



# ATRA ON THE TRAIL

## April 2019 Newsletter

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

### 2019 Club Executive

**President:** Alexys Mishak

**Vice-Pres:** Vacant

**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, Cam Stevenson, Murray Few, Rita Power, Sharon Breitreuz, Pleman Downer, Maggie Portas.

*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.*



**St. John Ambulance**

**SAVING LIVES**  
at work, home and play

**General Meeting April 18**

**Guest Speaker: Fred Tyrell**  
**First Aid In The Wilderness**

Fred has been involved in both outdoor activity and first aid since his high school days. He has been a St. John Ambulance instructor since 1972. During his time as a Provincial Park Ranger, he initiated formal Search & Rescue operations when the Canadian military pulled the Air Force SAR Techs out of CFB Edmonton and is seen as one of the Alberta founders of civilian search & rescue. Fred spent 21 years as a Show Medic covering dressage, hunter and jumpers shows as a means of keeping his personal first aid skills current. He was also one of four instructors who created the First Aid in the Wilderness program for St. John Ambulance, a course that is now taught on the national level. Fred has taught ATRA a Standard first aid course and a Wilderness first aid course, as well as attending our Cancer rides on several occasions to provide first aid and transport via his well-known "medic mobile"!

**14 RIDERS ATTENDED THE MARCH**  
**17 ATRA RIDE AT BLACKFOOT**



**ATRA meets 7pm the 3<sup>rd</sup> 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](http://www.atra.ca)**

**Membership for the calendar year is \$20 single, \$35 family. Riding members must have current ATRA and AEF memberships.**

## Overnight Camping Rides

**May Long Weekend Camping Trip to Wierenga Flats, Fort Assiniboine May 17 - 20.** 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](mailto:downer387@gmail.com)



**June 23 - July 31 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 Rita 780-720-4341 or email [doodledogs@hotmail.com](mailto:doodledogs@hotmail.com)



**July 4 - 7 Writing-On-Stone, Milk River Camping Trip.** We are full with 20 riders! If you haven't already paid your \$40 deposit remember its due at April 18 meeting. Please note the date has changed.

**July 7 - 13 Cypress Hills Camping Trip.** The area offers wide open spaces with lush coulees, forests of lodgepole pine and white spruce and spectacular vistas with panoramic views. This area is remote with no cellular service or power. The trails have cobblestone so horses must have good feet if not shod. This ride is directly following Milk River, so participants may choose to do both or either. For more information contact Doug 780-916-7474 or email [king519@telus.net](mailto:king519@telus.net)





## Overnight Camping Rides

**Aug 1 - 11 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](mailto:downer387@gmail.com)



**Aug 18 - 25 Kananaskis Mountain Camping Trip, Bluerock.** Bluerock Equestrian Campground is found in Sheep River Provincial Park, 35 km west of Turner Valley on Hwy 546. The scenic Sheep River is nearby. Sites are suitable for RVs and tents. Cost is \$33/night first come first serve basis. Price includes fee for 2 horses; \$7.00/night each additional horse. There are hitching rails, corrals, a water pump and a loading ramp as well as access to nearby equestrian trails. For more information contact Lisa 780-237-7587 or email [lisa\\_f@mailcan.com](mailto:lisa_f@mailcan.com)



**Aug 30 - Sept 2 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



### TIPS ON WHAT TO BRING

**Bring for your Horse:** saddle, cinches, saddle bags, breastplate, crupper, saddle pads, grooming & first aid supplies, halter (with name/number on it) & long lead shanks, high line rope, rain sheet/blanket, feed tub, water bucket, horse fly spray, manure tubs/fork/shovel, spare easy boot

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

## CLINICS:

**Clinic participants in 2019 will be asked for their feedback by completing an evaluation form at the end of their clinic. This will provide the Board and Clinic Planning Committee with more details for next year.**

## Events Calendar: See details on website: [www.atra.ca](http://www.atra.ca)

<i>DATE</i>	<i>LOCATION</i>	<i>Details Contact</i>
<b>April 18</b>	<b><i>ATRA General Meeting - Fred Tyrell - First Aid in The Wilderness</i></b>	<b>Page 1</b>
<b>April 20</b>	<b><i>ATRA Trail Ride - Blackfoot, Central Staging Area</i></b>	
<b>Apr 26-28</b>	<b><i>Mane Event Expo 2019 Red Deer- *Volunteers needed*</i></b>	<b>Maggie 780-464-0986</b>
<b>May 11</b>	<b><i>Cancer Ride at Able Ranch, North of Bon Accord</i></b>	<b>Allison 780-910-4639</b>
<b>May 17-20</b>	<b><i>ATRA Fort Assiniboine Sandhills - Wierenga Flats</i></b>	<b>Allison 780-910-4639</b>
<b>Jun 23-Jul 1</b>	<b><i>Hummingbird Mountain Camping and Maintenance</i></b>	<b>Rita 780-720-4341</b>
<b>Jul 4-7</b>	<b><i>Writing-On-Stone, Milk River Camping Trip</i></b>	<b>Lisa 780-237-7587</b>
<b>Jul 7-13</b>	<b><i>Cypress Hills Camping Trip</i></b>	<b>Doug 780-916-7474</b>
<b>Aug 1-11</b>	<b><i>Yaha Tinda Mountain Camping Trip</i></b>	<b>Allison 780-910-4639</b>
<b>Aug 18-25</b>	<b><i>Kananaskis Mountain Camping Trip: Blue Rock</i></b>	<b>Lisa 780-237-7587</b>
<b>Aug 30-Sept 2</b>	<b><i>Drayton Valley Riverside Trails Camping Trip</i></b>	<b>Cindy 587-986-1535</b>
<b>Sept TBA</b>	<b><i>STARS Trail Ride at Ministik Bird Sanctuary</i></b>	<b>Vicki 780-922-2227</b>

If you have an event we should know about, call Allison 780-910-4639 or [downer387@gmail.com](mailto:downer387@gmail.com)  
 For insurance purposes, each member joining our rides/clinics is required to hold a current **AB Equestrian Federation** membership. Renewal forms are available: [www.albertaequestrian.com](http://www.albertaequestrian.com)

All riders ride at your own risk. We recommend helmet use for all riders & **STRONGLY** encourage it for those under 18 during ATRA events. For the safety of all members, ATRA's policy on riding with dogs is: On single day rides or weekend rides with a large group, no dogs are permitted. On longer overnight trips, dogs may be permitted if all riders in your group are in agreement.

### ATRA CASINO

Is scheduled for early October. We need to have 38 volunteers and a few back up people identified to fill the positions. If you have not yet signed up to volunteer, please contact Shirley McFall - 780-662-4747  
 or [email smariem2018@gmail.com](mailto:smariem2018@gmail.com)