

HCBC E-NEWSLETTER

NOTES FROM THE OFFICE

Submitted by Wendy Sewell, Coaching and Education Manager

Fire and Disaster Planning

Plan, Plan and Plan. Failure to plan can be planning to fail.

We have been warned that the summer of 2009 could be a particularly bad year for BC with the forest fires that are threatening many areas around the province. Although there are many government agencies that take part in disaster planning and rescue, it really boils down to you, the horse owner, making sure that you have a plan in place in the event of a emergency or forest fire in your area.

HCBC has developed a set of Disaster Preparedness Guidelines to help horse owners prepare for natural disasters. You can access this document on the HCBC website, or call the office and we can mail you a copy. These Guidelines are recommendations intended to help the horse owner prepare for most disasters. It is only intended for use with horses. Your personal preparedness for yourself, your family and your home is not covered in the publication.

Your horses are your responsibility. In BC there is no designated government or disaster agency responsible for the evacuation, transportation and temporary stabling of horses during large scale incidents.

Horse Council BC has put together a database of emergency haulers, as well as properties that have offered to house horses in emergencies. If you would like to help and be listed on this database, please contact Horse Council BC.

It is important that we as horse enthusiasts and owners in BC get organized. Get together with your neighbors or your local club. Discuss plans and strategies to make sure that your horses can be moved away to safe stabling in case they are threatened. If you are not in an area that is affected, meet with your neighbors and clubs and discuss how you can help those affected.

Some of the guidelines include stock piling feed, equipment, water containers as well as any special food or medications your horse requires. If you have your own trailer, make sure it is mechanically sound now, before you need it to evacuate in. Put together an ID package about your horse. Compile a portable first aid kit. Decide on an evacuation route and an alternative evacuation root. This information is covered in the Disaster Guidelines material.

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SPECIAL POINTS OF INTEREST

- Renew your HCBC membership online at www.hcbc.ca
- Reminder to all HCBC members that late fees are not applicable on new Equine Canada Sport

NOTES FROM THE OFFICE CONTINUES.....

Most importantly do not wait until the last minute to get your horses out. Even more important is that you do not put yourself or your family at risk and be sure to follow the instructions of the Firefighters or other emergency organizers.

Horse Council BC is proud to be a strong organization with over 20,000 members. Together we can work to ensure that no horses are lost should a disaster occur. Our strength is in our numbers and our dedication to the health and welfare of horses in BC. Let's all get together to be sure that should there be a need to evacuate horses and provide temporary housing for them that we are here for each other and provide all the help we can.

SPCA Donations

HCBC has been working with the BC SPCA, creating a meaningful and progressive relationship between our two organizations with Equine health and welfare being a mutual concern. Many HCBC members have offered financial help after hearing about several recent high profile neglect cases. Now donations can be directed specifically to the care of the equines. Donations can be made to the Cruelty Investigations Department that handles all equine-related matters and care. Funds directed here will cover expenses including feed, boarding, medical costs as well as transportation and equipment. When donating online, please enter the code "HCBC" in the additional comments section so that the SPCA can track the number of gifts that HCBC supporters contribute.

HCBC would like to thank the BC SPCA for the work that they do. Please watch our website for new initiatives as they are developed.

HCBC Member Club Benefits

Why should your club join HCBC? The first obvious benefit is the group insurance rates from Capri, but there are so many other reasons to join. As a member group, your club can collect HCBC memberships at your club competitions or events. This will allow you to be sure all of your participants are carrying adequate insurance. Of course the fee for club insurance is also discounted to HCBC member clubs from Capri Insurance. Member clubs can check the HCBC database to see if their members are up to date members of HCBC.

Zone Funding and Core funding opportunities are available to HCBC Club Members. Money is available to our member clubs to assist the club in many different circumstances. Apply to your Zone rep for zone funding and to the HCBC office for Core Funding. See our website for further details.

