



eQuester

Wisconsin Dressage & Combined Training's Monthly Newsletter

Heart to Heart: A Personal Story

By Diane Brault

Today I am writing to share with you my experience with heart disease, in hopes of sparking you to learn a bit about symptoms of a heart attack and become more aware of what your body might be trying to tell you.

Originally, I had planned to write just a few paragraphs about the odd heart attack symptoms women usually experience, but, not surprisingly, things got a bit out of hand, which they often do once I sit down at the computer! If you're not interested in reading my entire, wordy story, I won't mind. Just skip to the section titled, "The Learning Curve."

You are probably familiar with the common men's symptoms of a heart attack, including chest pain or pain radiating down the neck or arm, feeling out of breath, or the feeling of an elephant sitting on your chest. I experienced NONE of these with my heart attack!

My story begins with my family. My mother's family was rife with heart issues. Only one of her four brothers lived past the age of 45, and she and her five sisters all had their heart issues too, but ended up dying of Alzheimer's.

My mom had her heart attack in her upper sixties, and so did I. When my mom had her heart attack, she said she had a "fuzzy" feeling in her chest that seemed to grow in size for a week or two. Then one night she felt a little nauseous, which, knowing her family history, rang the alarm bells for my dad. He rushed her to the hospital, and she had six bypasses in the next day or two.

Would you have rushed to the emergency room with those mild symptoms—a fuzzy feeling and a little nausea?

My story picks up about 12 years ago, when I failed a stress test. Part of my heart wasn't getting enough blood flow. The cardiologist wanted to put stents in right away. He did let me know the risk of "catastrophic" side effects (meaning dying on the table!) was one in 100! The teacher in me popped up and thought, "That's one kid in a hundred kids (only four classrooms!) who will die as a result of the surgery!"



Diane and her mom

Chicken me. I declined. Instead, he put me on baby aspirin and a couple of statins. I was hoping I might avoid or, at least, put off the likelihood of a heart attack with taking the meds and losing a little weight. It didn't work, obviously. Or maybe it did. Maybe those drugs helped stall the growth of plaques in my arteries and helped me avoid having the "widow-maker" of heart attacks. Who knows?

Over subsequent years, I made two fearful, late night visits to the emergency room when nausea and a feeling of a lump in the center of my chest woke me up in the middle of the night. My mom's experience echoed in my brain, and I made the choice to go in to the ER instead of playing Russian Roulette with my heart! Neither time could they find anything wrong with my heart.

A few years later I had another stress test, which did NOT show ANY problems, unlike the results of the first stress tests! Evidently, there is a 4% rate of false positives with stress test. My cardiologist explained it was possible my first stress test might have been one of those false positives.

Continued on next page

Heart to Heart continued

The doctor also explained heart-burn symptoms can be exactly the same as heart attack symptoms, especially in women. I was royally confused and frustrated!

“How am I supposed to tell if I’m having a heart attack or just having acid reflux?” I whined. To my dismay, he replied, “You can’t. The symptoms can be exactly the same.”

More whining. “I can’t just run to the emergency room every time I have heart burn! I may as well live here, then!”

“Well, come with me,” the doc replied with saintly patience. “Let’s take a walk.”

As we walked up a couple flights of stairs, the cardiologist

frequently asking me how I felt. My answer was always, “Okay.”

“This,” he explained, “is sort of like a home version of a mini stress test. Walking up the stairs causes your muscles to call for more oxygen. If your heart isn’t able to pump out enough oxygenated blood to meet your needs, it will cause increased pressure or pain in your chest. At that point, it’s time to call 911, unlock your front door if you’re alone, take a nitroglycerin tablet, and sit down in a chair to wait for the ambulance. If your symptoms don’t get worse during the stair climbing, you’re probably just having heartburn symptoms. Take an antacid, sit down and wait for the symptoms to subside.”

This knowledge gave me tremendous peace of mind! It gave me the knowledge I needed to keep me out of the ER for quite a few years. At least until this spring, that is....

On Monday, May 11, I experienced two brief dizzy spells, only a couple of minutes each, while working outside. I had never had a dizzy spell before, so this was a bit disconcerting. Knowing low blood sugar and low blood pressure can cause dizziness, I went in the house and checked my blood sugar and took my blood pressure. Both were normal. Perplexed, I stayed indoors and took it easy for the rest of the afternoon.



On Friday, May 15, I had another dizzy spell. This time it lasted much longer and was accompanied by my acid reflux symptoms (nausea and a slight pressure in my chest as if a pill went down sideways and lodged in the middle of my chest). Again, both my blood sugar and blood pressure were fine. But the addition of dizziness to the acid reflux symptoms bothered me. Finally, I called my doctor who suggested I go into Madison to Urgent Care. Once there, it didn’t take long for the Urgent Care doctor to call an ambulance to transport me to Meriter’s ER.

Would you have called your doctor about feelings of acid reflux and dizziness?

