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HORSE COUNCIL BRITISH COLUMBIA



e-Newsletter

Issue 22

February 2011

In This Issue

2011 Equine Education
Conference

Introduction to Equestrian
Athlete Training &
Conditioning Series

Competition News

HCBC Core Grant
Applications Now Being
Accepted!

Recreation News

BC Sports Hall of Fame
Grade 12 Scholarships

Pro First Aid Gives
Certification Discount to
HCBC Members

BC Rider Receives 2010
Athlete Development
Scholarship

Lisa Coulter Holds Top
Spot in Both FEI Reining
World Rankings &
Standings

Upcoming Events

Join Horse Council BC's

[Ride & Drive Rewards
Program](#)



Over 270 of BC's equine enthusiasts came together at the Delta Grand Okanagan Resort & Conference Centre January 22nd & 23rd for the 1st Annual Equine Education Conference, presented by Horse Council BC. Attendees, exhibitors and presenters took advantage of this weekend packed full of education, networking and socializing.

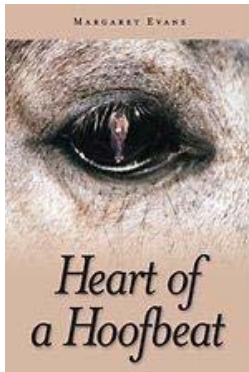
Friday was a day of travel for most and those not wanting to brave the open highway alone signed up for the HCBC Conference bus. One bus departed from Prince George and the other from the Tsawwassen ferry terminal both destined for Kelowna. Thank-you to both bus monitors for entertaining our attendees making the trip a pleasant memory for all. Attendees slowly trickled in throughout the day to register and attend the Hospitality Reception, hosted by HCBC's Recreation Division. At the reception attendees had the opportunity to network and socialize with other like minded equine enthusiasts.

Saturday morning attendees were greeted with hot beverages and breakfast pastries and then the Conference got underway with keynote speaker Dr. Hilray Clayton of Michigan, USA. Dr. Clayton, a highly regarded veterinarian, researcher and author, gave a very impressive presentation on the "*Biomechanics of the Equine Gait*", drawing in the largest crowd of all the sessions.

Also running concurrently was a colorful presentation by the Okanagan chapter of the Back Country Horsemen of BC on "*Camping with Your Horse*". Followed by Kim McCarrel of the Oregon Equestrian Trails organization who shared some strategies that have made their organization so successful at creating equestrian trails and horse camps in Oregon since 1970. The last recreation session of the morning was by a panel consisting of Connie Falk of Barriere, BC, Rose Schroeder of the Yarrow chapter of the Back Country Horsemen of BC and Kim McCarrel. Their presentation used case studies to illustrate the process of planning a "*Trails Project*", finding volunteers and funding to bring the project to

and start receiving incentives to spend more hours in the saddle or behind the breeching!

Sponsored by



Our beloved equine and the ancient life connection we share is the focus of Heart of a Hoofbeat. It is an eloquently written, uniquely insightful read, with beautiful illustrations and anecdotes featuring Duncan, Daisy, and the many horses who live with or near author Margaret Evans. What better treat for a horse lover?

Price: \$29.95

To purchase your copy go to

[HCBC's Online Bookstore](#)



completion. The Recreation & Trails sessions were well attended and judging from the evaluations was both educational and entertaining.

After lunch attendees were able to select 1 out of 2 sessions offered. Dr. Paton's informative presentation on *"What Your Vet Wants You to Know"* or Shelley Henshaw advising on *"Equine Legal Issues"*. Both sessions were well attended with standing room only left for the late comers. For those attendees interested in recreation the BC Equestrian Trails Roundtable was open to auditors as well as invited participants. Betty Baxter, a professional facilitator from Roberts Creek, guided the participants through a discussion aimed at improving communications between equestrian volunteer groups and land managers as well as other trail planning organizations. There were representatives in attendance from BC Parks, Recreation Sites & Trails BC, Regional Districts, the Private Forest Landowners and Trails BC, as well as equestrian trail users from Back Country Horsemen, the Endurance Riders, the BC Competitive Trail Riders and regional groups.

