



ATRA ON THE TRAIL

April 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 Breitreuz, Maggie Portas, Jim Cramer

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.

APRIL General Meeting Cancelled

Due to the COVID-19 pandemic we have cancelled the April 16th General Meeting.

ATRA Trail Ride for Little Warriors - May 9th, 2020

Unfortunately and due to the COVID-19 pandemic this ride is delayed and will be rescheduled when safe to do so.

little warriors

JUST A REMINDER: Alberta Environment and Parks Response to COVID-19

Effective Friday, March 27, vehicle access is temporarily suspended at access points to Alberta's provincial parks and recreation areas for recreation purposes until further notice.

If a car is required to access a park or recreation area, do not go. Please do not leave vehicles on the side of the road or on private property. Walking, hiking, biking, horseback riding and off-highway vehicle use are still permitted on designated trails and users are reminded to practice physical distancing.

We recognize this news is disappointing to our avid park visitors and recreationists. The COVID-19 virus is serious and we encourage Albertans to stay home and to go for a walk in their neighborhood- remembering to practice physical distancing (remaining two metres apart from others) at all times.

<https://albertaparks.ca/albertaparksca/news-events/alberta-environment-and-parks-response-to-covid-19/>

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.

Hauling...



10 Items to check BEFORE you tow a trailer

Is your tow vehicle up to the challenge of pulling a trailer filled with your trail partners? Here's 10 things to know before you tow.

Can you see me now?

Confirm that your towing vehicle's lights are operating properly then check the trailer lights as well. Ensuring that all



your lights work (headlights, high beams, turn signals, brake, and running lights) will help keep you and your precious cargo safe.



Are your tires ready for the journey?

Heavily worn tread will prevent a tire from performing as designed and can lead to unsafe driving conditions. Frequent checks, and tire replacements when needed, can prevent a hazardous blow-out during a trip.

Your Mirrors – a Crucial Tool!

Visibility can be a challenge when you're towing. When you're hauling horses you'll often only have use of your side-view mirrors, making them a crucial driving tool. Your mirrors require proper adjustment to ensure a full spectrum of vision and prevent blind spots as much as possible.

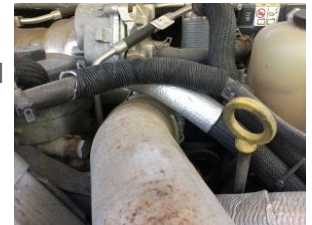


Is your tow vehicle ready for your load?

If you tow a trailer, it's a good idea to make sure your tow vehicle can handle the load. Unfortunately, it's common for drivers to use inadequate vehicles or hitches, which result in unsafe driving situations.

Check your fluids and transmission

Since your truck will be working much harder you'll want to check and replace fluids more often, including motor oil. Consider using both synthetic motor oil and transmission fluid for added protection. Also check and change your oil filters often for optimal performance. Also make sure that your transmission is in good shape. If not mechanically inclined have your local mechanic handle these checks for you.

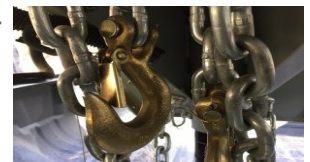


Have you checked your balls lately? Double check that the equipment you have is suitable for what you plan to tow. Check your hitch ball regularly to make sure that it hasn't loosened and is still firmly attached to the draw bar. Make sure that the coupler and hitch ball fit together snugly.



Are your chains safe?

Make sure that the chains you use are sufficiently strong for the weight that you're towing. When choosing chains, make that they are long enough to allow the trailer to turn easily with your towing vehicle, but short enough to not drag.



Is your fuel enough for your route? Your towing vehicle is going to use more fuel when you tow. A lot more fuel. Plan ahead to find truck stations that are designed for larger vehicles to get into and out of easily.

How tall are you?

It's important to know how tall your trailer is. The last thing you want to do is have an accident by trying to drive under a bridge that is too low. Find out your height, then add a foot just to be sure, and avoid any passage marked with a lower clearance than that value.

Things We Should Know



Monitoring Your Horse's Vital signs: Have you ever been preparing to ride your horse and notice he's just not quite *right*? The first step is to take his vital signs. This will give you insight into his condition and help you decide whether you should call your veterinarian or just keep a close eye on your horse.

How to check: You can check your horse's pulse in one of three places, as outlined below. Count the number of pulses; use a stopwatch or your own watch to keep the time.

- **Jaw line.** Gently place your hand under your horse's jaw line, allowing the blood to flow through.
- **Knee/fetlock.** Also using your hand, find the digital pulse on the inside of your horse's knee or at his fetlock just above the pastern.
- **Behind the elbow.** Place a stethoscope on your horse's side, just behind his elbow, and listen for heartbeat.

