

THJA NEWS

ISSUE #6

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CONTENTS

A letter from the president 3

PEMF - Equine Bodywork 4

Acupuncture, Acupressure & Meridian Touch Healing 10

Obituaries/Memorials 12



A letter from the president

Dear fellow THJA Members,

This time last year, I wrote about reflecting back on the year and the end of my term as your President. Like 2020, that didn't quite happen as planned or hoped. So here I am, again. This time, I am a short timer as I help transition the Presidency over to my much esteemed colleague, Bob Brawley.

As you know by now, we cancelled our Annual Awards Banquet, I want to reiterate that we did not make this decision lightly. It was with an abundance of caution and concern for the well being of all, the Board felt it was the safest option. We don't want anyone getting sick on our watch. I'm as disappointed as you must be. I look forward to getting dressed up and celebrating as much as anyone of you does. That said, here's to a bigger banquet for 2021!

Despite COVID, your THJA Board managed to accomplish many things for you behind the scenes.

We passed made an extraordinary rule amendment, that came into effect 12/1/20, regarding Retroactive Points. Please refer to the Rule Book on our web site for specifics. While you're there, check your member status to make sure you are up to date and have your horse (or your leased horse) correctly registered. If you did a name change, you'll want to be sure you've made the name change with THJA. That way you can avoid any retroactive point issues all together.

Through our THJA Education program, we are about to award



our first ever Merit Scholarships to ten very deserving riders.

We are also bringing back the Lifetime Achievement Award. This will be presented at Pin Oak 2021. I don't want to spoil the surprise, so stay tuned!

And new ... We will be awarding the Dana Brawley Memorial Adult Equitation Trophy...also at Pin Oak in 2021.

There will be more good things coming such as the THJA Medal Finals in Fall 2021. While originally in the works for 2020, we opted to push it back to 2021, this will give us time to make it bigger and better!

May you and yours stay safe and have a happy Healthy, Horsey Holiday!

Suzanne Warmack



Equestrian Portraits by Kristie Nichols

www.moonfyrephotography.com

PEMF - Equine Bodywork

What is it?

By Amber Down, Adept Equine LLC



“What are they doing over there?” I asked a trainer pointing towards a horse with hoses laid

across their back. The horse was yawning while the machine ticked rhythmically.

“They are pulsing it”

“Ok but what does that do?”

The trainer shrugged back “I’m not sure exactly how it works. It helps the horse recover faster. I used it on my ankle once and it felt so much better. It was like magic.”

And so started my research into PEMF for Equine Bodywork.

PEMF stands for Pulsed ElectroMagnetic Field. A quick internet search reveals PEMF was FDA approved for human use in 1979. Since then they have been reclassified as Class 2 wellness devices and FDA approved for uses such as: healing of nonunion fractures, urinary incontinence, muscle stimulation, depression & anxiety, and brain cancer. PEMF first made its way into the equine industry via race tracks. Race horse trainers were looking for holistic ways to help their horses recover from the rigors of training and give them a competitive edge. Since then PEMF has been used for many things in the horse world as it may increase circulation, reduce inflammation and improve overall wellness thus helping the horse heal itself. People pulse their horses for reasons varying from relaxation and exercise recovery to helping find and heal injury.

PEMF is often referred to as cellular exercise and healing at a cellular level. It is believed to work on the Nitric Oxide pathways in the body with the important function vasodilation and increasing circulation. By working with the body at a cellular level and increasing cell performance, the body is then capable of

performing its best and healing itself. It’s believed that PEMF helps improve the electric potential of our cells restoring them to their correct electrical state. We are electrical beings and use energy to send signals throughout our body every moment of our life. This has led some people to begin calling PEMF ‘recharging the cells’.

I’ll admit that PEMF sounded like magical nonsense to me. However skeptical, I believe we do not always understand how something works and that humans have lots left to discover about biomechanics and body function. I’ve seen magic like results from massage, fascia release, acupuncture, chiropractic and other holistic practices. It was time for me to be the test dummy and see if I would find any personal benefit from PEMF. I called several of the main PEMF equipment suppliers for demos and trials. After several individual company pitches, I decided to try Pulse Equine and Magna Wave equipment.

