

# Trails and Tales

Atlantic Canada Trail Riding Assoc. Newsletter

[www.geocities.com/actrasite](http://www.geocities.com/actrasite)

Volume #228

March/April/May 2007

Hello fellow ACTRA members,

The first ride of the season is now behind us and what a wonderful ride it was, great hosts, great trails, great parking, great food, and even the weather cooperated by not raining on us while we were in the saddle.

When you really stop and think about it, the ride managers are the backbone of this sport. If not for those persons brave and strong enough to go out and host a ride, us riders have no place to compete, to challenge ourselves and our horses, and definitely no way to move on to higher competition.

The ride managers job starts months before the event, planning the trail, filing the sanction form, finding a judge, gathering up volunteers, planning the feeding of the hordes of riders that descend upon the ride site. And by it's very nature, the word volunteer implies that people step forward, jumping out of the woodwork, saying "pick me, pick me, I'll do it!". Maybe in your fantasy world. In reality, it's more like that cartoon where the Major approaches the troops and asks for a volunteer, and all the guys in the know take three steps back, leaving a bewildered, befuddled newbie front and center. Face it folks, we all want to ride, ride, ride. And usually the ride manager does too. It's one of the few privileges of the ride manager, so you have to find someone to be ride manager for the day of the ride, too.

I feel that we, as riders, don't show our appreciation of our ride managers enough. They should be put on pedestals, we should be giving them foot rubs, and thanking, thanking, thanking them. Here's a radical idea: Next year, 2008, all ride managers ride free!!! If you are sanctioning a ride in 2008, you ride free in all other ACTRA sanctioned rides. Can we do that??? And what a way to entice more rides to be hosted in 2008!

So keep in mind that you paid an entry fee to come and have fun. Tell someone that you're coming, obey the rules, of the ride, the property owner, and the hosts. Thank everyone. If you and your horse are having a bad day because you aren't up to the challenge, realize that you should have stayed home, don't take it out on other people. If you see something that should be done that isn't, speak up, but in the proper time and place. Seek out the ride manager and point it out in a reasonable manner. We have a very active Public Relations Director, Russlyn Patriquin-Dyke, who would love to have your comments, in writing please, but you can remain anonymous if you wish. Her name, address and e mail address are all listed in the Board of Directors on the membership page in each and every issue of the newsletter. I know it's really old-fashioned, but what about a thank you note to the ride manager after you get back home and finally caught up on the scary laundry. And after thanking them for the hundred and one things that went right, maybe suggest that one little area of improvement could be..... You get the picture, basically, be an adult! So that is my rant for the month, just remember, opinions expressed in this editorial may or may not be the same as the majority of ACTRA's membership.

Happy  
Rides

Guena

**ACTRA 2007 Board of Directors**

**CHAIRPERSON**

Roy Drinnan  
PO Box 69, 541 Dickson Rd  
Oxford, NS B0M 1P0  
(902)447-2911  
rdrinnan@crsoftinc.com

**STATISTICIAN/AWARDS**

April Haliburton  
RR # 4  
Shubencadie, NS B0N 2H0  
(902)758-4250  
aahaliburton@hotmail.com

**SANCTION KIT**

Donna Munn  
249 Menzies Rd  
Midland, NB E5T 2N2  
(506)839-2810  
dmunn@nbnet.nb.ca

**RULES**

Roy Drinnan

**SECRETARY**

Donna Lee Cole  
7515 Route 102  
Brown's Flat, NB E5M 2S1  
(506)468-2098  
jdc@nb.sympatico.ca

**TREASURER**

Sylvia Gillies  
344 Route 875 Belleisle Creek  
NB, E5P 1C8  
(506)485-2518  
mgillies@nb.sympatico.ca

**NEWSLETTER EDITOR**

Gwenn Dexter  
RR # 5  
Canning, NS B0P 1H0  
(902)582-3463  
cdhorseloggings@ns.sympatico.ca

Members advertising rates are:  
\$10.00/page, \$5.00/half page, \$2.50/qtr page  
Business cards \$1.00. All rates are per issue.

Business advertising rates are:  
\$15.00/page, \$10.00/half page, \$7.00/qtr page  
Business cards \$5.00. All rates are per issue.

Trails and Tales is published six times per year.

All letters to the editor must be signed.

All articles must include the source.

**PUBLIC RELATIONS**

Russlyn Patriquin-Dyke  
1763 Antrim Road  
Carrolls Corner, NS B0N 1Y0  
(902)758-1326  
dyke.dc@forces.gc.ca

**VICE CHAIRPERSON**

Bob Gielen  
11 Tranquility Lane  
Quispamsis, NB E2E 6G8  
(506)849-0113  
ridealot@nb.sympatico.ca

**ATLANTIC CANADA TRAIL RIDING ASSOCIATION MEMBERSHIP FORM**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**\*JUNIOR RIDERS IN FAMILY\***

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

**I WISH TO REGISTER THE FOLLOWING MOUNT WITH ACTRA (Lifetime Mount Registration Fee \$25.00)**

NAME \_\_\_\_\_ MARE GELDING STALLION (Please Circle)