During a four-day stay at the hospital, I went through a barrage of tests: blood tests, chest X-ray, EKG and ultrasound. The results of those tests were inconclusive, but still the

doctors were suspicious.

So, we moved on to a chemical stress test. That showed, without a doubt, the primary pumping chamber of my heart was not getting enough oxygen! Critical information, but definitely not what I wanted to hear!

The next day, they followed up with an angiogram. In this procedure, they put you partly asleep while

they thread a tiny camera from your wrist into the arteries of your heart, and have a look around. (Isn’t our medical technology amazing?!?) That showed them I had seven blockages, ranging from 50 to 90% closed. Normally, if a person has more than three blockages, they perform open heart bypass surgery, where they remove some veins from your legs or your breast,

and use them to hopscotch around the blockages. I was sent home to wait until they could find a slot for me to have bypass surgery.

Unfortunately, my symptoms got worse at home. After one day at home, I was readmitted to the hospital, where they began the process of preparing for surgery. To my surprise, I didn’t qualify for bypass surgery! One of my main arteries (the LAD artery—also called ‘widow-maker,’ since if it blocks up, you die in only 1 to 2 minutes, end of story!) had three blockages on its main branch. A kind and patient cardiologist explained with bypass surgery, they are only able to bypass a single blockage on any single main artery. That made it impossible for surgeons to successfully bypass all of the blockages on that single, critical artery. The only good option left to me was stenting. I jumped for joy at that!

Continued on next page

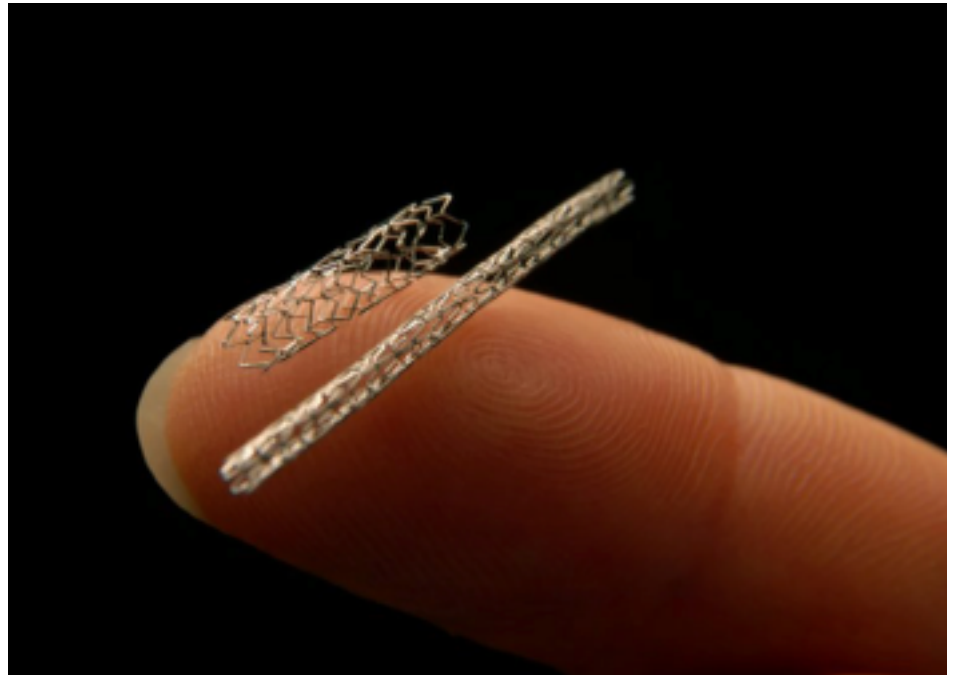
Heart to Heart continued

The stenting procedure was nearly identical to the angiogram. The surgeon threaded the stents through my wrist and arm and into the arteries of my heart and placed the stents inside the blockages. As the stents were opened up, they compressed the sticky plaque and opened up more space inside the arteries, restoring a good flow of blood through them.

In my case, they were able to open up five of my seven partial blockages. Two of them were either too difficult to get to or too small in diameter for a stent to slide into them. (The stents are the size of the spring inside of a ball point pen.) For that reason, I still get some chest pressure when I exercise vigorously. This worried me, until I talked to the cardiologist again. She explained the pressure I feel at times of vigorous exercise is telling me my muscles are calling for more oxygenated blood than my heart is able to provide. This prompts my body to grow a net of tiny blood vessels in the areas fed by those two remaining small blocked vessels. Essentially, my body is able to grow its own bypasses for those areas! Amazing!

The more I learn, the more I'm blown away by the complexity and the capabilities of our amazing bodies! This link will lead you to a good overview of facts surrounding stents: <https://www.youtube.com/watch?v=ZbwvBeDsmBc>

The silver lining to stenting was the rapid, nearly painless recovery. I wouldn't have to spend the precious riding season watching my shiny coated mares munching on the pasture while I could



only stare longingly at them from a lounge chair in the living room. To my husband's chagrin, I was back to riding only a week after the stents were put in! Hurray!