Member clubs automatically receive a listing in the **HCBC Industry Guide** and on our website. This promotes your club to potential members. Also, member clubs can list their events on the website coming events section.

Club Packs are another benefit. Member clubs can apply to receive a "club pack" that contains promotional items that the club can award as prizes, gifts or use to generate funds. Call the membership department at HCBC to get yours if you have not done so already.

New Benefit! The HCBC forums will have a section that is just for member clubs to advertise their coming events, membership information, discuss issues with other clubs and even post results and pictures!

Member clubs also receive support from our **Competition Department** when they organize a sanctioned competition. Through competitions we also recognize Youth Sportsmanship with awards as well as providing the opportunity to the club to nominate one of their volunteers for the Lifetime Achievement Awards Volunteer of the Year award.

NOTES FROM THE OFFICE CONTINUES.....

HCBC is also happy to provide member clubs with **educational material** to give to their members, put in newsletters or distribute at events.

Your **club numbers count!** Member club event participation is reported to Sport BC which in turn helps HCBC receive funding for grass roots competition development, such as the BC Heritage circuit as well as coach development. These membership and participation numbers also increase Equestrian's profile with the Ministry of Agriculture. Lobbying done on behalf of equestrian interests also benefits from Club membership, including the Right to Ride. In short, HCBC can provide assistance and support to your club, and your club gives HCBC the strength to make a difference in Disaster Preparation, Animal Welfare, government lobbying and more.

The partnership between HCBC and its member clubs is mutually beneficial and as the Provincial Sport Organization, HCBC values the clubs that choose to be part of our organization. There is strength in numbers and we sincerely hope to continue to work on behalf of our individual and club members.

Sandman Inn Member Benefit

If you are planning on traveling in BC this summer or are a club booking a room for a judge or clinician, Horse Council BC is pleased to be able to offer our members a special discount rate for rooms. Through Sport BC, HCBC members, clubs and teams can access the best available rate at any Sandman hotel in the province of BC. The earlier you book, the lower the rate will be. Bookings can be made with the HCBC organization booking code at www.sandmanhotels.com or 1-800-sandman. Please call our office for the access code.

No Sports Funder Lottery Money

Unfortunately, the Sports Funder Lottery will no longer be able to supply grants for Youth Travel to competitions in BC. Poor sales of the Sport Funder lottery tickets resulted in the grant money no longer being available and distributed amongst BC Provincial Sport Offices.

HCBC Bookstore

We are pleased to offer some great new titles from our bookstore. If you haven't had a chance to drop by our Aldergrove office or browse our online bookstore, please do. We have a large selection of titles and are updating our stock as new titles become available.

We would like to encourage our HCBC members to stock up on their summer reading lists by offering a **discount for phone in or email orders** of the following titles. The discount is only valid on phone in or email orders to bookstore@hcbc.ca and runs until August 15th. All orders are subject to postage and GST.

Equus Guide to Healthy Hooves 17.95 less 10% (sale price \$16.16)

This book covers the basics of hoof structure, growth and health as well as the principles of biomechanics and balance. The reader will learn how to recognize and treat specific hoof problems including bruises, abscesses, cracks and wounds. Excellent graphics and photos make this an excellent reference manual for all horse owners.

The Journey: USDF, 25.95 less 10% (sale price 23.36)

A Dressage training compendium from the USDF Connections magazine, covering basic training topics and exercises up to Grand Prix.

The Classic Western Rider, Donna Snyder Smith 28.95 less 10% (sale price 26.06)

This book is directed at the novice or advanced rider that wants to refine and fine tune their Western Riding skills. Lots of advice from Industry professionals, diagrams and pictures

NOTES FROM THE OFFICE CONTINUES.....

Trail Riding, by Rhonda Hart Poe, 28.95 less 10% (sale price 26.06)

This book covers in depth how to train your horse, prepare and ride on the trails in a safe and enjoyable manner. It covers many aspects including what to carry on the trail, camping, poisonous plants and more. An excellent resource for trail riders and coach candidates.

