



ATRA NEWS APRIL 2010

www.atra.ca

NEW MEMBERS

PLEASE JOIN US IN WELCOMING NEW MEMBERS:

Bill & Brenda Santrock, Caitlin Chubaty, Chantal Thorlakson, Dana Deverdenne,
Irene Kerr and Natalie & Robert Axten.

====++=====++=====++=====++=====++=====++=====++=====++=====++=====++=====++=====



ATRA meets the 3rd Thursday of each month with informative and entertaining speakers. Refreshments are always served and we invite you to come down and check us out.

Please join us for our next meeting on:

April 15, 2010 – 7 pm

Guest Speaker: Jane Brydges, Sales Representative for Nurtural Bitless Bridle

Jane's main focus has been introducing and educating the horse world throughout the Western Provinces, and as far south as the US, about the product. She first saw the bridle work its wonder at the Spruce Meadows Masters "Battle of the Breeds" in September of 2008 on a black Canadian horse that was competing. The designer, Zoe Brooks and her husband Jerry, raise Canadians in Worthington, Ontario. Zoe was investigating better bridle methods when she came up with this design. Jane is a very experienced horse woman of 59 years young, who has completed several cross country rides. She has quite a diverse equine background that includes training horses and raising Paso Finos. Jane will be demonstrating the bridle and its benefits to your horse in June. Please check the newsletter for more information about the Bitless Challenge.

Meeting location: Kirk United Church located at 13535 - 122 Ave.

Please feel free to bring guests as there is plenty of room in the upper auditorium.

(Additional parking is available behind the church.)

Need a Place to Advertise?

Remember that the ATRA newsletter has a wide distribution here in Alberta. What better way to reach a target audience for a very reasonable price. Members receive a discount for advertising and everyone receives up to 50% off for placing multiple ads. For more information and prices, call Anita at 780 475-3858. Newsletters can be located on our website at www.atra.ca

What impression are YOU making?

Businesses: You have only 7 seconds to make your 1st impression... so make it a **great impression!**

Creative graphic design solutions for:

- logos
- business cards
- displays
- signage
- stationery
- brochures
- postcards
- websites & more!



Call for a **FREE evaluation of your brand.**

ATRA members receive \$50 off select design packages.

Ask us about how to make a memorable impression with **AUDIO** too!



(780) **988.7995**
eyetalkstudio.com

eye talk...Your business GROWS!

Question:

What do you get when you mix
PMS with GPS?



Answer:

A crazy bitch who **WILL** find you!

=====
Private Facility has room for 3 outdoor horses. Indoor/outdoor arenas with ample free arena time and trails. Lessons available 1 night per week. 15 minutes from Sherwood Park or South Edmonton. Contact Colleen at @ (780) 417-6629.

=====
2 HORSE TRAILER for sale: Tall, straight haul, bumper pull, large walk in tack room, hay rack on roof. Good floor but needs new tires and some work on the shell. Asking \$2750. Call Dave Lawrence @ (780) 922-2227

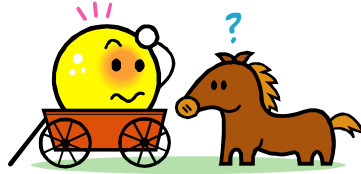
===== ATRA's 32nd "Trail Ride Against Cancer"

This year's Cancer Ride will be held May 8th at Able Ranch near Lily Lake (north of Bon Accord, west of Redwater). We're looking forward to a great turn out this year. Some members have already received their rider packages from the Canadian Cancer Society, but they are also available through our website at www.atra.ca.

We are also asking members to help us find prizes and items for the silent auction. Letters requesting these donations are available from Vicki Lawrence (at meetings, by calling (780) 922-2227, or by email - vickilawrence@interbaun.com).

Please notify Anita Doonan, the CR prize coordinator, about collected items so that she has preparation time - (780) 475-3858 or doonan@telus.net).

Together, we can beat cancer!



