

eQuester

Wisconsin Dressage & Combined Training's Monthly Newsletter

Straight from the Horse's Mouth: My Lesson with Janet Foy

(As narrated by Andy with help from Becky Bebber-Wells)

Hi, my name is Andy, and I am a 15-year-old Trakehner gelding owned by my "mom," Becky Bebber-Wells. We have been together since birth and training in dressage since I was four years old. During this time, we have both had our ups and downs including injuries along the way. It seems that just when we were making progress, one of us had an injury. However, now we are both feeling good and are taking lessons and participating in clinics again.

Our last clinic was in June with the prominent Janet Foy, a FEI 5* judge, who is one of the dressage judges at the Tokyo Olympics and author of several articles and books. She really helped us get back on the correct training track, and I thought I would share some of her suggestions, which might also help you!

At first I was a little intimidated, as Janet Foy is such a high ranking judge, but then my mom told me Janet is very positive and would only give us constructive criticism. Mom was right! Janet watched us at the warm up through walk, trot and canter. I was feeling pretty energetic and proud, so I was moving swiftly around the arena with my head held high. (I fooled my mom as she thought I would be tired from being outside all night.) Here came the first compliment/correction! Janet said I "had a beautiful head and neck, but my head was too high and my bridge was out." Huh???

Janet explained I should be carrying my neck lower because when it is too high, my back sinks and the energy from my haunches never makes it up to my mom's hands. Sometimes it may not even make it as far as my saddle. Then my mom ends up working harder than I am to get me round and connected to the bridle.

Also, for today at least, I should not be warming up in straight lines, but in circles 10 to 12 meters in diameter to help me bend, stretch and slow down. Straight lines are for lazy horses! I was not lazy today. Many times people think their horses are lazy, but they aren't. They are just reacting to a hollow back. Janet was pleased to



Andy and Becky Bebber-Wells following Janet Foy's guidance.

see us canter because it helped to loosen me up! We were also reminded by Janet that "the warm-up is where we should be testing our aids and forming a plan for that day's training." Janet advised, "Ask yourself, what are the horse's reactions to your aids? Can you get your horse off your left leg, your right leg? Can you take on the right rein? What about the left?" Then, depending upon what you discover, tailor your training that day to what needs to be fixed! And remember, "It will change a little bit every day."

My mom ended up posting a lot during our training session. According to Janet, "Some horses, Trakehners in particular, are sensitive in the back so if you lose the back, post!" Janet said my mom was doing nothing wrong, and she had a nice seat, hands and legs, but if she can post to help get "the bridge back," do it!

We spent a lot of time on day one of our two-day clinic doing bending, leg yields and shoulder-in, progressing to haunches-in ("Owie that hurts!") in preparation for half pass on day two).

Continued on next page

The Horse's Mouth continued

Janet told us to practice haunches-in a little at a time, three or four steps down the long side of the arena, straighten and then do three or four more steps coming back to the rail well ahead of the corner, so I can build up strength and not be resistant in the movement.

Haunches-in is a four-track movement with the head parallel to the rail and the poll slightly bent to the inside so the rider can see the eyebrow. The haunches are positioned to the inside of the track at a 30-degree angle. When riding haunches-in, according to Janet, "be careful not to have too much angle and turn the movement into a leg-to-wall leg yield, as this will get you a score of a 4 in a dressage test, whereas a three-track haunches-in with less bend will probably get you a score of a 6 or a 6.5 from the judge with a comment of 'needs more angle'."

On day two after our warm ups and more haunches-in, we started half-pass. This was something I had never done before, at least not correctly. We spent time getting an

honest connection with my neck lower and body really moving forward.

Janet reminded us, "Make sure you have the best trot and best connection you can before you start the movement. Take your time!" She also told Becky to "get him rounder and deeper than you think he needs to be!" Then mom changed her posting to the opposite diagonal leg (huh?) as we came down the long side before turning down center line for the half pass. According to Janet, posting on the "wrong leg" helps move you across the diagonal as the horse will follow your weight. She was right! Mom positioned me for a haunches-in, bent in the direction of travel slightly around her inside leg, but with my shoulders pointed across the diagonal to the letter H, M, F or K, half halt, then change your weight into the stirrup of the direction you are going and bend and give with the reins. Mom's outside leg was initially active to position my haunches in and then became quiet while her active inside leg (What the heck's she doing with this leg?) took over and kept me moving forward. We did it! We did the half pass!