After a brief coffee break attendees had the choice of spending the remainder of Saturday afternoon with fitness expert Isabelle Aube as she educated people on *"Equestrian Athlete Conditioning & Rehabilitation"* or listening to Mike King of Capri Insurance sharing his wealth of knowledge on *"Equine Insurance Coverage"*.

The *Welcome Reception* on Saturday night entertained over 180 attendees! The evening opened with Horse Council BC President, Orville Smith followed by warm regards from the Minister of Agriculture, Honourable Ben Stewart. The podium was then handed over to Darcy Feth from Investors Group to present the *"Investors Group Volunteer Sport Administrator Award"*. The recipient of this year's award was Deborah Fox of Ladysmith, BC. This award, sponsored by the Coaching Association of Canada and Investors Group, recognizes the contribution to community sport programs made by a dedicated volunteer. After the formalities were over, attendees mingled while enjoying a complimentary glass of wine or beer creating a lively atmosphere in the exhibitor hall. Thank-you to the following businesses for donating door prizes: Cavalia, The Innovative Horsekeeper, Horse Sense Herbs Ltd., Pacific & Prairie Horse Journal, Greenhawk Harness & Equestrian Supply - Kelowna, Panorama Veterinary Services and Capri Insurance.

On Sunday morning attendees met back in the Conference Centre to choose their final session of the weekend. The remaining three sessions to choose from included Judy Wardrope sharing her no non-sense expertise on *"Improving Your Eye for Functional Conformation"*, Juli Holloway delivered her presentation on *"How to Make Your Website Stand out"* and Livestock Handling Specialist, Jennifer Woods presented tips on *"No Stress Horse Hauling"*.

At noon on Sunday the 1st annual Equine Education Conference came to a close. As the attendees exited the conference centre to make their way back home here's what they had to say about the 2011 Equine Education Conference...

"Informative, fun, educational and a great holiday"
"Well organized Conference, Thank-you!"
"Highly qualified speakers with interesting topics."

2011 Equine Education Conference Sponsors & Exhibitors

HCBC Road Safety Bibs

Just \$19.95



HCBC Horse & Rider ID's

Just \$29.95
(per set)

To purchase yours
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at
1-800-345-8055



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Investment Agriculture Foundation of British Columbia, The Province of BC, Agriculture Canada, 2010 Legacies Now; Prairie Coast Equipment; Capri Insurance; Panorama Veterinary Services; The Innovative Horsekeeper; Horse Sense Herbs Ltd; Greenhawk Harness & Equestrian Supply - Kelowna; BC Quarter Horse Association; BC Farm Animal Care Council; Gencor - IMV; Gaitpost; Horse Welfare Alliance of Canada; Back Country Horsemen of BC; Western Canadian Farriers Association.

Horse Council BC would like to take this opportunity to thank all the attendees, sponsors, exhibitors, speakers and volunteers that were instrumental in making this first-time event a tremendous success. Your support is greatly appreciated.

See you all next year at the 2012 Equine Education Conference!

Introduction to Equestrian Athlete Training & Conditioning Series

*By Isabelle Aubé, Equestrian
Athletic Conditioning Expert*



Isabelle Aubé

I would like to begin this article by congratulating Horse Council BC for a very well organized 1st Annual Equine Education Conference! As a guest speaker I must say that it was a very pleasant experience.

During my presentation I spoke about basic athletic conditioning aspects including training sequence, frequency, as well as how to work with the neurological system to increase results. Volunteers demonstrated some very beneficial postural, flexibility and strength training exercises as well.

In my daily practice I work with coaches and their students to help them resolve fitness challenges like lack of core strength which translates into not being able to maintain a proper position for long periods of time. Common fitness challenges can be worked out through ground exercises. For example, last year I was working with a 15 year old Dressage rider who was unable to properly accomplish the sitting trot due to postural issues. Within 3 one hour sessions of showing her corrective exercises and specific stretches, her coach saw a 60% improvement in her position!

With 168 hours in a week, what you do when you're not riding has a great impact on the hours that you are riding. Every movement and motor pattern that you execute throughout the day is being recorded in your brain. Knowing how to work with the body and the brain teaching it correctly is the key to seeing results.

In the next 12 articles I will cover a variety of topics relating to equestrians, for example how to improve your posture with quick and easy exercises and stretches; what is tendinitis and what can you do to rehabilitate your body and prevent it from recurring.