Respiration What's normal: Normal respiration for a horse at rest is 3 to 16 breaths per minute.

How to check: Watch the movement of your horse's flanks. You can also check respiration by watching his nostrils, but this isn't as accurate, because he can snort, and his breath is harder to follow.

Temperature What's normal: A horse's normal temperature ranges from 99.5 to 101.5 degrees Fahrenheit.?

How to check: Check horse's temperature rectally, Here's what to do.

Step 1: Attach a string. Attach a string to the thermometer, so you can retrieve it, if necessary.

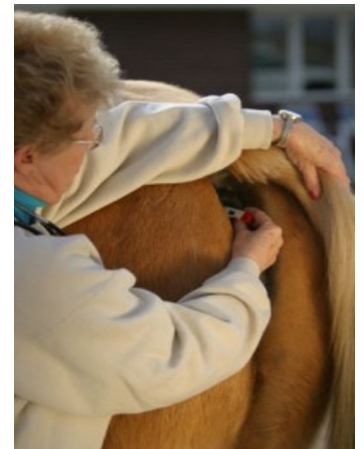
Step 2: Prepare the thermometer. Warm up the thermometer with your hand, and use some kind of lubrication, such as Vaseline.

Step 3: Stay out of the kick zone. Stand to the side of your horse's hindquarters.

Step 4: Secure the thermometer. Clip or tie the thermometer string to the tail.

Step 5: Insert the thermometer. Lift up your horse's tail, and insert the thermometer into his anal cavity. Mercury thermometers need 2 minutes for a reading; digital ones are much faster.

Step 6: Move with your horse. Some horses will react when the thermometer is inserted into the rectum. If your horse moves, go with him. Be sure to keep your hand on him and on the thermometer.



IMPORTANT UPDATE - 2020 UPCOMING EVENTS

Dear Members:

Due to the COVID-19 pandemic it will be necessary to reschedule or cancel some of the rides, clinics and events that we have planned for 2020. Updates on these will be posted on our website and forwarded to members by eblast.

<i>DATE</i>	<i>2020 MOUNTAIN RIDES & EVENTS</i>	<i>Details Contact</i>
<i>April 24 - 26</i>	<i>Mane Event - Red Deer - Cancelled due to COVID-19</i>	
<i>TBA</i>	<i>Fundraiser Ride - ATRA Trail Ride for Little Warriors</i>	<i>Cindy/Allison</i>
<i>May 15 - 17</i>	<i>Wierenga Flats - May Long Weekend Campout</i>	<i>tba</i>
<i>July 5 - 12</i>	<i>Hummingbird Mountain Camping Trip & Maintenance</i>	<i>tba</i>
<i>July 18 - 26</i>	<i>Castle Area - Mountain Camping Trip</i>	<i>Lisa</i>
<i>Aug 1 - 9</i>	<i>Yaha Tinda Mountain Camping Trip</i>	<i>Allison</i>
<i>Aug 16 - 23</i>	<i>Sandy McNabb</i>	<i>Lisa</i>
<i>Sept 4 - 7</i>	<i>Drayton Valley Riverside Trails Camping Trip</i>	<i>Cindy</i>
<i>DATE</i>	<i>2020 CLINIC SCHEDULE</i>	<i>COST P/PERSON</i>
<i>Apr 23,30 May 7,14</i>	<i>Dustin Grams - 4 week series Horsemanship, Obstacles, Barrel Racing, Flag & Buffalo work - 4 2hr sessions - Rolly View</i>	<i>\$140</i>
<i>May 2 - 3</i>	<i>Laverne Schmidt 2-Day Trail Skills & Obstacles - Onoway</i>	<i>\$120</i>
<i>May 5 - Jun 9</i>	<i>Greg Czech - Trail Ready Sessions - Thorsby - Evenings</i>	<i>\$185</i>
<i>May 23, 30 Jun 6</i>	<i>Greg Czech - Basic Horsemanship - Cardiff 3 hour sessions - time tba</i>	<i>\$208</i>
<i>Jun 12,13,14</i>	<i>Bob Klassen 1-Day Obstacle Course - Courier Park</i>	<i>\$75</i>
<i>Jun 20 - 21</i>	<i>Greg Czech - Spring Tune-up & Trail/Mountain Obstacles Prep - Leduc - time tba</i>	<i>\$130</i>
<i>Jul 3 - 5</i>	<i>Scott Phillips Liberty Clinic / Progressive Horsemanship. Full Days - East of Rocky Mountain House</i>	<i>\$221</i>

**We sincerely hope you stay
healthy and safe**

“Stay home and keep washing those hands”

