



ATRA NEWS

JANUARY 2012

www.atra.ca

2012 Message from Don Scott, ATRA President

I hope everyone had a good and Merry Christmas with lots of food, fun and treats. Also, wishing everyone a Happy New Year and a Prosperous New Year.

Over the year since I took office in January 2011, we have had several clinics sponsored by ATRA:

- February: Remedial Equine Therapy Clinic with Shantel Perreal
- March: Jay-O-Jay riding clinic
- June: Tara Gamble Horsemanship
- September: Hands on Driving Clinic by Klondike Driving Chapter
- November: Centered Riding Clinic by Peggy Brown (from Ohio)

Also over the year we have had many speakers at our monthly meetings on topics ranging from Rescue 100 (horses), First Aid for Horses, Peggy Brown on Centered Riding, these are just a few. Thank you to all of the speakers that took time out of their schedules to attend our meetings.

Some other activities have been Polocrosse at Colchester Stables, several mountain rides and trail rides around the Edmonton area and we can't forget our yearly Cancer Ride to raise funds for Cancer Research. Total for the last 33 years \$1,136,052.46 dollars raised.

Thanks to all the riders and people that sponsored rides. I would also like to thank the many ATRA volunteers who help operate the different functions throughout the year. I would also like to send a special thank you to Wally & Sharon Breitkreuz for opening their home to us in hosting the annual Christmas party. -DS

ATRA meets at 7 PM on the 3rd Thursday of each month

(except the summer months of May thru August)

LOCATION: Kirk United Church

13535-122 Street, Edmonton

ALL are welcome

Local Trail Rides &
Upcoming Events
are listed on pages
9 & 10

Have you renewed your **ATRA membership** for 2012? See page 5 for details.

'Ready to Go' Leather Repair Kits

The kit contains spare flat leather, spare nylon, rotary hole punch, lace leathers, leather awl, leather thread, leather needles and Chicago screws. Contents are all securely contained in a durable compact nylon carrying roll.

Everything you may need for emergency repairs for riding or driving when you are away from home. Price \$75.

Call Shirley 780-662-4747 ([pick them up at the January AGM meeting](http://www.albertaequestrian.com)).

Alberta Equestrian Federation Annual General Meeting

March 17, 2012, 10 AM - Noon

**Holiday Inn (David Thompson Room)
6500 – 67 St
RED DEER, AB**

To review motions that will be discussed:

- Visit <http://www.albertaequestrian.com>
- Click on: *Business & Bylaws*

Please consider attending to ensure that ATRA's interests are well-represented.



Volunteers Needed for the 2012 Birkie

The **Birkebeiner International Cross Country Ski Race** will be held **Feb 11, 2012** at the **Blackfoot Recreation Area, Waskehegan Staging Area.**

ATRA will be providing volunteers and hosting the Winter Station about mid-way for the 55 km skiers.

We need **12 members** who can come out **early on Feb. 11, work until 1:30**, be **dressed for any type of weather** and **have a lot of fun** serving the skiers food and drink under challenging conditions.

Contact Bob Stevenson
@ 780-922-2540 or erlabob@syban.net

NEXT TIME you find yourself in the **Ministik Lake Outhouse** . . . be **THANKFUL** for the roof over your head. During one of our recent windstorms (**the chili didn't cause it – honest!**), half the roof was blown off (never to be seen again). Using plywood from Rod Gialet, Len Weinkauf & Dave Lawrence fixed the old gal up – good as new. **THANKS GUYS!**

ANITA DOONAN

It's official: after many years of handling the responsibilities of the monthly ATRA Newsletter, Anita has decided to step down.

MANY THANKS for all the hours of work, Anita! We're glad that you & Danny remain enthusiastic members of our club.

ATRA members rode the beautiful trails in Kananaskis Country last summer.



Beautiful Trails + Good Horses + Good Friends + Good Food =
GREAT DAY

POLOCROSSE

ATRA members are invited to come join in the polocrosse practices every other **Saturday** at Colchester Stables, 23230 Twp Rd 520, Sherwood Park. There is no charge except the \$10 horse haul in fee to use the indoor arena.

Saddles without horns are preferable, but can start out in a western saddle. Horse must be able to be ridden in one hand with a snaffle bit, as shank bits can get caught on rackets.

