming up over jumps, riders need to be aware of a few safety rules... such as (a) always CALL your jumps... eg yell out "vertical" or "oxer" as the case may be; (b) jump the obstacle in the correct direction; (c) and always ride left shoulder to left shoulder. Also for your reference, please see the [Equestrian Australia Code of Conduct](#).

## JUMP FOR FUN REPORT BY KIM MOUSER

I am delighted with how successful these “Jump For Fun” days have become. Not only have we managed to secure some fantastic sponsors but have also attracted some lovely people who are having a “red hot go” and the improvement from these riders and horses with each new competition day is obvious. These are the riders and horses that we were trying to encourage to come along as they may not otherwise attend the bigger shows run here at the Equestrian Centre. It has been ideally set up for young horses and green riders with lovely flowing courses and the initiation of “infills” that these combinations may not have yet experienced.



The lunchtime break has given riders a change to mingle with people that they may never have had the chance to socialise with before and as such has become one of the most enjoyable parts of the day for many. Presentation at lunchtime has proven to be more successful than at the end of the day as there are greater numbers present. It is fantastic to see so many of our club members participating and numbers are growing with each new competition.

We aim to run 2 competitions each month throughout the year so please keep an eye on the website for new entry forms.

I would like to make special mention of helpers at these events - without you it would be impossible!!

### MEMBERS & THEIR PARTNERS:

Kelly Miller (penciller extraordinaire), Lee Miller (Ring 2 Judge)

Glenda Bukolt and hubby Bernie

Brenda Watts & Vicki Bull who show up to assist even when they are not riding!!!

Will Collyer (Sarah Martindale’s partner) - commentator ring 2

Peter Lee (Jennifer’s husband)

Linda & Ron Standing - always pitch in wherever needed and are also our terrific photographers on the day. Special thankyou to Ron, who has taken Shaye under his wing as his photography “protégé.”

\*\*\* To all those people who assisted with course building in both arenas\*\*\*\*

### NON MEMBERS

Izzy Dafni (after his fall today, I hope that he will be back soon to fight another day)

Frances Hughes - always picking up other peoples poles!!!!

Jess Moroni & her partner Brad, always put in and Jess makes the BEST rum balls!!! Hint hint!!!

Peter McLean

Jamie & Sue Coman and to all the other people that “jumped the fence” when required.

I look forward to seeing you all again at the next “Jump For Fun” day on the 10<sup>th</sup> July.

Cheers

Kim



## WHAT IS SHOW JUMP FOR FUN?

The main aim of these new shows is to have fun, make friends, enjoy our horses and have some great social functions. We start at 9.00 am and run through to lunch break. Jumping will aim to finish around 4.00pm. Lunch is included and will be provided by Tonimbuk. It provides an opportunity to mix and chat. The cost for additional lunches for non competitors is \$5.00.

There are four entry options:

- One rider and one horse combination competes in all three classes in the same competition level.
- One rider and one horse combination competes in all three classes in varying competition levels.
- One rider with multiple horses competes in all three classes in the same competition level.
- One rider with multiple horses competes in all three classes in varying competition levels.
- e.g. Horse 1 competes in “clear round” & “championship”, Horse 2 competes in “immediate jump off” only.

## JUMP FOR FUN WINTER SERIES - LEADER BOARD

as at 5 July 2011

**Point System** - Points get accumulated after each show

Clear Round - 1<sup>st</sup> Round = 10 points

Bonus Points - 1<sup>st</sup> Place = 5 points, 2<sup>nd</sup> Place = 4 points, 3<sup>rd</sup> Place = 3 points, 4<sup>th</sup> Place = 2 points, 5<sup>th</sup> Place = 1 point

### INTRODUCTORY

Place	RIDER NAME	HORSE NAME	Previous	Class 1	Class 6	Class 11	Total
1	JENNIFER LEE	SPLASHBACK	63	10	10 + 3	10 + 5	101
2	GREG COCHRANE	TIMMY	58				58
3	ZOE MOROZ	VICTORIA REGINA	12	10	10 + 4		36
4	SARAH MARTINDALE	LITTLE GREY	3		10 + 1	10 + 4	28
5	JANE RISTROM	PROMISES	-	10	10 + 5		25
5	HELEN WARD	DIVA	-		10 + 2	10 + 3	25
5	PAUL ORMROD	ROYAL GUNN	25				25
5	REGINA KNOBEL	ZEPHYRS LADY	25				25
6	CLAIRE LEWIS	LOGAN	24				24
7	HAILEY OVER	LORD BROM	23				23
8	SOPHIE McINTOSH	NEW CENTURY'S MAGIC	17				17
9	RENE MITCHELL	EDDY	15				15
10	RUBY FRAID	TOBY	10				10
10	LINDA STANDING	FANCY THAT	10				10

### NOVICE

Place	RIDER NAME	HORSE NAME	Previous	Class 2	Class 7	Class 12	Total
1	GLENDA BUKOLT	YAHOO II	90	10	10 + 2	10 + 1	123
2	SARAH MARTINDALE	COOPER	39		10	10	59
3	AMY KROEGER	RUBIN	55				55
4	BRENDA WATTS	PRINCE	53				53
5	ERIN MCGAVIN	BOBS TRUE BLUE	52				52
6	MICHELLE SEN	FLASHFLOOD	21		10 + 4	10 + 3	48
7	PRUE BERGMEIER	OBAY	36	10			46
8	MICHELLE McBEAN	MOONKAN ZOE	45				45



