



# ATRA ON THE TRAIL

## September 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](mailto: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.

Our next meeting is Thursday, September 21 at Kirk United Church at 7pm. Guest speaker is Dale Kirkland, the superintendent from Elk Island National Park. He will present information on new changes at the Park, some of which include trails that are available for recreational riding.



The pictures above are of the Hayburger Trail, in Elk Island Park when we rode it in July. Nice 2-3 hour loop and small parking lot. We heard but did not see the buffalo, but I guess others have had to turn around if they are on the trail.

**ATRA meets at 7pm the 3<sup>rd</sup> 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](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

If anyone is planning to ride and wants to invite members to join them, please post on our Alberta Trail Riding Association facebook page. Email Lisa ([lisa\\_f@mailcan.com](mailto:lisa_f@mailcan.com)) if you need an invite to the facebook group.

If anyone hears of any other Alberta trail rides of interest to the club members, please let Lisa ([lisa\\_f@mailcan.com](mailto:lisa_f@mailcan.com)) know so she can include in a future newsletter or eblast.

### 15<sup>th</sup> ANNUAL STARS TRAIL RIDE — Sunday, Sept. 24 at Ministik Bird Sanctuary

Please join us to raise funds for STARS – a valuable service that some horseback riders may find necessary to use during their lifetime, especially in wilderness areas. Bring your horse, pack a lunch, water/juice and experience a 3-4 hour autumn get-away on a guided trail ride through the beautiful Ministik.



To ride: You may: 1) make a donation directly to STARS 2) buy 1+ poker hands (\$10 each) & take a chance to win \$\$ for drawing a winning hand or 3) choose a combination of both.

Riders may even bring in donations from friends or businesses (cheque made out to STARS with correct mailing address) and/or cash to play poker hands for them.

To donate if you can't ride: Donation forms will be available at the ride or may be downloaded from the [www.atra.ca](http://www.atra.ca). Receipts will be mailed for income tax purposes.

Let's have fun and make STARS the big winner.

Meet at 10am to saddle, make your donation or register/draw your 1st cards. Ride 11am.

This walking ride is for intermediate riders & trustworthy horses. We ride in wilderness areas and could come in contact with cattle and wildlife (moose, deer, etc). Non members will need to sign a waiver. No smoking or drinking alcohol on the trail. An outhouse is available at the staging area and at the lunch spot. Note: Wasps could be present. Club not will not be selling hot dogs or pop after the ride. Bring your own lunch.

Directions: From Hwy 14, go south on Rge Rd 215 (which becomes RR 220). At Twp Rd 504A, (about 3½ mi), look left for the staging area. Watch for signs-(STARS RIDE). OR Going east on Hwy 625 (Nisku-Beaumont Rd.)/Twp Rd 504, cross Hwy 21, turn north on RR221. After ¼ mi, turn east on Twp Rd 504A for 1 mile. Watch for signs-(STARS RIDE).

For more information call Vicki @ (780) 922-2227 or [vickilawrence@interbaun.com](mailto:vickilawrence@interbaun.com).



## Upcoming Events

**Thursday, November 16 General Meeting** with guest speaker Joel Wilkinson, Reg'd Psychologist, Success Coach and Leadership Consultant. 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.

**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 Oct 20. 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](mailto:shimcf@mcsnet.ca) or 780-662-4747

## Past Events

Lavern Schmidt Horsemanship/Trail Skills Clinics at Sunwest Equine, Onoway -May.

2 groups of riders enjoyed 2 day clinics with great hosts, lunches and visiting.





## Past Events

### May Long Weekend Camping Trip to Horse Creek Ranch, Fort Assiniboine

We had a great time for our last year camping at Horse Creek Ranch, as they are closing this fall. We can still ride the trails there but need to find a place to camp. At the end of June, a few members rode up to Wierenga Pastures to see if their property could work for May long weekends going forth. Luckily both Marg and Henry were home and made them extremely welcome. They have a water tank and creek, 3 outhouses, fire pit spots and a large gazebo with open fire pit in center open to us for use. Riders would have to bring their own panels, electric fencing or highline between trees or trailers.

### Parade Readiness Clinic & Costume Allocation June 3

The clinic went well with lots of new participants this year.

ATRA was represented at four parades this year: Ardrossan June 17, Morinville June 24, Sherwood Park July 1, Edmonton Klondike Days July 21.



**MSW Farms Camping Trail Ride June 9-11, 2017** — was cancelled due to rain.



## Past Events

### Obstacles June 24-26 at Courier Park with Bob K

Due to rain the week before, Friday changed to Monday. All of the clinics had nice hot weather with weiner roasts and socializing after.