ATRA 2010 Mel Hyland Horsemanship Clinic

April 27/28, 29/30 at Colchester Stables or May 1/2 at 3D Equestrian Center, Sherwood Park. Overnight camping and pens or stabling available. The clinic will be groundwork in the mornings, riding in the afternoons. Cost is \$250/participant. This clinic is for current members that were also members in 2009, as it is subsidized by the ATRA casino funds. Each 2 day clinic, will have 8 participants, and will run from 9am - 5pm. A campfire, wiener roast and evening entertainment will complete the first night of each clinic. We ask that participants bring salads or desserts to share.

To book, please get your cheque, payable to ATRA, (post dated March 1/10) to Lisa Friedenbergl at the next meeting with dates on cheque (or email lisa_f@mailcan.com or phone 780-237-7587 for Lisa's mailing address). No refunds after March 1, unless we can fill your spot. Spectators are welcome for a fee of \$20 per day. Visit Mel's website www.melhyland.com for a "Cowboy Country" video clip and other information.

(Please note: There are two spots left for Apr. 29/30 - accepting any members.)

ATRA SUMMER MOUNTAIN RIDES 2010

June 20th thru 27th. Hummingbird/Ram Falls

This week long trip is ATRA's annual "Adopt-A-Trail" trail maintenance and clean up ride. The site is about 100km southwest of Rocky Mountain House. DIRECTIONS: Take Secondary 752 (60km, 40 paved/20 gravel), southwest of Rocky Mountain House to Forestry Trunk Road 734, turn right (west) at that T-intersection (41km to camp). After crossing the South Ram River the road turns west for a mile or so then goes north. Look for the Hummingbird sign on the west side, turn left and follow the road west to the staging area. Continue on the road past the information signs in the first parking lot. The road climbs a short hill then makes a sharp switchback over a small creek, then continues west. Look on the left side for the gravel loop camping area entrance. The loop has nice level gravel sites that should accommodate the big horse trailer/camper combos. Cell phones do not work in this area. There will be a base camp with limited amenities for camping. Highline poles are available for horses, BYO rope. You cannot tie to trees. Rides will be day rides from base camp. Clean up and maintenance will take place in the new and old camping areas as well as on the trails. There are pit toilets. There is no drinking water available, but usable water for washing can be obtained from the river. BYO Firewood. Your horse **MUST** have shoes for this ride. For anyone wishing to come camping without horses and still ride some days, there is an outfitter nearby, JH Trail Rides (call ahead to book 403-722-2419). The club will cover part of the fuel costs for each member for this ride, so submit your bills to Shirley by the Sept meeting. For more information and to register for this ride, please contact Shirley McFall @ 780-662- 4747.

July 18th thru 25th. Clearwater Wagon Pack Trip.

We are organizing a week at a summer camp at Clearwater. We have arranged for two wagons to carry in our food and camping gear for ~\$200 per person. We will only be able to accommodate a maximum of 12 campers who will need to ride in on their own horses and carry in some of their personal items. Horses will need to be hi-lined and be able to be hobbled for grazing. Our tentative plans are to arrive at the staging area on Sunday afternoon, July 18, and overnight there. We would then be able to be transported in on Monday morning to the camp. We will arrange a meeting of those involved to plan our supplies and menu to minimize weight and duplication. This trip already has a waiting list. Preference will be on a first come basis and a \$200 reservation fee will be required. Please contact Ken Komm @ 780-922-3004 if you are interested or need more information.

August 2nd thru 8th. Ya Ha Tinda.

