



ATRA ON THE TRAIL

February 2020 Newsletter

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ATRA was established in 1973 for people interested in recreational riding & driving.

2020 Club Executive

President: Alexys Mishak
Vice-Pres: Rita Power
Secretary: Allison Downer
Treasurer: Cindy Hanas
Membership: Cindy Hanas
Casino: Shirley McFall
Newsletter: Allison Downer
Webmaster: Alexys Mishak
Directors at Large: Doug King, Tracy Campbell, Murray Few, Cam Stevenson, Pleman Dower, Sharon Breitzkreuz, Maggie Potas

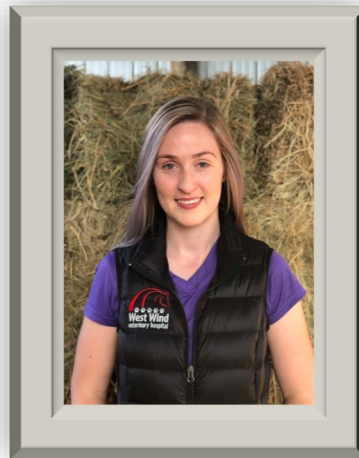
ATRA is a non-profit family oriented organization that encompasses a variety of equestrian activities that promote safe horsemanship, ongoing education and responsible use, maintenance and development of trails.



AGM

ATRA Annual General Meeting

February 20, 7 pm
at Kirk United Church
Time to sign up for 2020 Rides !



March 19 - General Meeting Guest Speaker: Dr. Laura Perry

Dr Laura Perry is from Cape Breton, Nova Scotia, where she grew up riding and competing reining horses. She obtained her Bachelor's of Science (Honours) at Cape Breton University. She graduated with her DVM degree from the Atlantic Veterinary College at the University of Prince Edward Island. Dr. Perry loved PEI so much she stayed another year to complete a Post Graduate Diploma as a large animal intern at the AVC. Laura decided to venture west and joined the WVVH team in the summer of 2019. Laura enjoys internal medicine, lameness and working with the Standardbred Race horse industry. In her spare time, Laura enjoys riding her horse Cookie, pottery, paddle boarding and reading.

ATRA meets 7pm the 3rd Thursday of the month Jan-Apr/Sept-Nov upstairs at Kirk United Centre, 13535-122 Avenue, Edmonton.

Visitors are welcome at any meeting. Website: www.atra.ca

Membership for the calendar year is \$20 single, \$35 family.

Riding members must have current ATRA and AEF memberships.

Upcoming Events

NEWS FLASH - ATRA's Annual General Meeting and Elections are planned for Thursday February 20, 2020 at Kirk United Centre. The Board members have a lot of fun and satisfaction managing the many dimensions of this club. Please let Shirley know if you are interested in more information on a board members responsibilities. 780-662-4747, smariem2018@gmail.com



32nd Canadian Birkie Ski Festival

February 8, 2020

At the Blackfoot Recreation area. Organizers will be barrel grooming the north Blackfoot Trail for skate skiers as well as track setting other trails within the park for competitors. The groomed trails will be damaged by horse hoof prints. **ATRA members and other riders are being asked to avoid riding the groomed trails in the month prior to the Birkie event.** Information on the status of the Blackfoot for recreational purposes is on AlbertaParks.ca Under certain conditions staging area access may be closed to different users.

VOLUNTEERS NEEDED: ATRA will again host a food station at the Birkie International Ski Race Feb 8. ATRA volunteers are needed to help set up the refreshment station, provide support and encouragement to skiers, and have fun outside at a really exciting event. You must be able to dress and stay warm in extreme conditions yet come prepared for nice weather! If you can help please contact Cam Stevenson at 780-910-5889 or cam@syban.net.



FAMILY DAY WEEKEND FUN

Monday February 17, Sleigh Ride and Wiener Roast hosted by:

Lucille and Duane Landals out of Onoway.

This will be weather dependent based on snow conditions and temperature!



To book your spot please register with Shirley by email: smariem2018@gmail.com

Let us hope we can play in the snow this year!

The landels beautiful property is located at 55514 RR 20, Lac Ste Anne County, out of Onoway.

