



**Welcome to
Maria Lind-Dickerson
New Dressage Instructor**

Maria Lind-Dickerson has specialized in Dressage for 11 years. The last four years were spent with her mentor, Mette Rosencrantz—a member of the Swedish Olympic Dressage Team. Maria's goal is to share her experience and "secrets" of Dressage with T.E.S. students who are interested in learning this discipline of riding—whether they are "just starting out" or are "ready for more." Maria believes that every student should enjoy riding and should feel secure on and around horses.



**T.E.S. Beginning
English & Western Show
April 19th**

Since the rain has prevented most of us from riding regularly the last month, we have moved the Beginning English & Western Show from March 8th to **April 19th** to give you more time to prepare. Prize lists/entry forms are available in the T.E.S. office. You must

have your instructor's permission to ride in the show. If you have never ridden in a schooling show, come out and see what it's all about!

**Saddle Fitting Seminar
at Dominion Saddlery
April 6th**

Jan Jacobson, AHSA Judge Trainer and President of Performance Saddlery, will give a complimentary seminar on saddle fitting at Dominion Saddlery on **April 6th, from 6:00-8:00 p.m.** This in-depth seminar will cover the saddle needs of different horses, how to measure a horse; static versus moving fit; and how work can change the horse's body and saddle fit. Read Jan's article about saddle fitting on the Dominion web site at <http://www.horsenet.com/dominion>.

**Celebrate Your Birthday
With Real Party Animals!**

Have a horsey birthday party at T.E.S. with riding and activities geared for all levels of riders (ages 6 and up)! Call (818) 569-3666 for more information.

Sign-up now for Spring Horse Camp!

Spring Horse Camp aims to teach kids about the wonderful world of horses. Through horse-related games and activities, kids (ages 7-12) will learn about:

- ◆ the care of horses
- ◆ their characteristics
- ◆ breeds & colors
- ◆ ground and mounted safety



Kids Camp is designed for children at all riding levels—from a child's first experience with a horse to junior riders who show hunt seat, dressage or western.

**Session 1: April 6-10
Session 2: April 13-17**

Monday thru Friday
9:00 a.m. to 4:00 p.m.

Enrollment is limited, so please complete the camp application available in the T.E.S. School Office. Cost: \$250 per week or \$75 per day.

In a fun-filled environment, supervised by trained staff and counselors, campers have riding lessons on suitable horses for young riders, hands-on horsemanship workshops, and other horse activities as well as games, arts and crafts.



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Non-Riding Friends and Family Driving You Crazy?

Here's a chance for them to find out why you love to ride!
Spring 1998 UCLA Extension Horsemanship Course

An English- or Western-style riding course for students at various ability levels—from those who have never ridden to intermediate-level riders. The course consists of seven 1-1/2-hour ground and riding sessions (which cover grooming, tacking-up, and riding) and two evening lecture classes. Riders are divided into small groups according to riding ability. Riding times are arranged at the first UCLA class. The course covers safety, proper horse care, grooming, housing, and horse conformation. **Prerequisite:** Participants must weigh under 200 pounds and be at least 12 years old. Enrollment limited. No refund after April 17. Attendance at the first meeting (at UCLA) is mandatory.

Lectures

Wednesday, 7:30-9:30 p.m., April 15
UCLA 146 Dodd Hall.

Wednesday, 7:30-9:30 p.m., April 22 in
Burbank at the Los Angeles Equestrian
Center, Traditional Equitation School,
480 Riverside Drive.

Riding Sessions

Seven 1 1/2-hour ground and riding
sessions (selected morning, afternoon
and evening riding times on weekdays
or weekends) at Los Angeles Equestrian
Center to be arranged at first
lecture meeting. Your assigned ses-
sion will be the same day and time each
week.

Pick up an application in the T.E.S. Office!
Program starts April 15th.

For the safety of our children, horses and riders, please
observe the LAEC speed limit. Thank you.



T.E.S.



TALK

Publisher
Patricia Kinnaman

Editor & Desktop Publisher
Kathy Matthes

Business Manager
Jan Kuebler

Dominion Saddlery News
Judy Reynolds

The Equestrian Athlete
Johanna Harris

The Vet's Notebook
Dr. David Ramey

April 1998. Volume 1, Number 2. Pub-
lished by Traditional Equitation School,
480 Riverside Drive, Burbank, CA 91506,
(818) 569-3666.