This trip will be a week long camping/riding trip at the Ya Ha Tinda Ranch, west of Sundre (and just east of the Banff Park boundary) in the Rocky Mountains. From Sundre, drive 10 km west on Hwy 27, turn south onto the Coal Camp Road, and follow for 50 km (25 km pavement, 25 km gravel). At the T, turn South on to Hwy 734 and don't cross the bridge at Mountain Aire Lodge. Stay straight on the north side of the river on the narrow gravel road and continue 25 km to the Eagle Creek Campground on your left. The ATRA banner will be displayed at our campsite. Camp will be at the Eagle Creek Campsite. The services at the campsite are Pit Toilets. That's it, and bring your own paper! The water source is the Red Deer River. Also bring manure tubs and forks or shovels, as they do have a manure pit so we can keep the campground clean. Cell phones do not work in this area. There is no charge for camping. Sites are first come, first serve. Your horse MUST have shoes for this trip. Mountain Air Lodge is approx ½ hour drive away with minimal services and Sundre is 75km away (30km pavement, 45km gravel—the last 20km of gravel is a narrow road). Horse accommodations are hitching rails and high lines within the campsite. Tying to or highlining between trees in the area is not permitted. If hitching rails are full, you must tie to your trailer or highline between trailers. Panels and pens are permitted only if they are against your trailer, no longer than the length of your trailer and no more than 10' out from your trailer. Trails in the area range from easy flat valley rides to high steep mountainous areas. There are many beautiful trails out here, some hard to find and not well marked, so if you haven't been here before, it's best to come with the group, who can show you the trails. This trip will be geared towards adult riders, families are permitted, but may find campfire conversation unsuitable for children. A last minute Whitewater Rafting Day Trip may be planned if the weather looks good, so let me know if you are interested. We will do a potluck Tuesday supper. For more information and to register for this ride, please call Lisa Friedenberg @ 780-237-7587.

August 23th thru 29th. Kananaskis – Little Elbow Equestrian Campground

This mountain trip into the Kananaskis Area will be a family friendly trip to the mountains. Hwy 66 heading west of Bragg Creek is paved to the campground. Trails are well marked and mapped, and trail difficulty ranges from easier valley rides to rugged, steep and long mountainous trails, including overnight backcountry campsites. Campground is well gravelled and has pit toilets with paper, water taps between sites and firewood for sale. There are also lots of nice hiking/mountain biking trails and it is only 15 minutes away from McClean Creek OHV Campground, where they have coin showers. Horse facilities are double gated tie stalls located just outside the camping areas. (No horses are permitted in the campsite area so if your live-in quarters are in your trailer, plan on putting your tack in your truck to get it to your horse. Other horse trailers can be parked beside the tie stalls). There is a per night camping fee of \$27 for 2 horses and 1 camping unit and \$5 per additional horse per night. You can take your chances and just show up and pick a site in Loop B (covered tie stalls) or reserve a site in Loop A (framed tie stalls, BYO tarp and bungies/twine). Reservations can be made no more than 90 days in advance so May 25 at 9am call 1-877-537-2757 or go to the website <https://reserve.albertaparks.ca> (Little Elbow Equestrian). There is also a \$10 reservation fee. Your horse MUST have shoes for this trip. For more information and to register for this ride, please call Lisa Friedenberg @ 780-237-7587.

July 25-31 Cadomin/Whitehorse Creek Campground- (please note the original date has been changed)

This trip will be a week long camping/riding trip at the Whitehorse Creek Campground, in Cadomin, South of Hinton. The services at the campsite are a water pump, pit toilets, firewood and tie stalls for horses. That's it, and bring your own toilet paper and tarps and twine/bungies if you want to cover the stalls! Bring manure tubs and forks or shovels and shavings are recommended for the stalls. ATRA has booked all 6 available sites. This trip is almost full. Sites will take 2 or 3 horses. \$10.00/night plus \$2.00/horse/night with a \$6 reservation fee. We may plan an overnight ride to Miette Hotsprings or a hike (without horses) into the Cadomin Caves if anyone is interested. We can also drive to the ghost town of Mountain Park nearby one evening and go for a walk. It closed in 1950, but there are still a few foundations and mine structures and a recently restored cemetery. For more information and to register for this ride, please call Shantel Perreal @ 780-231-9155.

Sept Long Weekend Camping Trip and Trail Ride

We are planning a ride, location TBA. If you have any suggestions, please contact a board member.