Upcoming Events

MANE EVENT EXPO 2020

Red Deer April 24-26: Website: maneeventexpo.com The Board is offering to pay 4 ATRA members with clinic credits or cash to set up and attend the booth. We need someone to pick up from the ATRA trailer, set up the display items on Thursday (must be set up by a specified time in the evening, usually 8 pm,



set up takes about 2 hours) for \$150. We need members to attend the booth, answer questions and promote ATRA and recreational riding from opening until closing. (time is set by the organizers) for \$200 each/day. We need someone to attend and take down the booth and return the items to our storage trailer on Sunday for \$200. Day passes are included. Transportation, hotel and food is your responsibility. The Board will make the final decision at the March or April board meeting on who 'mans' the

booth. We want members who can be engaging and have ridden in a variety of areas & endorse our safety/stewardship/ mission statement and, can 'schmooze' knowledgeably/comfortably with public. Link: <https://red-deer.maneeventexpo.com/>

To volunteer contact Maggie by March 31 780-464-0986 or email maggie.portas@icloud.com

Apple Mint Horse Treats

Makes 12 mini muffins. If you don't have a mini-muffin pan, this can be baked in a 9" square pan and cut into squares.

- 2 whole apples, coarsely chopped
- 2 tablespoons honey
- 1 tablespoon coconut oil
- 3 tablespoons chia seeds
- 2 tablespoons hemp seeds
- 2 tablespoons ground flax
- 1 tablespoon dried mint flakes
- 1 cup oatmeal

Lightly grease mini-muffin tin. Preheat oven to 350°F. Purée apples, honey and coconut oil with hand blender or in food processor. Stir in remaining ingredients and pack into muffin cups. Bake 25 minutes, remove from pan and cool on rack.

Each treat: 95 calories; 13g carbs; 4g fat (rich in omega-3 and omega-6); 3g protein; 2g fibre

~Margaret Newell~

Upcoming - Overnight Rides

May Long Weekend Camping Trip to Wierenga Flats, Fort Assiniboine May 15 - May 18. Camp and Ride. Facility offers: Water for horses, pumped from fresh water creek on premise to large holding tank. NO POWER or HORSE PENS so you'll need to bring panels or electric fencing or high line rope for high lining between trees or trailers. Another option is to trailer tie. There are three outhouses, fire pit spots, a large gazebo that has an open fire pit in center and drop down sides for the chilly weather. Also available for rent is a couple of cabins/trailers - reservations will need to be confirmed promptly. Cost is \$30/person for the weekend. Deadline for registration and payment is April General Meeting. Directions will be emailed to those signed up. For more information contact Allison 780-910-4639 or email downer387@gmail.com



July 5 - July 12 Hummingbird Mountain Camping and Maintenance.

The equestrian campground is 100km SW of Rocky Mountain House.

Directions: Take Hwy 752 (60km, 40 paved/20 gravel), south west of Rocky to the Forestry Trunk Road 734, turn right (west) at that T-intersection (41km to camp). After crossing the South Ram River-steep hill, 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 to the staging area. Continue on the road past the information signs in the first parking lot (day use area). The road climbs a short hill then makes a sharp U-turn across a small creek then continues west. The equestrian loop camping area has a sign and an entrance, on the left (south). Group will do day rides most days and likely one campground cleanup day. Please plan to help with picking up garbage and clearing trails if you come on this trip. ATRA has adopted the Allenby trail for cleanup and unless the road washes out or fires keep us away, we will go, rain or shine. Fuel costs may be partially reimbursed to those that submit receipts to Shirley by the September meeting. A creek crossing is required to access trails. For more information contact TBA



July 18 - July 26 Castle River Bridge— 36 km west of Pincher Creek and 16 km west of Beaver Mines on Hwy 774 (paved). We plan to camp in a designated camping near the Castle River Bridge campground, as horses are not allowed in it. The area is 1st come 1st serve camping, no reservations, just fill out permits once we arrive. It is fairly flat and open along the road, with a creek to water horses below, and fire pits, but no outhouses. You can use panels, electric fences or high line between trailers or tie to trailers. There is a few days riding from camp, but other days be prepared to trailer 10-20 minutes to parking lot staging areas. We...