However, I am NOT totally cured, and never really will be. The doctor explained new blockages can grow in any artery. If the blockage is near the heart, it could cause another heart attack. If a blood clot forms in the arteries leading to the brain, it could cause a stroke. (Both fall

under the same wicked category: cardiovascular diseases, or CVDs.) If the blockages grow in the arms or legs, it's called peripheral artery disease, or PAD. Reducing my risk for a second heart attack is up to me. I can lower my risk by taking my medications, permanently upping my exercise, and permanently improving my diet to lower my blood sugar and keep my blood pressure low. Ugh! Haven't we all heard that a million times before? Isn't there just another pill I can take instead of doing all that work? Ugh, again! At least, Cardiac Rehab is getting me started on those issues.

Below are some things I've learned through the experience of having a mild heart attack. I hope a few might be useful to you.

The Learning Curve

Women's symptoms of heart attack can be so subtle and unlike men's symptoms that they are often misunderstood, even by some physicians!

Heart disease is the NUMBER ONE KILLER of women! Yikes! Ninety percent of women have at least one risk factor for CVD. It only takes a single risk factor to double your risk for a heart attack. (I have a basket full of them.)

Continued on next page



Heart to Heart continued

Risk factors include:

- Age and gender
- Family history/heredity
- Your own history of heart disease of strokes
- High blood pressure
- High cholesterol
- High blood sugar/diabetes
- Little vigorous physical activity.
- Smoking
- Being 20 or more pounds overweight
- Poor sleep: yes, not getting enough sleep is hard on your heart!

Some risk factors can be managed with lifestyle changes and medical support, including high blood pressure, high blood sugar and diabetes, high cholesterol, exercise, smoking, weight loss, and regular

visits with your doctor, so she can track any changes in your health over the years.

Heart to heart...I hope you found this article informative and maybe even a little interesting. I hope it provides some information that can help you and the women important to you, to understand a bit about how heart attack symptoms can be so subtle for us females. I hope you will share with others some of the information I've shared with you.

There are countless web sites about cardiovascular disease, and a couple are:



- Women Heart, the National Coalition for Women with Heart Disease at womenheart.org
- American Heart Association at heart.org
- American Stroke Association at strokeassociation.org

Stay well, everyone!

2020 WDCTA State and Chapter Boards

2020 State Board Officers

President – Stephanie Severn
Vice President – Haley Madden
Secretary – Melinda DeLuca
Treasurer – Mary Hanneman
Membership – Diane Brault
Newsletter – Caryn Vesperman
Webmaster – Stephanie Severn
Central Chapter President – Cari Schmidt
Kettle Moraine Chapter President – Melinda DeLuca
KM Chapter Rep – Morgan Winter
SW Chapter President – Haley Madden
SW Chapter Rep – Mary Barr
UP Chapter President – Donna Destrampe
Members-At-Large – Nicki Butler, Sue Genin
and Carol Hines-Stroede

Committee Chairs: Awards

Chairperson– Marie Caldwell
Committee Members: Mary Hanneman, Caryn Vesperman, Sue Genin, Cari Schmidt and Joann Williams

Junior/Young Rider Rep – Mary Barr

Wisconsin Horse Council Rep – OPEN

2020 Chapter Officers: Central

President – Cari Schmidt
Vice President – Cory Winkler
Secretary - Bryanna Winkler
Treasurer – Taylor Schmidt
Alternate Chapter Representative – Cory Winkler

2020 Chapter Officers: Kettle Moraine

President - Melinda DeLuca
Vice President - Katie Joyce
Secretary - Sandy Henke
Treasurer - Jill Dearing
Chapter Representative - Morgan Winter
Alternate Chapter Representative - Becky Rutkowski

2020 Chapter Officers: Southwest

President – Haley Madded
Vice President – Becky Bebbler-Wells
Secretary – Molly Berenson
Treasurer – Cathy Wunderlich
Chapter Representative – Mary Barr
Alternate Chapter Representative – Rachel Olson

2020 Chapter Officers: Upper Peninsula

President – Donna Destrampe
Vice President – Kathy Caspary
Secretary – Donna & Kathy
Treasurer – Tina Ozanich
Alternate Chapter Representative – Tina Ozanich

We Push On



Caryn Vesperman Editor

All advertisements, articles and photographs (with photo release) should be submitted by the 15th of the preceding month of publication, unless you make prior arrangements for additional time.

Calendar of events will appear in both the eQeater and on the WDCTA website.

Payment for advertisements should be submitted via PayPal through the WDCTA website (wdcta.org) or mailed with a check made out to WDCTA and mailed to the editor.

CONTACT INFO

(608) 695-9914

W1619 King Road

Brooklyn, WI 53521

newsletter@wdcta.org



I hope you appreciated Diane's openness about her very personal story about her heart issues. I was honored she chose to share it with us, and so grateful she chose to help warn us. Forewarned is forearmed, right? Thank you, Diane, for your incredible honesty about your struggle and trauma with heart disease.