# TONIMBUK Equestrian CLUB



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Place	RIDER NAME	HORSE NAME	Previous	Class 2	Class 7	Class 12	Total
8	IMOGEN TUTTON	WP COLORADO	10	10	10 + 1	10 + 4	45
9	JENNA SHANKS	FRED	18	10	10 + 3		41
10	MAX HEIGHT	TURRAMURRA TIC	-	10	10 + 5	10 + 5	40
11	CHLOE SHEPHERD	SUNDANCE	38				38
12	GAIL CLAY	STRACHANIE	37				37
12	JANE HILDEBRANDT	BOBBI	37				37
13	LISA BENNETT	GABRIEL	21			10	31
14	CHLOE SHEPHERD	HONEY	26				26
15	KEN WAKEFIELD	JOS	25				25
15	MADLINE CYPHERS	AURAVALE SANDLEWOOD	25				25
16	MADLINE CYPHERS	LAKEVALE OSCAR	24				24
17	MICHEAL TWEEDIE	MP ADMIRAL	20				20
17	ADELYN FALLON	MINGARRA MISS MONTANA	-	10	10		20
17	JILLIAN STATON	ORION	20				20
17	SHIMONA FRAID	FLAME	20				20
18	STEPHANIE FROST	HUG LANE	15				15
19	KAREN DABBS	RAVARRA DUKE				10 + 2	12
19	LEAN RODWELL	LUCIEN	12				12
20	SHAUN ROBINSON	MAY	11				11
20	ERIN GARTH	HEY MICKEY	11				11
21	EMILY HUNT	SUPERNOVA	10				10
21	CAT MARTINDALE	WHERE'S NED	10				10
21	CHARLEY BEECROFT	WONDER KING	-	10			10
21	MARYANNE FRASER	PUSSYFOOT	-	10			10
22	TEAGAN MCKENZIE	MARENA SKY MAGIC	1				1

## NEWCOMER

Place	RIDER NAME	HORSE NAME	Previous	Class 3	Class 8	Class 13	TOTAL
1	SHAREN GOTTS	ONCE UPON A TIME	65				65
2	JENNIFER MASSEY	SHADOWBROOK DIVA	36				36
3	LINDA WILLIAMS	DAZZLING OAK	-		10 + 5	10 + 4	29
3	MAX HEIGHT	TURRAMURRA SNOW SPIDER	-		10 + 4	10 + 5	29
4	ANDY RENDON	TIME TO ACT	28				28
5	IMOGEN WHITTAKER	CHARLIE DYNAMITE	26				26
6	JAMIE COMAN	ATLAS	-		10 + 2	10 + 3	25
7	MADLINE WILDES	VAUDEVILLE BEWITCHED	-		10 + 1	10 + 2	23
8	BRONA O'MAHONY	AZARA	22				22
9	NIKKI TELLER	SPICY RED	15				15
10	PAUL ORMROD	KLASSIK RAPOLLA	13				13
10	JANE POWELL	RIO	13				13
11	KELLY SHANNON	REMEMBRANCE JEWEL	-	10		1	11
12	LIBBY PRICE	CLASS ACTION	-	10			10
12	KATHY MINCHIN	TIBBY'S DIAMOND	-	10			10
12	TONYA ROSE	ELLIOTT	-	10			10
13	MICHEAL TWEEDIE	MP ADMIRAL	7				7

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## FOXHUNTER

Place	RIDER NAME	HORSE NAME	Previous	Class 4	Class 9	Class 14	TOTAL
1	AIRLIE ROBINSON	CAT BALOU	49	10	10 + 4	10 + 5	88
2	AIRLIE ROBINSON	MONAGETTI	44	10	10 + 5	2	71
3	IZZY DAFNI	CISCO	42		10 + 2		54
3	SUE COMAN	NOBLEWOOD STUD BERETTA	27		10 + 3	10 + 4	54
4	ROB GOODWIN	BENJAMIN BUTTON	37				37
4	SHIMONA FRAID	ALIBI	37				37
5	EMILY HUNT	MISTER LAW	29				29
6	NIAMH WHITCOMBE	KILCOAN CITY SLICKER	15	10		1	26
6	BILL CRISANIS	LINBIL WHITE RUSSIAN	-		10 + 3	10 + 3	26
6	ADELYN FALLON	NATURAL STAR	15		10 + 1		26
7	CHARLEY BEECROFT	WONDER WHY	15	10			25
8	JANE POWELL	SECOND COMING	17				17
9	CAT MARTINDALE	HAZELWOOD ECHO	11				11
10	ALYSHA HARLEN	SUNSET ROYALE	4				4

## D GRADE

Place	RIDER NAME	HORSE NAME	Previous	Class 5	Class 10	Class 15	TOTAL
1	AIRLIE ROBINSON	BP ATHOS	54	10	10 + 5	10 + 5	94
2	FRANCES HUGHES	AREGENTUM	18	10	10 + 4	3	45
3	KATHY MINCHIN	FLAUNTING	-		10 + 2	10 + 4	26
4	KATHERINE CROUCH	GALLANT PRINCESS	25				25
5	JESSICA MORONI	MIGHTY MAX	13	10			23
6	LEAH RODWELL	GRANDE VITESSE	22				22
7	TONYA ROSE	VIGGO			10 + 3		13
7	LINDA WILLIAMS	GRANDE FARNESSE	-		10 + 1	2	13
8	CRYSTAL CONNING	MARCUS AURELIUS	12				12
9	LAURA TRAVIS	MOUSE	-	10		1	11
10	CHLOE JAMES	AEA ROMEO	-	10			10
10	DOMINIQUE STEVENS	CP SAFARI	10				10
11	ERIN GARTH	NP HURRICANE	9				9
12	CRYSTAL CONNING	LA PEREGRINE	5				5