BREED \_\_\_\_\_ AGE \_\_\_\_\_

BREED REGISTRY INFORMATION \_\_\_\_\_

**MEMBERSHIP DUES: INDIVIDUALS \$17.50 - FAMILY \$22.50 - MOUNT REGISTRATION \$25.00**

**PLEASE SEND MEMBERSHIP FORM OR FACSIMILE TO: Sylvia Gillies, 344 Route 875, Belleisle Creek, NB E5P 1C8**

ARE YOU INTERESTED IN RECEIVING ACTRA LITERATURE? Yes No (Please Circle)

I HEREBY ALLOW ACTRA TO PUBLISH MY NAME, ADDRESS, PHONE NUMBER ON THE MEMBERSHIP LIST TO BE PUBLISHED IN THE ACTRA NEWSLETTER ONLY. Yes No (Please Circle)

TOTAL MEMBERSHIP DUES SUBMITTED \_\_\_\_\_ @ \$17.50 = \$ \_\_\_\_\_

\_\_\_\_\_ @ \$22.50 = \$ \_\_\_\_\_

\_\_\_\_\_ @ \$25.00 = \$ \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_

## ACTRA REQUEST FOR SANCTIONED RIDE FORM

**\*Please make sure all parts of this form are filled out correctly.\***

To All Ride Managers & Organizers:

In order to help us plan the coming trail ride season we need to know which organizations would like to sanction rides and when, along with other information as requested. If you wish to sanction a ride, please reply as soon as possible so we may avoid conflicting dates and advise members through our newsletter.

Requests for sanction dates require that one date per ride be presented to the sanction person for consideration. It is advisable that an "alternate" or "2<sup>nd</sup> choice" date be provided at the same time you send in this application, so that in the event of schedule conflict with another ride in your area, the sanction person is able to immediately provide you with your alternate date (providing that date is available). To avoid confusion, the alternate date **IS NOT** for the use of the ride in case of weather problems, rather the alternate date is for ACTRA use only. A ride is sanctioned with only one date and **CANNOT BE CHANGED BY RIDE MANAGEMENT.**

Should you or any other organization or group of people be interested in putting on a JP, IDR, CTR, or Endurance Ride, please pass along a copy of the application form. If you have any questions or require assistance, please call Donna Munn at (506) 839-2810. Please list one ride per application.

Name of Club or Group:		Ride Name:	
Address:			
Contact Person:		Phone:	
Address:			
Date of Ride (1 <sup>st</sup> Choice):		2 <sup>nd</sup> Choice:	
Length of Ride:	Miles	JP <input type="checkbox"/>	IDR/CTR <input type="checkbox"/>
		Endurance/LD <input type="checkbox"/>	Ride 'n Tie <input type="checkbox"/>
Stabling: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Field		Maximum Number of Entries:	
Exact Location of Ride:			
Veterinary Judge:		Lay Judge:	
Horsemanship Judge:			

We, \_\_\_\_\_, hereby agree to plan our JP, IDR, CTR, or Endurance Ride in accordance with the guidelines and the rules of the Atlantic Canada Trail Riding Association.

**Please fill out all parts of form and return to:**

**Donna Munn  
249 Menzies Road  
Midland, NB  
E5T 2N2**

## ACTRA REQUEST FOR SANCTIONED RIDE FORM

**\*Please make sure all parts of this form are filled out correctly.\***

To All Ride Managers & Organizers:

In order to help us plan the coming trail ride season we need to know which organizations would like to sanction rides and when, along with other information as requested. If you wish to sanction a ride, please reply as soon as possible so we may avoid conflicting dates and advise members through our newsletter.

Requests for sanction dates require that one date per ride be presented to the sanction person for consideration. It is advisable that an "alternate" or "2<sup>nd</sup> choice" date be provided at the same time you send in this application, so that in the event of schedule conflict with another ride in your area, the sanction person is able to immediately provide you with your alternate date (providing that date is available). To avoid confusion, the alternate date **IS NOT** for the use of the ride in case of weather problems, rather the alternate date is for ACTRA use only. A ride is sanctioned with only one date and **CANNOT BE CHANGED BY RIDE MANAGEMENT**.

Should you or any other organization or group of people be interested in putting on a JP, IDR, CTR, or Endurance Ride, please pass along a copy of the application form. If you have any questions or require assistance, please call Donna Munn at (506) 839-2810. Please list one ride per application.

Name of Club or Group:		Ride Name:	
Address:			
Contact Person:		Phone:	
Address:			
Date of Ride (1 <sup>st</sup> Choice):		2 <sup>nd</sup> Choice:	
Length of Ride:	Miles	JP <input type="checkbox"/>	IDR/CTR <input type="checkbox"/>
		Endurance/LD <input type="checkbox"/>	Ride 'n Tie <input type="checkbox"/>
Stabling: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Field	Maximum Number of Entries:		
Exact Location of Ride:			
Veterinary Judge:		Lay Judge:	
Horsemanship Judge:			

We, \_\_\_\_\_, hereby agree to plan our JP, IDR, CTR, or Endurance Ride in accordance with the guidelines and the rules of the Atlantic Canada Trail Riding Association.

**Please fill out all parts of form and return to:**

**Donna Munn  
249 Menzies Road  
Midland, NB  
E5T 2N2**

## DO 12 WITH THE PIG

The rain held off and we had an enjoyable ride. It was great to see so many people show up in spite of the weather forecast.