New English Coach 1 Longeing DVD For Sale

Maureen Walters, English Master Course Conductor and EC English Coach 2 has produced an excellent DVD that covers the requirements and correct techniques for the longeing component for the Equine Canada Coach 1 exam. This DVD would also be very helpful for Instructor of Beginners to use as a resource. The DVD is available from HCBC for 19.95 plus shipping and GST.

BC Heritage

HCBC would like to thank the Sponsors, supporters and volunteers that helped make the BC Heritage Championships happen. We will post full results and pictures on our website as well as in Notes from the Office in August.

Official Partner Sponsor:

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Maple Springs

Stampede Tack and Western Wear

Horse Play Clothing Ltd

The Mill Store

ProForm Feeds

Buckerfields

Abby Saddle Shop

Dog and Pony

New Staff at HCBC

We would like to welcome the following new staff members at HCBC:

Kim Robertson (communications@hcbc.ca) who is our new Media and Communications Coordinator

Ruth Donald (recreation@hcbc.ca) who is our new Recreation Coordinator

Shawn Stephens (reception@hcbc.ca) who is new our part time Receptionist



Important Reminder!

BC Heritage Finals July 11th & 12th Chilliwack Heritage Park

Be part of the FUN at the 2009 BC Heritage Finals General Performance Competition!

- * **Equine Demonstrations**
- * **Trade Exhibitors**
- * **Saturday Night BBQ with Licensed Mezzanine** (Tickets are \$15 and must be purchased in advance)

This year promises to be *BIGGER* and better with Western, English, Driving, Trail, Reining, and Speed classes.

Special features also include...

“Battle of the Breeds” which is open to all competitors. Teams of 3 go head to head to rack up the points. The award will go to the team with the highest points.

“Versatility Award” will be presented to the horse and rider combination with the highest points based on best performance in a maximum of 4 western and 4 English championship classes.

The entry deadline for competitors is **July 2nd, 2009** and entries must be submitted to the Horse Council BC office attention Kelly MacIntosh by the close of business.

For a show program and entry form visit [2009 BC Heritage Finals](#).

Thank-you to all our generous sponsors for supporting the 2009 BC Heritage Finals!

NEW for 2009/2010 season!

2010 BC Heritage Finals will offer the following changes to the program:

New classes: Stake Race, Keyhole Race, Western Equitation, English Showmanship
(Western Riding has been cancelled)

Qualifying competitions are now welcome to offer these additional classes as qualifiers or add the new classes to your existing prize list. Rule references can be found in the new HCBC General Performance rule book- available from Horse Council BC.

The 2010 BC Heritage Finals are in Armstrong July 17-18. New season begins July 1st, so start qualifying today!

**Fresh Now Look.
Same Old Friend.**



- ✓ Brand new, unique logo.
- ✓ Modern, easier-to-read format.
- ✓ Same great features.

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HORSEJournals.com

CANADIANS WIN TEAM BRONZE AT THE 2009 SYDNEY CDI3*

Rochelle Kilberg of Surrey, BC, and Simone Williams of Navan, ON, won the team bronze medal at the Sydney CDI3* International Dressage Derby held in Sydney, Australia on May 7–9, 2009.

Due to Australia's strict quarantine requirements and the high cost of air transportation, the organizing committee invited owners to loan their Prix St Georges/Intermediaire I level horses to the visiting international riders. All riders started on equal terms, drawing the name of the horse they competed on out of a hat.

In the Gow Gates International Prix St George, Kilberg rode 12-year-old Australian Warmblood gelding, Jaybee Archer, to an 18th place finish. Williams rode Colonial Hot and Handsome, a 12-year-old Appaloosa gelding, to 26th place.

Both riders moved onto the Need for Steeds Intermediaire I class where Kilberg and Jaybee Archer finished in 15th place. Williams and Colonial Hot and Handsome were 28th overall.