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Spotlight on Dressage

What is Dressage? — The word “dressage” is derived from a French term meaning training. Rarely in the world of sports are athletes called upon to muster the combination of strength and artistry demanded by dressage. Requiring the power and precision of gymnastics, and the grace and subtlety of ballet, dressage challenges mental preparation as well as physical prowess. It is not only a method of schooling, but also a competitive equestrian sport.

The basic tenets of classical horsemanship were first recorded in a book by Greek General Xenophon around 400 B.C. It was further developed at the royal courts of Europe in the 17th and 18th centuries. The Spanish Riding School in Vienna, Austria, with its white Lipizzan stallions, is perhaps the most familiar institution dedicated exclusively to the classical art of riding. While once an activity of royalty, dressage has evolved into a discipline and competitive sport accessible to all horses and riders.

A Method of Training — Dressage develops the horse’s physique and suppleness and improves the three natural gaits. Dressage is considered “classical training” because it uses gymnastic exercises—a series of movements and figures—which have been studied and developed for centuries. When done systematically and correctly, the exercises will cause the horse to be supple on both sides and to respond willingly and obediently, moving freely forward with pure gaits and an even tempo.

The gradual, logical progression of the gymnastic exercises not only leads to an obedient, balanced mount, but it also improves the seat, coordination, and feel of the rider. The rider commu-

nicates with the horse with a subtle shifting of her weight, the right amount of leg pressure, and specific subtle signals to the horse’s mouth through the reins. To ride in harmony with the horse, the rider must follow the horse’s movement with the seat and back, yet maintain elegant upright posture and quiet, independent legs and hands. Developing these exacting skills is a never-ending challenge that requires self-discipline. Dressage is not a “quick fix” approach to training, but a means for building a solid foundation which will cause the horse to be strong, supple, and a pleasure to ride.

Learn more about dressage:



California Dressage Society

<http://www.primenet.com/~cds1/home.htm>



<http://www.usdf.org/>

Dressage: Art of Classical Riding
by Silvia Loch.

Ethics and Passions of Dressage by
Charles deKunffy.

Young Person’s Guide to Dressage
by Jane Kidd.

The Natural Rider
by Mary Wanless.

A Competitive Sport — Dressage has long been a competitive equestrian sport throughout the world and especially in Europe, where Germany has dominated international competition for decades. Dressage first became an Olympic sport in 1912. At the 1992 Olympic

Games in Barcelona, Spain, the United States Dressage Team proudly brought home the Bronze medal, ushering in a new era for American dressage.

In the United States, dressage competition is designed to welcome riders of all levels of experience to compete against other riders as well as against themselves, testing the progress of their training against a standard of excellence. At the local level, unrecognized schooling shows are a good opportunity for beginners to learn about competition in a relaxed atmosphere and at a low cost. From there, more than 500 recognized competitions are offered throughout the nation.

No matter what size the show is, all dressage competition takes place in a rectangular arena of exact measurements. A “standard size” arena is 20 by 60 meters and a “small size” arena is 20 by 40 meters. Along the outer rails of the arena are lettered markers placed at specific points which serve as targets for performing designated movements and figures.

Unlike Western or English pleasure classes where many horses are in the ring together, dressage competition is performed with only one rider in the arena at a time. Dressage competitors perform a test—a specific pattern of movements and figures designed for specific levels of proficiency.

At a dressage competition, the judge evaluates the horse and rider by scoring each movement or figure as it is performed against a standard of perfection, with scores ranging from zero (meaning “not executed”) to 10 (“excellent”). Some particularly difficult movements are given more importance and are multiplied by two.

The judge is not only looking for correct execution of the movements and figures, but also for the quality of the horse’s gaits, impulsion (energy and thrust), and submission (relaxation and obedience). A score is also given for the rider’s position, balance, harmony, and effectiveness.

[Text excerpt from the USDF web site.]

The Vet's Notebook

by Dr. David W. Ramey, DVM

In my previous article, I offered some general guidelines on how to recognize when a horse is lame. This month I will explain how a veterinarian determines which leg is affected and some methods used to determine what is causing the problem.