***Please note for all trips organized by ATRA you are required have a current ATRA and AEF membership to ride with us and must hand in a signed waiver and medical form in a sealed envelope (only to be opened in case of emergency) to the ride organizer upon arrival. Ride organizers can e-mail you the medical form and waiver ahead of time or ask for them from the organizer when you arrive.**

==++=====++=====++=====++=====++=====++=====++=====++=====++=====++=====

"CAREGIVERS' GUIDE TO REHABILITATING NEGLECTED HORSES"

Follow the links below to access this document.
Please feel free to share this information with anyone you know.
This document is downloadable. (www.horsewelfare.ca)

<http://horsewelfare.ca/images/stories/pdf/10rehabneglectedhorse.pdf>

==++=====++=====++=====++=====++=====++=====++=====++=====++=====++=====

Recreation Corridors Coordinating Committee Update March 2, 2010

Submitted by Roger Marvin

The Alberta Trail Riding Association and the Alberta Equestrian Federation have in the past been indirectly involved with recreation trails through membership with Alberta Trail-Net. Trails are used by many people for recreation. Increases in population and the numbers of recreational vehicles create conflict among trail users, adjacent landowners, land managers and others.

In 2002, the Alberta government formed a committee to review existing recreational trail legislation and use. A report was released in 2003, and in 2006 the Alberta Recreation Corridors Coordinating Committee (RCCC) was formed. Its purpose is to continue work on recreation corridors and contribute to ongoing relationship building among communities of interest.

RCCC is chaired by Jeff Johnson, MLA for Athabasca – Redwater. There are more than a dozen members representing various stakeholder groups. In November of 2008 we were asked to participate as a member of the committee. (continued...)

The committee will look at:

- 1) Risk management tool – explore the concept of reducing risk on trails operated and maintained by not-for-profit organizations in order to have lower insurance costs;
- 2) Mapping projects – following the successful “Northeast Alberta Trails” map, continue work on similar mapping projects across Alberta;
- 3) Enforcement and education – explore options for adequate policing, enforcement and education and recommend collaborative solutions;
- 4) Trail designation program – as part of implementation examine ways to fund the development and operations of recreation trails in the province.

In July 2009, Alberta Tourism Parks and Recreation in partnership with Alberta Trail-Net published a booklet “Alberta Recreation Corridor & Trails Classification System”. The System is intended to be used as a guideline.

At the most recent meeting, committee members listened to a presentation of a proposal to set up a non-government organization that will support trail clubs in several ways, including better coordination of education/stewardship programs, enforcement, mapping, as well as funding to clubs to construct and maintain motorized and multi-use recreation trails throughout the province. Funding for this proposed organization could come from a fee collected at the point of registry for off-highway vehicles. The committee requested further study be done on a few specifics including board composition for the organization and the method of decision making.

There was committee support for the funding of recreation trails in the province through a trail permit issued to users. This is seen as a viable approach to get financial resources in place to build and maintain a safe and sustainable recreation trail system for Alberta.

The proposal to establish a non-government organization is at the very early stages and needs to go through the government approval process before it is created. We need to communicate to our legislators about the need and importance of a safe and sustainable trail system for Albertans.



Grazing Planning - Steps to Take in 2010

From the Mar 8, 2010 Issue of Agri-News

It is very likely that pasture and grazing land will be slow to start and will produce less in the 2010 growing season. This will leave many producers wondering what they can do in advance or as the grazing season plays out.

"The first thing producers can do is to budget feeds as carefully as possible to feed longer in the spring. Sorting cows and feeding to reduce waste are key tools," says Grant Lastiwka, grazing, forage and beef specialist with Alberta Agriculture and Rural Development. "The next thing that must be done is a grazing plan. Balance what you think you will have for grazing days to the livestock numbers and length of your desired grazing season. Pencil it back-and-forth until it is comfortable to you. If you need some help, it may be a good idea to hire a grazing mentor to help you. A fellow grazer will be able to walk through some ideas and help you create solutions that are comfortable.

