



ATRA ON THE TRAIL

Nov/Dec 2017 Newsletter

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

2017 Club Executive

President: Shirley McFall

Vice-Pres: Maggie Portas

Secretary: Allison Downer

Treasurer: Cindy Hanas

Membership: Cindy Hanas

Directors: Marjorie Phillips, Tracy Campbell, Murray Few, Regina Landeck, Doug King, Cam Stevenson, Alexys Mishak, Paige Stocks

***Webmaster:** Erin King

Newsletter: Lisa Harrison

Contact to run an advertisement or send an article to be considered:
lisa_f@mailcan.com 780-237-7587

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.

Thursday, November 16 at 7pm

General Meeting with guest speaker Joel Wilkinson, Reg'd Psychologist, Success Coach and Leadership Consultant at Kirk United Church.

Topic: Building Resiliency, Mental Toughness and Personal Leadership.

His diverse background includes being an elite athlete, leadership and sport coach. He has specific expertise in helping his clients



understand and overcome the limiting effects of psychological fear, stress and anxiety. In particular Joel will discuss how managing fear and anxiety is critical to the development of leadership both for our horses and for our personal lives so that we may live purposeful lives reaching our fullest potential.

ATRA meets at 7pm the 3rd Thursday of the month Jan-Apr & Sept-Nov upstairs at Kirk United Church, 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

Monday November 6 ATRA Board Meeting - This is an open invitation to all members to attend to find out more about how the club runs. Plan to attend at 6 pm at Kirk United to share some pizza and social time prior to our board meeting. Please RSVP 780-662-4747 to Shirley by Nov 3 so we can order pizza. There will be a couple of positions on the board opening up at our Annual General Meeting, January 18, 2018. This may be your opportunity to come out and see what we are about. The Board members have a lot of fun, good food and a sense of satisfaction over benefits we can provide for our members.

Saturday, November 18 – Interactive Workshop Building Resiliency, Mental Toughness and Personal Leadership – 10 AM – 2 PM (including lunch), Kirk United Church

\$70 with workbook, includes subsidy. Registration deadline Nov 16. 30 participants max.

Joel brings a passion for assisting people in reaching their full potential through overcoming performance anxiety, managing personal limitations, developing confidence, channeling energy and focus and building optimal capacity. This workshop will have individual and group exercises designed to develop greater awareness. It will have practice tools and strategies to overcome fear, build resilience and develop greater personal leadership. Contact Shirley to register: shimcf@mcsnet.ca or 780-662-4747

November 19 Sunday ATRA Trail Ride at Ministik Bird Sanctuary. Directions: From Hwy 14, go south on RR 215 (which becomes RR 220). After 3.5 miles road bends right, staging area is on your left. Or from Hwy 625/Hwy 21 head east & turn north on RR 221. Turn east on Twp Rd 504A for 1 mile. Pack a lunch for the trail. Ride out at 11 am. This is a walking trail ride. No dogs, drinking, smoking on the trail. Cancelled if colder than -10.



ATRA Christmas Celebration—Saturday, December 16, 2017

6pm at Kirk United Church. Bring an exchange gift (\$10) if you wish.

Tickets \$20 (available until Dec 11) from Cindy or at Nov ATRA meeting.

Catered by Sandy View Farms: *Turkey, Stuffing, Gravy, Cranberry Sauce, Creamy Mashed Potatoes, Buttered Corn & Carrots, Perogies, Caesar Salad, Marinated Vegetable Salad, Dinner Buns/ Butter, Homemade Squares*



Leather Tooling Workshop Saturday February 3 by Miriam James, owner of James Built Saddlery in Tofield, behind the Tempo gas station just off Hwy 14., 5020-48 Ave. Max 5 participants that took the course last year and 10 new participants.