Many riders have been set back by personal health or life struggles. We've blown knees, wrecked shoulders, suffered concussions, dealt with shingles, breast cancer, deaths of beloved spouses, parents and children, divorce, involuntary unemployment, barn fires, suffered when we had to retire our horses prematurely and/or dealt with the death of our beloved horses, and more. I'm always inspired hearing how you have persevered in challenging times. We're tough as (horse shoe) nails!

This is a sport of individual goals; yet, I'm always so inspired when so many of you provide support and compassion for each other when times get tough. I'm proud to know so many of you.

Thank you for inspiring me.

Caryn



Photo by Caryn Vesperman

Take the time to go for a trail ride and get inspired by our beautiful countryside. How lucky are we?



2020 Eventing Clinic Series

- ~~Saturday, May 23~~
- ~~Saturday, June 13~~
- ~~Saturday, July 11~~
- Saturday, August 15



Nicki Butler is a freelance equine professional from Madison, Wisconsin. She is a certified Wisconsin Open Show judge and a nationally certified riding instructor.

As an Equine Sports Massage Therapist she is also trained in Functional Movement Therapy, Myofascial Release, Reiki and Cranio-Sacral techniques. Her goal is to help create connection and improve communication between horses and their people. Nicki has competed to second level dressage and Preliminary level Eventing.

This clinic series is a fun way to gather with new and old eventing and dressage friends and watch each other's progress through the summer. Each clinic will include both dressage and jumping lessons, both in a small group environment. Stadium and Cross Country style jumping are both available during clinics. Both beginner and intermediate level groups will be available at each clinic date. All ages of riders are welcome! All clinics are held at For The Horses Farm in Wautoma WI (see address below). The clinics begin at 9 AM and run as long as necessary for the registered riders, the time schedule of each individual clinic will be announced the week prior via email so be sure to get your registrations in. Late registrations are welcome, but please contact Cari for availability or with questions: central@wdcta.org

Don't want to jump? That is OK! Dressage only lessons are available each clinic (morning sessions).

Rider Name _____ Under 18? Guardian Name _____

Horse Name _____ Breed _____

Phone Number _____ Email _____

Eventing/Dressage Experience (horse and rider each please) _____

Individual Eventing Clinic \$100 - register for all four \$350!! Dressage Clinic Only \$50 each date

Clinic fee payable to **WDCTA Central Chapter** ~~5/23~~ ~~6/13~~ ~~7/11~~ 8/15 All Four

Please Check Date and Clinic Options _____ ~~Eventing~~ ~~Dressage Only~~ ~~Beginner~~ ~~Intermediate~~

Stall Fee (Payable to Cari Schmidt) \$20 per clinic, \$10 for WDCTA members. No Trailer Tie Allowed.

Waivers will be signed upon arrival or can be printed and mailed with registration, payment and Coggins to

Cari Schmidt
WDCTA Central Chapter

**WISCONSIN DRESSAGE & COMBINED TRAINING ASSOCIATION
WAIVER, RELEASE, AND HOLD HARMLESS AGREEMENT**

In consideration for my participation in the **Nicki Butler Eventing Clinic, For The Horses Farm** (hereafter, "the Activity"), I (the "Participant") hereby acknowledge and voluntarily agree to the following (hereafter, "Agreement"). "Participation" includes, but is not limited to, riding, handling, instructing, or spectating.

1. Acknowledgment of Inherent Risks of Equine Activities. I acknowledge and understand that there are numerous inherent risks of participating in equine activities, including, *but not limited to*: (a) the propensity of an equine or other animal, irrespective of its training, to behave in ways that may result in injury, harm, or death to persons on or around them (for example, jump, run, kick, buck, bolt, spin, rear, strike, or bite); (b) the unpredictability of an equine's reaction to such things as sounds, sudden movements and unfamiliar objects, persons or other animals; (c) certain hazards such as conditions at or below the surface or ground, whether seen or unseen; (d) collisions with other animals or objects; (e) the potential for another person participating in an equine activity to act in a negligent manner that may contribute to injury to me, or to others, such as failing to maintain control over the equine or not acting within his or her ability; (f) the breakage or failure of tack or other equipment; and (g) the potential that an equine or other animal may cause injury or harm to the rider or to other persons or animals in the vicinity. *I understand these risks and further acknowledge that I am not relying on the Wisconsin Dressage and Combined Training Association (hereafter, "WDCTA") to list in this document all possible inherent risks of participating in equine activities or the Activity.*

2. Acknowledgement that Participation in the Activity is Voluntary and Requires Personal Judgment. I acknowledge and understand that riding instruction by its nature requires that the instructor issue directions in the form of "commands." I understand that while I should consider such commands, I must and will use my own judgment during my participation in the Activity. I understand that while participating in the Activity that: the commands and all activities engaged in as part of the instruction are entirely voluntary; that the instructor is not entitled to nor requests absolute obedience; that I may elect not to comply with any command or suggested act; and that I am expected to at all times be alert and thinking while participating in the Activity. I represent that both my equine and I have the requisite level of physical fitness and mental alertness to enable us to participate in the Activity, and are in good health and free from injury, illness or other defects which may impair our ability to engage in the Activity.