"As soon as possible make arrangements to rent more grassland in a flexible arrangement. Remember, that most pastures will be lower yielding and slower to start growth this spring, so if you can't flexibly manage to allow the pasture to recover from last year before once again starting grazing, look for pasture elsewhere." (continued...)

This is also the time to consider if you want to reduce forage yield risk through enrolling in the hay and pasture moisture insurance program.

"A possible grazing option may be to look into seeding a mix of a spring and winter cereals, so that six weeks from now there is an option to graze if perennial growth needs more recovery time," says Lastiwka. "If this mix of spring and winter cereals isn't needed, it can be silaged, swath grazed or bale-grazed."

In early April, before fertilizing, soil test and plan to fertilize the most productive pasture or hay stands. This should be balanced to address shortfalls with an amount that is affordable to the given situation. Remember, nutrients in a grazing situation are largely recycled, and give more than one return on investment.

"Adequate recovery time is the most effective practice when it comes to rejuvenating overgrazed and stressed forage stands," says Lastiwka. "It is important to see sufficient growth ahead of grazing. So that plant health is not set back further, have at least a 3-leaf plant growth stage before cows are allowed to graze on that pasture."

Rotationally grazing should be the basis of a grazing plan. Pastures need to be given specific rest time for more complete plant regrowth/recovery during the active growth periods.

"If planning to seed pasture, pick a good legume and a drought tolerant grass mixture," says Lastiwka. "If the spring continues to be too dry, plan to seed with no cover crop. If the 2010 spring is moist, seed with a cover crop, but plan to silage earlier to allow for better establishment."

Grazing is half of the cost of traditional feeding, and having pasture that can be counted on is absolutely key. At a meeting in February 2010, Dr. Vern Baron, Agriculture and Agri-Food Canada, stated that, "It is imperative to have better species for grazing being used. The evolution of old hay stands to low vigour, and shallow rooted grass species pastures is too expensive. Kentucky Bluegrass, timothy, fescue, quack grass stands are species that have a high risk of being very unproductive in a drought."

"Unsound grazing practices, particularly regrazing too soon and removing most of the plant material, have left some producers with low production pasture that is very drought prone and nutrient deprived," says Lastiwka.

+++++



Minutes for ATRA General Meeting- March 18, 2010



32 Members in attendance, meeting was called to order at 7:10 pm.

1. Introduction of members/Introductory remarks – Ken K. Welcome to Melissa Townsend and to all new members. Our condolences to Len Weinkauf on the passing of his mother, & Doug King for the loss of a co-worker.

2. Approval of the Agenda – Barb added Sept. Long weekend. Vicki added Wild Pink Yonder.

3. Approval of Minutes of February 18, 2010 meeting – Vicki moved to approve, Larry 2nd. Carried.

4. Reports: **Treasurer:** Barb, \$21,654.34, **Membership:** Barb, total members to date-141: 65-Single, 56-Family, 15-Life, 5-Honorary. Maret phoned all tardy members with a reminder to renew. This is the last notification to renew.

Public Relations: Barb reported on the funds paid out of the "old" Casino account. \$5000.00 to DVHC, \$4000.00 to Little Bits, \$600.00 to Cancer Ride for tables and chairs, \$5000.00 to AEF Trail Support (South West Alliance Trail proposal. \$4000.00 to STARS, \$5000.00 to Friends of the Eastern Slopes (Hummingbird area) for manure pit signs, out-house maintenance, etc., \$5000.00 to S.A.T.R.A Ken Zelt (Castle area). Shirley is writing an article for Alberta Bits on Trail Developments. There is a Horse Hauling Course being held at Shenfield Ranches in April, some members will be attending to see if we could make use of it at a later date.