Review or Learn the basics of tooling and working with leather. Course includes 6 hours of instruction and either a beginner stamping kit with 4 projects, tools, thread, etc. necessary to complete the projects or for those that have it from last year, a new project kit. New ones must be chosen in advance so Miriam can order it in, kits range from \$35 – 55 and there is a variety to choose from Bring your own lunch or money for takeout food.

Subsidized cost for ATRA members: \$150 with starter kit, \$100 for those that already have starter kit, included chosen project kit.. Registration deadline is Dec 1, 2017 as kits need to be ordered by then. Fill out and send in registration form with payment or for info contact: Shirley McFall, 780-662-4747, shimcf@mcsnet.ca

ATRA 2018 Clinic Registration Form

To register, send payment /form to Cindy Hanas, 25 Linden Street South, Spruce Grove, AB, T7X 2G6

Name of Clinic: _____

Location of Clinic: _____

Date of Clinic: _____ Registration Fee: _____

Name of Participant: _____ AEF # _____

Address: _____

Email: _____ Phone: _____

Your registration is not confirmed until your payment has cleared and both AEF and ATRA membership have been verified. AEF not required for non-riding clinics. No post-date cheques or spots held without full payment. No refunds after registration deadline unless a vacancy can be filled. We appreciate horses attending are healthy and up to date worming, shots and farrier. Please withdraw if your horse is sick or has been in contact with sick horses within 3 week prior to clinic. Waivers required at most facilities.

**spectators are allowed to attend any of the riding clinics at no charge*

**no food is provided at any of these clinics unless specified so bring your own lunch*

***unless otherwise noted, any clinic not 80% filled by deadline will be cancelled.*

Technical Large Animal Emergency Rescue Clinic February 17/18

Dr. Rebecca Gimenez at Paints-Plus Equine Center, 22441 Hwy 14, Sherwood Park

There will be lectures upstairs & hands-on scenarios outside or in arena. Max 50 participants, \$100 for ATRA members. Registration deadline is January 18, 2018.

TLAER is *not* disaster or field medicine. It does *not* refer to salvage/rescue of neglected, starving, abused animals – although many of the techniques *may* be utilized on scenes or in rehab facilities.

TLAER is the practical Considerations, Behavioral Understanding, Specialty Equipment, Techniques, Methodologies and Tactics behind the safe extrication of a live large animal from entrapments (trailer wrecks, ditches, mud, barn fires) in local emergencies and disaster areas.



TLAER offers training for emergency response services, veterinarians, facility operators, animal rescue organizations, large animal transporters, and large animal owners.

Large animals are different – they do not follow rules of physics or chemistry – but instincts of fight or flight under fear and stress. Innovation is often required by rescuers as each incident and rescue operation is different than the last one. **Prevention, Safety and Education** help owners and learn to prevent the common types of incidents, focus can be shifted to the unusual and highly technical ones.

ABOUT THE CLINICIAN: Rebecca Gimenez was born in central Florida and had the wondrous privilege of being able to ride her horses just about as much as she wanted to within a 5 mile radius of her home from the time she was about 12 years old. Occasionally she saw a horse or person get a minor injury - but she remained blissfully unaware of the tragedies between people and large animals that happened all around her. Traumatically separated from horses while she attended college for a BS in Biology at Wofford in Spartanburg, SC when she graduated she purchased her very own appaloosa. She enjoyed her military career in the US Army Reserves, working thru the ranks, eventually getting deployed in 2006 to Kuwait and Iraq, and is currently serving in the Reserves with HQ, US SOUTHCOM in Miami, FL. In 1994 she decided to pursue a graduate degree at Clemson University. Working at a 150 horse student research and teaching farm producing numerous foals each year, she was exposed for the first time to the horrific injuries, disease processes, and realities of emergencies that horses and their people could get themselves into. Over 4 years, she saw just about every worst case scenario that could happen (trapped recumbent, severe laminitis, colicing, death, euthanasia, nasty injuries and lacerations, dystocia, orphaned foals, hung in the fence, killed by lightning, stuck in a trailer) In 1997 Rebecca graduated with a PhD in animal physiology, and began a teaching career in Biology, Immunology and Microbiology at Anderson College.