## OPEN

Place	RIDER NAME	HORSE NAME	Previous	Class	Class	Class	TOTAL



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## SPONSOR SPOTLIGHT

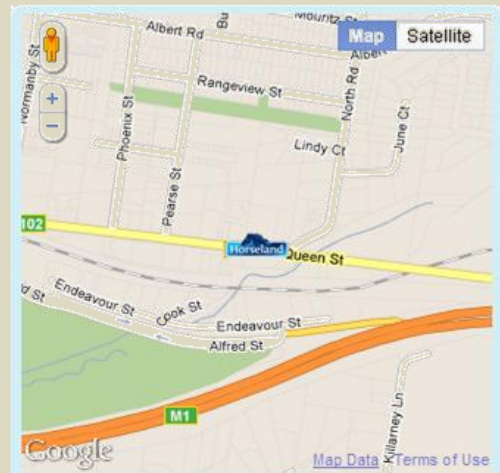
### WARRAGUL HORSELAND



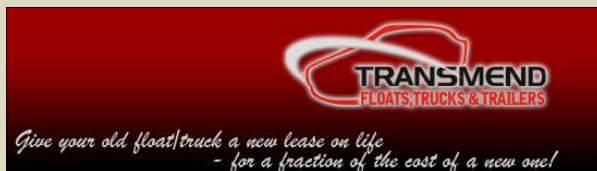
Our thanks to Warragul Horseland who has very generously provided a

number of high quality leather bridles as prizes for TEC's "Jump for Fun" series. Warragul Horseland is easy to find just off the M1 on Queen Street. Pop in to have a look at their gorgeous bridles and new season stock.

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## SHARK NET

I think we all know the importance of our horses' joints... no hoof or leg, no horse!

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Jill Atherstone- Infinity Cottage

Editor's note: I love my shirt - I recommend Infinity Cottage. ☺

## COMING UP AT TONIMBUK

### EVENTING CLINIC WITH AMANDA ROSS – 23 JULY



[\[Click for Entry Form\]](#)

[\[Class List\]](#)

### SHOWJUMPING CLINIC WITH AIRLIE ROBINSON – 31 JULY



[\[Click for Entry Form\]](#)

[\[Class List\]](#)

### SHOWJUMPING CLINIC WITH ADAM WOOTTEN – 4 SEPTEMBER



[\[Click for Entry Form\]](#)

### DRESSAGE FOR FUN

Watch this space!

### JUMP FOR FUN

As per page 2.

[TONIMBUK CALENDAR OF EVENTS](#)



## FROM THE EDITOR'S DESK

### CONFORMATION OF A DRESSAGE HORSE

So, when buying a dressage horse, there are some things to look for. Do you know what they are? Does it even matter? I'm not presenting this information as fact, but rather what's "out there", and you can make up your own mind. Check out horses at competitions, and see if conformation of the top horses lines up with what these articles say.

Rather than breeching copyright and reprinting whole articles: have a look at these:

[Eques Magazine](#) | [Horse Problems Australia](#) | [Behind the Bit](#)

I'm looking forward the "Dressage for Fun" series.. although I think the name of the series is an oxymoron!!!

### SAFETY HELMETS TO BE UPDATED

Now, on to a more serious topic: SAFETY!!! Some people say, that every time you have a fall and bang your head, you should buy a new helmet. I know of a rider who had a fall recently, and her helmet split in half! It was an old helmet too. So, when was the last time you updated your helmet? I know I was thinking of getting a new helmet... I liked mine, but it had faded... so as it turned out, I had a fall, and hit my head about a week ago... so voila! I could justify buying a new helmet! ☺

### EQUESTRIANS AND CALCIUM

Again on the safety topic.... I'd bet a massive percentage of people don't get enough calcium. I think its crucial to have strong bones in our equestrian sports. Anybody can have a fall in any discipline anytime... so don't muck about with your safety, and protect your income... be sure you get enough calcium (of course, usual disclaimer, with your doctor's advice, etc etc). Check out [this site](#) for recommended daily intakes and this page for [sources of calcium](#). Additionally, check out the [different types of calcium](#). Calcium Citrate Malate is the most absorbable type available (not the type in Caltrate). Anyway, do your research and look after yourself. Add calcium to your shopping list NOW.

Meanwhile, I have come across the following article in my travels... and with Alastair's permission, I've included it below for your interest.

### EQUINE TENSION RELEASE THERAPY

[with permission] BY ALISTAIR BROOKS

***Equine Tension Release Therapy (ETRT) is a natural, holistic way of treating horses who are structurally stiff and sore and present as being tense, irritable, sour, nervous, or just generally out of sorts, unhappy, depressed and unwilling to work.***

It is a non-invasive technique involving the application of pressure and movement with the fingers, thumbs and the heels of the hands at specific points on the body of the horse so as to reduce significantly, if not relieve entirely, acute or chronic patterns of tension. In this, ETRT uses many of



the same key trigger points as those used in equine acupressure and shiatsu, which are forms of oriental medical practice that have been used in the healing and health maintenance of horses, people and other animals for around 4,000 years.

ETRT also has its base in modern forms of human trigger point therapy, most especially 'Myofascial Pain and Dysfunction Syndrome Therapy', the 'Neurostructural Integration Technique', and also in what is known as 'Bowen Therapy'. The notion of 'trigger points' may best be explained as relating to specific and highly tender spots in the muscles and other soft tissue of the body, from which and

*The practice of ETRT involves ... cross-fibre moves on the soft tissue ... bands of the muscles, tendons, and ligaments, as well as on the connective tissue, which is known as fascia.*

to which is referred a composite pattern of pain through particular parts, or all of the body. Activation of a trigger point most often produces a localized, as well as a broad-ranging 'twitching' response, that is usually most clearly seen towards the end of muscles, close to their points of insertion and attachment. It is this twitching response that is normally taken as one of the main indicators that muscle tension is being released.