Leg wraps and bell boots are recommended for horses as we get more competitive with practice, but not needed when starting out.

Email lisa_f@mailcan.com or call Lisa at 780.237.7587 for more information.

Come out and join in the fun.

BOARD OF DIRECTORS

At the Annual General Meeting on January 19, 2012, we will be voting for our 2012 Directors. Although many board members are returning, we are on the lookout for anyone who is interested in helping out in some area of our club.

If you are interested OR know someone who might be,

please contact Ken Komm:

- (780) 922-3004 or
- kekomm@shaw.ca

ATRA recently sent a thank-you card and cheque for \$100 to Lloyd Kadatz who lives adjacent to the staging area at Ministik Lake. Lloyd puts up the hay in the meadows in Ministik AND . . . has done a great job of maintaining the staging area by keeping the grass mowed down. The gift was a surprise and very much appreciated. Be sure to thank him in person if you see him while you're riding at Ministik.



Jan 14 & 28, Feb 11 & 25 and Mar 10 & 24
Saturday 5-7pm

Casino Money Supports New Equestrian Trails

ATRA has been able to assist in trail development in the West Castle Special Management area west of Pincher Creek.

The collaborative efforts coordinated by Southern Alberta Trail Riders Assoc. (SATRA) and South West Alberta Trails (SWAT) with matching funding from the National Trails Coalition will be focused within the Castle drainage basin.

When complete, the new non-motorized trails, new connector trails and loops of various lengths will provide improved access to quality, well-marked, safe trails.

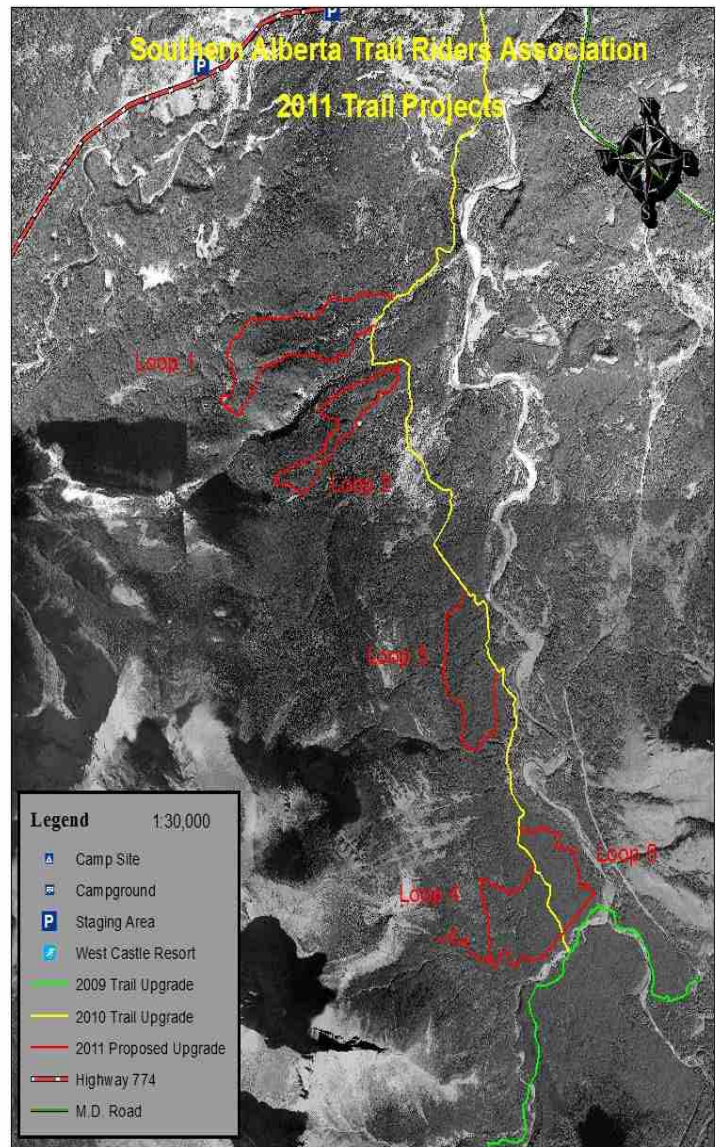


The new trail head signage at the 9.9km Ramshead Trail



The trails are cleared and leveled with this versatile mulcher machine.