Upcoming - Overnight Rides

Castle River Bridge.....

can also ride on trails at the Castle Ski Resort. Quads are allowed on some of the trails and in camping areas but we didn't see many last year when we went there to explore the area. They request that you bring weed-free feed. There are some low river and creek crossings. As space is limited, we will only take 5 trailers with us. We plan to go July 16-26. Contact Lisa Harrison at lisa_f@mailcan.com or 780-237-7587.



Aug 1 - Aug 9 Yaha Tinda Mountain Camping Trip.

Yaha Tinda Eagle Creek Campground - 85 km SW of Sundre. Directions: 10 km west of Sundre turn left/south on Coal Camp Rd, after 50 km (25 km paved/25 km gravel) turn left at T-intersection Hwy 734, stay on the north side of the river (do not cross blue bridge, go past 'no exit' sign at bridge, but do not take the 2nd no exit sign to the right) it's 25 km to the Eagle Creek Campground, look for campground sign on your left, YMCA will be on right. For more information contact Allison 780-910-4639 or email downer387@gmail.com



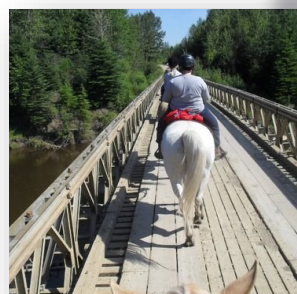
Aug 16 - Aug 23 Sandy McNabb, Kananaskis

Campground - 25 km West of Turner Valley along SH 546 (paved). Take Hwy 22 south of Calgary to Turner Valley. This equestrian campground has 20 power sites and 64 covered tie stalls in the middle of the loop of sites with easy access water and manure bin beside stalls. Bring 2-3 bags of shavings per horse and fork to clean stalls. Cost is \$39/night per site. There are coin showers and bathrooms, and a trailer dump station at the campground. It's 1st come 1st serve camping, no reservations. I don't recommend trying to get a site on Friday night or Saturday, as its often full. Sunday, Thursday or Friday early afternoons are best. Contact Lisa Harrison at lisa_f@mailcan.com or 780-237-7587.



Sep 4 - Sep 7 Drayton Valley Riverside

Trails Camping Trip. Drayton Valley Riverside Trails ride. Come ride along the Pembina River. No shoes required. Great training area with Bridges and river crossing. Trail loops vary from 2 hours to 8 hour loops. Camping at a first come basis. Some sites have tie stall, box stalls or hitching rails. For more information contact Cindy 587-986-1535



Upcoming - Overnight Rides

These trips are for ATRA members

Members bring their own horse, trailer & camping accommodations. Horses and riders should have trail riding experience and be fit enough for 4-8 hour day rides.

We recommend all horses have 4 shoes prior to coming, as there is lots of rock on the trails. If you are using boots instead, make sure you fit and practice with them ahead. Make sure your horse can handle saddle bags, rain slickers, creeks, mud, bogs, dogs and wildlife.

Also make sure your truck has enough power and trailer has working brakes for the steep hills. Trails in these areas range from easy flat valley rides to high steep mountainous areas.

There are many beautiful trails, some hard to find and not well marked, so if you haven't been there before, its best to come with the group, who can show you the trails. We tend to split up and ride out in various smaller groups to different destinations.

Unless noted, there is no limit on number of members that can attend.

We do ask that you **REGISTER** with contact on back page so we know you are coming and can send additional information on group activities, meals travel and directions to destinations.

The ATRA banner will be displayed at our campsite.

Unless noted , most campgrounds are free and have no water, RV hook-ups or power. There is no cell phone service at any campgrounds. BYO cubes preferably, as hay can introduce weeds to the area. At free campgrounds, facilities include a river, outhouses (BYO TP), high-line poles (BYO rope). You can tie or panel beside your trailer. No electric fence pens or grazing.