I welcome feedback and questions regarding athletic conditioning, injury rehabilitation and ground exercises that will help solve common problems riders are experiencing. So please feel free to submit questions and feedback via email to riderquestions@hotmail.com.

I look forward to hearing from you!



Wishing You Good Health,

Isabelle Aubé
www.isabelle-aube.com

With Support from IAF,
 Horse Council BC
 conducted a survey to
 measure the impact and
 status of BC's equine
 industry.

View the results of the

[2009 Horse Industry
 Study](#)

*Horse Community
 Journals*



[Cast Your Vote!](#)

Competition News

Submitted by Ali Buchanan, Competition Manager

Upcoming HCBC hosted events include...

EC & HCBC Hunter/Hack & Jumper Judges Clinics to be held March 19 & 20, 2011 at the Sandman Hotel in Langley, BC.

[Jumper Judges Clinic Application Form](#)

[Hunter Judges Clinic Application Form](#)

For more information please contact Ali Buchanan, Competition Manager, by emailing competition@hcbc.ca.

HCBC Core Grant Applications Now Being Accepted!

It's that time of year again... Core Grant Applications are now being accepted up until Sunday, May 15, 2011, for events taking place before December 31st of the current year.

What is Core Grant? Core funds are provincial funds targeted for events or projects that support sport growth and development. An approved event or project will be open to all qualified participants in your area, not just your club members. The event or project must support the goals of HCBC for developing sport within the province. Clubs are expected to charge participants reasonable registration fees. Money will be released only after a financial report, receipts and an event summary are received by HCBC.

Who Can Apply? Club and Affiliate HCBC members in good standing whose members are also HCBC members.

Send the completed [application forms](#) to:

Horse Council BC
 Attention: Finance Dept.
 27336 Fraser Hwy
 Aldergrove, BC V4W 3N5

Recreation News

Submitted by Ruth Donald, Recreation Coordinator

Reminders!

The BC Equestrian Trails Fund will be accepting grant applications from

HCBC member Clubs who are working on trail, trailhead and horse camp projects to assist with the financing of materials and/or labor costs for these projects. The application process will be announced sometime in March. Stay tune!



Silver Spur Riding Club

Donations to the BC Equestrian Trails Fund can be made either online at www.hcbc.ca or by downloading and completing a donation form under the Recreation & Trails section.

Please note "Trail Markers" are now available to HCBC member Clubs that are building or maintaining trails in their area. Email recreation@hcbc.ca to receive your markers!

Looking for new riding adventures this Spring? Go online to [HCBC's Trails Database](#) to check out over 120 trails.

Happy Trails!

BC Sports Hall of Fame Grade 12 Scholarship



BC Sports Hall of Fame is offering a scholarship to one male and one female graduating BC student athlete in the amount of \$1500 each. The goal of this scholarship is to help athletes stay in BC post secondary schools. The deadline for nominations is April 15, 2011.

For more information on this scholarship click on the link below.

<http://www.bcsportshalloffame.com/about-us/scholarships/>.

Pro First Aid Gives Certification Discount to HCBC Members



CPR and First Aid Certification is a mandatory part of your coaching certification to maintain a "current" status. High quality CPR and First Aid certification is offered 24/7 online for your convenience at www.ProFirstAid.com.

Coaches and members of Horse Council BC can now take advantage of an exclusive discount offer and save 30% just by using the discount code: "hcbc"!

BC Rider Receives 2010 Athlete Development Scholarship

The Canadian Eventing Committee announced that BC rider Shannon Thompson of Surrey, BC was amongst the recipients of the 2010 Canadian Eventing Athlete Development Scholarships.

Designed to recognize and encourage Canadian riders in the pursuit of international competition, this year's program offered scholarships of \$1,000 to outstanding athletes. The assessment criteria included past eventing experience, competition results, future competition plans and goals, and dedication to the sport including support and promotion of the sport of eventing in Canada.