After a thorough physical examination and watching the horse in motion, a veterinarian will usually have a good idea in which leg the horse is lame. Once the focus is directed at one leg, a number of things can be done to locate the source of the problem.

Any areas of heat, pain or swelling are examined thoroughly. Sometimes it is possible to determine immediately that a particular area is causing the lameness. For example, swelling in a tendon that is accompanied by lameness, heat, and pain when touched is a pretty good indication that the tendon is the source of the problem. Not all lameness is easy to determine, however, and in more difficult cases, a systematic method of determining the location of the lameness is required.

Hoof Testers — If there are no obvious areas that are sore to the touch, the foot is usually examined first. One commonly used device is a hoof tester. This device applies pressure to the foot when it is squeezed and if a horse is sore, he will react by attempting to withdraw his foot from the testers. If a spot on the foot is suspected of being sore, the horse can be trotted after pressure is applied to that sore area. If the horse's lameness at the trot is worse after hoof tester pressure has been released, then it is likely that the source of the problem has been found.

Flexion Test — Another useful way to diagnose lameness is to apply pressure, or stress, a suspected sore spot on the limb. For instance, if a horse has a sore knee, holding the knee in firm flexion for a minute before trotting him may cause the horse to be sore for a few steps. This situation is similar to what would happen to you if you had a bad knee and were asked to crouch for a minute before running off. You'd be limping for a few steps, too. This principle can be applied to a variety of lamenesses, but interpretation of the response is something of an art. Unfortunately, some normal horses will be sore after stress tests, so the test must be interpreted in light of all of the clinical signs that the veterinarian finds.

Nerve Blocks — Nerve blocks are another way to discover the location of lameness. The nerves in the horse's limbs lie close to the surface and, by putting a small amount of anesthetic over the nerve, the areas supplied by that nerve will go numb. Local anesthetics can also be put

into joints and can block the pain caused by joint-related problems. Using local anesthetic "blocks" is a process of elimination. If a horse is sore in a particular area and that area is made numb, the horse will appear to be sound when trotted because the spot no longer hurts. Thus, by using nerve blocks a sore spot in a leg can be isolated. Generally, nerve blocking starts from the ground and works up. This procedure can be time consuming, but it's often the only way that the location of a lameness can be determined.

After discovering where the horse is lame, further diagnostic tests to determine the extent of the problem may be required. Depending on the injury, the most common choices would be either radiographs (X-rays) or ultrasound.

X-rays — X-rays are a form of radiation generated by a portable X-ray tube. The X-ray camera is placed on one side of the limb and a plate, containing X-ray film, is placed on the other side. The density of the tissue between the camera and the film determines the amount of X-rays that reach the film. Bone stops a lot of X-rays and it looks white on the film. Air and water (soft, non-bone tissue is mostly water) allow most of the X-rays to reach the film and they appear black on the film. Therefore, X-rays are useful primarily for disorders of the bones. X-rays of lame horses can be compared with those of normal bones and recommendations for treatment can be made based on the findings.

Ultrasound — Ultrasound is the best method available for examining the soft tissues of the leg because it is not possible to accurately evaluate a soft tissue injury to the tendons or suspensory ligament without this technology. For example, even though a swollen tendon might be an obvious problem, the only way to determine the extent of the injury is to examine it with ultrasound. One noted expert in the field has estimated that ultrasound demonstrated that his clinical impression of injury was wrong 25% of the time! With ultrasound, what appears on the surface to be a minor injury may be determined to be quite significant. Conversely, what may appear to be a major problem can sometimes be no big deal. Based on the severity of the injury, a course of treatment will then be prescribed.

Dr. David Ramey is a 1983 graduate of Colorado State University. He is the author of numerous books and articles on horse health, including Horsefeathers: Facts vs. Myths About Your Horse's Health and the Concise Guide series on equine health care. He can be reached at (818) 953-8528.



Is riding a horse as taxing as riding a surfboard or skateboard? Do we use as much energy riding and cleaning stalls as playing tennis and mowing the lawn? Well, it depends. We can make the energy cost, or energy demand, of riding as high or as low as we want, to a certain extent.

All good discussions about energy begin with food. The energy you need to groom, ride, and clean stalls comes from food and it's right there on the box—350 calories per serving. The caloric content, or energy value, of food is determined by measuring the amount of heat generated when it's burned in a calorimeter. Each kilocalorie, or calorie, equals the amount of energy needed to raise the temperature of a kilogram of water by one degree Celsius.