Janet closed with the following remarks about the half pass: "When first learning half pass, you may need to go back to using an active outside leg at the end of your movement if the horse gets confused. However, be sure not to use both legs at once! And with all of your training, constantly ask yourself, 'What does my horse need?' and 'make your aids more sophisticated as you perfect the movement.'"

In addition, she said to "really think about where you place this leg and why and where your weight goes." She told Becky to think about me when she said, "If your horse gets resistant, walk for a minute and ask yourself, is he confused? If so, fix it!"

I am already getting stronger and better in the half pass. And my mom has a new mantra that she uses daily in our training: "Get your horse rounder and deeper than you think he needs to be!"

Thank you Janet, for an awesome clinic. We can't wait till you come back again!

Bits N' Pieces

Long-time Member Says So Long

Dear Friends in WDCTA,

I have exciting news to share and won't see many of you in the near future. Our son and his wife are now parents of twins, born May 19 ! Ben and Audrey arrived five weeks early, but are doing great. Becoming grandparents at 73 seemed a bit overwhelming ...but it's not ! I spent their first month with them and it was pure magic.

Meanwhile, my husband retired after 43 years at UW Hospital & Clinics as a Critical Care-Anesthesiologist and is excited to be grandpa, kayaker, consultant. We've decided that family is Number One, so will be relocating to Minnesota in mid-August ! My horse, Wren will, of course, be coming along with us.

In my many years around the horse world here, I have met, worked with, trained with, and trained many wonderful people. My memberships in different organizations have been a great source of support and networking, for which I'm very grateful. Coordinating many benefits, learning new disciplines, watching friends accomplish their goals..... it's been quite the journey.

I wish each of you the very best and will always remember our times together. Horse friends are the best friends we have and I'll miss you. (If anyone has any connections in Minnesota or info on barns, please let me know.)

Thanks for the memories,

Marti Coursin

Clinic with FEI 5* Judge, Janet Foy – It's Been Awhile, But Worth the Wait

Due to Covid and that she was suppose to judge at the Olympics in Tokyo last year, which also meant a lot of international judging, it's been awhile since the Southwest Chapter was able to host FEI 5* dressage judge, Janet Foy.

Fortunately this year, even with her leaving to judge at the rescheduled Olympics at the end of July, we were able to sneak in a two-day clinic at the end of June at Caryn Vesperman's Touchstone Farm.

Participating in the clinic were Becky Bebbler-Wells, Marie Caldwell, Erinn Chelstrom, Sue Genin, Mary Hanneman and Caryn. With everyone, including Janet, being vaccinated, it was much more relaxing than a lot of horse events have been in the last few months.

Mary rode Allie, a 19-year-old Oldenburg mare by the famous jumper, Caretino. Allie had been a jumper for most of her equine life, except when one of Caryn's friends retired her (after moving to Florida) and, long story short, has remained at Caryn's where she's been "re-purposed" as a dressage horse and super reliable trail horse. Now riding her in her second career as a dressage horse is Mary, who has been riding her for nearly year.

"As usual, I probably learned as much from everybody else's lessons as I did from my own," says Mary about the clinic. "Much was a refresher of things Janet taught us over the years when she came to Wisconsin regularly. Funny how I seem to have forgotten things like suppling techniques and ideas for making the half



Mary Hanneman and Allie with Janet Foy after their lesson.

halts come through over the five years or so since I've had a rideable horse."

As for specific help in her lessons with Allie, Mary says Janet gave her both new tools and friendly reminders. Two new concepts to Mary were "to get those darn half halts to come through on a forward-thinking horse." (Mary's previous horse, while talented, was a minimalist when it came to being forward.) "Janet also had us do working pirouettes on a 20-meter circle with big half halts at the four points of the circle."

Mary's second "new concept" helped Mary with flying changes. "To help clean up the flying changes, Janet introduced me to riding haunches-out on the long side at counter-canter, then applying the aides for the shoulder-in to get a clean change," says Mary. "Worked like a charm on Allie!"

A good reminder for Mary had to do with a bad habit. "I lean back too far, resulting in pushing a horse that doesn't need to be pushed," she says. "I need to concentrate on keeping my shoulders aligned over my hips."