Kilberg and Williams then drew new mounts to compete in the NSW Sport & Recreation International Prix St. George Derby. Kilberg, riding Pinnamurra Ricardo, a 14-year-old Palomino gelding, finished 5th. Williams was close behind in 7th place riding Argentille Shamada, an 18-year-old Australian Warmblood gelding. The combined scores of Kilberg and Williams totaled 121.000, earning them the team bronze medal. The gold medal went to the host country, Australia, with a score of 128.526, and silver was awarded to Japan (124.105).

CANADIAN JUNIOR REINING TEAMS NAMED FOR 2009

Canadian Reining Committee (CRC) is pleased to announce the teams that will represent Canada and their provinces at the 2009 Adequan FEI North American Junior/Young Rider Championships. Teams were selected based on results achieved during a specific qualification period. The Championships will be held July 21-26 at the Kentucky Horse Park in Lexington, KY, also the site of the 2010 Alltech FEI World Equestrian Games.

Team Alberta

Amanda Antifaey Calgary, AB
Morgan Girletz Airdrie, AB
Nancy Pratch St. Paul, AB
Sage Sapergia Cochrane, AB

Team Manitoba

Alexa Kullberg Brandon, MB
Megan Robinson Dufresne, MB
Christine Simpson Winnipeg, MB
Kylie Wasiuta Winnipeg, MB

Combined Team

Vanessa Strotmann Salmon Arm, BC
Melia Blakely Coldwater, ON
Darcy Wilson Goodwood, ON
Gabrielle Martel Repentigny, QC



Philip Wright and Nathan at the 2009 Lamplight International Para-Dressage

PHILIP WRIGHT ACHIEVES SUCCESS AT LAMPLIGHT INTERNATIONAL PARA-DRESSAGE CPEDI***

Phil Wright of Salmon Arm, BC, secured three top-five performances in the Grade IV classes at the Lamplight International Para-Dressage CPEDI 3*, held at the Lamplight Equestrian Center, May 15–17, 2009, in Wayne, IL.

Wright riding Nathan, a 14-year-old Dutch Warmblood gelding sired by Cabochon and owned by Isabel Reinertson, finished fifth in the Grand IV Team Test with a score of **59.286%**. The following day, Wright and Nathan scored a **60.860%** in the Grade IV Individual Test, for a third place finish. In the Grade IV Freestyle Test, held on the last day of the competition, Wright and Nathan earned a score of **65.909%** to claim fourth place.

In July, Wright will be a member of the Canadian team at the International Para-Dressage CPEDI 3* being held in Hartpury, UK, and also plans to represent Canada at the upcoming Windreach CPEDI 3* being held near Toronto, ON, in May 2010.

RECREATION UPDATES

HCBC needs your help!

The [HCBC Trails Database](#) is up and running, with only a few technical Google Earth issues still outstanding. Please check out the trail information for your community and let us know of any errors, omissions or up-dates still required. All suggestions and comments can be posted in the trail information section under comments or emailed directly to HCBC at recreation@HCBC.ca. Trail user input is vital to keep the trail information current!

Need extra incentive to get off the computer and saddle or hitch up your horse?

The [Ride and Drive Rewards Program](#) will be undergoing some changes, to be implemented by the start of 2010. By that time, there will be a list of rewards to be given out at each level, so you'll know what you're working towards. Expect some interesting new rewards!

Any HCBC members who join or renew their membership in the Ride and Drive program from now until the end of 2009 will have a valid membership through until the end of 2010.

DRESSAGE CANADA GETS CONNECTED

The Dressage Canada Communications Committee is pleased to announce that Dressage Canada is now on Facebook and Twitter! Stay up to the minute with happenings on the dressage scene in Canada. We've already posted videos and pictures from the Blainville CDI held this weekend. Get connected.

Not on Facebook or Twitter? Signing up is free, and it's easy! Just go to www.facebook.com or www.twitter.com and follow the instructions to become a member. Once you've logged on, search for Dressage Canada and become a fan (Facebook) or follow (Twitter). You'll be amazed how much you'll be "in the know."