3. Waiver and Release of Liability. I understand and voluntarily accept the inherent risks of engaging in equine activities, including risks from my voluntary compliance or noncompliance with instructor commands associated with the Activity. I voluntarily agree to hold harmless, release, waive, and covenant not to sue **Nicki Butler**, WDCTA, its officers, members, non-members that pay an auditing fee, For The Horses Farm, as well as all other participants in the Activity ("Released Parties") from any and all injuries, death, liability, or damage to person or property arising from my participation in the Activity, unless caused by Released Parties' reckless, intentional or willful misconduct. Thus, I understand that this waiver and release is effective even if the injury, death, liability, or damage to person or property is caused or contributed to by the *negligent* action or inaction of Released Parties.

4. Equine Activity Liability Law. I acknowledge that I have read the State of Wisconsin's notice regarding equine activities:

Notice: A person who is engaged for compensation in the rental of equines or equine equipment or tack or in the instruction of a person in the riding or driving of an equine or in being a passenger upon an equine is not liable for the injury or death of a person involved in equine activities resulting from the inherent risks of equine activities, as defined in section 895.481 (1) (e) of the Wisconsin Statutes.

5. Governing Law. This Agreement shall be construed and enforced in accordance with the laws of the State of Wisconsin. Any controversy, dispute, or claim arising out of or related to this Agreement, shall be resolved exclusively through proceedings filed in the federal or state court in Waushara County, WI. The invalidity or unenforceability of any provision or sentence of this Agreement shall not affect the validity or enforceability of any other provision or sentence of this Agreement, which shall remain in full force and effect.

I have read this waiver, release, and hold harmless agreement, fully understand its terms, understand that I am assuming risks inherent to my participation, and agree to be fully bound by its terms. I understand that I am free to consult with any counsel about the terms of this agreement.

Signature of Participant _____ Date _____
(or parent or legal guardian of behalf of Participant, if Participant is under 18 years of age)

Name of Participant (please print) _____

Address _____

City/State/ZIP _____ Phone _____

Cindy Ishoy Clinics

~~May 23-24~~

(Opening Date: April 1)

~~June 27-28~~

(Opening Date: May 1)

~~Aug. 1-2~~

(Opening Date: June 15)

Sept. 12-13

(Opening Date: Aug. 1)

Oct. 10-11

(Opening Date: Sept. 1)



CLINIC LOCATION

Touchstone Farm

W1619 King Road, Brooklyn, WI 53521

Just 15 minutes southwest of Oregon, WI

25 minutes southwest of Madison beltline

(Left photo) Cindy Ishoy & Dynasty – Team Bronze Medalists, 1988 Seoul Olympics

Cindy Ishoy competed for many years on the Canadian team, earning a team Bronze at the 1988 Seoul Olympics. Cindy coaches on a daily basis and enjoys teaching those who really want to learn no matter what level they are.

One Form Per Horse/Rider

Rider Name _____ Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ WDCTA Volunteer: Yes _____ Not Yet _____

Horse's Name _____ Breed _____

Age _____ Level Schooling _____ Level Showing _____

Rider Fees

**NOTE: Negative Coggins and rider release must be included with this application!
Vaccinations must be current.**

★ WDCTA Member: \$210/ride

★ Non-Member: \$260/ride

Ride Time Preferences: Saturday _____ Sunday _____ A.M. _____ P.M. _____

Will you need a stall? Overnight* _____ Day Stall _____ Just In and Out _____

* Stall fee per night: \$25 (payable to Caryn Vesperman)

Auditor Fees (Can be paid at the door. Bring your own lunch and chair.)

★ All WDCTA Members – FREE!

★ Non-WDCTA Member: 1 day = \$25 Both Days = \$40

Total Enclosed: \$ _____ Make rider and auditor check payable to: WDCTA Southwest Chapter

Send check, application, release form and Coggins to:

Caryn Vesperman
W1619 King Road
Brooklyn, WI 53521

Questions?

Phone: (608) 695-9914
Email: touchstonefarm@gmail.com

**WISCONSIN DRESSAGE & COMBINED TRAINING ASSOCIATION
WAIVER, RELEASE, AND HOLD HARMLESS AGREEMENT**

In consideration for my participation in the **Cindy Ishoy Clinic** ~~May 23-24, June 27-28, Aug. 1-2, Sept. 12-13, Oct. 10-11 at Touchstone Farm~~ (hereafter, "the Activity"), I (the "Participant") hereby acknowledge and voluntarily agree to the following (hereafter, "Agreement"). "Participation" includes, but is not limited to, riding, handling, instructing, or spectating.