Sue, who rode her six-year-old PRE mare, says. "The main thing I learned was that it was time to stop treating Roxy like a baby. She needs to listen to and respond to my aids. I need to be clearer and quicker with my aids so that she knows that she is supposed to listen. The exercises that Janet had me do helped with keeping her focused and working."



Sue Genin with her six-year-old PRE mare, Roxy.

Continued on next page

Worth the Wait continued

Engagement without losing suppleness and vice versa was a

common theme for all the riders. For Marie, her key takeaway had to do with the shoulder-in being an engaging and suppling exercise. Marie, who rode her eight-year-old Hanoverian mare, D'Amore MRF, says, "I have always ridden it as an engaging exercise, bringing the inside hind leg more under the body, but I never thought much about how to use it to supple my horse. Janet had me think about encouraging the inside hind under AND think about encouraging the outside foreleg to reach up and out."



Marie Caldwell on D'Amore

Erinn rode two horses in the clinic, an 11-year-old Lusitano gelding and an eight-year-old pony cross. She says, "My lightbulb moment was the reminder of closing the outside door in the flying change to keep them uphill and straight. Outside leg, outside rein! So many things I know, but Janet has a way of explaining things that make the rider get the feel and then it clicks and sticks with you."

Caryn has worked with Janet for the last three winters in her escape to Florida for the winter season. She rode her 12-year-old homebred Hanoverian mare, Diamond Dureza, and her eight-year-old



Hanoverian gelding, Tanqueray MRF. "Janet knows me so well," says Caryn. "I can't get away with anything! She is always pushing me in my progress. I appreciate her judge's perspective for both my riding and when I'm in the judge's booth."

"Besides helping me during the winter to, among other things, really use my core (I didn't know I could be so sore in my gut!), she provides what are seemingly simple suggestions, but are really big for helping me progress. During this clinic she reminded

me to use my upper leg to help

with turning in pirouettes. When introducing pirouettes, she says sometimes tapping the horse's outside shoulder lightly with the whip—or just laying it on the outside shoulder—helps them better understand to bring their shoulders up and around."

Overall, the clinic was a success with



Erinn Chelstrom rode Ryker who is chilling out in his stall after his lesson (above) and Fidalgo in the clinic. Here Fidalgo is ready for his sugar reward from Janet.

all riders benefiting. Hopefully auditors can attend the next clinic—and it won't be years from now!



Caryn Vesperman on Tanqueray (left) and Diamond Dureza (above).



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 eQuester 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.

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More Than Halfway Through the Summer and the Year

At this publishing date, it's nearly August—eight months into 2021. That means we're coming into the homestretch of shows and submitting scores for year-end awards. Don't forget to do that by sending in your earned scores on or by Nov. 30. For a refresher on the rules, visit the WDCTA website [awards page](#).

It also means we'll be looking for members to volunteer for state and chapter positions. All over, volunteer organizations are suffering from a lack of volunteers, which unfortunately is true for WDCTA as well. It may be time for the state board to review our entire structure and see if there is a way to simplify and streamline how we work. (My opinion only!)

I look forward to seeing all of you at the remaining shows and regional championship...maybe even the US Dressage Finals (if that doesn't get cancelled again because Covid is significantly on the rise, again).

Be safe on—and off—your horse!

Caryn

WDCTA Member USDF Awards

Missed last month...

Joann Williams on Glamour Girl DBA placed 5th at Fourth Level for the USDF Horse of the Year Open and 3rd in the Vintage Cup. The two were also champion at Fourth Level and Vintage divisions in the Half-Arabian Horse Association with a score of 68.333%. Congratulations!



2021 Clinic Series

- ~~Saturday, May 15~~
- ~~Saturday, June 19~~
- ~~Saturday, July 17~~
- Saturday, August 21



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 available during clinics. Both beginner and intermediate level groups will be at all clinic dates. All ages of riders are welcome! All clinics are held at For The Horses Farm in Wautoma WI (see address below). The clinics begin with Dressage 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, please contact Cari for availability or with questions: central@wdcta.org

Rider Name _____ Under 18? Guardian Signature _____
Horse Name _____ Breed _____
Phone Number _____ Email _____
Riding Experience (horse and rider each please) _____

Both Dressage and Jump Lesson Clinic \$100 each date - or register for all four dates for \$350!

Dressage or Jump Only Lesson \$50 each date - or register for all four dates for \$175!