SPORTING LIFE ON THE COAST

BC Ferries and Sport BC are pleased to announce their corporate partnership. BC Ferries and Sport BC recognize that travel is often a barrier to amateur sport teams as they seek competitive opportunities for their athletes. In order to assist in removing this barrier, a new program, Sporting Life on the Coast, has been developed to provide travel support to Sport BC member organizations and their member clubs. Through this exciting program, BC Ferries and Sport BC will assist with ferry travel costs for athletes, coaches and officials. To apply visit [Sporting Life On The Coast](#)

FRASER TAKES DRESSAGE TO A NEW LEVEL

Armstrong's Sylvie Fraser succeeds at just about anything she turns her hand to. The 16-year-old was a two-time medalist at the B.C. Summer Games last year in Kelowna, claiming gold in First Level dressage and silver in Freestyle. Now, Fraser is about to take her dressage to a whole new level as she competes in the North American Young Riders Competition July 22 in Kentucky. She will also compete at the Pony Club National Dressage Competition, August 14-16 in Truro, Nova Scotia.



In order to qualify, Fraser has been competing at Equine Canada Gold shows across B.C. and Alberta to ensure there are enough certified judges to validate her scores. Fraser's equine partner is a beautiful, black nine-year old Friesian gelding named Magic. Owned by Chelsea and Keith Balcaen, Magic has been working with Fraser since February. The duo have been training under coach Janine Little five days a week and Fraser says the partnership is coming together nicely.

Fraser will compete one last time in Calgary, June 27-28 before Kentucky. Once Canada's national teams are declared on July 6th rider/horse combinations won't be allowed to compete.

Good Luck to Sylvie & Magic!

Sylvie Fraser and her four-legged partner, Magic

HEALTH ALERTS

Due to the reported finding of one horse infected with **Vesicular Stomatitis (VS)** in New Mexico the Canadian Food Inspection Agency (CFIA) has asked the United States Department of Agriculture (USDA) to suspend the issuance or endorsement of export certificates for horses and other equines originating from the state of New Mexico. These restrictions will be enforced in combination with the current restriction imposed on horses from Texas due to an outbreak of **VS** in that state as well.

The imposed restrictions on the import of equidae into Canada from New Mexico is effective immediately. The CFIA has confirmed that the import restriction only applies to live horse, donkey or mule imports and not to equine semen or equine embryo imports.

The USDA has also been asked to provide supplementary certification for horses and other equines from other states as follows: *"During the previous twenty-one (21) days, the animal (s) in this shipment has/have not been in the State of New Mexico."*

The Canadian Border Services Agency will ask all equine transporters crossing the border into Canada the following questions:

1. Do the horses originate from the state of New Mexico or have they been in that state within the past 21 days?
2. Have the horses transited the state of New Mexico en route to Canada?

If the horses originate or have been in New Mexico within the past 21 days, or have transited through that state, they will be referred to the CFIA. CFIA will determine, based on document verification and inspection, whether the horses should be allowed to enter Canada.

It is strongly recommended that horse owners refrain from travelling to or transiting through New Mexico with their horses. It is important to note for horse owners who still want to export their horses to New Mexico that they **CANNOT** bring them back to Canada on the original Canadian export certificate. Instead, it will be necessary that they move their horses to a non-affected state to establish residency in that state for at least 21 days prior to export to Canada. This means that the horses will be returning to Canada on a U.S. health certificate that includes the statement for non residency in New Mexico during the last 21 days prior to export to Canada.

Current import requirements for equidae entering Canada may be found using the CFIA Automated Import Reference System (AIRS) at <http://airs-sari.inspection.gc.ca>.

