



Notes from the Office

June 2010

Are you getting the most from your HCBC membership? Part One

The most obvious benefit of HCBC membership is the \$5,000,000 Liability insurance, the \$30,000 Accidental Death and Dismemberment Insurance and the Transportation insurance for Non-Owned horses. With the importance of insurance in consideration of value, this alone is a pretty good reason to join. If you are a current and certified coach, you also receive a discount on your Coaching Insurance with Capri, as a benefit of certification and HCBC membership. Members can also purchase discounted option travel insurance, tack insurance, and members named perils insurance for your horse.

There is so much more that members can get from their HCBC membership. If you are reading this in a PPHJ magazine that you subscribe to, you will have received a HCBC members discount on your subscription fee.

HCBC members have full access to our Affinity Program as well as Equine Canada's. There are many opportunities to save for HCBC members starting with:

ACCENT INNS: HCBC Members receive Preferred Corporate Rates at Accent Inns throughout BC. In order to receive the discount you must state that you are a Member of HCBC. Call 1-800-663-0298 or visit www.accentinns.com

AVIS RENT-A-CAR: When making a reservation with Avis Rent-A-Car, please use the Sport BC Avis Worldwide Discount Number (AWD#): S497200. This code will ensure that HCBC members receive discounted rates on car rentals at any time, including during peak seasons.

KUBOTA: HCBC members receive discounts on Kubota equipment or participate in the incentive program. The member can make a choice between taking current Kubota incentive programs or the KED 18% discount off the Canadian MSRP (Manufacturer's Suggested Retail Price) for Kubota power units (Tractors, Utility Vehicles, Excavators, Carriers and Wheel Loaders) and a KED 10% discount off the Canadian MSRP of any Kubota branded attachment (loaders, backhoes etc). Just show the dealer your membership to access the special savings.

PACIFIC & PRAIRIE HORSE JOURNAL: Pacific & Prairie Horse Journal is the Official Publication of Horse Council BC, since 1993, with the HCBC membership newsletter in every issue. Special reduced rates are offered to HCBC members, starting at \$15/one year! Subscribe on your HCBC Membership Form, or visit us online at www.horsejournals.com/catalog, email msmith@horsejournals.com, or call 1-800-299-3799, ext 212

SANDMAN HOTELS: HCBC Members receive the Best Available Rate (BAR) when booking accommodation at Sandman Hotels. The earlier the customer books in advance, the cheaper the rate will be. Booking code of "BCHC" must be used when making reservations with Sandman Hotels.

JOHN DEERE Agricultural Equipment: save up to 23% off list price on select models of new agricultural farm equipment (Full-time equine operations only). Construction Equipment - discounts now available on a variety of graders and loaders Lawn & Garden Care. Discounts or coupons are now available toward the purchase of a variety of John Deere equipment including: select lawn and garden tractors, riding mowers (starting at X300 series and up), Gator utility vehicles, commercial mowing equipment, and compact utility tractors. Call today for your discount coupon. It all begins by calling (800) 965-6872, where we will work with you and your local John Deere dealer to make sure you receive the proper savings.

SHERWIN WILLIAMS: A global producer of paints and coatings, Sherwin-Williams has taken the lead in service and product advances for fence, barn and indoor/outdoor paints. Members can receive up to 40% off list price on Sherwin-Williams paints, plus discounts on all store products. Call (800) 965-6872, we will send you a retail discount card or establish an account.

TOSHIBA: Members can save up to 25% on Toshiba Direct product pricing. Discounts include Toshiba's diverse line of notebook computers, projectors, and consumer electronics. Call Toshiba Direct at 1-800-867-4422 and mention promotion code EPNT.

OFFICE DEPOT: Members will receive preferred pricing on thousands of office supplies, furniture & technology. What next? Call (800) 965-6872, we will send you a retail discount card or establish an account, or go to <https://bsd.officedepot.ca> and order online.

Over the past years there have been many fires, floods and other disasters that have seriously affected HCBC members. HCBC has produced Disaster Response information booklets free of charge to all members and easily downloaded from our site. In addition HCBC has put together a database of haulers and barns that can take displaced horses. This was accomplished by working with our membership for the greater good of horses in BC. While we sincerely hope you will never have to use this benefit, it is there when our members need it.

Members can enjoy courses from our Website. Some are free, some are free to HCBC members and the rest are at a reduced fee for HCBC members. We will continue to build on our website education programs in the future, offering more opportunities for our membership. Go to the Education section of our website to access the courses.

HCBC has worked to provide recreational riders some unique resources to enable them to ride safer on the roads. Horse Council BC has produced a Road Safety Handbook for Equestrians with information about road riding and tips to help keep riders safe. As an appendix to the Road Safety Handbook, there is a page of Pre-Ride Checklists that you may find useful. There is also a Road Safety Rack Card designed to educate motorists, pedestrians and cyclists on how to treat equestrians on public roads. This is available to Horse Council BC member clubs for distribution in their communities to driving schools, Autoplan agents, cycling clubs or public libraries. Horse Council BC has just introduced Emergency ID for both you and your horse along with bright vests to help members stay visible when riding on the road. Call us at 1-800-345-8055 or 604-856-4304 (in Lower Mainland), or e-mail recreation@hcbc.ca to order. If you are a member who rides on the road, you should take advantage of the information and products that have been produced with you in mind.

