



# ATRA ON THE TRAIL

## March 2019 Newsletter

### Inside this issue:

Upcoming Events 2/3  
Events Calendar 4

*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.*

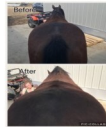
### General Meeting March 21

**Guest Speaker: Laura MacSwain**



Newly Established Rejuvenation Equine Remedial Therapy (RERT)

**Treatments involve:**  
Massage Therapy  
Chiropractic  
Acupuncture  
Cranio-Sacral  
Osteopathy  
Kinesiotaping



**Issues aided with Treatment:**  
Acute lameness  
Cross-firing  
Bridling issues  
Cinching issues  
Picking up leads  
Behavioural issues  
Short Striding  
Pain

Laura MacSwain graduated from an intensive 4 year program from the Canadian Equine Therapy Institute where she has acquired over 6000 hours of class and practical study in the field of equine anatomy and physiology. Her collaborative approach to Equine health and therapy offers additional solutions to aid in proper equine care.

<http://www.canadianequinetherapyinstitute.com>

We are located in Strathcona County and provide full services to the regional area including Spruce Grove, Stony Plain, Leduc County, Sturgeon County, Parkland County, Beaver County, Lamont County. Will travel further for additional cost.

**Call now for an appointment**

**Contact Laura MacSwain  
780-218-9792**

**General Meeting April 18 - Guest Speaker: Fred Tyrell** 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"!

**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.**

## Upcoming Events

### **Family Day Sleigh Ride - March 3, 1-4pm:**

\*\*\*\*This event was unfortunately cancelled once again due to extreme cold. We will keep you posted as to whether or not rescheduling is an option.

**ATRA Trail Ride: Blackfoot Waskahegan Sunday, March 17.** Ride out at 11am sharp! Access staging area from RR 210 north of Wye Rd. or South of Hwy 16. Bring a lunch as we will stop half way out on the trail. Please note this is a walking ride with no dogs allowed and no one is in charge of guiding. This is just a way for members to meet up with one another to trail ride. Cancelled if colder than -10°.

**New Member Mentorship & Meal March 21, 5:30-7pm:** If you are a new member to ATRA and would like some ideas about trail riding readiness and safety, please join us for an informal chat around the supper table. This event is also open to members who have been with us for a while but are feeling hesitant or unsure and wish to begin their trail riding journey, day trips or mountain trips). Three board members will share information on how to prepare to ride in different locations, with different people and different horses. Bring your questions. Reference material will be available. Please RSVP to Sharon 780-472-6212 or email [rafterbk@telus.net](mailto:rafterbk@telus.net)

**Mane Event Expo 2019 Red Deer April 26-28:** Website: [maneeventexpo.com](http://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.

To volunteer contact Maggie by March 31 780-464-0986 or email [maggie.portas@icloud.com](mailto:maggie.portas@icloud.com)



**Saturday May 11, 41st Annual 'Trail Ride Against Cancer'** at Able Ranch, north of Bon Accord. The ride will be a slow pleasure ride of approximately 3 - 4 hours, **Join in with other riders or head out on your own** through multi-use, natural lands. Riders may arrive on Friday May 10th and camp overnight in Bruno Neuville's pasture. Start collecting your donations for the Canadian Cancer Society using the pledge sheet and/or on-line. Prizes will be awarded to the top collectors. A minimum donation of \$50/adult rider and \$25 for youth rider 14 years and under is required. After the ride join us for a BBQ

(Burgers/Hot Dogs) **at no cost**. For your comfort, bring a chair. Please go to [www.atra.ca](http://www.atra.ca) to download/print your rider package, copies on hand at our General Meetings or do feel free to photocopy someone else's forms. For more information or to volunteer, please contact Allison at 780-910-4639 or email [downer387@gmail.com](mailto:downer387@gmail.com). If you can't make the ride, mail in your pledges or make a donation to someone who is planning to ride. Non riders may also use the pledge sheet to collect donations and come out to enjoy the day.



*41st Annual Trail Ride Against Cancer*

**May Long Weekend Camping Trip to Wierenga Flats, Fort Assiniboine May 17 - 20.** Henry and Marg Wierenga welcome ATRA to their Pastures for our Annual May Long Group 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 out-houses, 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)





**REMINDER:** HAVE YOU RENEWED YOUR MEMBERSHIP. Do it online at [www.atra.ca](http://www.atra.ca) or contact Cindy at [dich@telus.net](mailto:dich@telus.net) or 587-986-1535



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

<b>DATE</b>	<b>LOCATION</b>	<b>Details Contact</b>
<b>Mar 3</b>	<b>ATRA Family Day Sleigh Ride - CANCELLED</b> Once again due to extreme cold!	<b>Shirley 780-662-4747</b>
<b>March 17</b>	<b>ATRA Trail Ride - Blackfoot Waskahegan Staging Area.</b> Ride out at 11am sharp! Cancelled if colder than -10° No Dogs , drinking, smoking on the trail.	<b>Allison 780-910-4639</b>
<b>March 21</b>	<b>ATRA General Meeting - Laura MacSwain -Rejuvenation Equine Remedial Therapy</b>	<b>Page 1</b>
<b>April 18</b>	<b>ATRA General Meeting - Fred Tyrell - First Aid in The Wilderness</b>	<b>Page 1</b>
<b>April 20</b>	<b>ATRA Trail Ride - TBA</b>	
<b>Apr 26-28</b>	<b>Mane Event Expo 2019 Red Deer- *Volunteers needed*</b>	<b>Maggie 780-464-0986</b>
<b>May 11</b>	<b>Cancer Ride at Able Ranch, North of Bon Accord</b>	<b>Allison 780-910-4639</b>
<b>May 17-20</b>	<b>ATRA Fort Assiniboine Sandhills - Wierenga Flats</b>	<b>Allison 780-910-4639</b>
<b>Jun 23-Jul 1</b>	<b>Hummingbird Mountain Camping and Maintenance</b>	<b>Rita 780-720-4341</b>
<b>Jul 5-8</b>	<b>Writing-On-Stone, Milk River Camping Trip</b>	<b>Lisa 780-237-7587</b>
<b>Jul 8-14</b>	<b>Cypress Hills Camping Trip</b>	<b>Doug 780-916-7474</b>
<b>Aug 1-11</b>	<b>Yaha Tinda Mountain Camping Trip</b>	<b>Allison 780-910-4639</b>
<b>Aug 18-25</b>	<b>Kananaskis Mountain Camping Trip: Blue Rock</b>	<b>Lisa 780-237-7587</b>
<b>Aug 30-Sept 2</b>	<b>Drayton Valley Riverside Trails Camping Trip</b>	<b>Cindy 587-986-1535</b>
<b>Sept TBA</b>	<b>STARS Trail Ride at Ministik Bird Sanctuary</b>	<b>Vicki 780-922-2227</b>

If you have an event we should know about, call Allison 780-910-4639 or down-er387@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.