Due to an outbreak of **Equine Piroplasmosis** in the State of Missouri, we are taking the following actions:

Effective immediately

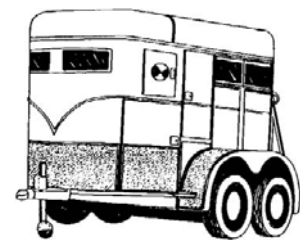
The USDA has been asked to suspend the issuance or endorsement of export certificates for horses and other equines originating from the State of Missouri. They have also been asked to provide a copy of any health certificates for horses and other equines from the state of Missouri issued for Canada during the 30 days prior to the outbreak.

The USDA has also been asked to provide supplementary certification for horses and other equines from other states as follows: *"During the previous twenty-one (21) days, the animal (s) in this shipment has/have not been in the State of Missouri."*

23 STEPS TO DISASTER PLANNING

LONG RANGE DISASTER PLANNING

1. Familiarize yourself with the types of disasters that could occur in your area. Develop a written plan of action for each and keep the plan with your important papers. Review your Disaster Plan regularly with everyone involved. Post emergency numbers in a visible location in the stable or barn.
2. Survey your property for the best location for animal confinement for each type of disaster. Identify food and water sources that do not rely on electricity, which could be lost during an emergency. Decide where to take the horses if evacuation becomes necessary.
3. Photograph the left and right sides of each horse as well as its face and medial and lateral lower legs. Have someone take a photo of your horse with you in the picture, to help identify the horse as yours when picking it up from the evacuation area. Record its breed, sex, age and color and keep copies with important papers. As an option you can permanently identify your horses by tattoo, brand or microchip. Temporary identification by tags on the fetlocks and halters, painted or etched hooves, or even clipping an ID number onto the horse are also options.
4. Keep your horse's vaccinations and boosters up-to-date. Record the dates, dosages and types of medications/health products the animal receives and any dietary requirements. Keep copies of this with your important papers and with your Disaster Plan.
5. Maintain a stock of hay and grain, and keep extra medications and veterinary supplies on hand. Consider keeping a tranquilizer on hand should a horse become panicked during a crisis — ask your veterinarian what is available and what you are allowed to administer.
6. Keep your horse trailer or van insured, in good condition, and checked for safety. Keep your towing vehicle insured and in good running order, with gas tank full and spare gas on hand.
7. Make sure your horse will load! The trailer is useless if you can't get the horse to go in.

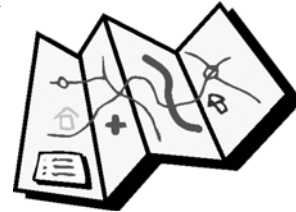


ADVANCE DISASTER PLANNING

8. Have a halter and lead rope designated for EACH horse and hang it outside its stall or on the paddock gates.
9. Keep extra feed buckets at your barn, to be sent with the horse when evacuated.
10. Stockpile at least three or more days of feed and hay. Stockpile medications and supplements. Store extra water in large containers, eg: rubber garbage bins. Keep food and medications in an airtight, waterproof container, and rotate them once every three months.
11. Keep extra bedding, pitchforks and shovels on hand. If space allows, keep an extra wheelbarrow.
12. Make ID tags handy for your horses (luggage tags work well) with your name, address, horse's name and description, your vet's name and phone number, feeding instructions and special needs. These

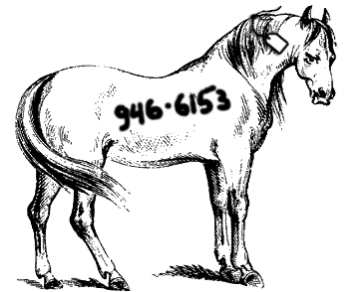
can be attached to the halters or manes and tails. Keep these with your Disaster Preparedness Kit.

13. Clearly identify for your volunteers which horses should be evacuated first, in the event that all animals cannot be moved. Make sure all personnel are aware of your wishes.
14. Compile a portable First Aid Kit and keep it with your Disaster Preparedness Kit.
15. Obtain a map of your area and the area you will evacuate your horse to. Familiarize yourself with the area around your evacuation barn. Learn the routes. Keep this map with your Disaster Preparedness Kit. Check out the barn you hope to evacuate to in order to make sure that it is suitable.
16. Put all the emergency phone numbers in your Disaster Preparedness Kit.
17. Check to ensure that all your advance preplanning is still valid.