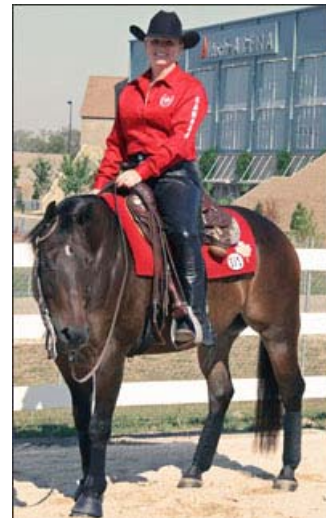
In 2010, Thompson rode KS Priceless, her 10-year-old Connemara gelding, to a second place finish in the CIC 1* division at Aspen Farm Horse Trials in Yelm, WA, and placed first with a score of 36 in the Equestrian Institute Horse Trials in Auburn, WA. Thompson, 29, who is an Equine Canada Level 1 Coach, plans to train and prepare to complete a two star in 2011 with aspirations of moving up to the three star level shortly after that.

Lisa Coulter Holds Top Spot in Both FEI Reining World Rankings & Standings

The Canadian Reining Committee (CRC) is pleased to announce that at the conclusion of the 2010 FEI Reining season Lisa Coulter of Princeton, BC, ranks number one on both the FEI Reining World Ranking and World Standing Lists.

Riding Angels Mark, Bob Thompson's eight-year-old paint gelding, Coulter topped the FEI Reining World Standings List, which is calculated based on results accumulated with only one horse, with a total of 73 points.

Coulter also topped the FEI Reining World Ranking List with a total of 100 points. This achievement was calculated using the 73 points she earned with Angels Mark and the results she earned riding Western Whiz, an eight-year-old Quarter Horse gelding also owned by Bob Thompson.



Lisa Coulter & Western Whiz

"I am very proud to represent Canada at International events and to put Canada number one on the FEI lists is something I am very proud of" said Coulter. "I have a long way to go to reach the goals I have set for myself; however, checking off being on top of the FEI lists will be a highlight of my career."

Upcoming Events

"Here at Hastings" - Juanita Sahl

February 3rd - 25th, 2011

Time: T-F 10am - 4pm & Sat 11am - 3pm

Location: Community Arts Council 1959 - 152nd Street, Surrey, BC

Partial proceeds donated to New Stride Thoroughbred Retirement Foundation

HCBC Zone 6 AGM

February 6, 2011

Time: 10am

Location: Cowichan Exhibition Grounds Meeting Room

HCBC Zone 2 AGM

February 20, 2011

Time: 1pm

Location: Peoples Place, 3402 - 27th Avenue (across from Canadian Wholesale)

Zone Reps Contact Info: Carolyn Farris at 250-546-6083 or Frank Seibeck at 250-485-4248

Note: This is an election year so one new Zone Director will be elected.

Equine Bandaging Basics Workshop - presented by Maureen Walters

These sessions are excellent preparation for coach or Instructor evaluations and suitable for those new to horses and bandaging. Experienced riders would also benefit from this course as a refresher. Pony Clubbers attending will be able to learn bandaging from a PC examiner as well!

February 26, 2011

Location: Horse Council BC office, 27736 Fraser Hwy, Aldergrove

Part One 10:00 am to 12:00: The Basics, stable wraps, shipping bandages, exercise, and tail bandages

Part Two 1:00 pm to 3:00 pm: Beyond Basics, after workout bandaging, foot and leg poultice, ice bandages and sweat bandages.

This is a hands on course where participants will learn and practice on our well behaved and quiet plastic horse legs. Bandaging material is provided for the workshop.

Cost: Each session is \$15.00 plus HST for HCBC members or \$20.00 plus HST for non members. To register or for more information contact coaching@hcbc.ca.

HCBC Zone 3 AGM

February 26, 2011

Time: 3pm

Location: Horse Council BC Office

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Media Partner



About Horse Council BC

Horse Council BC is a non-profit organization, governed by an independent Board of Directors, committed to representing the interests of our members and the equine industry. As one of the most successful multi-breed, multi-discipline equine organizations in Canada we represent the equine community in BC, by collaborating with individuals, businesses and industry professionals to strengthen communication, education, and safety.

Horse Council BC

27336 Fraser Hwy
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Fax: 604-856-4302

www.hcbc.ca



Horse Council BC gratefully acknowledges the financial support of the Province of British Columbia through the Ministry of Healthy Living and Sport.

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