Are you a high school student that would like a few extra grade 10, 11 and 12 credits for graduation? HCBC is the only province successful in having the Equine Canada English and Western Rider programs accepted by the Ministry of Education for the purpose of receiving education credits. This is a benefit of joining HCBC as non members would not be able to take part in the Rider programs.

Long Term Equestrian Development – What is it?

The first two stages covered in the Long Term Equestrian Model are “FUNdamentals” and “Learning and Training to Ride”. In the LTED each stage has a target chronological age but these stages also apply to target learning stages for all ages of riders. Any person learning to ride enters into the beginner stage and progresses along into each subsequent stage as they learn and acquire new skills.

“FUNdamentals” applies to a target age of 3-8, and or anyone just beginning to learn to ride.

The General objective of the FUNdamental stage is to enable children (or beginning riders of any age) to explore the fun experience of horses while learning within a peer group. Emphasis is on learning safe technique in handling the horse mounted and unmounted, developing core skills of riding, developing correct position, developing stability and familiarity with grooming, handling and equipment care skills. Along with this physical fitness goals would include balance and agility, positional strength and flexibility. New riders develop reaction times, coordination, physical endurance and resilience as they grow stronger in their riding. The LTED also has Mental Skills goals for this stage that would include concentration, relaxation, positive participation, personal rewards and social skills in a group riding session. Riders in this stage would be recommended to have a lesson frequency of 30-50 minutes per week and moving to towards twice a week as their fitness and skills develop.

“Learning and Training to Ride” is the second stage recognized in the LTED and applies to the target chronological age of 8-14, but the principles are applicable to any rider that is moving from a beginner rider forward to further skills development. The general objective of this stage is to develop and consolidate basic equestrian skills (aids and position), introduce independent decision making and fundamental mental training such as visualization and relaxation. Also important is the emphasis on physical fitness and good training habits. If they are interested, this is the level where the rider can be introduced to competition in a limited, age and experience appropriate level for the rider. Riders at this stage are increasing their range of technical skills, working on new skills and consolidating what they are learning. At this stage riders may participate in training 3-5 sessions per week, depending on their lifestyle and goals.

The Long Term Equestrian Model is a guide to optimal training and development of riders at any age and riding discipline. The LTED provides the coach with scientific information and a systematic approach to developing riders. Parents can use this guide to help them understand athlete development as it applies to age of their children. Rider’s can use this guide to learn to understand more about the process of learning to ride. Whether interested in competition or not, the general directives and guiding principles will still apply.

If you are interested in learning more about the Long Term Equestrian Development principles ask your coach or request a copy of this document from coaching@hcbc.ca.

Vaulting CDI June 10-13, 2010

The first ever FEI vaulting competition organized and hosted by Canada will be held June 10-13, 2010 at the Chilliwack Heritage Park. Spectators are encouraged to come out and watch this exciting sport, as well as watching qualifying competition for World Equestrian Games. Over 180 Vaulters are expected to take part in the event, so here is your chance to watch all levels of vaulting up to World Class competitors.

HCBC Book Sale Fundraisers

Would your club like to do some easy fundraising? HCBC is happy to present our Club book sale fundraising program. Any HCBC member club can take part in this program. It is very like a “Tupperware party” and easy to do at any club meeting or event. All you do is give your members a copy of the bookstore catalogue, they then fill out an order form for the books they would like and give the club back

the form with payment. The club collects the orders and payment from their members, fills out a master order form and sends this back to HCBC with a cheque for all of the orders minus 15%. The 15% is the club's to keep. HCBC will then send the books to the club for distribution amongst the members who ordered. Contact Lynda in the HCBC bookstore for your fundraising package or email bookstore@hcbc.ca.

Health Alert! West Nile Vaccine Recall

Intervet has issued a recall notice to all Veterinarians regarding the recall of some of the PrevNile West Nile Virus Vaccine. The lot numbers have been identified and Vets have acted accordingly to dispose of any vaccines they may have received with the lot numbers indicated.

Declared Riders on the Road to WEG

HCBC would like to recognize and congratulate the declared riders and vaulters for the 2010 World Equestrian Games in Kentucky. Each rider/vaulter is working towards being named for the Canadian team and we wish them all the best.

Reining

Lisa Coulter
Amanda Self

Endurance

Gail Jewell
Elroy Karius
Tara Mcleod
Terre O'Brennan

Dressage

Lorraine Chappell
Wendy Christoff
Pia Fortmuller

Vaulting

Alisa Schmidt
Chelsey Wierks
Colin Schmidt
Danielle Kennedy
Darla Ricka
Jessica Bentzen
Raven Schmidt
Tauren Deluca

Beware of Spammers and Scammers!

Recently a member called to let us know that she received a phone call from a man saying she had expressed interest in Natural Horse Products. The member was not aware of any time she had filled out a form showing interest. He was promoting natural horse wormers and all she had to do was give him her credit card number and he would ship the product to her. The member was wise enough to ask him to email her the information first and that was the last she heard from the caller. Inboxes are full of spammers trying to fool readers into giving out credit information and they are getting quite creative, some come across as real and believable. HCBC would like to remind all members that there are a lot of people looking to take your hard earned money, so be careful!