Since measuring the heat riders generate is out of the question, researchers measure the amount of oxygen they consume to find out how much energy is being used—or as we say, how many calories are being burned. This works because we use oxygen at a fairly constant rate to convert food into usable energy. It takes roughly one liter of oxygen to burn five calories.

This relationship between using oxygen and burning calories makes it possible to estimate the energy costs of trotting and galloping—and it makes it possible for us to compare these energy costs to that of mowing the lawn. The amount of energy we use can be classi-

METs	Physical Exersion
< 3	Mild
< 6	Moderate
< 8	Optimal
< 10	Strenuous
< 12	Maximal
> 12	Exhausting

fied according to the number of METs, or **Metabolic EquivalenTs**, required—a system based on the amount of oxygen needed for energy per minute while resting quietly. (One MET equals three-and-a-half milliliters of oxygen per kilogram of body weight per minute.) A physical activity that is 6 METs means that we'll use six times more oxygen doing it than while resting quietly on the couch. METs give us a convenient way of measuring and comparing the energy costs of physical activities as well as the amount of physical exertion or effort required (see chart).

The problem is that the amount of energy *you* use to catch "Sunny," tack him up and gallop off into the sunset is a very personal figure. It depends on your body weight, the smoothness and efficiency of your movements, how hard you work to control your horse's movements, and, of course, what you're doing at the time. Heavy-set equestrians expend more energy catching their horses than slender equestrians do; novices expend more energy balancing themselves at the sitting trot than Olympians; trainers expend more energy cantering green horses than nonchalant pleasure riders on well-schooled mounts; and quick-maneuvering polo players expend more energy than sight-seeing trail riders.

Even with this personal stuff aside, we can still come close to determining

the energy costs of riding by using a caloric expenditure chart and making adjustments for body weight (see chart).

To find out how many calories you burn, add 10% for every 15 pounds you weigh over 150 pounds or subtract 10% for every 15 pounds you weigh less than 150 pounds. For example, a 135-pound woman burns roughly 405 calories an hour at the sitting trot [$450 - (450 \times .10) = 405$].

So how much energy does it take to ride and take care of horses? After all of this, we can still say that it depends. We can also say that the energy we expend riding and doing barn work is rarely more than an optimal amount.

Activity	Cal/hr*	METs
Clean stalls	550	7.7
Feed horses**	306	4.3
Groom	525	7.3
At the halt	78	1.0
Walk	168	2.3
Posting Trot	420	5.9
Sitting trot	450	6.3
Canter	514	7.2
Gallop	558	7.8
Paint fences	140	1.9
Drive tractor	150	2.1
Walk in field	335	4.7
Aerobics, slow	420	5.9
Shovel snow	450	5.9
Mow lawn	457	6.4
Jog, slow	550	7.7

Calories burned and METs used by an average 150-pound person during various activities.

*Calories burned per hour.

**Assuming feeding horses is less vigorous than cattle, yet more so than animals.

A few years ago, most equestrian activities fell far short of providing the exercise needed for health and fitness according to the American College of Sports Medicine or the American Heart Association. For years, these organizations demanded that we need 20 to 60 minutes of vigorous exercise, three to five days a week, to keep the heart, lungs, and blood vessels in good working order. Recently, however, the Surgeon General released a report on physical activity and health that suggests equestrians might be on course after all.

The report challenged the health industry by stating that we can stay fit by moving around less vigorously, yet more frequently. It says that we should perform at least 30 minutes of moderate physical activity a day, seven days a week—exercising for a longer period of time if the activity is less vigorous and a shorter period of time if it's more vigorous. The report has a long list of suitable activities, but cleaning stalls, grooming, and riding aren't on it. I'd say that an hour a day of shoveling, grooming, and riding should keep us quite fit!

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Johanna L. Harris has an M.A. degree in Physical Education, Exercise and Sports Science from the University of North Carolina at Chapel Hill. She is the editor and publisher of The Equestrian Athlete, a monthly newsletter for equestrian exercise and sport science information. View a sample issue online at <http://www.circle.net/~eai>. You can also reach her at (800) 404-8514.