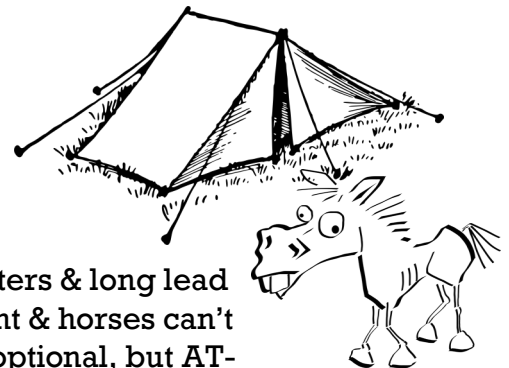
Some Suggestions on What to Bring With You:

What to Bring for your Horse for overnight rides:

saddle, cinch, saddle bags, breastplate, crupper or breach-ing, 2 saddle pads, grooming kit, horse first aid supplies, halters & long lead shanks, high line rope, rain sheet/blanket (it gets cold at night & horses can't move much to keep warm), feed tub, water bucket, helmet (optional, but ATRA recommends), horse fly spray, sponge, scraper and small bucket, manure tubs and forks or shovels to take manure to pit, hobbles (optional for lunch grazing only), easy boot (in case you lose a shoe – note most horses need a size bigger than shoe size), tag with phone # on halter (in case you lose your horse).

What to Bring for You for Overnight Rides:

personal clothing and toiletries, TP, bug spray, first aid kit, medicine, binoculars, camera, batteries, rain gear, winter jacket, chair, flashlight, garbage bags to haul out garbage, multi-tool, bell or whistle, bear spray, duct tape, compass or GPS, folding saw, pocket knife, axe, sewing kit, tarp, cooking supplies and food and drinks, lunch kit, generator. Medical information card that has name, next of kin & phone # & relationship to, location of truck/trailer keys, AHC#, medications, allergies, medical conditions or any health concerns (ATRA has these so ask trail ride organizer on the day you arrive).



2020 UPCOMING EVENTS

DATE	2020 MOUNTAIN RIDES & EVENTS	Details Contact
Feb 17	Family Day Sleigh Ride and Wiener Roast - Onoway	Shirley
Feb 20	***ATRA Annual General Meeting***	Aly
March 19	ATRA General Meeting - Guest Speaker: Dr. Laura Perry	
March 21	ATRA Trail Ride: Location tba	Allison
April 16	ATRA General Meeting - Guest Speaker tba	
April 24 - 26	Mane Event - Red Deer - ATRA booth in trade fair	Maggie
May 9	Fundraiser Ride - details tba	Cindy/Allison
May 15 - 17	Wierenga Flats - May Long Weekend Campout	tba
July 5 - 12	Hummingbird Mountain Camping Trip & Maintenance	tba
July 18 - 26	Castle Area - Mountain Camping Trip	Lisa
Aug 1 - 9	Yaha Tinda Mountain Camping Trip	Allison
Aug 16 - 23	Sandy McNabb	Lisa
Sept 4 - 7	Drayton Valley Riverside Trails Camping Trip	Cindy

DATE	2020 CLINIC SCHEDULE	COST P/PERSON
Apr 18	Jennifer Woods - Trailer Safety Course - Full Day - Location tba	\$70
Apr 23,30 May 7,14	Dustin Grams - 4 week series Horsemanship, Obstacles, Barrel Racing, Flag & Buffalo work - 4 2hr sessions - Rolly View	\$140
May 2 - 3	Laverne Schmidt 2-Day Trail Skills & Obstacles - Onoway	\$120
May 5 - Jun 9	Greg Czech - Trail Ready Sessions - Thorsby - Evenings	\$185
May 23, 30 Jun 6	Greg Czech - Basic Horsemanship - Cardiff 3 hour sessions - time tba	\$208
Jun 12,13,14	Bob Klassen 1-Day Obstacle Course - Courier Park	\$75
Jun 20 - 21	Greg Czech - Spring Tune-up & Trail/Mountain Obstacles Prep - Leduc - time tba	\$130
Jul 3 - 5	Scott Phillips Liberty Clinic / Progressive Horsemanship. Full Days - East of Rocky Mountain House	\$221

Calendar Events are also on our website: www.atra.ca