1. Acknowledgment of Inherent Risks of Equine Activities. I acknowledge and understand that there are numerous inherent risks of participating in equine activities, including, but not limited to: (a) the propensity of an equine or other animal, irrespective of its training, to behave in ways that may result in injury, harm, or death to persons on or around them (for example, jump, run, kick, buck, bolt, spin, rear, strike, or bite); (b) the unpredictability of an equine's reaction to such things as sounds, sudden movements and unfamiliar objects, persons or other animals; (c) certain hazards such as conditions at or below the surface or ground, whether seen or unseen; (d) collisions with other animals or objects; (e) the potential for another person participating in an equine activity to act in a negligent manner that may contribute to injury to me, or to others, such as failing to maintain control over the equine or not acting within his or her ability; (f) the breakage or failure of tack or other equipment; and (g) the potential that an equine or other animal may cause injury or harm to the rider or to other persons or animals in the vicinity. I understand these risks and further acknowledge that I am not relying on the Wisconsin Dressage and Combined Training Association (hereafter, "WDCTA") to list in this document all possible inherent risks of participating in equine activities or the Activity.

2. Acknowledgement that Participation in the Activity is Voluntary and Requires Personal Judgment. I acknowledge and understand that riding instruction by its nature requires that the instructor issue directions in the form of "commands." I understand that while I should consider such commands, I must and will use my own judgment during my participation in the Activity. I understand that while participating in the Activity that: the commands and all activities engaged in as part of the instruction are entirely voluntary; that the instructor is not entitled to nor requests absolute obedience; that I may elect not to comply with any command or suggested act; and that I am expected to at all times be alert and thinking while participating in the Activity. I represent that both my equine and I have the requisite level of physical fitness and mental alertness to enable us to participate in the Activity, and are in good health and free from injury, illness or other defects which may impair our ability to engage in the Activity.

3. Waiver and Release of Liability. I understand and voluntarily accept the inherent risks of engaging in equine activities, including risks from my voluntary compliance or noncompliance with instructor commands associated with the Activity. I voluntarily agree to hold harmless, release, waive, and covenant not to sue Cindy Ishoy, WDCTA, its officers, members, non-members that pay an auditing fee, Touchstone Farm/Caryn and Mark Vesperman, as well as all other participants in the Activity ("Released Parties") from any and all injuries, death, liability, or damage to person or property arising from my participation in the Activity, unless caused by Released Parties' reckless, intentional or willful misconduct. Thus, I understand that this waiver and release is effective even if the injury, death, liability, or damage to person or property is caused or contributed to by the negligent action or inaction of Released Parties.

4. Equine Activity Liability Law. I acknowledge that I have read the State of Wisconsin's notice regarding equine activities:

Notice: A person who is engaged for compensation in the rental of equines or equine equipment or tack or in the instruction of a person in the riding or driving of an equine or in being a passenger upon an equine is not liable for the injury or death of a person involved in equine activities resulting from the inherent risks of equine activities, as defined in section 895.481 (1) (e) of the Wisconsin Statutes.

5. Governing Law. This Agreement shall be construed and enforced in accordance with the laws of the State of Wisconsin. Any controversy, dispute, or claim arising out of or related to this Agreement, shall be resolved exclusively through proceedings filed in the federal or state court in Brooklyn County, Wisconsin. The invalidity or unenforceability of any provision or sentence of this Agreement shall not affect the validity or enforceability of any other provision or sentence of this Agreement, which shall remain in full force and effect.

I have read this waiver, release, and hold harmless agreement, fully understand its terms, understand that I am assuming risks inherent to my participation, and agree to be fully bound by its terms. I understand that I am free to consult with any counsel about the terms of this agreement.

Signature of Participant _____ Date _____
(or parent or legal guardian of behalf of Participant, if Participant is under 18 years of age)


Name of Participant (please print) _____

Address _____

City/State/ZIP _____ Phone _____

MEGAN MCISAAC
USDF Certified Instructor

IMPORT AND DOMESTIC
SALE HORSES SUITABLE FOR
AA AND YOUNG RIDERS.



Helping dreams become reality when
finding your next Dressage partner.

Lindinhof.com | Lindinhofleg@gmail.com
608 445 8531 Megan
Lindinhof
EQUINE BODYWORK
MADISON, WI

Sport Horse Therapeutic Services

Certified and skilled independent saddle fitter offering fitting and equine bodywork. Specializing in myofascial release, stress point therapy, structural correction, and Reiki.