Local Trail Riding Activities: Anita reminded all that there will not be an ATRA ride for March. We (ATRA) have been invited to join CLSC (Cooking Lake Saddle Club) on their Chili Ride that is being held at the Lawrence's. March 21, 2010, please RSVP Vicki. Sunday Breakfast & Poker Ride on April 18, at the McFall Ranch (Weather and road conditions permitting). Alternate location would be Central Staging Area. Funds raised by the ride to benefit STARS. Please RSVP Shirley. May 8-Cancer Ride. May Long Weekend-Horse Creek Ranch, (CLSC) currently is full, to apply for the waiting list, contact Barb. June 13, Bitless Challenge, with our April guest speaker, Jane Bridges, BBQ to follow (Hamburgers and Hot Dogs). Details of all activities will be in the Newsletter, no takers for doing the Newsletter other than Anita.

Special Trails: Roger was at the Big Horn Back Country meeting on February 4. Forestry reports of reasonable amounts of snow there and more activity involving ice climbing. SRD took notice of a U-Tube clip with a 4x4 in the Bighorn Country. They did a follow-up and were able to lay charges. Apparently snowmobilers are unhappy with OHV persons who are riding on their groomed trails. Bernie Schmidt spoke of prescribed burn areas would have a portable weather station to monitor the area. Conditions of the area would be taken into consideration before it would be on the list for light up. Anita, Barb, Lisa and Roger are creating a document of Guideline Etiquette for Camping and Riding. Ministik is on the list for Trail Development Program. **AEF:** Barb, Carl and Shirley will be attending the AEF AGM in Red Deer at the Red Deer Lodge. Ken Z. indicated that there are key positions on the board that are open. April 8-10 is the Northlands Farm and Ranch Show. Any volunteers for the AEF booth? See Ken Z. **Cancer Ride:** Vicki has received her package from the Cancer Society that was mailed out, others should be receiving theirs as well. The website has a link to get the packages. It is 6 pages long. Bruno (of Able Ranch) will have the ride marked out on his property and adjoining lands. At the staging area, water will be trucked in. Bring a bucket for your horse. There will not be any water bought out for the horses at the lunch spot. There is a dug-out available should you wish to use it at your own risk. Please bring your own lunch and beverage for the ride. We will have a large tent for the prizes and the ceremony. We indicated a need for a very large BBQ capable of cooking 150 steaks, griddles as well if possible. Come camp with us Friday and Saturday nights and participate around a campfire. Bring your guitar, accordion or any other musical instrument along with your singing voice. Sunday, go for another ride and/or assist with tear down. There were 6 tables purchased for the Cancer Ride. Please bring your own chair and a small table for your own use. Posters are available to put up at your work site or other places of interest. Letters for prizes, donations are available. Prizes will be awarded for the most donations, eldest female and male rider, youngest female and male rider, etc. For 32 years Sharon Breitzkreuz has created and promoted the Cancer Ride, found food sponsors and so much more. She is looking for someone to coach and in time to do her "job" as Food Coordinator. Vicki also received an e-mail from Monica Smith (AEF) about ATRA's Cancer Ride. Vicki will be submitting an article for Alberta Bits for the summer issue. **Casino:** Barb reported that we have received \$72,919.08 from our December Casino. We will be looking to do improvements to the equipment trailer-shelves, partitioning, etc.

5. Clinics 2010: Polocross practice twice a month. Next is March 20, April 3 and 17th, 6-8 pm. There is a haul-in fee of \$10.00. Currently held at Colchester Stables but may move to Fultonvale later. Mel Hyland Clinic, still has 3 spots available. Cost of the clinic is \$250.00 for the 2 day event. April 27-May 2. Lunch available for participants. Spectators welcome, \$20.00 per person. 'Mantracker' is booked for our November meeting. There will be a fee to attend, date and location yet to be determined.

6. Mane Event: Ken has all the volunteer positions filled. Please confirm when you are on booth detail. Murray is working on the photo frame with more pictures. There will be 2 draws for prizes. Saturday evening, Lisa's 4-H group is participating in the Musical Ride Extravaganza.

