



New Instructors Join the T.E.S. Family

T.E.S. and Van Dahn International are proud to announce the addition of two new trainers to their staff. They are both highly qualified dressage riders and trainers and have studied under Bo Tibblin and other instructors at the Swedish riding academy, Stromsholm.

Nina Malmgren began riding at the age of four. She focused mainly on 3-day eventing, but during the last ten years she has concentrated on dressage. Between 1985 and 1989, she attended Stromsholm, where she refined her riding skills under the tutelage of Bo Tibblin and Mette Rosengrantz and was one of Bo Tibblin's top students. Nina has trained seven of her own horses during her twenty-year riding career, many of them to the FEI level, and she is a recognized FEI rider and dressage judge. She has also managed two riding schools in Sweden, where she worked with all levels of horses and students. She is quite proud that some of her horses have progressed "from nothing to Prix St. George level and above," and that her students have successfully competed in the national Swedish dressage competitions. Nina takes her riding seriously, and she expects the same dedication and effort from her own students.

Carita Wikström also started riding at the age of four. She has competed in jumping, dressage, eventing and "everything else" since she was eleven, but likes dressage the best. Carita has trained many of her own horses and likes working with the younger stock. She truly enjoys teaching people to ride, from beginning through advanced, and likes to talk to many different people

about her primary interest — horses. Carita is an avid reader, and is especially interested in history and geology. While she is with us, her main goals are to hone her dressage skills, work on her English, go to Disneyland, the beach, Hollywood and maybe even to Hawaii.

T.E.S. has also added some very talented instructors to its staff over the last few months to enhance the Western, English and Dressage programs.

Andrea Caplan began riding at the Rock Creek Riding School in Washington. When she decided that she was serious about pursuing a career with horses, she completed the nine month British Horse Society's Assistant Instructor's course at the Yorkshire Riding Centre in England, where she trained with Christopher Bartle and Jane Bartle-Wilson, members of the 1984 British Olympic Team.

Sherri Doyle-Murphy began riding in High School at the Junior Equitation School in Vienna, Virginia. She studied Horsemanship and rode at Virginia Intermont College for a year and then returned to JES, where she taught for 5 five years before coming to L.A. She taught at Woodlawn Stables for two year before joining T.E.S. Although her background is in Hunter/Jumpers, she has been focusing on dressage for the last few years.

Angie Kissner came down from Washington to be our Barn Manager and to teach in the Western program. She began riding at age 2 and started showing in Western pleasure shows at 5. When she was 8, she began riding English and showing in equitation classes. Angie has owned horses all of her life and began

breaking and training horses at 14. She worked at a thoroughbred farm for two years where she broke, trained and conditioned horses for the track. She was also very active in the 4-H Club for 10 years, where she taught both English and Western equitation and showmanship classes. Angie has also judged Western and English shows for the 4-H Club and for local schooling shows.

Steve Loch began riding at 4 when he got his first pony, Tony the Pony. He got his first horse at 8 and began western riding lessons in his home town of Sacramento. He trained under Sandy Collier for reining and cutting horse, Danny Gerardi for working cow horse and Tony Nicholson for barrels and has competed in ETI and AQHA shows. While he was in college he ran an amateur barn, the Bar-W Ranch in Thousand Oaks, with Bill Colburn, where he trained horses and gave lessons.

Debbie Overman learned to ride when she was seven. She started showing in Western equitation and barrel classes when she was 11. For three years, she trained under Rita Devlin and, at 15, she began showing in English equitation classes. Debbie was very active in the 4-H Club in Idaho and she established the English division in the 4-H Club shows, which only had a Western division. She also attended many clinics and workshops which helped her train her own horses and prepared her for Schooling, Open and Quarter Horse shows.



From the Editor:

We hope you enjoy this edition of T.E.S. TALK. We want to keep you informed about upcoming events like clinics and shows, as well as reports on those events and other interesting T.E.S. news. Dr. Neil Gray's monthly column will answer your equine health questions, so don't hesitate to ask about all those puzzling aspects of horse care. In the Point to Point column, our T.E.S. instructors will give you insights on how to improve your riding and showing skills. In the next issue we plan to have a Letters column for those of you who have useful information or questions that would interest all of our students. We'd like to have a Forum where your questions about horsemanship, riding, showing or training will be answered. There'll be a Kid's Corner for our younger riders, a Classified section and an FYI column with tidbits of helpful information or equine trivia.

Please address your letters to Editor, T.E.S. TALK, and leave them in the school office.



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The Winner's Circle

We are proud to announce that the following students have qualified for the medal finals: **Kathy Mancini** on Exclusive Music (Eva La Ru) for L.A. County; **Tracey Renson** on Tandau for San Fernando Valley; and **Lydia Doherty** on Tandau for the Tri-Valley Finals.