The overall trail and loop plan



HOW SMART IS YOUR RIGHT FOOT?

Need something to do at work — besides work?

1) While sitting at your desk, lift your right foot off the floor and make clockwise circles.

2) Then, while you continue doing that, draw the number '6' in the air with your right hand.

Your foot will change direction.

Thx, Maret!

RENEW YOUR ATRA MEMBERSHIP TODAY

ATRA memberships run from January through December each year.

Have you renewed your ATRA membership for 2012?

ATRA Fees

Single \$20

Family \$35

Membership forms are available at our monthly meetings.

In addition, they can be downloaded from our website (www.atra.ca).

Make Barb happy ☺ by completing the form and sending it along with the appropriate fee to Barb Few (her address is on the website) OR (save 59¢ and) bring it to our Annual General Meeting on January 19th.

AEF Memberships must also be renewed!

VOLUNTEERS NEEDED

Three volunteers are needed for a planning committee to organize an ATRA speaker event in late April or early May.

An individual is needed for each of the following duties:

1. Audio-visual
2. Arrangement for facility/refreshments etc.
3. Promotions and Advertising

For more information, **contact Ken Zelt**
phone 780-922-3222
email at kzelt@connect.ab.ca

CHAINSAW CERTIFICATION COURSE

Watch for spring dates for another safety chainsaw course which enables our members to assist clearing and improving trails on government land.

For more information:

Call Shirley at 780.662.4747 or
Email at shimcf@mcsnet.ca

OILSKIN JACKETS

#6109 LONG OIL SKIN DROVER

- Left chest embroidery \$ 213.00
- Full Back embroidery \$231.00

#6113 ¾ LENGTH OILSKIN SETTLER

- Left chest embroidery \$208.95
- Full Back embroidery \$227.85

BOTH Jackets available in:

Black, Brown, Olive, Tan or Chestnut

For more info OR to place your order,
Call Cindy at 780-962-2690 (evenings)

Sizes will be available at January AGM meeting.

... with
new ATRA
logo!



How Much Grain Does Your Horse Need?

Consider your horse's activity level when feeding concentrated meals of grain or pelleted or extruded meals.

The activity levels of most pleasure horses--those ridden mainly at the walk with some trotting and slow cantering a few times a week--use little more energy than the horse expends roaming the pasture. These horses can most likely meet the slight increases in their energy needs simply by grazing a little more. However, horses in more strenuous activities will burn more calories than they can consume from forage alone; they need supplemental concentrates--either grain or pelleted or extruded feeds--in addition to their forage.

The following shows the percentage of concentrates needed in the total ration for horses in various levels of activity. Keep in mind that these percentages are based on the horse's total diet by weight:

Low Activity:

Horses who are not ridden at all or ridden lightly once or twice a week: 0% concentrates, 100% forage.

Moderate Activity:

Horses ridden three or more times a week in preparation for active trail riding or as light training for local competition: No more than 25% concentrates.

Strenuous Activity:

Horses ridden almost daily in a structured training program with athletic goals. This group includes reining horses, jumpers and horses being conditioned for racing: No more than 40% concentrates.

Elite Athletes:

These rare horses train and perform at the limits of their physical capabilities. Racehorses and endurance horses fall into this category: No more than 50% concentrates.

By Laurie Bonner

What-to-do with that Jar of Sauerkraut from Aunt Sue . . .

In September, I discovered **scratches** on both hind feet of my black quarter horse, Ginny. She has a bit of white on her hind feet and, as is common, that is where the tell-tale lumps and bumps were.

I've not had to treat scratches before so . . . I contacted my vet and bought a couple of syringes full of some creamy ointment. They weren't cheap but . . . as long as the cream was effective, I was satisfied.

After following the instructions and applying the cream every day for a couple of weeks, I really didn't see much improvement.

I remembered that ATRA-member Mary King told me that she used Clotrimazole on her horse; she said it cleared up the problem in several days. It's a much cheaper solution than the ointment from the vet. (NOTE: shop around to find a no-name brand OR buy it "in bulk" at one of the larger pharmacies - e.g. SaveOnFoods on Calgary Trail).