There was lots of water on the roads for the horses to wade through. We saw new trail, a beaver house, complete with dam, abandoned cars and a swollen creek and river with bridges that the horses had to cross.

Thank you to Janet Draper, Nancy Hennessy, Kate Cameron, Kim Chocolate-Cake, Eric and Betty Dwyer, Janice Munroe, David Dyke, Keith Dares, Nick Munroe and everyone else who helped out. We couldn't have done it without you!!

Congratulations to Cindy Hyson on achieving her 3000 ACTRA miles on this ride!!

This is the last in the annual series of "Do 12 with the Pig" (Khemo Khera) rides. She is now retired and loving it.

Thanks to everyone who supported our Pig ride over the years.

Happy Trails,

Lucy & Elwood

### Senior Conditioning

- 1 Irmgard Lipp with Ronya
- 2 Sylvia Gillies with MacKenzie King
- 3 Bev Elliott with Aazzaan
- 4 Gwenn Dexter with Scully
- 5 Cindy Hyson with Fantasia
- 6 Jean Bridges with Thunder

### Senior Trail Horse

- 1 Caruso ridden by Lucy Rudge
- 2 MDA Billy Four ridden by Donna Munn
- 3 MacKenzie King ridden by Sylvie Gillies

### Novice Conditioning

- 1 Wendy Vissers with Gryphon
- 2 Pam Snow with Dancer
- 3 Lynn Beazley with Kindred Spirit
- 4 Deanna Johnstone with Rocky
- 5 Chris Woodworth with Celtic Ceo
- 6 Darlene Bartlett with Red Feather Rainbow

### Novice Trail Horse

- 1 Summer Breeze ridden by Pam Rustige
- 2 Kindred Spirit ridden by Lynn Beazley
- 3 Gryphon ridden by Wendy Vissers

### Junior Conditioning

### Junior Trail Horse

CHRISSY MCGUIRE RIDING RED FEATHER

# The Importance of Hydration in the Endurance Horse

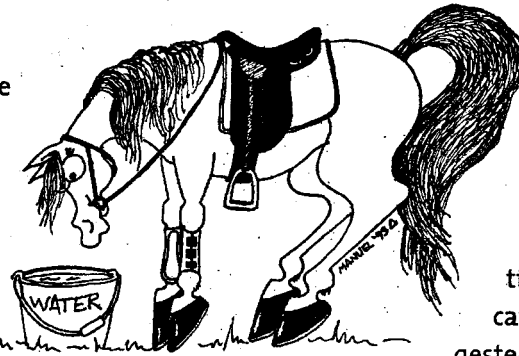
Perhaps the most important need of the endurance horse is proper hydration. Without adequate hydration, the horse can fail in performance, his life becomes threatened, or he can die. Water and proper balance of electrolytes is absolutely necessary for muscle function, including that of the heart.

Under casual circumstances, the horse usually takes care of himself, drinking in his pasture or paddock when he is thirsty. But when the horse is stressed, the natural tendency of taking care of himself changes. When traveling, the horse tends to refuse water when offered. At a ride camp, he is excited and may refuse or forget to drink. On the trail, again he may be too excited to drink, unbalancing his system dangerously. He may suffer either an electrolyte imbalance or his inner core may become overheated. A horse that is hot to touch but is not sweating is in serious circumstances.

The fortunate rider is mounted on a horse that puts his needs before his competitive spirit. The less fortunate rider will have to intervene on the horse's behalf with some carefully thought-out procedures. First, the rider should make sure the horse learns to drink on training rides. If the horse is not a natural drinker, do some training rides with a veteran horse that is a good drinker, as horses frequently learn by example. Do training rides that are long enough that so the horse gets becomes thirsty enough to drink from creeks, ponds, and/or similar other natural sources of water. When you arrive at a water hole after the horse has been out for a couple of hours, wait several minutes for the horse to drink. If necessary, dismount and loosen the girth so that the horse will relax and think about drinking. Use the same patient procedure in competition to encourage the horse to drink. This patience can mean the difference between completing with a healthy, happy horse and not completing, or worse, having to have requiring a horse to be treated.

Before leaving for a ride, it is suggested that several small doses of electrolytes be given, so that the horse becomes

accustomed to the taste and procedure. Electrolytes, being salty, stimulate the horse's urge to drink and so he starts the trip in a well-hydrated condition. Offer water or have it in front of the horse during the trip. Upon arriving at the ride camp, make water available at all times.



Two methods of accustoming the horse to drink at the camp are suggested: 1) bring water from home so that he is not resistant to a new flavor, or 2) flavor water at home for a period of time before traveling, then continue to flavor the new water at ride camp with the same substance. Suggested flavors include soft drinks, flavored electrolytes or molasses.

On the trail, the rule is never pass up water! When riding with someone else, both riders should be courteous enough to stay and allow each horse to drink. It is particularly rude to water one's horse, then dash off down the trail leaving the remaining horse frantic because he is being left. This is also true when riding with a group. If in doubt, ask other riders if it is all right to leave them.