The practice of ETRT involves making pre-determined, systematic sequences of cross-fibre moves on the soft tissue of the horse's body, that is, across the longitudinal bands of the muscles, tendons, and ligaments, as well as on the connective tissue, which is known as fascia. The fascia is a plastic-like membranous wrap, which covers all organs, blood vessels, nerves, muscles, tendons, ligaments and bones. Unlike other structures, which have beginning and end points, the fascial system is continuous and uninterrupted throughout the whole body. It also has

tremendous strength - about 2,000 pounds per square inch. The fascial tissue can therefore exert pressures that can cause nervous, circulatory, and muscular symptoms to present, which appear unrelated, yet their inter-relationships may be profound.

**These symptoms show up most often as movement disorders, structural deviations, and, of course, pain,** of which there are two kinds: The first is where the horse finds that he or she is hurting right here and now - a new experience - and therefore tries to do something about it. The second kind is much more powerful. It is that of remembered pain. In this case the horse is expecting to be hurt, and therefore avoidance and resistant behaviour occurs before the horse experiences what he or she knows is going to hurt. Most, if not all "Naughtiness", i.e. resistances and evasiveness, in the horse is pain-based, and more often than not, it is caused by the second kind of pain, rather than the first, with its more generally obvious causes.

Returning to the fascia, when in prime condition, it is loose, moist tissue, mobile and elastic, facilitating movement between all parts of the body and assisting in the flow of bodily fluids. This web of tissue is also subject to the laws of mechanics, which state that, if a structure is to be stable, the forces surrounding it must be balanced. Thus, the position of the bony structures in the horse's body are determined three-dimensionally by the fascial system that supports it. If the skeleton is mobilized by chiropractic without balancing the surrounding fascial structures, the mobilization will tend not to maintain itself. If however, the restricted fascial structures are released, this will often permit the bony structures to correct themselves, making mobilization by the therapist unnecessary. So, the importance of the fascia in the overall wellbeing of the horse is considerable, hence a good deal of emphasis is placed on making moves on the fascia in ETRT.

To explore this a bit further, it should be noted that the fascia comprises two components: collagen, which is the fibrous part of the fascia, and is elastic enough to give the body its flexibility, and proteoglycan, which is the protein of the fascia - a gelatinous ingredient known as "ground

substance” - and gives the fascia its shock-absorbing qualities. This ground substance can change its state depending on the biological heat or energy of the body, just as jelly does when cooled in a fridge. When an injury or stress occurs, the proteoglycans become more solid, which means the fascia hardens and becomes less flexible and porous. This restricts the flow of fluids and reduces elasticity overall, thereby decreasing the body’s flexibility and its ability to absorb shock. As a result, we begin to see a tightening down of various bony structures and consequent deviations from normal postures and movement.

As well as these more observable effects, hardening and restriction of the fascia has numerous negative effects on blood circulation, the central nervous system, involuntary bodily functions, and the motor neurons called proprioceptors, which control the actual movement and position of muscles, tendons and joints. Also negatively affected by connective tissue hardening is the capacity of the horse to cope with severe emotional trauma, chronic illness, repeated injuries, and repeated experiences of its fight or flight response.

So, in the initial ETRT assessment or diagnosis of each case, a good deal of detective work can be involved in tracking down the reasons why the horse is stiff, sore and uncomfortable both in body and mind. This includes not only looking for what specific stress or stresses might have activated particular trigger points, but also examining what other factors might be perpetuating them. The standard range of possible contributing physical factors, conformational difficulties being not the least important, are, of course, also considered.

*But why should such a close correlation and similarity of muscular and other physical difficulties so often exist between rider and horse?*

Over and beyond this, especially careful appraisals are made of the feet of the horse, the positioning, fit and condition of the saddle or saddles, for often there is more than one, the state of the teeth, and, perhaps most important, how the rider is feeling, and indeed, looking, particularly in terms of their own level of riding fitness.

I have now treated over 5,000 horses with ETRT, and the experience I have gained in the process has shown that, more often than not, if one has a stiff and sore horse who is ridden consistently by the same rider, that rider is also likely to be stiff and sore. And, extraordinary as it may sound, the rider’s difficulties will often, if not always, reflect in some degree those presenting in the horse, and, of course, vice versa. Therefore, the ETRT approach is one that also involves, as far as possible, being able to treat the rider with the human equivalents of ETRT. As already intimated, this has one of its major bases in “Bowen Therapy”, which is now being taught world-wide by the Bowen Academy of Australia and by the Bowen Therapists Association of Australia.

So, overall, the aim of the Equine Tension Release Therapist is to try to find a 'Full Solution', thereby ensuring the treatment provided will at least assist, if not guarantee completely, that both horse and rider are able to return as close as possible to their optimum performance levels; each individual’s 'optimum' - equine or human - being different, and not just in the physical or athletic and mental sense, but in spirit as well.

But why should such a close correlation and similarity of muscular and other physical difficulties so often exist between rider and horse? The reason of course, although generally quite straightforward, is important to state here, as it is often forgotten or disregarded, albeit perhaps unintentionally. But just as frequently, it is because it just does not seem to occur to the rider that such a relationship actually does exist, even though they might be riding at say the highest standard of classical equitation.