The knowledgeable sales representative arrived and set up the human equipment. She had me take a seat in the PEMF chair for a full body session and then explained we would focus on a problem area afterwards. I could hear the machine clicking as we began. Interestingly I only felt the pulsing in my left shoulder and lower back. The rep explained you typically only feel the pulsing where your body needs it most. My entire left arm pulsed with muscle contractions as I sat. I explained to her that I had a 15 year old torn rotator cuff caused from an involuntary dismount.

She placed the human paddles on my left shoulder. One paddle was placed behind me on my shoulder blade and the other paddle was placed similarly but on the front of my chest. She turned up the PEMF machine and it was the strangest sensation. I felt the pulsing between the two magnetic paddles inside my shoulder! I felt it exactly where I so often

felt pain that prevented me from sleeping or lifting my arm all the way up. It felt like scratching an itch that I had never been able to reach. I pulsed the specific area for 15 minutes.

By the time the rep packed up and left, my shoulder felt different. A little more range of motion perhaps and less grinding when I moved my arm in circles. I wondered if the machine worked or if I was having a placebo effect. The next morning I woke up laying on my left side for the first time in 15 years. I called the sales representative that morning and purchased the equipment. My personal results lasted about 2 weeks after that session. I now pulse my shoulder 1-2 times a month and am pain free with better range of motion.

Since then I have seen PEMF help draw out hoof abscess, ease stiffness and help a hock recover after being kicked by another horse, relax tension of the Poll and TJM, and relax muscles that started creating a hunter’s bump. As with any equine bodywork, PEMF is intended for use on well animals. Diagnosis and treatment of injury must be performed by a veterinarian. If your veterinarian feels PEMF can help your injured athlete they create a plan for the PEMF practitioner to follow.

PEMF has shown great results assisting with exercise recovery & relaxation at shows and can be used in short sessions to assist with muscle warm up and relaxation prior performing. I like to combine PEMF with massage to assist with fascia release and longer term results.

If you feel like PEMF may benefit you or your horse, Pulse Equine and Magna Waves individual websites list their certified practitioners. Your vet, trainer or other horse owners are an invaluable resources for personal experience and references as well. Like massage, chiropractic, acupuncture and other alternative modalities sometimes trying it for yourself is the best way to determine its usefulness for your equine athlete.

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MARKET STATS

AUSTIN REAL ESTATE STATS

October 2020

4,026

NEW LISTINGS

▲ 10%
from
OCT 2019

3,652

LISTINGS SOLD

▲ 18%
from
OCT 2019

\$365,000

MEDIAN SALES PRICE

▲ 13%
from
OCT 2019

\$187

MEDIAN PRICE/SQ FT

▲ 14%
from
OCT 2019

33

AVG DAYS ON MARKET

▼ 37%
from
OCT 2019



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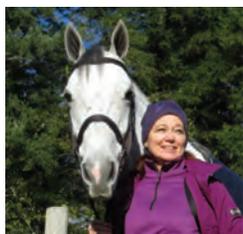


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ACUPUNCTURE, ACUPRESSURE & MERIDIAN TOUCH HEALING

by Jill Todd



Do you ever get that feeling in your stomach right before a competition? What if you could use techniques on yourself as well as your horse to help with anxiety or stress? You Can!!!

Acupressure involves putting pressure via thumb, fingers, or a tool at the same points acupuncturists insert needles. Massage therapists, acupuncturists, as well as chiropractors use acupressure to stimulate healing. These points can be sedated or stimulated depending upon the pressure and technique. Animal owners can be trained basic acupressure techniques to use at home or in the barn on their personal animals. So yes, you can spend time touching your horse and helping them with pain, anxiety, and healing them. You can also use these techniques on yourself.

Using Acupressure to heal animals has been derived from acupuncture. Acupuncture is an integral component of Traditional Chinese Medicine (TCM). Fine needles penetrate the skin and are activated through gentle and specific movements with

the practitioner's hands or even electrical stimulation. These acupuncture points are connected by energy pathways or meridians to create an energetic flow. This flow or Qi moves through the body and is responsible for both physical and emotional well-being. The disruption of the energy can cause stagnation, disease, or emotional upheaval. Using acupuncture on certain points improves the flow of Qi, creating harmony and improving health, and balancing the meridians.