PONY PALS



Feeding treats is something that everyone likes to do. They can be used in many ways. Some riders use them as a reward when their horses behave. Others use treats to catch ponies that don't want to be caught. Horses are greedy, and most will come to you once they spot something tasty in your hand.

Treats are also a good way to gain a horse's trust and help him get to know you. Unfortunately, treats can also be a bad thing. Some horse grow to expect them and may get grumpy when no treat is offered. These horses may bite or bully you.

Be careful what treats you feed a horse. His delicate digestive system was not meant to process potato chips, chocolate or bread. Don't give a horse hard-to-eat foods like oranges. Stick to the healthiest treats: APPLES and CARROTS.



▶ If you want to feed apples or carrots to a horse, you must cut them correctly. If they are cut the wrong way, they could get stuck in the horse's throat and he could choke. Cut apples in quarters and carrots in finger-long slices. Do not cut a carrot in little round pieces because they can slip down a horse's throat without being chewed.

If you must feed treats by hand, hold your hand flat. If you curl up your fingers, the horse could end up chewing them as well as the tasty treat.



▶ It is best not to feed a horse by hand, especially if a horse is pushy or bites when offered treats—put treats in a bucket or in the feeder. Then he won't associate treats with your hand, and you are less likely to get bitten!

For more great articles, games and horsey fun, buy *Young Rider* magazine at Dominion Saddlery and check out the *Young Rider* web site at <http://www.animalnetwork.com/horses/youngrider/default.asp>.

Young Rider

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Cool Web Sites



<http://www.usdf.org/clubdres.html>

Horse World

A Great Place For Young Equestrians

<http://www.geocities.com/Heartland/5841/>

Young Rider

<http://www.animalnetwork.com/horses/youngrider/default.asp>



<http://www.haynet.net/kidstuff.html>

HORSEFUN FOR Horselovers

<http://www.horsefun.com/>

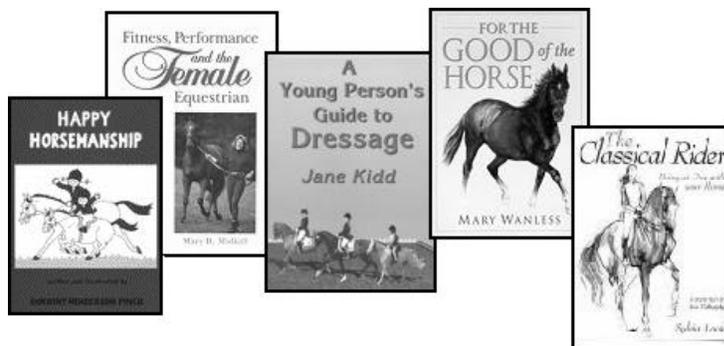


<http://www.horse-country.com/jrdigest.html>

How to Improve Your Horsemanship — Read!

There is a great deal to learn about the world of horses. A good book on riding principles helps you understand the concepts that you are being taught and asked to do in class. Your instructor may not have the time to cover all elements. Therefore, if you read and have a question, you can ask for specific answers. Your instructor will more likely have time for a specific question than for long lectures on the many details of riding, horse care and equipment.

Reading many different books will broaden your knowledge and improve your understanding of the principles of horsemanship. Both of these elements will enhance your understanding in class, help you to increase your riding skills, and allow you to have more fun. There are many good books on riding. Ask your instructor or Dominion's staff for suggestions.



Available at Dominion

Monty Roberts' *The Man Who Listens to Horses* is still on the *New York Times* Best Seller List.

Fitness, Performance and the Female Equestrian by Mary Midkiff is new and proving extremely popular. Check out her Women & Horses web site at <http://www.womenandhorses.com/>.

The Classical Rider by Sylvia Loch mixes autobiography with information for an entertaining look at what makes a classical dressage rider.

The new Mary Wanless book, *For the Good of the Horse*, features general riding and alternative horse care.

Dressage From All Angles by Barry Marshall looks at the classical art from the rider's, trainer's and judge's points of view.

Anne Kursinski's Riding and Jumping Clinic: A Step by Step/Course to Winning in the Hunter and Jumper Rings has really struck a chord with the hunter/jumper crowd—a top notch book from one of the top U.S. jumpers.