She has continued to gather ideas, techniques and procedures that firefighters and veterinarians all over the world were employing to various levels of success- then showcase the variety of tactics available to students in their courses, and share her knowledge. Rebecca is an active speaker at various venues from international to local, her passion for the subject is impossible to miss. Today, Rebecca happily fills her schedule with speaking engagements, TLAER trainings, and working and playing with her horses on a farm that she purchased in Macon, GA. She has moved the use of mannequin horses into the mainstream - starting to import them to the USA in 2010 and promoting their use worldwide to get better quality realistic training in situations that are very dangerous to replace live animals (although her trained team of horses still does many demos).



photo: Dr. Rebecca Gimenez

Member Tips

Winter is the ideal season for healthy weight loss by Carol Shwetz DVM

“Hay nets are a good way to prevent horses from overfeeding during the colder months.”

Is your horse carrying too much weight? The answer is an important order of business, and best asked at the beginning of the winter season. If the answer to this question is yes then the winter season is the ideal time to implement intervention. Weight loss is far easier in the colder snow-covered months when the horse's metabolism is already working to that effect. Stored body fat from the summer months, when the forage is good, acts as insulation and reserve energy for times when forage isn't so good. Although it is appropriate for horses to gain fat stores during the spring and summer seasons, it is equally appropriate, if not essential to their health to lose those fat stores in the winter. Fat stores that continue to remain on a horse's body year after year without loss become stale, hard, and a source of inflammation. In the natural course of seasonal flux, horses would lose weight over the winter. It is extremely challenging to initiate weight loss during the summer months when pastures are rich and lush. Winter months provide the ideal window of opportunity offering 4-6 months of slow, effortless weight loss. It is of advantage to offer such to the domestic horse. If your horse doesn't lose any weight through the winter, there is no room for natural weight gain in the spring and summer. The Henneke body condition score (BCS) system developed to assess fat cover on animals has been widely used for many years and is appropriate for use by vets, horse owners, and caregivers. This system scores horses on fat cover — visually and by palpation — at several locations on the horse's body. A score of 1 applies to an emaciated horse and 9 applies to a very fat horse. Generally, horses with BCS of 1 to 3 are considered underconditioned; 4 to 6, optimally conditioned; 7, overconditioned; and 8 to 9, obese. If your horse scores 7, adjustments made at the beginning of the winter season pay dividends for a leaner, healthier horse in the spring. The simplest practice for weight loss in horses is winter grazing or pawing on well-stocked snow-covered pastures. These pastures easily meet the nutritional maintenance requirements of the adult horse. The weather washes the sugars out of the grasses yet has little effect on its protein values. One can supervise their horse's progress by tracking its BCS. Placing your hands on the horse's body, to feel through its thick winter coat, will tell you whether its condition is adequate. It is acceptable to feel the ribs. It is not acceptable to feel backbone. Generally, horses that are three years of age and under, 25 years of age or older, heavily pregnant mares, and horses with dental problems are poor candidates for winter grazing. If winter foraging is not an option for your horse, winter still remains the ideal time to limit feed for your horses. Central to weight control is simply not to overfeed. Do not feed grains to horses that do not need it. For situations that require weight loss one could eliminate all grains, alfalfa hays, and processed feeds and move towards reducing available grass hays by up to 10%. Weighing your hay on a scale provides a good benchmark for feeding an accurate amount of hay to your horse. A good starting point is 1.5 -2% of ideal body weight. Spread the hay out in as many feedings as possible. Follow up assessments of your horse's body condition allow further decisions to be made accordingly. Creatively placing hay about on fresh blankets of snow provides a clean ground surface for horses to feed and can influence their movement. Feeding areas can become quite small in the winter and any means to influence greater movement in the horses will bring it benefit. Round bale feeding is a common practice for a number of horses. If this is the chosen practice it is advisable to limit the time available for the horses to feed as some horses with unlimited access will quickly consume up to 40 pounds of hay within a day, while expending little energy to do so. Body conditions soar quickly, especially in mild winter conditions. The introduction of creative designs for slow feed netting has brought a unique solution to considerably slow down and reduce a horse's forage intake. It also contains the hay and eliminates waste, bringing benefit to both the horse and the owner. Straw from cereal crops are not grasses and although horses can survive on these feeds there are better choices for healthy weight loss. The provision of fresh clean water and appropriate minerals and salt will also be necessary to balance out the diet.