Clinic fee payable to **WDCTA Central Chapter** 5/15 6/19 7/17 8/21 All Four

Please Check Date and Clinic Options _____ Jumping Dressage Beginner Intermediate

Stall Fee (Payable to Cari Schmidt) \$20 per clinic. 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
W9711 Beechnut Drive
Wautoma WI 54982

Dressage Horse Boarding Eagle, WI



Tailwind Farm, a premier dressage facility in Eagle, WI has one opening beginning March 1, 2021.

Heated barn and tack room. 12x12 matted stalls with automatic waterers. Grain AM and PM, hay fed 4 times daily. Daily turnout in spacious dry lots and attached pastures are used weather permitting.

Warm 60'x150' indoor arena with well maintained footing. 2 outdoor arenas, one sand and one grass standard dressage arena.

This 30 acre farm has trails surrounding the property and hay field, also with in a short distance of the Kettle Moraine trail system.

Training and lessons provided by Andrea Schten. Andrea is a USDF Gold, Silver and Bronze medalist on self-trained horses. Multiple students have also obtained their USDF medals under her tutelage.

Please contact Andrea Schten for more information. Call or text 262-470-4557, email: aschten@hotmail.com

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Calendar of Events

WDCTA Events

Aug. 21
WDCTA Central Chapter Eventing Clinic Series
Clinician: Nicki Butler
Location: For The Horses Farm, Wautoma, WI

Other Events

Sept. 25
Three Gaits Schooling Show
English and Western dressage
Judge: Megan Dischler, "L" graduate
Contact: Sandra Faust (608) 219-7644
Registration: opens July 17 and closes Sept. 11
For registration information, visit: three-gaits.org

Stable, Instructor, Breeder and Business Listing Form

For only \$10 per category or \$35 for all four, you can have your stable, instructor, breeder or business listing appear in the eQuester newsletter and on the WDCTA website. This advertising is for WDCTA members only. Must be a WDCTA member to be listed.

(Please limit your information to 35 words per category.)

CHECK ALL THAT APPLY: STABLE INSTRUCTOR BREEDER BUSINESS

MEMBER NAME: _____ PHONE: _____

STABLE/BUSINESS NAME: _____ EMAIL: _____

ADDRESS: _____

STABLE FACILITY FEATURES: (OUTDOOR/INDOOR ARENA, TURNOUT, LOUNGE, WASH STALL, TRAILS, LESSONS AVAILABLE)

BREEDER INFORMATION: (STANDING STALLIONS, BLOODLINES, BREEDS, ETC.)

BUSINESS INFORMATION: (TYPE OF BUSINESS, DAYS OPEN, HOURS, LOCATION, ETC.)

INSTRUCTOR INFORMATION: (COMPLETE BELOW)

EQUESTRIAN EDUCATION BACKGROUND: (DO NOT INCLUDE NAMES UNLESS PROVIDING WRITTEN PROOF OF PERMISSION)

YEARS OF TEACHING EXPERIENCE: _____

LEVELS WILL TEACH: _____

LEVEL OF RIDING EXPERIENCE: _____

SCHOOL HORSES AVAILABLE: YES _____ NO _____

WILL TRAVEL: YES _____ NO _____

REFERENCES AVAILABLE UPON REQUEST: YES _____ NO _____

AWARDS EARNED: _____

ADDITIONAL INFORMATION: _____

*Only WDCTA members can be listed.
One name per instructor listing.*



**COMPLETE FORM AND
SEND PAYMENT TO:**

Diane Brault
5184 Co. Rd. HH
Barneveld, WI 53507
608-455-1037
membership@wdcta.org

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":

Anything Else?

Renew Today!

Time to renew your membership and your stable, instructor, business and/or breeder listings.

The cost is so reasonable!
See forms toward end of this newsletter or go online at wdcta.org.



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 eQuester newsletter with link to email OR website.	\$10 (\$9)	\$50 (\$45)	\$100 (\$90)
Classified Ad Up to 50 words. In eQuester newsletter with link to email OR website.	\$5 (\$4)	\$25 (\$20)	\$50 (\$45)
Quarter Page 3.5 x 5": In eQuester 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 eQuester newsletter with links to email AND website.	\$20 (\$15)	\$100 (\$90)	\$195 (\$175)
Full Page 7.5 x 10": In eQuester 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.