Small doses of electrolytes may be given, but only after the horse has had a good drink. It can be counterproductive, possibly even dangerous, to administer electrolytes to a horse that is already dehydrated. A horse can go into the "thumps" syndrome or even colic if too much electrolyte is given to him when he is dehydrated. If the horse refuses to drink, sponging him to cool him is helpful if the day is hot. Stopping and resting in shade for a period of time is more important than proceeding and endangering his life.

Some horses that are particularly resistant to caring for themselves may not be suitable for the sport of endurance, no matter how talented they otherwise appear. Rather than risk his life, one may either sell the horse and acquire another, or use the horse for some other purpose. Not all horses, especially just because they are Arabs, are suitable for endurance competition. It may be a case of trial and error before finding the ideal horse for you.

—Barbara McCrary

## TIME MANAGEMENT TECHNIQUES

### For Busy Horse Owners

by Susan Stafford



It's 5:10 on a Wednesday afternoon. A hectic day in the office is finally behind you, but you still have a 45-minute drive ahead of you before you can get home to ride. On the way, you realize you have to stop and pick up a few things at the supermarket. By the time you've found a parking space and stood behind ten people in the "Eight Items or Less" line, another 20 minutes has passed.

Once at home, you feed the horses their evening ration, throw together a hurried dinner for the family, then climb into your breeches – only to be reminded that son #2 has a baseball practice in 10 minutes. Once he's delivered to the ball park, you screech on home. It is now 7:30; the light is fading from the sky as you tack up and ride for 20 minutes, accomplishing next to nothing and feeling frustrated and harassed.

Sound familiar?

Recent *Horse Sport* surveys show that more than 75% of our readership is female, the majority being between 26 and 49 years of age – typically the child-rearing years. Only 67% of all our readers claim they spend 10 hours or more with their horse every week – and that's not really a lot of time, when you consider that perhaps half of that is actually spent riding. I suspect that the balance of riders with full-time jobs and/or families actually get to enjoy their horses a great deal less than that. This article is intended for those people.

As the editor of two international magazines, mother of three and a horse owner, I am a classic victim of the Time Trap. I will often put in 50- or even 60-hour weeks during deadlines, and spend a great deal of my summer weekends watching other people ride as part of my job. I live over an hour from my office and all three of my children are involved in sports. Still, by some judicial juggling – and having a sympathetic boss who's also a busy horsewoman – I manage to ride fairly regularly. Last summer I competed in two one-day events and at least five schooling shows – not a lot by some standards, but a near-miracle by mine.

It is a cruel irony that all of the technology we have at our fingertips today – from automatic dishwashers to fax machines – was designed primarily to save time and make life simpler. And yet, experts say that humans in the 1990s have less available leisure time than we did 100 years ago.

#### Time Thieves

While researching this article, I found that most "time management" guides are geared to the workplace, and yet so many of the observations and suggestions can be applied to any horseperson's life. There are many "time thieves" which sneak up on us during the day, such as:

1. The Telephone
2. Travel
3. Socializing
4. Poor Planning
5. Personal Disorganization
6. Inability to say "No"
7. Attempting Too Much

**1. The Telephone:** most people have no idea how long they are

on the phone each time it rings. As an experiment, write down the time you start talking the next time you get a social call, or keep an egg timer by the phone. Don't be afraid to say to a caller, "I'm just on my way out the door; could I call you back in a couple of hours?" You wouldn't want to hinder a friend on his way out to enjoy a hobby that he loves, and neither would the person on the other end of the line. If you just can't say no, put the answering machine on.

**2. Use travel time wisely:** Instead of just staring through the windshield on your commute to the job, use the time effectively. Listen to self-help or inspirational tapes, such as sports psychology (or time management!). Organize your day at work in your mind, or make a definite plan as to what you want to work on when you ride this evening. Get a cellular phone and make your phone calls now instead of in your precious spare time. I even keep a 6" foam ball in the car and squeeze it between my knees for miles at a stretch to keep my riding muscles in shape.

**3. Although socializing** is one of the most pleasant aspects of horse ownership, if it gets out of control, it can seriously cut into your riding time. This includes unannounced drop-in visitors, which should be discouraged during peak "riding" hours, and the coffee lounge at the barn, where you may spend more time gossiping than actually on your horse. Get the riding done first, then catch up with the other boarders.

**4. Poor planning** is a common culprit. Not having a plan of attack for each day is like saddling up without a clue as to what you're going to work on. Just making a mental list the night before, as you're dropping off to sleep, is a start.

**5. Personal disorganization** is something that we're all guilty of – especially as our lives get busier. This can be described as a desk overflowing with unfiled papers, to not being able to find the car keys or even forgetting to put gas in the car – really annoying when you live in the boonies. In the book "The Time Trap", author Alec Mackenzie recommends some of the following solutions to the disorganized person: keep your desk clean (and not by shovelling everything into a drawer, either); get an organizer book and keep everything important in it, especially your daily "to do" notes. Disorganized people tend to lose "to do" lists scribbled on pieces of paper anyway, and end up with multiple lists in the car, at home, at the office. A horseperson must keep their "horse" items organized and accessible, so that you don't waste time hunting for that bell boot or coggins certificate.