7. Summer Rides: Contact Lisa for the Ya Ha Tinda ride, August 2-8. Contact Lisa for the Kananaskis (Little Elbow) ride August 23-29. Camp fee of \$25.00 per nite for a 2 horse stall. Cadomin: not available for July 18-25, it's already been booked up. In August, there are 2 weeks available. It would be possible to change the date and/or locations. Fee for the area, \$10.00 for camping and \$2.00 per horse, no covered stalls. Ken has 11 riders for the Clearwater Wagon Trip, July 18-25. He would like the down-payments. Contact Shirley for Hummingbird Trip, June 20-27.

8. Added Agenda Items: Wild Pink Yonder Ride begins on August 4 from Waterton Lakes and end September 4th in Sherwood Park. Should you wish to join the ride (1 day, a weekend, a week) the cost is \$200.00 per day. This provides food for you and your horse. There is also a shuttle service for your camping unit. Contests are held for the Pinkest Little Town. Last year, \$55,651.00 was raised. The ride takes place on back roads, crown land and some private property. September Long Weekend at Black Cat Ranch, the meadow is full and unavailable. It has been booked for next year. An alternate place will be decided at the next Board meeting.

9. Adjournment and Next Meeting: Dave moved to adjourn at 8:05 pm, Candace 2nd. Carried. Next meeting April 15.

11. Break: **12. Guest Speaker:** Melissa Townsend from BioNiche, introduced by Vicki Lawrence.

==++=====++=====++=====++=====++=====++=====++=====++=====++=====++=====

*Facts are like horse breeds ---
everybody's got their own opinion on 'em.*

==++=====++=====++=====++=====++=====++=====++=====++=====++=====++=====

GREAT TRUTHS

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mum is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fibre, not the toy.

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. you need all the preservatives you can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) Its frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

=====
If your horse doesn't care, you shouldn't either. – Linry Lee
 =====

LOCAL TRAIL RIDES & UPCOMING EVENTS

Mar 26-31		Colchester Stables	Training for Courage Clinics With Paul Dufresne -Lisa 237 7587
Apr 9 - 12		Good News Riding Centre	Horsemanship Clinic with Paul Dufresne – Loretta -464-0447
Apr 9 – 11		Rafter Diamond K	Bitting & Horsemanship Clinic rafterdiamondK.com
April 18	ATRA	McFall Ranch or Central	Breakfast and Poker Ride
Apr 23, 24, 25		Red Deer	The Mane Event – ATRA Booth
Apr 27/28 & 29/30 May 1/2		Colchester Stables 3D Equestrian Centre	Mel Hyland Horsemanship Clinics Lisa – 237 7587 to Register
May 2	DVHC	Drayton Valley Horse Club Cancer Ride	horses@dvhorseclub.com Ethel Mankow – 780 542-6804 emankow@gmail.com
May 8	ATRA	Able Ranch Lily Lake	Cancer Ride – www.atra.ca for pledge forms and details
May 21-24	CLSC	Horse Creek Ranch	Weekend camping and trail ride – Registration required –Barb 434 2000
May 30		Fultonvale Arena	Horse Showcase. Please call Shirley @ 662-4747 if you can volunteer at our booth
Jun 13	ATRA	Bitless Challenge	Details TBA
Jun 25-27		Rafter Diamond K	Horsemanship Clinic Rafterdiamondk.com

If you have an event we should know about, call Anita @ 780 475-3858.

For insurance purposes, each active trail riding member is required to hold a current Alberta Equestrian Federation membership.

- * All riders ride at your own risk.
- * We recommend helmet use and STRONGLY encourage it for those under 18 during ATRA events.
- * Please be responsible and show by example by cleaning up and properly disposing of manure and educating others to do so.
- * Please support the Alberta Equestrian Trail Supporter Program – They in turn support our trails.
- Please be aware that the MINISTIK riding area is closed to horses from March 1 to July 15. We ask that you respect this closure and refrain from riding there during these dates.