Lori Anderson

For more info:
www.SportHorseTherapeutics.com

www.facebook.com/SaddleFitterWisconsin/

**Support
WDCTA
Business
Members!**

Calendar of Events

WDCTA Events

Aug. 15

Central Chapter Eventing Series

Contact: Cari Schmidt at
central@wdcta.org

Sept. 12-13

Cindy Ishoy Southwest Chapter Clinic

Location: Caryn Vesperman's
Touchstone Farm
W1619 King Road, Brooklyn, WI
Email: touchstonefarm@gmail.com
Call or text: (608) 695-9914

Oct. 10-11

Cindy Ishoy Southwest Chapt Clinic

Location: Caryn Vesperman's
Touchstone Farm
W1619 King Road, Brooklyn, WI
Email: touchstonefarm@gmail.com
Call or text: (608) 695-9914

Oct. 24-25

Postponed

Laura Graves Symposium

Organizer: WDCTA Southwest Chapter
Location: Alliant Energy Center, Madison
Contact: www.wdcta.org

Other Events

Oct. 17

Hotter Than Blazes Schooling Show
Judge: Fatima Pawlenko-Kranz, "R"
Location: Circle E Stables, Seymour, WI
Contact: Deb Heier (920) 819-2891
*Recognized by WDCTA, WDAA, and
USDF Schooling Show Series*

Member Listings

STABLES

Equine Presence Farm

Lori Anderson

Waterloo, WI 53594

(920) 350-5479

sporthorsetherapeutics@hotmail.com

www.SportHorseTherapeutics.com

www.facebook.com/SaddleFitterWisconsin/

[SaddleFitterWisconsin/](https://www.facebook.com/SaddleFitterWisconsin/)

15 years teaching experience. Will teach all levels. Farm hosts dressage clinics. Dressage based principles and correct biomechanics are achieved through education and re-education. School horses available. Will travel.

Footloose Farm

Katie Miller

6908 North Co. Rd. J

Reedsville, WI 54230

ktsufak@yahoo.com

(920) 629-0726

Small, private facility, board available w/ lesson program. Great footing in 60' x 160' indoor arena and 66' x 200' outdoor arena. Pastures, dry lots, trails, classical dressage and jumping lessons.

Grand Prix Farm

Jackie Luebke-Puetz

15034 Co. Rd. X

Kiel, WI 53042-9706

cvestor@aol.com

(920) 693-3367

Indoor arena w/ mirrors, heated barn and bathroom, H/C wash stall, screened facility, all turnout in PVC fencing—no bugs! Limited openings for boarders. Trails. Lessons available. No drama queens.

Lindinhof Equine Sports Zentrum

Megan McIsaac

4246 Schneider Drive

Oregon, WI 53575

lindinhofilc@gmail.com

(608) 445-8531

80x200' heated indoor w/ mirrors. New stalls and client tack room w/ individual lockers. Individual and group turnout. Wash stall. Solarium. Theraplate. Numerous trails. Individual training programs. Lessons and leasing options on FEI school horses, month training for horses and riders. FEI trainer on site.

INSTRUCTORS

Abby Onsgard

Abby Onsgard Dressage

521 Memphis Avenue

Madison, WI 53714

(Business address; primary business in Oregon area)

abbyonsgarddressage@gmail.com

(608) 8439552

30 years of teaching experience, USDF Bronze and Silver medals (Gold anticipated in 2020). Multiple year-end, regional and national top 10 awards. School horses available. Will travel.

Jackie Luebke-Puetz

15034 Co. Rd. X

Kiel, WI 53042-9706

cvestor@aol.com

(920) 693-3367

Will teach through 2nd level, earned USDF Bronze medal. Served on USDF education committee, USEF steward. Will travel.

Megan McIsaac

Lindinhof Equine Sports Zentrum

4246 Schneider Drive

Oregon, WI 53575

lindinhofilc@gmail.com

(608) 445-8531

FEI trainer, USDF-certified instructor thru 4th Level, 2014 national champion with Kingsley. USDF Gold, Silver, Bronze medalist, all USDF bars. Competed four horses at GP. Competed successfully at Dressage at Devon and West Coast Festival. Year-end USDF, USEF, WDCTA awards. 15+ years teaching experience. Students competed through GP, earned rider awards and medals. Travel for lessons and clinics.

Katie Miller

Footloose Farm

6908 North Co. Rd. J

Reedsville, WI 54230

ktsufak@yahoo.com

(920) 629-0726

12 years of classical dressage experience, ridden through 4th level, earned USDF Bronze medal. Avid trail rider. Continuing education w/ Grand Prix trainer. Bachelors degree in teaching, specializing in teaching balanced riding from beginner to intermediate. School horses available. Will travel.

Kate Van Sicklen

110 Merrill Crest Drive

Madison, WI 53705

katherinevansicklen@gmail.com

(608) 669-0148

40+ years of teaching experience. British Horse Society instructor certification. USDF "L" graduate with distinction. USDF Associate Certified Instructor. USDF Silver Medal. Shown through Prix St. George. Will teach through 4th Level. Specialize in teaching horses and riders correct basics. Will travel.