**6. Just say "no".** Called "the strongest time management tool in the world", this little word is actually very hard to say. Most people fear they will offend somebody by turning down a dinner invitation, or not taking on extra work at the office. Experts suggest that before you say "yes" to any proposal that has caught you off-guard, count to ten. If it doesn't mesh with your plans, say no. Be polite, but firm, and explain your reasons if appropriate ("I'm sorry, but the regional championships are that weekend" or "A super clinician from Australia is in town, and I've been waiting for years to get the chance to hear him talk.") etc. You can always offer an alternative solution for a mutually convenient date.

**7. Attempting too much** is closely tied to the inability to say no, although we often heap more tasks and responsibilities upon

ourselves that anyone else would expect us to do. Sometimes its insecurity that keeps us constantly trying to prove our worth, and for some it's having the best intentions, but being unrealistic about the amount of time each task will entail. Learn to believe that everything does not have to be done perfectly, and some low-priority tasks can be put off indefinitely.

## The Guilt Trip

Horselovers are often subjected to feelings of guilt, especially when they start to feel they are losing control of their lives. They feel guilty about not spending enough time with their horse; then when they do make an effort to ride regularly, they feel guilty about neglecting their family/significant other/housework/job, etc.

At the Alberta Horse Breeders and Owners' Conference in January, psychologist Douglas Lietzke explained guilt in his lecture, "Balancing relationships with Husbands, Wives and Horses". "Many people feel guilty about the 'horse time' they spend away from their spouse. A balanced relationship needs interactive, parallel and personal time. Interactive time is when you are actually communicating. Parallel time is time together with little interaction, for example, watching TV. Personal time is the time you need to meet your own individual needs. Guilty feelings can prevent people from finding this personal time."

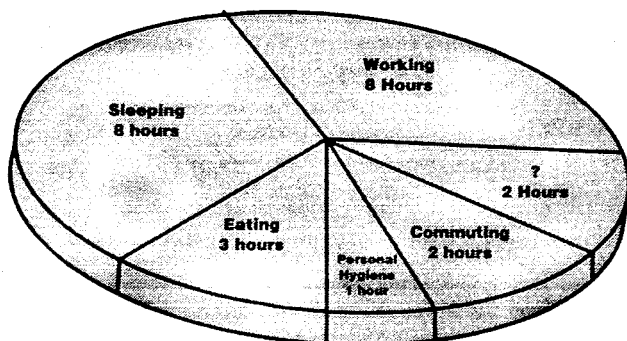
This dilemma is especially true if your spouse/family does not share your love of horses. Many horse owners inadvertently alienate their non-horsey loved ones by making the horse world seem complicated and hostile. Even the most "equine-handicapped" spouse can be trained to become a good groundperson, and will feel important and involved as a result.

Here's a solution that works for me, but of course may not be suitable for everyone. Having no arena, and hating the cold with a passion, I simply decide on a certain date every November (usually coinciding with the first major snowfall) that I will not ride for a couple of months. This gives my horse a break after the show season, and he's certainly not going to die from not being ridden. Of course, I still see him all the time for cursory grooming, conversations and treats. What this does is gives me a guilt-free window in which to pursue other projects: redecorating, writing, major or trivial housecleaning that would otherwise never get done. By spring, I am energized and keen to get back in the saddle, and my horse has a fresh outlook, too.

On a lesser scale, you may decide not to ride, for example, Monday to Thursday, leaving those days open for chores and family obligations, and then put a whole-hearted and guilt-free effort into your Friday-Saturday-Sunday training sessions with your horse.

## Time-Saving Solutions

Keep a "time log" for a couple of days, recording how much time you spend on each activity. This may sound silly, but it will make you aware of how you spend your day, and where you could make adjustments. This is not unlike dieters on a weight-loss program who must write down everything they eat. For example:



- If you set the alarm just 15 minutes earlier every morning, you will be astounded at how much more you can accomplish before the rest of the household gets up. The trick is to put your alarm clock out of arm's reach so that you physically have to get up to turn it off. **Then stay up.** Lying awake in bed only postpones the inevitable. Go to bed 15 minutes earlier if you don't want to sacrifice sleep time.
- Make use of your lunch hour at work. In reality, it takes about five minutes to eat a salad or sandwich, and the rest of the time could be used to do something productive or enjoyable. Even if you go for a brisk walk, swim or take an aerobics class at a local recreation centre, you will be working towards a fitness goal that is so important to riding, and hard to attain if you have a sedentary job.
- Listen to your body's rhythm. It is true that some are "morning people" while others are "night hawks", so organize your day accordingly. If you are mentally sharp and have tons of energy first thing in the morning, use that time for tasks requiring brain or brawn, such as letter-writing or mucking out. If you can plod on tirelessly late into the evening, save housework or paperwork until after the late news.
- If you are extremely lucky and have a Very Understanding Boss, you may be able to reschedule your work hours to accommodate your riding. An 10 a.m. - 6 p.m. day allows plenty of time to ride in the morning; likewise, starting at 7 or 8 a.m. and knocking off early leaves the late afternoon free.
- Delegate, Delegate - Don't try to do everything yourself all the time (a.k.a the Superwoman Syndrome). Get other family members to help with the errands and housework. Train the kids to feed the horses when they come home from school, so that you don't have to wait for them to "digest" before you ride.
- Get Help - Never be too proud to get outside help. Hiring a maid service to come in once a week (or even once a month) and tidy up can free up a great deal of your time and can cost as little as \$50-70, depending on the size of your house and location. Employ a summer student to babysit or help with the barn chores. For many years I was fortunate to have a number of super, responsible, horse-crazy teens to help around the hacienda. They brought their own horses to ride, mucked out, cooked, changed diapers, answered phones and generally made my life simpler. Best of all, they worked for peanuts because of the horses.
- Organize and Prioritize - Something as simple as making a detailed shopping list every week can help prevent daily time-wasting trips to the store for forgotten items. Make a quick daily list of goals you hope to accomplish, and prioritize them as urgent or low-priority. As author Lucy Hedrick says in "Five Days to an Organized Life, "Don't try to carry your life around in your head."
- Make Changes - If you keep your horses at home and can afford to board them out during the "high season", do so. This will immediately eliminate the stable work, and the expenditure of cold hard cash is a wonderful incentive to ensure that you get to the barn often to get your money's worth. If you can't board out, try installing halogen lamps in your riding ring and ride at night when your other work is done.
- Allow at least some of your holiday time to revolve around horses. If you get two weeks, for instance, split it into a week in Florida with the family in February, and use the other one prior to a horse show. It is such a luxury to be able to school every day and go into competition really prepared. Or take your horse to one of the popular summer riding camps for adults.
- Try to eliminate recurring crises over which you have some control. For instance, if the horses keep getting out, take the time to repair the fence correctly. If your car keeps breaking down and leaving you stranded, consider a newer model. The expense now will save repair bills and valuable time later.
- Completely finish one task before moving onto another. This