PRIOR DISASTER PLAN

18. Get a ziplock bag and put in the copies of your horse's registration papers, insurance papers, the photographs you have taken, copies of the identification papers (write "copy" across the papers.) Fill out an index card with the same information as on the ID tag (given above) and wrap this around the horse's halter with duct tape. Do not put original registration papers in the bag. Remember, during an emergency not everyone is honest.
19. Braid luggage-type tags with the same information as on the index card into the horse's mane and tail (do not tie around the tail).
20. If your horse is not permanently identified with a microchip or brand, use small animal clippers and clip your phone number onto your horse's neck. Spray paint or etch the hooves. If your horse is being trailered to the evacuation site by someone other than you, an ID number may be drawn onto the horse with an auction crayon.
21. Pack into your trailer all the extra buckets, feed and hay that you have stockpiled for your horses evacuation, including the portable first aid kit.
22. Transport or prepare to transport your horse to a safe evacuation site. It is best to do this before it is an emergency, even several days in advance. Do not wait until the last minute to remove your animals. Write down and keep in a safe place, the address of the location your horse has been evacuated to.
23. If you are unable or unwilling to remove your horse, make sure all the preparations to keep them on the property are in place—that someone knows that you are on the property and have your horse with you. If you are staying with your horse on the property, take two plywood boards and spray paint on one side of the board: "Have Horses, need help!" and the other side: "Have horses, OK for now." Keep these in the barn or near the house. Use them to keep rescue and emergency personnel informed in case the communication lines are severed.



FEATURED BUSINESS MEMBER

COASTAL HEALTH ARTS CLINIC HEIKE WALKER, PRACTITIONER OF THE ALEXANDER-TECHNIQUE AND REFLEXOLOGY

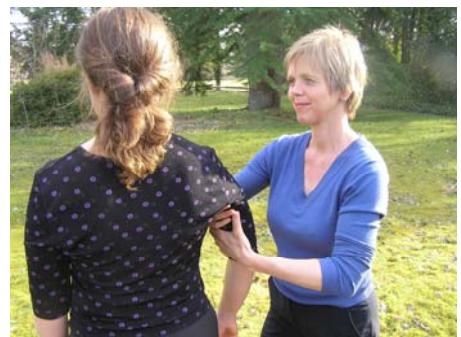
Heike Walker is a Certified Teacher of the Alexander-Technique. She entered a three years full-time training course in Berlin, Germany, and graduated in 2002. Since then she has worked in her private practice. She only recently came to Canada, BC. Now she offers individual lessons in the Alexander-Technique at the Coastal Health Arts Clinic in Aldergrove. She teaches you to increase your awareness and improve your body coordination by working with simple movements such as sitting, standing and walking, supported by her gentle hands-on guidance and verbal instructions. Riders also work in a saddle on a wooden horse, as a way of exploring the movement patterns without the complications of a moving horse. The principles of the Alexander-Technique can be applied to horse back riding and to dressage and remarkably improves riding and dressage skills!

Improve Your Riding Skills with the Alexander-Technique

Horse riders know that communication with their horse is one of the fundamentals of good riding. Riders not only communicate with their horse through the aids they give, but also by the way in which they use their bodies. This "body use" is often unconscious. Riders may not be aware of their movement patterns such as gripping with the knees, tightening in the stomach, holding the breath or sitting to one side of the saddle. The **Alexander-Technique** teaches riders an awareness of their posture and movement. The rider will develop a better coordination allowing more flexibility, support and balance in the body. Over time, harmful movement patterns will be changed, unnecessary tension and excess effort will be released. The communication with the horse will become clearer and more subtle.