Member Listings

BUSINESS

Lindinhof Equine Sports Zentrum

**4246 Schneider Drive
Oregon, WI 53575
lindhofllc@gmail.com
(608) 445-8531
www.lindhof.com**

Importing top quality dressage horses from Europe. Contact us to find your next dressage star.

Sport Horse Therapeutic Services Lori Anderson

**N8811 Jordan Rd
Waterloo, WI 53594
(920) 350-5479
sporthorsetherapeutics@hotmail.com
www.SportHorseTherapeutics.com
[www.facebook.com/
SaddleFitterWisconsin/](http://www.facebook.com/SaddleFitterWisconsin/)**

Certified and skilled Independent saddle fitter offering fitting and Equine Bodywork. CESMT, specializing in Myofascial Release, Stress Point Therapy, Structural Correction, and Reiki. The goal is to empower clients with some tools, so that they can recognize blockages and restrictions in their horses.

Caryn Vesperman - USEF 'r' Judge

**W1619 King Road
Brooklyn, WI 53521
touchstonefarm@gmail.com
(608) 455-2208**

USDF Gold, Silver and Bronze medalist. Shown through Grand Prix. Available for USEF/USDF-recognized dressage and eventing shows and schooling shows.

BREEDERS

Maple Run Farm

**Shannon Langer
W3465 Markert Road
Helenville, WI 53137
maplerunfarm@yahoo.com
(262) 424-7641**

Breeding Hanoverian dressage horses for over 20 years. Exceptional minds, pedigrees, type for the professional and serious amateurs. Mare lines include: Diamond Hit/Rohdiamant, Sandro Hit, Fidertanz, DeNiro and Sir Donnerhall.

Jackie Luebke-Puetz

**15034 Co. Rd. X
Kiel, WI 53042-9706
cvestor@aol.com
(920) 693-3367**

Standing Section A Welsh stallion, Too Cute to Shoot, bay, 13.2 h, cuter than a bug's ear and several times qualified for USDF breeding championships. In 2018, was third in halter for Welsh Association.

Instructor/Trainer Profile

For WDCTA Members Only

These questions are only to get the ideas for your profile started. Use as many of them as you want, and add others as needed. Email or mail this sheet and additional pages. The editor will follow up with any additional questions or clarifications.

Please submit some photos of yourself, facility, horses, etc. to:

Caryn Vesperman, newsletter editor
W1619 King Road, Brooklyn, WI 53521
newsletter@wdcta.org



Name: _____
Address: _____ **City** _____ **State** _____ **Zip** _____
Phone(s): _____
Website: _____ **Email** _____

Teach dressage, jumping, both: _____ **Riding Since Age:** _____

Background History:

Current and Past Instructors/Mentors:

Horses -- Past and Current:

Your Showing/Riding Accomplishments:

Students' Accomplishments:

If you own your facility, describe:

Dream or What Inspires/Motivates You:

Interesting or Amusing Personal Story:

Riding/Training Philosophy or "Motto" or Belief You Try to Pass to Students:

Anything Else?



eQuester Advertising Rates

Mechanicals:

Ad size below. Photos should be submitted as jpegs. Or, mail to editor for scanning. Include self-addressed, stamped envelope for its return.

Deadline:

All calendar submissions, ads and payment must be received by the 15th of the month prior to publication. Make checks out to WDCTA.

WDCTA members receive special rate (in **ORANGE).**
See calendar information at bottom of page.

Editor Contact Info:

Caryn Vesperman
newsletter@wdcta.org
W1619 King Road
Brooklyn, WI 53521

Description	1 x	6 x	12 x
Business Card 3.5 x 2": In <i>eQuester</i> newsletter with link to email OR website.	\$10 (\$9)	\$50 (\$45)	\$100 (\$90)
Classified Ad Up to 50 words. In <i>eQuester</i> newsletter with link to email OR website.	\$5 (\$4)	\$25 (\$20)	\$50 (\$45)
Quarter Page 3.5 x 5": In <i>eQuester</i> newsletter with links to email OR website.	\$15 (\$12)	\$85 (\$70)	\$150 (\$135)
Half Page 7.5 x 5" or 3.75 x 10": In <i>eQuester</i> newsletter with links to email AND website.	\$20 (\$15)	\$100 (\$90)	\$195 (\$175)
Full Page 7.5 x 10": In <i>eQuester</i> newsletter with links to email AND website.	\$40 (\$35)	\$150 (\$175)	\$300 (\$350)
Website Banner Ad 180x150 pixels, and can be a .jpg, .gif or .png	N/A	\$200 (\$150)	\$400 (\$300)

eQuester and Website Calendar of Events Submissions: *For WDCTA members only. (Up to 20 words).*

INCLUDE THIS: Date > Event > Location > Contact (Name/Phone/Email) > WDCTA-Sponsored Event (Yes/No)

WDCTA Event: Link to organizer's email and registration form, if applicable

NON-WDCTA-Sponsored Event: Link to organizer's email only.

Member-hosted private riding clinics cannot be advertised in the newsletter at this time.