Acupressure uses touch to specific acupoints while Meridian Touch Healing directs the flow of energy in the meridians. This can be done with light touch or no touch using energy in the practitioner's hand which can be held on or a few centimeters above the meridian. The Bladder Meridian Sweep uses the entire Bladder Meridian to balance the twelve main meridians.

Both Meridian Touch Healing and acupressure can be used to calm anxieties, balance emotions, alleviate pain and inflammation. Many competitors get anxious or knotted up in their stomach prior to competition. You can use acupressure on yourself prior to a class to help you with anxiety and stomach upset. But putting pressure with your thumbs on the outside of your leg just below the knee, you can ease anxiety. This point is called Stomach 36 or ST36. It is said to be able to

cure any illness. ST36 calms the spirit and harmonizes the stomach and large intestines as well as balancing Qi. I use it for anxiety, migraines, as well as gastrointestinal disturbances. Try it on yourself while breathing deeply and having intentions of healing. You will be surprised how simple and relaxing this technique can be.

Dr. Jill teaches Introduction to Acupressure and Meridian Touch Healing through Jill and Joan Healing. You can find it at jillandjoan.com and Joan Ranquet's Communication with All Life University. Acupressure and meridian touch healing can be useful at a show when emotions are high, before loading, or to ground, calm, and balance both yourself and your animal. jillandjoan.com also sells hemp extract products for animals. Dr. Jill is a certified veterinary acupuncturist and chiropractor. She has advanced training in veterinary cold laser therapy and does virtual consultations at Jsquaredhealing.com. You can email her at jilltodd@jsquaredhealing.com



Jill Todd, DVM
Holistic Veterinary Medicine

2021 is around the corner.

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for you or your four-legged friend.

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and sign up!





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OBITUARIES/MEMORIALS



**LTC John W. Russell,
US Army Retired
February 2, 1920 –
September 30, 2020**

Distinguishing himself as both an outstanding officer (he was awarded the Purple Heart, The Soldier's Medal, and the Bronze Star in WWII) gifted equestrian,) John Russell had the unique distinction of having ridden on both the last official U.S. Army Olympic Team (London '48) and the first U.S. Equestrian Olympic Team



(Helsinki '52).

After the US Army team disbanded, Colonel Russell continued competing in Europe winning the '49 Prize of Paris, the Puissance, Class in Vichy, and helped his team win the Prize of Nations in '49 as well. Eventually he was reassigned to Pennsylvania where a chance encounter with Colonel John Wofford (himself a veteran of the '32 Olympics and the first President of USET) led him to trying out for the '52 Olympics. The Olympic trials were at Fort Riley. Competing on Democrat, he placed first.

In 1954, after many successes, Colonel Russell was ranked the fourth most successful rider in Germany. He represented the US as an individual in the 1955 World Championships in Aachen before joining Bert de Nemethy's first USET squad and touring Europe in preparation for the Stockholm Olympics. Military duties eventually precluded Colonel's taking another crack at the Olympic Games and lead to his eventual retirement as a competitive rider.

Reassignment in the US as Officer in Charge of the US Modern Pentathlon Team, allowed Colonel Russell to maintain his relationship with the Olympics both as an officer, and later, as a civilian coach of the team. His 1978 Pentathlon team included Bob Nieman, the first American in 60 years to win the individual and team World Championship titles. Later, the 1988 team won Olympic Team Silver in Los Angeles.

Over the decades, Colonel Russell trained many civilian riders and their horses and was loved and revered by many.

Colonel Russell passed away September 30, 2020 in San Antonio, Texas.

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OBITUARIES/MEMORIALS

Celebrating Dana Lee Brawley

On October 17, 2020, friends and family gathered together at Brawley Farms in Double Oak, Texas, to celebrate and remember the life of Dana Brawley. Everyone shared stories and memories and over and over again, Dana's beautiful smile, kind heart and strength were mentioned. It was beautiful to hear about all the lives she touched.