At first, the Clotrimazole seemed to work but after a few weeks, I still wasn't completely satisfied with the results. And nor was Ginny - as careful as I was in applying the ointment, it was obvious that it was hurting her a great deal. Applying ointment to sore back feet can be dangerous!

I spoke to one of the knowledgeable horse people at G & E Pharmacy who had heard about using diluted bleach - that seemed a bit harsh. I decided against it - at least for the time being.

Finally, I sent an email to Bigfoot Ranch in Rimbey where I purchased my horses 8 years ago. Hazel said that many of her contacts use sauerkraut. Yup - you read that correctly.

And so . . . off to Sobey's I went. Hazel's recommendation (that matched many discussions I later found on the internet) was to put a couple of sopping wet tablespoons of sauerkraut on a gauze pad, apply directly to the affected area, wrap it up with vet-wrap and leave it for a few days.

I am amazed at the positive impact it had. The scabby lumps are almost gone; and the swelling in her feet is almost completely gone.

From the reading I've done, it seems that the cure for one horse doesn't necessarily work for the next horse. If I'm ever faced with this problem again, I will start with the sauerkraut . . . and only move up to the pharmaceutical remedies when the sauerkraut doesn't work.

James King

Goal 4: Increase political presence

Re-activate ATRA Special Trails committee to help in identifying trail development projects

Goal 5: Improve financial and organizational strategies and delivery

ATRA Operation and Procedures manual will be revised in 2012 to reflect current practices.

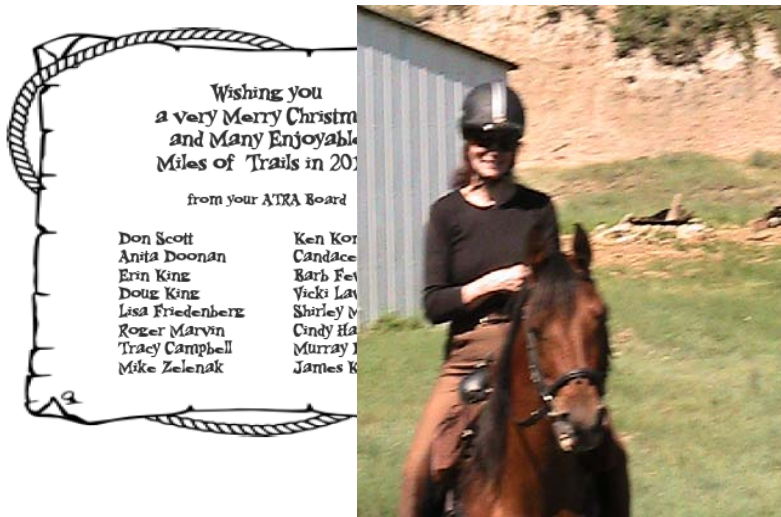
Provide financial audit to government and set new budget for casino expenditures based on Board and member input.

New board to review the 2012 Strategic Plan

*Have fun,
make new
friends,
increase
our
knowledge,
enjoy our
horses, be
active and
healthy*

Last month, the front page of our Newsletter included greetings from the ATRA Board and . . . I completely forgot to include Sharon Mills in the names of Board members.

My sincerest apology, Sharon – I have no excuse. JK



Sharon is starting her second year on the ATRA Board. With a career in social work, four adult-aged children and three grand-children, she is a busy person who loves riding dressage for technique and trails for fun.

Last summer, ATRA held their first weekend trip to the Battle River coulees adjacent to Donald, Alberta. Sharon was there aboard her beautiful Arab gelding, Justin.

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me."

"So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"

Need a Place to Advertise?

The monthly ATRA newsletter has a wide distribution in Alberta. Each one is posted on our website at www.atra.ca

Advertising in the newsletter provides an effective way to reach a large number of horse/trail enthusiasts 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, contact:

James @ 780.915.7658
jrk999@xplornet.com

STROKE IDENTIFICATION:

During a BBQ, Jane stumbled and took a little fall. She assured everyone that she was fine. They offered to call paramedics but Jane declined the offer saying she had tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital and . . . Jane passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3-hours, he can reverse the effects of a stroke...totally. He says the trick is getting a stroke recognized, diagnosed, and treated within 3 hours.