## Feature

reduces the overwhelmed feeling one gets when faced with a string of unfinished projects.

- Avoid the television - be brutal about cutting back how many programs you watch, and never turn it on "just for company".
- Before you invest in "time-saving" devices such as a fax machine, call-waiting or e-mail, ask your self honestly: is it really going to simplify and enhance my life - or just the opposite?

### Balancing A Career & Olympic Goals

Victoria Winter of Toronto, Ontario, knows what it means to be a busy horseowner. This hardworking estate and trust lawyer puts in 10-plus hours a day at the firm of McCarthy, Tetrault, before hopping in her car to drive an hour and a half in rush-hour traffic to school Wedgwood, her talented hanoverian Olympic hopeful.

Winter keeps "Woody" at Neil and Cindy Ishoy's stable in Hamilton, and credits the Ishoys with making it possible to have a high-octane career and be competitive in the grand prix dressage ring. "I ride Woody four or five times a week -- six in competition season," Winter explains. "Neil will ride him the days I don't get there. He gets wonderful care at the barn - I'm very lucky."

Making every minute count is critical to be able to keep up the pace, Winter insists. "Being organized is especially important at work. As well, on days I have to ride I take no breaks or go out to lunch." She arrives at the office at 7:30, and tries to get out the door around 5:30 or 6:00. She even takes advantage of the travel time to the barn. "I do a lot of eating in the car," she admits. "I have a cell phone to make calls, and I keep a tape recorder handy for dictation."

Winter gets lots of support from the people around her. "My mother helps me out a lot; she goes out to the barn a couple of times a week, massages Woody and grooms him so I don't feel so guilty." Her husband, Gary Kissack, is also a lawyer ("He puts in more hours than I do!"). "I'm so happy he puts up with me," she says. "He wasn't even horsey until he met me - now he's a big supporter."

Although her schedule forces her to sacrifice other interests ("there's not much time for socializing") Winter makes sure she doesn't neglect some of the other important aspects of her life: "My husband and I still have our Friday night 'dates'," she laughs.

### Be Creative

Many years ago, when my children were just tiny, I used to get up at 5:00 a.m., dress quietly so as not to wake my husband and sneak out to ride. Those were some of the most memorable times I've ever had on a horse; the morning mist, the fragrant, cool air, no bugs or traffic. I would be back in the house by 6:30, shower, get everyone up

and still feed the horses at their regular time of 7:00 so their noses wouldn't be out of joint.

People though I was crazy, getting up so early. I thought nothing of it - I just wanted to ride.

You *can* make the time to enjoy your horse - it just depends how badly you really want it.

#### Related reading:

*"Manage Your Time, Manage Your Work, Manage Yourself"* by Merrill Douglass & Donna Douglass, Amacom, N.Y.

*"The Time Trap"* by Alec Mackenzie, Amacom, N.Y.

*"Timelock: How Life Got so Hectic & What You Can Do About It."* by Ralph Keyes, Harper Collins, N.Y.

*"How to Gain an Extra Hour Every Day"*, by Ray Josephs - Penguin USA, N.Y.

## SUBMISSIONS WANTED

I would love to have readers submit writings of their own for the newsletter. We have some very talented, very funny story tellers among us. They have us in stitches around the dinner table, regaling us with their stories of their adventures and/or, as they tell it, misadventures. You know who you are out there, I want to hear from you. If not, you're going to be subjected to my rantings and stories.

I'm sure you don't want that, but you are a captive audience, hahahahaha

Donna Lee Cole has graciously allowed me to reprint her story of her adventures with Archer in this issue, so who's my next guinea pig?