I met Dana a little over 7 years ago when I brought my horse to Brawley Farms. She and Bob had made the move from California to Texas a couple years before that, and she was about 8 months pregnant with Lucas. As soon as I met Dana, I was inspired because she really was the lady that could do it all. She was a loving wife and mother, worked full time for a large software company, managed the farm, competed two horses and still had time for her friends. I loved sharing a glass of wine with her and talking endlessly about horses.

Dana's passion for riding and horse shows started when she was a young child growing up in California. At seven, she convinced her mother to buy her first pony, Sunny, from a stables in Griffith Park. The pony made its way to San Diego in her mom's VW, pop-up van, whinnying all the way down Highway 5! At eight, she won her first major flat class at Del Mar on a big thoroughbred named Sweetie. Pictures of her in a red hunt coat show a tall, straight back and her life-long love of equitation. Weekday lessons were soon added to the weekend schedule. As a teenager, Dana joined the barn of Nancy and Kenny Nordstrom and Cathy Robinson. There she stepped up her training, moved up to the A circuit, and began leasing the horses that helped make her a serious competitor. In addition, while leasing a horse named Mystral for one of those events she met Bob.

And, soon after the Olympic trip, they began their two-year courtship. 2010 was a big year for them. Not only did they get married in May, but they both found exceptional professional opportunities in Texas — Dana with a huge software company and Bob with a new barn.



Amazingly, those positions were just 30 minutes from each other in Denton County! And so they moved to Texas in 2011. And from there, their Texas dreams grew and became reality when they purchased property in Double Oak, and were able to build the barn they both had always wanted. Dana had the perfect view of the horse paddocks from her office where she could keep an eye on her retired horses.

Shortly after Lucas was born, Dana picked right back up where she left off, showing her horses in the Adult Amateur Hunters and the Ariat Medals. By the time he was two, Lucas was showing in the lead line classes, and soon after the walk, trot. At all the horse shows, you would see Bob on a grand prix horse, Dana on one of her horses, and Lucas on a pony! Over the years, Dana was always at the top of her division with World Champion Hunter Rider points and made several trips to the Capital Challenge Horse Show to compete in the Adult Amateur Hunter division as well as the Ariat Medal Finals.

In January 2019, Dana was diagnosed with Stage 4 Colon Cancer. This was a shocking diagnosis and over the next 11 months, Dana was the definition of a warrior as she went through chemo treatments, continued to work full time, show both of her horses and help Lucas with



his ponies! She always had a smile on her face because she was doing what she loved to do, with the people she loved. Throughout the tough year, Dana still qualified for the Capital Challenge Horse Show at the top of her division and the Ariat Medal Finals. The horse show was in between one of Dana's chemotherapy treatments and a major surgery, so two families offered her a "catch ride" on their horses that would already be there for the junior divisions. Dana had what she described as a "magical show", as she was Champion in the Adult Amateur Hunter division on MTM Bazinga (winning two classes), and top 12 in the Medal Final on Viva's Glory.

Right after the horse show, Dana had surgery to remove as much of the cancer as possible, and everyone was hopeful about the results. From the moment Dana was out of surgery, she was counting down the days until she would be in the saddle again. Sure enough, 6 weeks post surgery, Dana was able to ride one of her favorite horses, and feel that joy again. After all, Dana was born to ride! In December, Dana passed away and was finally able to rest from this fight, but her memory will live on forever. Lucas is now showing in the Opportunity Cross Rail Classes and Dana is still keeping a watchful eye over all of her horses and the people she loves.

Donna Cheney

A city fair pony ride was all it took to get 5-year-old Donna hooked on horses and on her way to becoming a much loved and successful hunter jumper trainer in her later years. After taking lessons at various barns in the Dallas area she landed at Greenbriar Stables now known as The Paddocks with Gill Kallenberger where she groomed horses, mucked stalls, and taught beginner lessons to afford her passion. While attending college at Texas A&M University in College Station she continued to instruct riders at Equestrian Park Stables and eventually went out on her own opening Step Aside Farm. She moved her farm to Austin in the early 90's and eventually settled at Elsewhere Farm with Domonie Schiff in 1996 where

she stayed for the remainder of her career. Donna loved training ponies and bringing young riders up through the ranks and produced many local, state, and national award winners. Never one to back down from a challenge Donna could always be depended on to go the extra mile for any client, family member, or friend. Even when challenged with a cancer diagnosis she continued with her can do attitude and continued training and going to shows while undergoing chemotherapy and multiple surgeries. Sadly, Donna lost her years long battle with cancer in August of this year. She was such an important part to so many lives along the way and is greatly missed by all.