The way I explain the reason for this correlation in the context of ETRT is that, essentially, we are dealing with two biomechanical beings, one called the rider, the other the horse, and they have to work together through a combined center. Now, if any one part of either of these two biomechanical beings is in some way constricted or otherwise affected adversely in its ability to function normally, then the whole combination will tend to go forward unevenly, however slight that unevenness might be to start with.

Let us adopt as an example one of the most common, yet still largely unrecognized or unaccepted modern day problems for the horse being used in dressage. I say 'modern day' because it is a problem that seems to have emerged only in the last 30 years or so, mainly as a result of a revision in thinking about where the rider should sit in relation to the horse's center of gravity. It is the example of a recently purchased, well-developed, fairly broad-withered horse, whose new rider, unlike the previous owner, has positioned what is hopefully a well-kept saddle too far forward on the withers.

As a result of the saddle position, the shoulders of the horse will, without much doubt, be restricted in their action, whereas, in the past, this difficulty has not been experienced by the horse. The difficulty will be exacerbated if the new saddle is narrow-gulleted because it will also pinch at the shoulders. If it does do this, then typically it will also probably cause a 'bridging' problem at roughly the center of the saddle panels, thereby creating additional pressure at the shoulders and at two specific points either side of the middle of the back. These, of course, correspond with the rider's seat bones.



Such difficulties, particularly the pinching and forced restriction in movement, will initially cause micro traumas in the horse's musculo-skeletal system, particularly in the shoulders, neck and back. Most especially affected will be these muscles: rhomboid; spinalis and longissimus dorsi; infraspinatus; supraspinatus; and, the cranial deep pectorals. Obviously, other associated parts of the musculature will be adversely affected as well.

In any event, the usual response in the well-trained horse is to try to do its best to accommodate this new problem, which will be further compounded by the weight of the new rider tending to be too much on the forehand. The horse does this by 'splinting', or holding those parts of its body that are being hurt, and going forward accordingly, as best it can. These holding patterns manifest themselves as tight and spasmed muscles, or, more often, it is sections of muscle, which inhibit, and often prohibit entirely, all of the normal physiological processes in and functioning of the affected muscles over their entire length. It is within these tight sections of muscle that the 'trigger points' for referred pain are most often to be found.

Looked at in this early stage, any unevenness will probably be difficult to observe from the ground. But the rider will almost certainly sense that something is not quite right, not quite in balance, perhaps more so on one circle or one canter lead than the other - a lack of synchronization between the diagonal pairs - and they will try to correct or compensate for this. As the rider attempts to work through the correction process by compensating, so the horse then finds it necessary to compensate a bit more to accommodate the rider's efforts. This process of biomechanical compensation and accommodation in both the horse and rider feeds off itself, and it will often build from being almost unnoticeable to being thoroughly uncomfortable for both parties.

Sooner or later, and it is usually sooner, the horse begins to "misbehave". Then, as its resistance to work increases, it becomes more and more un-governable, until eventually it either appears to suddenly go lame or presents with some other major physical and/or behavioural difficulty.

Many horses who are stiff and sore, and there are indeed a great many of them in all spheres of today's equine world, are often unrecognised as such, at least initially and possibly for some time, usually being labelled instead, as I have said, as “naughty”, or worse, “badly behaved”. We are told they are in need of behaviour modification: being worked through their “attitude problems”, because earlier they were going forward very nicely, and now, all of a sudden, they have started to play up and resist being ridden.

Up to very recent times, few people it seemed actually asked themselves why horses would apparently gradually or all of a sudden adopt a resistant and evasive attitude. And the strong rider or trainer, of course, would, and often still does, try to ride a horse through its resistances back to some sort of ‘normality’, usually succeeding in this, at least for a while. Ultimately though, and it can be a slow and agonizing process for the horse, especially in the more forgiving types, excuses are found to “sack” the horse, and they end up being sold on, perhaps not always with as full an explanation as to why the horse is for sale as might be desirable, at least from the potential purchaser's point of view.

Overall then, in nearly all cases, with the exclusion of certain stallion types, almost all musculo-skeletal tension and behavioural problems found in horses tend, as I have already suggested, to be pain-based, be it real “here and now” pain or pain that is remembered and expected by the horse, either in a general sense, or in a locational, rider/trainer, equipment/tack, or circumstance-specific sense, or, indeed, any combination of these factors. In any event, the four most common pain stimuli I find in my ETRT practice are: feet being out of balance through poor or uneven trimming, or being left too long between shoeings; upper molar teeth that are sharp and unevenly worn and in need of attention; the already mentioned poorly positioned or badly fitting saddle, particularly those with lumpy or uneven panels and, very often, uneven stirrup leathers too; and, of course, the stiff rider, that is, stiff in the hands, wrists, arms, shoulders, back, anywhere - it matters not.

*In nearly all cases... almost all tension and behavioural problems found in horses... [seem] to be pain-based...*

and unevenly worn and in need of attention; the already mentioned poorly positioned or badly fitting saddle, particularly those with lumpy or uneven panels and, very often, uneven stirrup leathers too; and, of course, the stiff rider, that is, stiff in the hands, wrists, arms, shoulders, back, anywhere - it matters not.

To deal with only one or two of the most obvious types of problems that may be found presenting in any one horse/rider combination, without checking for and treating other underlying difficulties that will almost certainly be there, is, as I have already indicated, most often to solve only part of the equation, which is

really no solution at all. Yet, as plain as this statement will appear, it is, in fact, what seems to happen in most, if not all cases that eventually fall to me to deal with: the most evident symptoms have been addressed, while their underlying causes and compensatory musculo-skeletal and other symptoms have tended to go untreated or unrecognized. This, it seems, is the principal reason why a good percentage of the horses I see tend to be on a ‘last resort’ basis.