Past Events

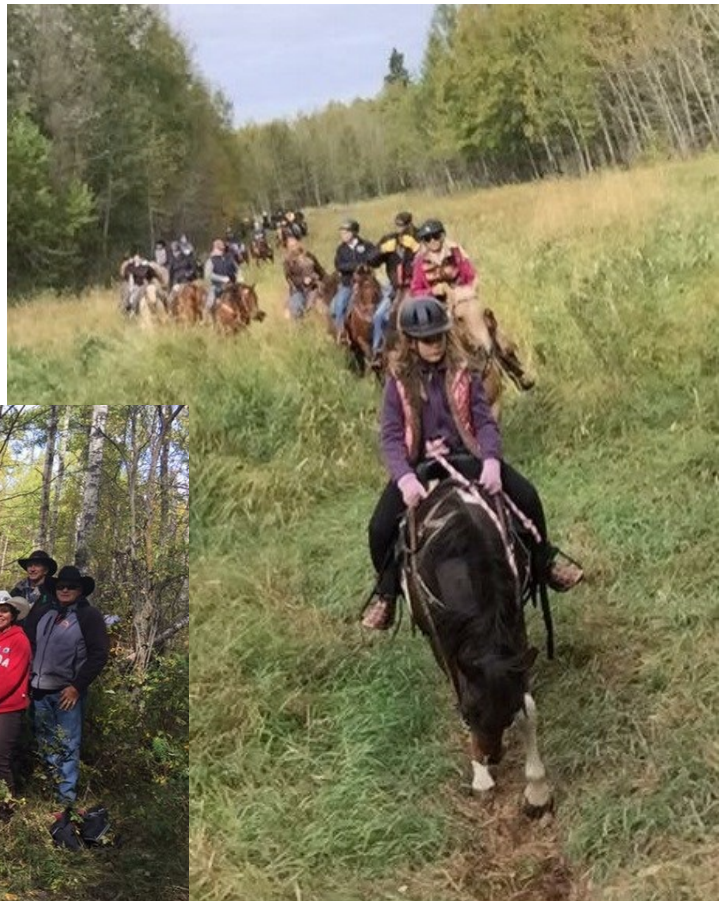
STARS Ride at Ministik - Sept 24, 2017 — 34 riders enjoyed the beautiful weather and autumn colors on our 15th annual ride. We sold 92 poker hands, but it was the donations that boosted our final count. Special thanks to a few people who were extremely generous with their cheques, including both ATRA and CLSC for making club donations. We collected **\$780** from poker hands and **\$3944** from donations, for a grand total of **\$4724**. This has been our best year ever!

Paul Lutzak had the winning poker hand with a full house of queens and deuces, Doug Gilbert drew three queens and Rhea Traybish matched up three nines. All of these people returned their winnings and will receive a tax receipt. We had one rider travel down from the Cold Lake area, bringing some friends to ride, as well as cash from other friends to play poker. This lady has had to personally use STARS two times for live-saving medical support and transport. You can see that STARS is special to her. We even had a friend or two, non riders, who made a donation just because they appreciate the work STARS does.

We have some special people to thank: Doug King acquired the TFA (Temporary Field Access) from the government and Len Weinkauff led the ride. Georgina Riddell made a special trip out to extend greetings and direct parking. Barb Few, Allison Downer, Dave & Vicki Lawrence registered riders, with help from Carolyn Wulf, then carried the poker hands for drawing further cards on ride.