**East Drummond Creek Trail Relocation at Whitehorse Creek July 16-21 —cancelled.**

**Yaha Tinda Eagle Creek Campground Aug 5-13** — we had a smaller group than usual, but about 20 members came and went on different days. The weather was wonderful, and no bugs, except for the ground wasps. A few members had mishaps in the river, but for the most part we had a great time finding new trails and had great potlucks and fires.





## Past Events

**Mesa Butte, Kananaskis Campground Aug 20-27** — we had 9 members on this ride. We also met a few new members on the weekend. Nice hot weather, that continued into the evenings, which was good since we couldn't have a campfire due to the fire bans. The best ride is on top of the Hogs Back trail where we ride along the top of a ridge that drops down on both sides (left pic). Four of us decided to hike instead of ride one day to the top of Moose Mountain, where the movie Brokeback Mountain was filmed (right pic).



**Hummingbird Maintenance Mountain Camping Trip.** 3 strikes, we are out??? The original dates of June 18-23 were rained-out so ride was rescheduled for end of August. That ride didn't happen so then 4 of us headed out in September, but ended up camping near Peppers Lake as signs posted said Hummingbird area was closed due to wild fires. We did take a truck to Hummingbird the first evening of the closure and the equestrian sites were still occupied, mainly by quadders, and the empty sites were well cleaned up. Pictures below are of us cooling off in the lake and at the Hummingbird manure pile.



## Classifieds

For these items, contact Cindy at 780-962-2690 or [chanas@finning.com](mailto: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**

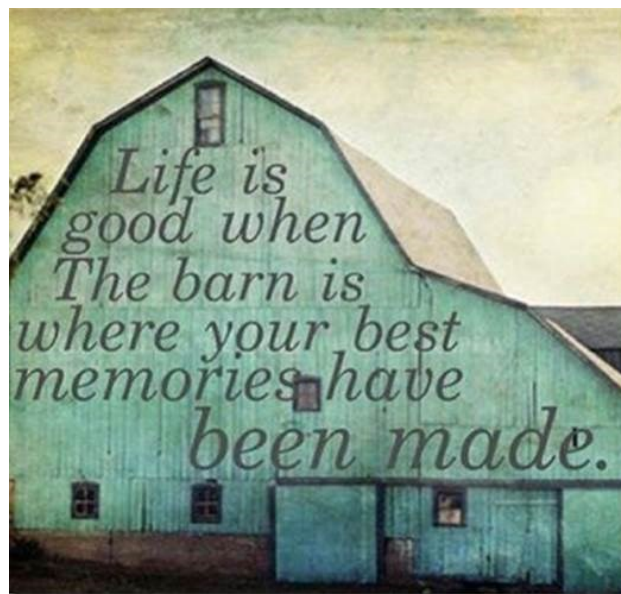
**ATRA Trailer Decal \$10-30**

**ATRA Jacket \$65**



**For sale-8' dark maroon leather sofa & hassock in good condition, \$150, Shirley 780-662-4747**

I like to keep my money where I can see it...  
running around the pasture  
and hanging in the tack room.



Did you know that it is the highest recognition a youth can receive in Canada, and anyone 14-25 can achieve it? The Award encourages youth to pursue a balance of extracurricular activities, challenging themselves by setting and working

towards goals in four areas; Service to the community, Skill development, Physical Fitness and Outdoor Adventure. Once youth complete the number of hours required in each section, they receive the Award. The best part is, most youth are already doing a number of these things!

Completion of the Award enhances job, scholarship, and post-secondary school applications giving recipients a unique edge in today's highly competitive environment.

If you would like more info for your community youth group or are interested in registering, go to [www.dukeofed.org](http://www.dukeofed.org) or contact Robyn Webster – [rwebster@theaward.ca](mailto:rwebster@theaward.ca), 780-490-5008 (ext.3).



## Upcoming Events Calendar

DATE	LOCATION	DETAILS
Sept 21	ATRA Meeting	Page 1
Sept 24	ATRA & CLSC STARS Trail Ride at Ministik Bird Sanctuary	Page 2
Sep30/Oct 1	Willy Bronze poker rally in Donalda, campsites/pens - Beth	403-741-8196
Oct 4/5	ATRA Fundraising Casino —volunteer— <a href="mailto:shimcf@mcsnet.ca">shimcf@mcsnet.ca</a>	780-662-4747
Oct 15	ATRA Trail Ride. Location TBA	Oct news
Oct 19	ATRA General Meeting	
Nov 16	ATRA General Meeting: Building Resiliency & Leadership	Page 3
Nov 18	ATRA Interactive Workshop from Thursday meeting speaker	Page 3
Nov 19	ATRA Trail Ride. Location TBA	

If you have an event we should know about, call Lisa @ 780 237-7587 or [lisa\\_f@mailcan.com](mailto: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](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.