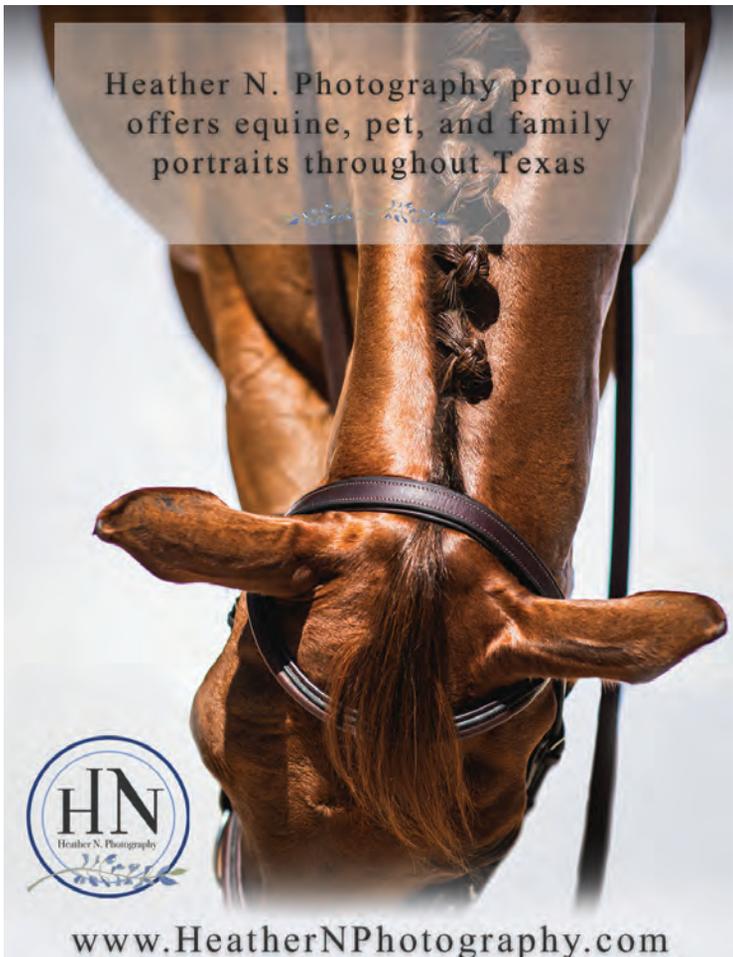




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*May you have a
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see you in 2021!*

2021 CALENDAR OF EVENTS

Feb 12-14	Texas Rose Winter HT/CT/Open Schooling Cross Country Event
Feb 27-28	NTHJC Benefit Show Hunter/Jumper Horse Show
Mar 4-7	Texas Rose Spring Kickoff I Hunter/Jumper Horse Show
Mar 11-14	Texas Rose Spring Kickoff II Hunter/Jumper Horse Show
Apr 22-25	Texas Rose Spring Festival Hunter/Jumper Horse Show
Apr 28-May 1	Texas Shootout Hunter/Jumper Horse Show
May 8-9	NTHJC May Days Hunter/Jumper Horse Show
June 5-6	TRHP/NTHJC Show Hunter/Jumper Horse Show
June 9-13	Texas Summer Challenge Hunter/Jumper Horse Show
July 17-18	TRHP/DHJSC Summer Show Hunter/Jumper Horse Show
Sept 8-12	Texas Rose Sporthorse Cup Hunter/Jumper Horse Show
Sept 15-19	Texas Rose Classic Hunter/Jumper Horse Show
Oct 7-10	Texas Rose Autumn Festival Hunter/Jumper Horse Show
Oct 14-17	Fall Fun Hunter/Jumper Horse Show
Oct 23-24	TRHP/NTHJC Show Hunter/Jumper Horse Show
Oct 28-31	Texas Rose Octoberfest Hunter/Jumper Horse Show
Nov 20-21	NTHJC Year End Hunter/Jumper Horse Show



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