Thank you to ATRA and CLSC members who attended/supported the ride, as well as all those friendly riders who saw our ad and came out to enjoy the day and support STARS. It is comforting to know that a helicopter can reach our riders in wilderness places where other vehicles can't.

Submitted by Vicki Lawrence



BIG THANK YOU TO CASINO VOLUNTEERS

36 members of ATRA donated between 5-10 hour shifts for a total of close to 300 volunteer hours to help with this important fund raiser. This does not include the hours for planning the casino.

The casino funds enable ATRA to host lots of clinics, coordinate trail development projects, provide a great newsletter and website, bring in guest speakers, purchase trail equipment, promote equestrian activities through participation in parades, make donations back to the community, and the list goes on.

The following people who helped will receive a \$50 credit to use towards registration to attend an ATRA hosted event as a small token of appreciation for their hours. Tracy Campbell, Dale Bolen, Shirley McFall, Carl Hoybak, Vicki Barrow, Helene Lagace Candace Boger, Vicki Lawrence, Dave Lawrence, Allison Downer, Donna Osipow, Pleman Downer, Denise Hudema, Dollard O'Connor, Susan O'Connor, Rita Power, Sheila Sharko, Celina McElroy, Pat McElroy, Cindy Hanas, Russ Shandro, Larry Niblock, Maggie Portas, Heather Shandro, Len Weinkauff, Mary King, Doug King, Jane DePaux, Murray Few, Marjorie Phillips, Cameron Stevenson, Lisa Harrison, Dave Harrison, Alexys Mishak, Paul Gaboury, Laurie Gaboury.

We had members from the Klondike Driving Chapter and Alberta Donkey and Mule Club volunteer as well. **THANKS TO ALL FOR YOUR HELP.**

Oct 12 Thursday Round Bale Feeder Clinic —we successfully made 4 round bale feeders and participants can build more at home now as needed.

October 15 Sunday ATRA Trail Ride at Blackfoot Staging Area 23 riders split into 3 groups. We had a great fire outside at lunch also, thanks to the first group. It was a very nice fall day out.



Upcoming Events Calendar

DATE	LOCATION	DETAILS
Nov 4	ATRA Clinic—Emergency Equine First Aid	Oct news
Nov 5	ATRA Clinic—Advanced Equine First Aid	Oct news
Nov 6	ATRA Board Meeting—open to members	Page 2
Nov 16	ATRA General Meeting: Building Resiliency & Leadership	Page 1
Nov 18	ATRA Interactive Workshop from Thursday meeting speaker	Page 2
Nov 19	ATRA Trail Ride. Ministik Bird Sanctuary	Page 2
Dec 16	ATRA Christmas Party	Page 2
Jan 18	ATRA Annual General Meeting	Jan news
Jan 20	ATRA Trail Ride: Blackfoot Central Staging Area	Jan news
Feb 3	ATRA Leather workshop at James Built Saddlery	Page 3
Feb 15	ATRA General Meeting: Rebecca Giminez-Horse Rescue	Jan news
Feb 17/18	ATRA Clinic: Rebecca Giminez-Horse Rescue	Page 4

If you have an event we should know about, call Lisa @ 780 237-7587 or lisa_f@mailcan.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

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.

Classifieds

For these items, contact Cindy at 780-962-2690 or chanas@finning.com to bring to a meeting or ride.

Ad Rates	#	Classified	1/4 Page	1/2 Page
Member	1	\$5	\$15	\$30
Member	3	\$12	\$34	\$63
Non-Member	1	\$10	\$20	\$40
Non-Member	3	\$24	\$45	\$84

ATRA Coffee Mug \$15

ATRA Tush Cushions \$10

ATRA Trailer Decal \$10-30

ATRA Jacket \$65