Jennifer Reames on Best Fellow was the Short Stirrup Reserve Champion at Atlasta's May Hunter Show. **Susan Dudley** was the Adult Amateur Hunter Champion and the Adult Equitation Reserve Champion at Camelot's June Hunter Show.

Congratulations to the T.E.S. students who rode in the Dressage Schooling Show on May 28 (Carol Plough, Judge). **Karen Kuser** received a 1st on Kentucky and **Deborah Falkinburg**, 3rd on Tristan in Pre-Training, Test 1. **Michele Schultz** placed 4th on Lucky and **Mary Ann Bolt**, 3rd on Kansas in Training Level, Test 1. **Heidi Simmet** was 3rd on Tristan; **Priska Mark**, 5th on Kansas; and **Michele Schultz**, 4th on Kansas in Training Level, Test 2. **Anne-Marie Lindell** was 2nd on Max and **Missy Lathrop**, 3rd on Ricky in Training Level, Test 3.

Congratulations also to the T.E.S. students who competed in the Equestrian Trails, Inc. Corral 38 High Point Show on June 11 at Martinez Arena: **Cythia Merine** received three 2nds and two 3rds on Nebraska and was also the Reserve Champion; **Nori Gerardo**, two 2nds and three 3rds on Formal Attire; **Kurstin Sawyer**, a 2nd, two 3rds and two 4ths on Nebraska; **Tia Seef**, two 2nds, two 3rds, and a fifth on Lucky; and **Christie Lane**, a 2nd, 3rd, 4th and fifth on Forever Amber.

Our dressage instructors from Van Dahn International made us proud at the Summer Preview Dressage Show on June 2-4 at the L.A. Equestrian Center. **Nina Malmgren** placed 1st and 3rd on Sir Monte (Nicole Spurge, owner) in Fourth Level, Test 2. **Carita Wikström** placed 2nd in Training Level, Test 3 and 3rd in Training Level, Test 4 on Jamie (Germaine Nagaraja, owner) and 3rd in Training Level, Test 3 on Chester (Connie Berg, owner). **Lasse Holmberg** received a 1st on Dark Mirage and achieved FEI High Score. He also received two 3rds in Fourth Level, Tests 1 and 2 on Iliad (Kathy Worthington, owner) and a 2nd and a 3rd for Third Level, Tests 1 and 2 on Shakespeare (Kathy Worthington, owner). **Amber Minson** received a 1st in Third Level, Test 2 and two 2nds for Second Level, Test 4 on Nyans (Wendy Lenske, owner). **Germaine Nagaraja** placed 1st in both Training Level, Test 3 and Test 4 on her horse, Jamie.

Our first T.E.S. Friday Night Jumper Show was a success and so were our students! In Hunter Hack (School), 1st, 2nd and 3rd went to **Karen Henderson** on Michigan, **Leslee Mounger** on Nebraska and **Peter Dukes** on Washington, respectively. **Megan Murphy** placed 1st on Michigan and **Jennifer Reames** on Short But To The Point placed 3rd in Hunter Hack (Juniors). In Hunter Hack (Open), 2nd and 3rd place went to Elaine Fresch on Michigan and **Loretta Switt** on Tennessee, respectively. In Novice Jumpers (School), **Kris Etchison** placed 1st on Nebraska and **Peter Dukes**, 2nd, on Washington. In Novice Jumpers (Juniors), **Amy Coburn** was 1st on Short But To The Point, **Jennifer Reames**, 2nd, on Best Fellow and **Megan Murphy**, 3rd, on Michigan. In Novice Jumpers (Open), 1st went to **Eva La Rue** on Exclusive Music and 3rd to **Gail Harris** on Tennessee. In Warm Up Jumpers, **Eva La Rue** won 1st on Exclusive Music and **Gail Harris**, 3rd, on Tennessee. In Open Jumpers, **Amy Coburn** placed 1st on Short But To The Point and **Kathy Mancini** placed 2nd on Washington.



The Vet's Notebook

While most people realize that their horse needs vaccines on a regular basis, few know what vaccines are, how they work, or how often they should be given. Most clients simply want me to give their horse its "shots." However, it is important to understand how vaccines work and why they are vital to your horse's health.

Vaccines are designed to create a response from the horse's immune system so that, in the event of exposure to a disease, the horse will be able to fight off the invading organisms. The body creates *antibodies* against these organisms from either exposure during sickness, or by exposure to a vaccine.