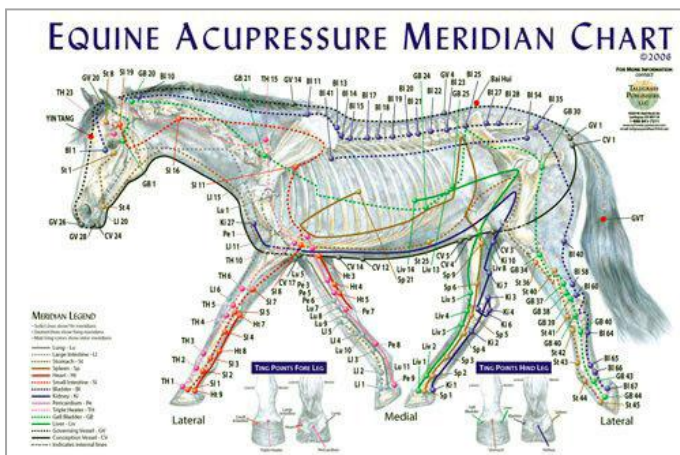
However, it is most important to understand, that, while the ETRT approach *is* to attempt to look for a full solution in each case, it is nonetheless still very much a complimentary form of therapy for horses. In no way does it seek to exclude other specialists, veterinarians, of course, being foremost amongst them. Rather, these other experts are frequently recommended to be brought in to assist in finding the full solution, even if sometimes they may have seen the horse before.

The ETRT technique itself focuses on achieving a number of important effects, which help, most especially, to relax, revitalise, and gently re-establish the natural energy balance and wellbeing of the horse. These effects have been discovered in research into and in the development of trigger point therapies in humans (see references at end of this paper).

The main physical and physiological effects that can result from ETRT are:

- Relieves muscle spasms and re-sets muscles to their normal levels of tension
- Re-establishes the structural integrity and mobility of the skeletal system
- Restores full blood supply to muscles previously in spasm
- Releases entrapped parts of the nervous system
- Activates the body's endorphins processes to combat pain
- Removes uric and lactic acids and other wastes through improving lymphatic drainage
- Releases natural cortisone to aid reduction in swelling
- Improves willingness to work and concentration in training and performance
- Assists in enhancing the body's immune system

Beyond these effects, we now know, in the context of research into acupuncture and shiatsu, that the trigger points used in ETRT also affect the meridian network of the body. This is the network of energy pathways that embraces all of the major organs of the body, and it has been shown to operate quite separately from the nervous system, even though it too conducts an electrical current. As we know, the material world consists of low energy waves differentiated by frequency. However, Chi energy is perceived in oriental medicine, as the essential 'Life Force'. While scientific research has now visually confirmed the meridian system is separate and unique from the molecular and cellular systems of the body, it has been found to link closely to the cell nuclei of tissues and the endocrine and nervous systems. As a result, the balanced flow of Chi energy can be said to be both the cause and the effect of good health.



The conclusions drawn from research done on the meridian system indicate that trigger point therapies like ETRT, can have a positive influence on blockages and stagnation, or disruptions of any kind along meridians, all of which will cause imbalances or disharmonies. These, in turn, will create discomfort or disease (dis-ease) in the associated organ systems. For example, an imbalance in

*Muscles move Bones!*

the Lung meridian may cause coughing, fever, and an increase in overall body temperature, while an imbalance in the Kidney meridian can present as chronic lower back pain, lumbo-sacral pain, and in a weakened immune system.

Overall, it may be said that ETRT can and does have a profound influence on the health of horses, as do its human equivalents on the health of the rider. But, in the final analysis, it must be remembered always that it is the horse itself that does the actual healing; so too the rider. All the Equine Tension Release Therapist is doing is providing a window of opportunity for various cranial, somatic, spinal and autonomic reflexes to be activated, thereby helping to achieve a comprehensive correction of energy flows and a resetting of the balance of the whole body. The body is thus assisted in returning to its optimal structural position and working capacity, insofar as this is possible in each case.

I always like to conclude my explanation of Equine Tension Release Therapy with one eminently simple, yet profoundly significant thought, that might usefully borne in mind by all Horse Humans.

**The thought is this: MUSCLES MOVE BONES!**

And the thing to remember about this is that stiff and sore muscles definitely do not move bones anywhere near as efficiently and well as soft, strong, supple muscles.

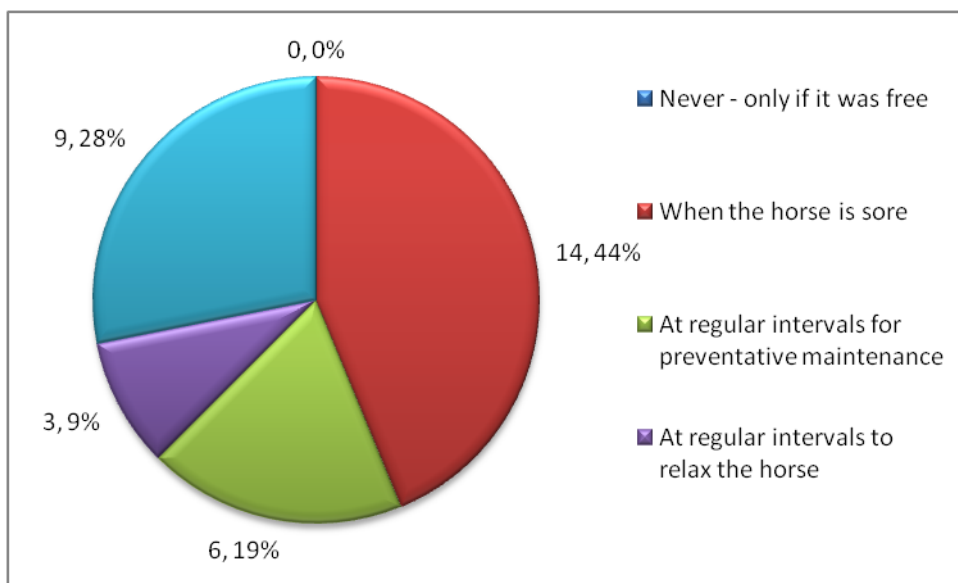
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**SURVEY: EQUINE BODY MASSAGES**