The **Alexander-Technique** is particularly useful for...

- * Riders who want to improve their coordination and balance
- * Riders who strive for a clearer communication with their horse
- * Riders who suffer from pain, injury or tension
- * Teachers wanting to improve their knowledge of rider positions and application of aids
- * Dressage riders



On July 14th 2009 between 7:00 to 9:00 pm, there will be an “ **Complimentary Introductory Workshop**” for horse riders at the Coastal Health Arts Clinic. Please reserve your seat now by calling 604-856-0333. For more details and any other questions, please contact heike.walker@shaw.ca.

JUNE EVENTS CALENDAR

Run For Survival - Barrel Race to Raise Funds for Breast Cancer Research

Luxton Fairgrounds Langford, BC

July 4, 2009 12:00 PM

Contact: 250-642-3571 or -250-664-6235 www.runforsurvivalbarrelrace.tk

PRDA Summer Camps!

Pacific Riding for Developing Abilities, 1088 - 208th Street Langley, BC

July 6-10, 2009

Contact: 604-530-8717 or www.prda.ca

BC Heritage Finals

Chilliwack Heritage Park

July 11-12, 2009

Visit BC Heritage website for more information

or contact 1(800)345-8055 kellymacintosh@hcbc.ca

Improve Your Riding Skills with the Alexander Technique Complimentary Introductory Workshop

Coastal Health Arts Clinic, 27233 - 29A Avenue Aldergrove, BC

July 14, 2009 from 7-9pm

Visit Coastal Health Arts for more information

To register contact 604-856-0333

Dressage in the Fourth Dimension Clinic with Dr. Sherry L. Ackerman

Shirrocco Farms in Langley, BC

July 16-19, 2009

Contact: 604-614-9211 or mmarcy@yahoo.com

Wild Horse Music Festival

Hopeland, 19784 - 150th Avenue Pitt Meadows, BC

July 25, 2009 from 1-9pm

Contact: TicketWeb 1-888-222-6608

Horse Trials BC Intro to Eventing Clinics

Topline Stables, Salmon Arm, BC

July 28-29, 2009

Contact: directors@htbc.ca

The RCMP Musical Ride

Thunderbird Show Park in Langley, BC

July 29-31 & August 1, 2009

\$20 per Car Load! For more information and pre-sale go to

www.thunderbirdshowpark.com

FOR MORE EVENTS VISIT [HCBC'S EVENTS CALENDAR](#)

Horse Council BC

Horse Council BC is a member service organization committed to working together on behalf of the equine interests of our members. Representing horse enthusiasts in BC, we collaborate with individuals, businesses, industry professionals, and government to strengthen communication, education and safety. We strive to preserve and enhance equestrian use of public lands and to promote and foster participation in all varieties of equine activity.

WHAT DOES HCBC DO FOR ITS CLUB MEMBERS?

HCBC provides the resources and support needed to encourage the success of its club members. A club is a non-profit equestrian group operating on a local or regional basis.

Benefits to being an **HCBC Club Member** include ...

- Participate in the Group Commercial Insurance Program through Capri Insurance
- List your events on the HCBC website under “Events Calendar”
- Advertise your club in the “Horse Industry Guide”
- Clubs are eligible to apply for an HCBC Promo Pack for **FREE!**
- Apply for “Zone & Core Funding”
- Advertise your products and/or services on the “HCBC Online

Horse Council BC
27336 Fraser Hwy
Aldergrove, BC V4W N5

Office Hours
Monday to Friday
8:30am—4:30pm

Phone: 604.856.4304
Toll Free: 1-800-345-8055
Fax: 604-856-4302

Important Notice ...

It is with regret that we wish to inform our Horse Council BC Members that the Sports Funder Youth Travel Assistance we were able to give out the last couple of years will not be available this year. The reason is due to low ticket sales of the Sports funder lottery tickets. HCBC thanks the BC Government for support of this program for 2007 & 2008 and hope to see it return for 2010.



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