For the Young Rider

The ABC's of Basic Riding by Josephine Knowles is a clearly illustrated riding guide.

Happy Horsemanship by Dorothy Henderson Pinch is a perennial favorite with its cute cartoons and sound advice from the horse's mouth.

For ages 8-14, *A Young Person's Guide to Dressage* by British Author Jane Kidd.

Boots Need a Stretch?

Dominion Saddlery recently purchased a fast-acting French-style heat method boot stretcher for your convenience. Instead of taking two weeks to stretch your boots, this super machine does the job in just one hour (not applicable to Konigs). It's FREE at Dominion!

Dominion Saddlery's Barn Runner & Personal Shopper Service

We know how busy you are. Have your orders delivered to you personally. Just give us a call at (818) 842-4300 or (800) TACK UP1.

Young Riders Department

Stop by and visit our Young Riders' Department, now under development. Just in—beautiful ratcatchers from Essex for children. We've got Grand Prix hunt coats, britches, helmets, helmet covers, "Finishing Touch" Pewter gift box with earrings and necklace, and "Tooth Fairy" boxes.

Best Deal in Town Our Meet or Beat Policy

We guarantee you the best deal in town. We will meet or beat any price from any tack store, even their catalog prices!



at the L.A. Equestrian Center
480 Riverside Drive, Burbank

(800) TACK UP1 or (818) 842-4300
<http://www.horsenet.com/dominion>
email: dominion@horsenet.com



April 6-17 Spring Camp (weekly)
 April 19 Beg. English/Western Show
 May 3 Dressage Schooling Show
 6/22 to 9/4 Summer Kids Camp (weekly)

Aug. 23 Potluck & Playday
 Sept. 27 Beg. English/Western Show
 Oct. 31 Halloween Party
 Dec. 20 Christmas Party

For more information, call T.E.S. at 818-569-3666.

LAEC Shows

Apr. 4-5 Gold Coast II Hunter/Jumper Show
 Apr. 18-19 Andalusian Horse Show
 Apr. 23-26 Hollywood Charity Reining Royale
 May 2 American Pro Polo
 May 7 Calnet Disabled Riders Show

For more information, call 818-840-9066.



Dressage Shows

Apr. 18-19 Meadows of Moorpark
 May 2-3 Equifirst Ltd. Spring Dressage
 June 13-14 Dressage in the Valley (Moopark)

For more details, see the CDS web site at: <http://www.primenet.com/~cds1/showcal.htm>



Hunter/Jumper Shows

Apr. 4-5 Gold Coast II (LAEC)
 Apr. 24-26 Flintridge Children's
 Apr. 4-5 Gold Coast II (LAEC)
 Apr. 24-26 Flintridge Children's
 May 16-17 Gold Coast III (LAEC)
 May 21-25 Memorial Day Classic (LAEC)
 May 30-31 Paddock III

For more information, see the *Jump! Magazine* web site at: <http://www.extendinc.com/jump/show.htm>



Combined Training

Apr. 3-5 Ram Tap HT, Fresno

For more information, see the USCTA web site: <http://www.hhorse.com/USCTA/calendar/home.html>



Western Shows

Apr 18/19 Andalusian/ETI at LAEC
 Apr 26 ETI Open, Pierce College
 May 1/2 Pierce College Intercollegiate Rodeo
 May 3 ETI High Point Show, L.A.E.C.
 May 31 ETI, Martinez Arena, Burbank

For more information, see the Equestrian Trails web site at : <http://www.eti.av.org>



Saddle Fitting Seminar at Dominion Saddlery April 6th

Jan Jacobson, AHSA Judge Trainer and President of Performance Saddlery, will give a complimentary seminar on saddle fitting at Dominion Saddlery on **April 6th, from 6:00-8:00 p.m.**

Custom Chap and Boot Fitting

Dominion's Memorial Day Sale and Journeyman Chaps & Vogels Boot Custom Fittings are scheduled for **May 21-25, 1998.**

Grand Prix Festivities

You are cordially invited to partake of Dominion's delectables at the Grand Prix on **May 25th, September 20th and November 14th.**

Annual Tent Sale

Super store-wide savings at our big event of the year on **October 10-11, 1998.**

Holiday Open House

Kick off the holiday season with a store-wide 20% discount on Saturday, **December 12th, 1998.**