RECOGNIZING A STROKE

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S** Ask the individual to **SMILE**.
- T** Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE**
- R** Ask the person to **RAISE BOTH ARMS**

If the person has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.



Another 'sign' of a stroke is this:

Ask the person to *stick out his tongue*.

If the tongue is crooked – if it goes to one side or the other – that is also an indication of a stroke.

A cardiologist says if everyone who reads this tells 10 other people, at least one life will be saved.

THE SENILITY PRAYER :

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

LOCAL TRAIL RIDES & UPCOMING EVENTS

DATE	HOST	LOCATION	DETAILS
Jan 13-15	AlbertaHorse Industry	Horse Breeders & Owners Conference Red Deer – Capri Centre www.albertahorseindustry.ca	Check the website
Jan 19	ATRA	Annual General Meeting Kirk United Church	7 PM
Jan 22	ATRA	Ministik Lake Trail Ride Ride Cancelled if forecast is < minus 10 Bag lunch	Ride Out at 11 :00 AM
Feb 16	ATRA	General Meeting – Kirk United Church Bison Restoration Initiative Speaker: Cliff White	7 PM
Mar 15	ATRA	General Meeting – Kirk United Church North Saskatchewan Watershed Speaker: Tom Cottrell	7 PM
Mar 17	AEF	Alberta Equestrian Federation Annual General Meeting	Holiday Inn 6500 – 67 St RED DEER 10 AM - Noon
Apr 15	ATRA	Trailering Safety Course by Jennifer Woods Highly informative course for all who trailer horses <i>Cost \$10, includes lunch</i> To register contact Shirley McFall at 780-662-4747 or shimcf@mcsnet.ca by April 10, 2012	Beaumont Aqua Fit ness Centre 9 - 4 p.m. <i>Cost \$10, includes lunch</i>
Apr 21	ATRA	ATRA Membership Appreciation Night <i>The date is tentative and will be confirmed next month!</i>	More info next month
Apr 27-29		MANE EVENT - Red Deer www.maneeventexpo.com/RedDeer/ ATRA needs volunteers to man our booth	Contact: Ken Komm (kekomm@shaw.ca)
	ATRA	Travelogue by Horseback Speaker: Gunter Wamsler	More info next month
May 12	ATRA	34th Annual Cancer Ride	Contact: Vicki Lawrence (Vickilawrence@interbaun.com)

DATE	HOST	LOCATION	DETAILS
May 18 – 21	Cooking Lake Saddle Club	Horse Creek Ranch Sandhills Wildland Park Fort Assiniboine	Contact: Barb Few (mbfew@planet.eon.net)
May 27		Horse Show Case	
June 10	Hotspots	Local Ride – Blackfoot – Central Staging Area Ride followed by supper	Contact: Shirley McFall (shimcf@mcsnet.ca)
June 23 – July 2	ATRA	Mountain Ride: Hummingbird Clean Up Ride	
July 20-22	Hotspots	Orienteering Weekend – NE of Edson \$35 per person for Saturday's food and event	
July 23-29	ATRA	Mountain Ride: Cadomin	Contact: Lisa Friedenberg (lisa_f@mailcan.com)
August 6-12	ATRA	Mountain Ride: Ya Ha Tinda	
August 18-26	ATRA	Mountain Ride: TBD: Kananaskis OR pack-in trip	Contact: Lisa Friedenberg (lisa_f@mailcan.com) OR Ken Komm (kekomm@shaw.ca)
Aug 31- Sept 4	ATRA	Black Cat Ranch	Contact: Vicki Lawrence (Vickilawrence@interbaun.com)

If you have an event we should know about, call James @ 780 915 7658 / jrk999@xplornet.com

For insurance purposes, each active trail riding member is required to hold a current Alberta Equestrian Federation membership. Renewal forms were in your Fall Alberta Bits magazine (also available on line).

- * 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. Show by example: Clean up and properly dispose of manure - and educate others to do so as well.
- * Please support the Alberta Equestrian Trail Supporter Program. They in turn, support our trails.

Please be aware that the MINISTIK BIRD SANCTUARY 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.