## Trail Safety for all

### A. Safety for your horse- (because you love them)

#### a. What should "we" wear?

- What doesn't rub in the ring may rub on an extended trail ride. Saddle pads will not make an unsuitable saddle fit a horse.
- Extended sweating, and natural elements are hard on leather. Consider synthetic bridles, saddles and girths when purchasing.
- Attach a dog tag?? To your horses bridle & saddle in the event that the trail rises up to meet you and your loyal friend doesn't stick around to keep you company!

#### b. What should I learn?

- Understand the difference between stress and distress in horses. Learn the tell-tale signs of metabolic crisis and how to react. For example, elevated heart rates that don't recover, panting, increased respiration rates, and dehydration. **Metabolic distress can kill a horse if it is not treated immediately!!**
- Know the normal (resting) metabolic parameters of your mount and how to cool your horse properly on hot days.

### B. Safety for others- (because we need to respect them)

#### a. How should I ride?

- Single file on road shoulders and narrow paths.
- See the horses rear hooves in front of you.
- If you are passing, call the pass and the direction.
- When approaching other trail users **WALK!**
- Tie appropriate colored ribbons in the tail if your horse may kick (red) or is a stallion (yellow).
- Ride with a buddy if possible.

#### b. What should I learn?

- Learn the rules of the roads and trails. Talk to landowners in your riding area and learn the hazards in the area you will be riding in.
- If you are uncertain...**Don't go there!**

### C. Safety for you- (because you need to look after you so you can look after them)

#### a. How should I dress?

- Appropriately for weather. Layers are the best for longer rides. It is a good idea to wear long sleeves all the time. Try a hockey jersey on hot days.
- Protect your eyes and skin from the sun.
- Footwear should have an adequate heel.
- **HELMETS**

#### b. What should I pack?

- Maintain and carry a fanny pack or similar item **on your own person**, not on the horse.
- The following items are recommended: copy of Medicare with pertinent information, Feminine hygiene product (belted is best), Vetwrap, whistle, jackknife/scissors, shoelace/balertwine, duct tape, hoof pick, water for wounds, personal first aid items such as band aids, gauze, tape etc. and a **sponge** for cooling.
- Easyboot?

#### c. What should I learn?

- If you chose to carry an easyboot, learn how to put it on **before you have to.**

**Take the time to learn basic first aid and CPR from an accredited organization. It will give you the knowledge, skills and confidence to help out a friend in need whether it be human or equine.**

# How To . . .

## Take Your Horse's

# Pulse & Respiration

One of the best ways of assessing your horse's level of fitness is by checking his pulse and respiration before, during and following exercise. These readings are simple to perform and can be taken anywhere, with or without a stethoscope.



Clix photos

The most efficient method of taking a horse's pulse is by using a stethoscope (left), which is a very useful addition to any horse owner's medical supply kit (handy for listening to gut sounds, too). Nestle the bell firmly into the horse's left armpit, and count the beats per minute. If the horse is very fidgety, you can count the beats for 15 seconds and multiply by four (less accurate). An adult horse's normal resting heart-beat is 32-44 beats per minute.

You can manually feel for a pulse by lightly pressing your fingertips against the facial artery in the lower jaw (above) or on the digital artery in the inside of the foreleg. Never use your thumb for this, as it has a pulse of its own which could confuse the reading.

Counting the number of breaths per minute can be done in a number of ways: 1) by placing the stethoscope against the throat, partway down the front of the neck; 2) by watching the nostrils flare (difficult in a resting horse); 3) by watching the flank move with each inhalation and exhalation (below). Count only the ins, or outs, not both. Average in a resting horse is 8 to 15 breaths per minute.

It is a good idea to record the resting pulse and respiration rates for your horse, to quickly be able to assess any abnormalities if he is sick. Also, when conditioning your horse, the sooner these values return to normal after exercise, the fitter he is.



## Story with a Moral

So yesterday, I decided I hadn't hitched Archer (my 3 1/2 yr old Clyde/Paint) in awhile. So off I toddle down to the barn, wipe the worst of the dust and mold off the harness (don't ya just love this damp weather) and get him all harnessed and hitched, and it's off on the roads we go.....

Now, I don't know what it's like in your neck of the woods, but in this neck of the woods the local non-farming community gets a might bit offended when us horse people leave offerings of fresh Road Apples on the road. So, being the dutiful and responsible horse owner that I am, I ask for a halt when the tail gets lifted to that particular angle and Archer feels the need to make his mark on the world. I then jump out to "disperse" the offerings with a swift sideways glance of a winter booted foot. Quite a graceful dance to observe actually.

So after the third offering in 30 minutes, I halt the cart, jump out and wonder if there is some way that I can plug that frigging hole until we get home. Or at least away from the cranky non-horse neighbors. So, here I am doing the graceful "Kick Poop" dance when I notice that some Road Apples have wandered off on their own and are just out of Poop Kicking reach. Hummm.... well, I could back him up and then kick the offending Apples off into the ditch, or, I could instill the fear of God with a good firm "WHOA" and the ever trusting beast of burden will dutifully comply with his masters wishes! Being the incredibly intelligent person that I am, I opt for option number two.