Vaccines can be made in several different ways. Some are made up of dead organisms, and others consist of only portions of an organism that have been altered, so that they are no longer capable of causing disease (a process called attenuation). Tetanus vaccine is made from modified tetanus toxin (produced by the bacteria *Clostridium tetani*) so that during infection by this bacteria, the toxin produced is neutralized and cannot harm the horse. Antibodies produced from a vaccine are stored by the body for use against invasion by the organism which causes the disease. The cells that produce antibodies are programmed with a memory, so that they can react more quickly when they are exposed to the disease.

Typically, the first exposure to a vaccine produces only a limited, short-term response by the body. This initial response takes one to two weeks after the vaccination and lasts only a few weeks to a few months. Because of this, most vaccines require a booster shot three to four weeks after the initial vaccination. The booster shot then causes a stronger, longer-lasting response from the horse's immune system. Because this response diminishes over time, most vaccines require at least yearly booster shots to ensure an effective level of immunity. Some diseases, such as Influenza (flu) and Rhinopneumonitis (Rhino) require more frequent booster shots because protection from each vaccination is short-lived, and the viruses that cause these diseases change rapidly as they try to evade the horse's immune system.

Your horse should receive routine vaccinations for Tetanus, Influenza, Eastern and Western Encephalomyelitis (sleeping sickness) and Rhinopneumonitis. It is less common to vaccinate for Strangles (a bacterial disease caused by *Streptococcus equi*), although with the availability of newer, safer more effective vaccines, more people now include Strangles in their routine vaccination schedule. A vaccine for Potomac Horse Fever has been available for two years and probably has been responsible for limiting the spread of this disease in our horse population. Horses are also susceptible to rabies and, in areas of high risk, rabies vaccine is used extensively. There are other vaccines available, but are not commonly used in this portion of the country. However, horses traveling to other countries may require additional vaccinations. For example, the horses that went to Korea for the '88 Olympics were given Japanese Encephalitis vaccine!

I hope this overview has answered some questions you may have had about vaccinations and encourages you to make sure that your horse's shots are up to date.

Neil H. Gray, DVM

The Vet's Notebook is a monthly column that answers your equine health questions. Please address questions to Editor, TES Talk, and leave them in the School office. Dr. Gray has recently established his own equine practice in Tarzana, (818) 609-7676.



Calendar of Events July 1989

Traditional Equitation School

- 9 Dressage Schooling Show
- 10-14 Junior Horsemanship Camp
- 17-21 Junior Horsemanship Camp
- 22 Horse of Your Own Clinic
- 24-28 Junior Horsemanship Camp

Los Angeles Equestrian Center

- 15-16 Bill Picket Invitational Black Rodeo
- 28-29 Calizona Appaloosa Horse Show
- 30 San Diego County Appaloosa Horse Show

Southern California Area

- 5-9 July Theme Show (Del Mar)
- 8-9 Dressage Among Friends (Agoura Hills)
- 13-23 Santa Barbara National
- 15 Orange County Fair (Costa Mesa)
- 15-16 Bell Canyon Dressage
- 22-23 Dressage by the Sea (Malibu Riding Club)
- 23 \$25,000 Grandprix of Santa Barbara
- 23 Foxfield Summer (Westlake Village)
- 27-30 Region II Summer Classic (Santa Barbara)
- 30 Camelot Riding Club (Newhall)

Don't forget to mark August 18 on your calendar, so you can plan to attend the T.E.S. Annual Playday and Potluck!

Point To Point

Dressage Basics: The Correct Seat by Carita Wikström

One of the most important aspects of classical dressage is to teach the horse to move in a balanced manner. When this occurs, the horse will relax, move forward from behind, bend correctly and go on the bit. It is the rider's job to help the horse balance properly, but this cannot be achieved from a poor, unbalanced position. Thus, the rider must have a correct seat in order to use the aids to influence the horse properly.

The correct seat is obtained by aligning the body so that a vertical line could be drawn from the ear through the shoulder, hip and heel. The thighs and knees should be kept flat and steady against the saddle with the knee caps pointing forward. The lower leg (inside of the leg, not the back of the calf) should be

stretched downward without tension and with as much contact as the position of the knee permits. This contact should be light. The feet should be almost parallel to the horse—the toes should not point out-
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body.
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knee is
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rups
at the
trot, but
should
the weight of the rider at the sitting trot. (The length of the leathers is correct if you can pick up the stirrups by lifting the toes.) The upper part of the body should be relaxed. The head and neck should be carried in a natural way, and the eyes



should be looking forward. The shoulders should be lowered and pulled slightly backward, and the back should be straight. You should sit on both seat bones in the deepest part of the saddle. Your hands should be a little above the withers, with thumbs on top, about four inches apart. Close your fists around the reins without cramping them. The hand must be steady, soft, sensitive and flexible.

The best way to develop a correct, balanced seat is on the lunge line. It will also help you to attain independence of the seat, legs and hands and allow you to learn the correct way to use the aids.



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