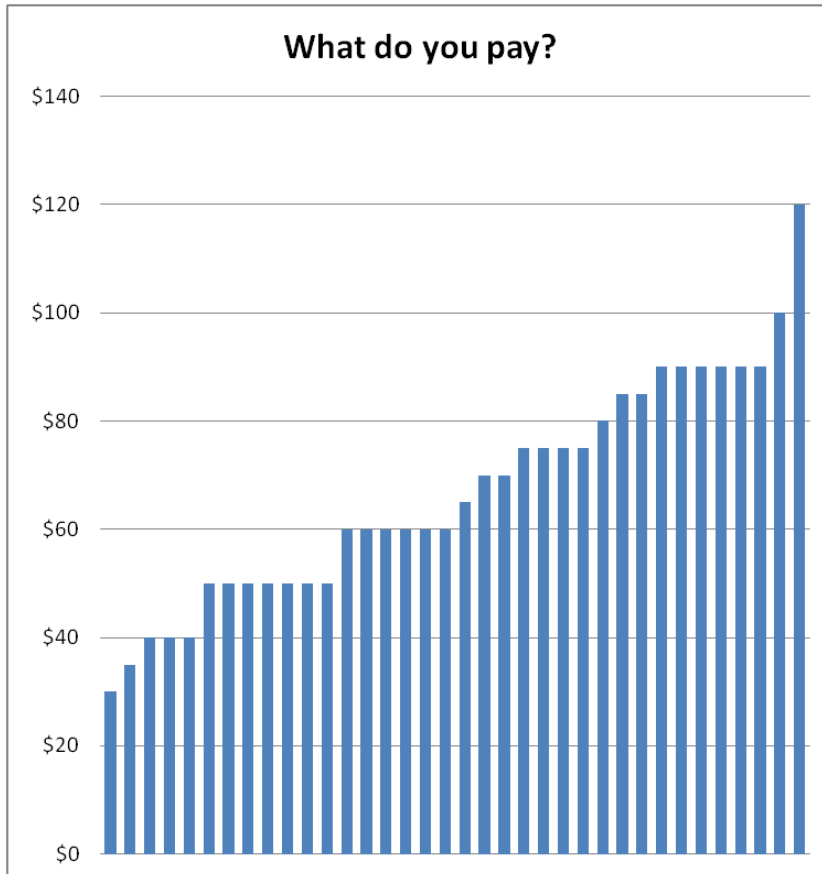
You know I like a good survey... so I opened up a very quick 1 minute survey for people to say when they get a massage for their equine athlete friend, and how much they pay. Here are the results so far from 37 people. [\[CLICK TO TAKE THE SURVEY\]](#)

When asked “how often do you have an equine masseuse see your horse”, 32 of 37 people had these responses.



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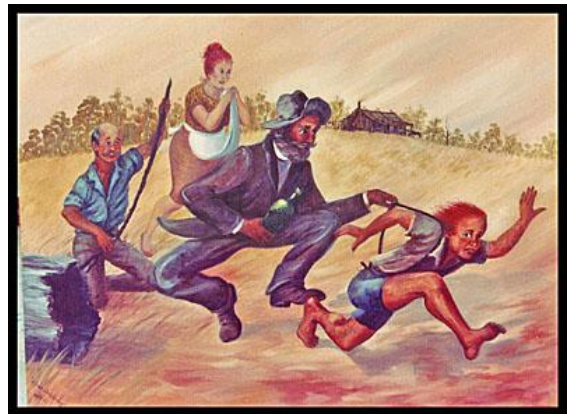
When asked “how much do you pay, and is that per visit or per hour”... 36 of 37 people responded as per graph below.



## A BUSH CHRISTENING

On the outer Barcoo where the churches are few,  
 And men of religion are scanty,  
 On a road never cross'd 'cept by folk that are lost,  
 One Michael Magee had a shanty.  
 Now this Mike was the dad of a ten year old lad,  
 Plump, healthy, and stoutly conditioned;  
 He was strong as the best, but poor Mike had no rest  
 For the youngster had never been christened.  
 And his wife used to cry, 'If the darlin' should die  
 Saint Peter would not recognise him.'  
 But by luck he survived till a preacher arrived,  
 Who agreed straightaway to baptise him.  
 Now the artful young rogue, while they held their colloque,  
 With his ear to the keyhole was listenin',  
 And he muttered in fright, while his features turned white,  
 'What the devil and all is this christenin?'  
 He was none of your dolts, he had seen them brand colts,  
 And it seemed to his small understanding,  
 If the man in the frock made him one of the flock,  
 It must mean something very like branding.  
 So away with a rush he set off for the bush,  
 While the tears in his eyelids they glistened --  
 'Tis outrageous,' says he, 'to brand youngsters like me,  
 I'll be dashed if I'll stop to be christened!  
 Like a young native dog he ran into a log,  
 And his father with language uncivil,  
 Never heeding the 'praste' cried aloud in his haste,  
 'Come out and be christened, you devil!  
 But he lay there as snug as a bug in a rug,  
 And his parents in vain might reprove him,  
 Till his reverence spoke (he was fond of a joke)  
 'I've a notion,' says he, 'that'll move him.'

'Poke a stick up the log, give the spalpeen a prog;  
 Poke him aisy -- don't hurt him or maim him,  
 'Tis not long that he'll stand, I've the water at hand,  
 As he rushes out this end I'll name him.  
 'Here he comes, and for shame! ye've forgotten the name -



Is it Patsy or Michael or Dinnis?  
 Here the youngster ran out, and the priest gave a shout --  
 'Take your chance, anyhow, wid 'Maginnis!'  
 As the howling young cub ran away to the scrub  
 Where he knew that pursuit would be risky,  
 The priest, as he fled, flung a flask at his head  
 That was labelled 'MAGINNIS'S WHISKY!'  
 And Maginnis Magee has been made a J.P.,  
 And the one thing he hates more than sin is  
 To be asked by the folk, who have heard of the joke,  
 How he came to be christened 'Maginnis!'

Banjo Paterson

Source: <http://www.wallisandmatilda.com.au/banjo-paterson-poems.shtml>



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## SECTION 2: TONIMBUK HRCVA CLUB

### HRCVA PRESIDENT'S REPORT



Hi all and welcome to another fantastic edition of the TEC newsletter. I hope you are all finding time in between work, the weather and other commitments to have some fun with your four legged companions.

The beauty of our club of course is that we are not dictated to by the weather; unlike other clubs we can operate all year round so use our training days to your advantage.

The June rally was a rather busy one with two instructors; the ever popular Nina Clark who took the show jumping and Crystal Conning who gave the dressage riders and their horses a good work out.

Make sure you book in early for the July training day. It's being held earlier in the month than usual and with Airlie Robinson and Robyn Brown as instructors it is sure to be popular.

On a sad note, I have been concerned to hear recently of several nasty riding accidents where riders have sustained very serious spinal injuries. On behalf of the club I wish to take this opportunity to extend our best wishes to those riders and remind all members and others reading this newsletter to take care when riding, don't take unnecessary risks, if it doesn't feel right, it probably isn't so don't persist and please ensure your helmet is up to scratch.

On that note, I'm off to enjoy a ride in the sunshine on a magnificent winter's afternoon.

Happy riding Ω

*Helen Ward*

TEC HRCVA President

PRO RATA - 2010/11 Membership Forms & Waivers - [Click here](#)

TEC & HRCVA Uniforms - [Click here](#) for Order Form

## NEXT TRAINING DAY – 9 JULY

Instructors: Airlie Robinson & Robyn Brown



## LET'S DO THE ONLINE QUIZ

Something different this month!!  
This quiz is online!!!

[Click here to take the Quiz.](#)

Question 10 asks what events you'd like to see more of at Tonimbuk... just tick all the boxes that appeal to you!! ☺

The winner will be named as the local **King or Queen smarty-pants** in the August newsletter (so if you're shy, leave a nick-name / alias)... along with the answers.

A stack of several books with one open on top, set against a light blue background.

### Tonimbuk Newsletter Quiz - July

Welcome to the July Quiz - online this time for a bit of fun. You're welcome to leave your name (or alias) and person or person(s) with equal first will be named in the August newsletter and will have "bragging rights" as the local smarty-pants. Enjoy!

All questions and answers have been taken from the book "The Complete Book of the Horse".

Maryanne Fraser - Editor.

\* Required

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Please feel free to submit content!



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## MEMBER NOTICE BOARD

### SILENT AUCTION: JIVE MAGIC X RICHMEED MEDALLION MARE

<https://sites.google.com/site/maryannesportal/home/myhorses/pussyfoot>

17.1 HH Grey mare by Jive Magic, out of Wilky Mirrah (Richmeed Medallion).  
Australian Warmblood (see [bloodlines](#)).

DOB Dec 2002 - 8 years old.

Broken in at 7.5 years old, has very low mileage on her legs / joints!!!



- Amazing / beautiful movement (you'd have to go a long way to see better!), lovely extension in the trot (flicks her toes in walk and trot).
- In transition from walk to trot, she elevates at the front (picks you up) and off she goes.
- Beautiful soft bouncy / uphill canter.... Expressive transition into Canter!
- Transitions down on "exhale" and just by thinking about it.
- Halt to canter transition established. Correct canter leads established.
- Leg yields walk, trot and cater. Responsive to leg and seat aids.
- **Placed 3rd at her first competition (only 3 months under saddle)**
- Soft snaffle mouth. She'll go to the top with the right rider!
- Good ground manners - I've done natural horsemanship with her.
- Sweet nature. She needs a loving home where she can connect emotionally with her owner.

On the Jumping and XC side...

- **Placed 2nd at her first outing (75 cm at Tonimbuk)**
- Will canter or jump into water
- Up/down steps, ditches, logs etc.
- Competing 75cm, training 90-105cm.
- Super agile - don't let her size fool you... she can turn on a dime!!!
- She is green, and if she is feeling confident and has trust in the rider she's quite good. But, she is green and spooky. She needs a good look first, but at such a short time under saddle, we can forgive her.

For sale to best home only. **Genuine buyers serious about dressage should call for a viewing and discuss price.** [See Silent Auction details on the website.](#)

Vet check / blood tests welcome.

Email Maryanne on [maryanne.online@gmail.com](mailto:maryanne.online@gmail.com) or call 0415672725 to make a time to see her.



## **EQUINE BODY MASSAGE**



[www.EquineBodyMassage.com](http://www.EquineBodyMassage.com)