"WHOA!" I command the simple beast, gently releasing the reins as I step away the get those errant little orphan Apples. As I turn my back I hear the clip clop of unshod hooves. "WHOA!!!" I command again, hoping to instill the fear of The Mommy (which everyone knows is much worser than the common garden variety Fear of God). Hummm, guess Archer must of missed that class, cause he cocks an ear back at me and picks up a lovely trot. Holy Frig! By this time I have started to jog the 5 steps back to the cart. Well, Archer hears my fine feminine figure pounding the pavement and he proceeds to pick up a ground covering road trot. Now, for those of you who knew me before I became Too Fat to Fly, I played football and ran on a regular basis. Out comes the sprinter in me! Caught up to the cart, stretched out the arm, almost there, reins are just a few more inches... Well, it is at this time that The Fear of The Mommy clicks into the Draft side of Archers little brain. He's a Cutie but a little... ummmm.... slow on the draw, you might say. You can see his ears twitching back and forth trying to figure out of he should slow down or run for his life. He chose life! Off he canters like a bat outta h-e-double eck, and I slowly come to a grinding gasping halt as I watch him canter away and around the corner.

As I stand there sucking air like a race horse, this little kid comes running up in a T shirt (it was freezing outside) and says "I saw what happened. I'll get my Grampy and we'll go find your

horse." Well, I stood there like an idiot. Witnesses!!!! Now I'm gonna have to tell The Jeffy about this bonehead move. The news will be all over the Flats by the time I get back home! God! Why did we move to this little forsaken community??? "No.", "That's ok," I heave in between gasps. "He won't go far." Please, please, please God let this be the truth! Off I stagger on wobbly legs, hurrying around the corner, picking up tossed items that had once been in the storage bin under the cart seat. See some cart tracks heading up over a non-horse neighbor's lawn. And I hear this little snort coming from some groomed pine trees. Please, please, please be in the trees and not wedged between the parked car and the trees!

"Oh thank God, there you are!" I heaved when he came into sight. There, he stood, just as calm as could be, eating grass. Not a care in the world! "Whatcha doing over there Mom? How come you're not in the drivers seat???" I wobble over on shaky legs and check him over. Everything's in one piece, no blood, no guts, nothing broken on the cart. Climb in and weave our way back out of the pine trees, stopping every once in a while to pick up some more storage items that got tossed out in the mayhem.

Headed back home, trying to regain some semblance of my dignity and look like I know what I was doing sitting up in the Drivers Seat, just in case any other neighbors happened to have seen the production... all the while proceeding to ignore the two more deposits of Road Apples that Archer offered to the neighbors on the way home.

Morale: Leave Road Apple offerings where they lie.... The aroma therapy is much healthier for the neighbors than the subsequent exercise program is for the driver.....

Jeff and Donna Lee Cole  
Turning Point Stables  
Browns Flat, NB

### Twenty Year Joke

As I lay in bed, nearly asleep, my husband leans over, gently kisses me on the lips and murmurs "Thank you, Dear."

Curious, I opened one eye halfway asking, "For what?"

"For twenty wonderful years."

Now fully awake, thinking I'd finally caught him tripping up on an all important relationship date, I answered sweetly, "But Dear, we've been married twenty-one years!"

"Yeah, but there's been that odd day or two, here and there."

Laughing uproariously now, I was reminded that part of the reason I fell in love with him all those years ago was that devilish sense of off beat humour.

*submitted by Gwenn Dexter*

## Getting the **BUGS** Out Ten Tips for Pest Control



### 1. An Ounce of Prevention...

- Make sure that stalls and paddocks are as clear of manure, soiled bedding, grass clippings, uneaten hay, etc., as possible; flies reproduce in decomposing matter and thrive in warm, damp places.
- Because flies and mosquitos prefer moist areas, paddocks and pastures must have proper drainage. In other words, don't let puddles or "ponds" form in your fields.
- Uncontrolled weed growth becomes a fly haven – keep pastures trimmed and as weed-free as possible.
- Flies are attracted to sweat on your horse. A thorough bath, or at least a sponge-off after riding, will help.

### 2. Call in the Troops

- Use fly predators to get rid of those pests. Fly predators are tiny wasps that destroy fly larva before it hatches. They are available from natural fly control "bug farms".
- Another predator that can take care of flies is the chicken! Free-ranging chickens will feast on these pests – and provide eggs as a bonus. However, if you "mist" your barns with pesticide sprays, this is not an option, as the chickens would be eating poisoned flies.

### 3. Home Is Where The Flies Aren't

- Several companies now have systems that automatically mist insecticides through your barn. One option is having natural pyrethrum (the chemical found in chrysanthemums) misted, which won't harm anything but the flies.
- Commercial insecticides to spray throughout your barn are readily available from tack shops and feed mills. However, make sure that there are no water buckets or uncovered grain in the barn, or they will get contaminated.

### 4. Dressed For Battle

- Outfit your horse with a fly sheet, fly mask and/or fly bonnet. A horse that is driven wild by bugs will spend a good part of the day fretting and running to avoid them, and may lose weight and condition as a result.
- Fly fringes hang from the brow range and may include crocheted ears, or be treated with insecticide for extra protection.

### 5. Spray Em Away

- There are many excellent repellents currently on the market. They come in diluteable form, ready-use, roll-on or spray-on, scented or not...the list is endless. Find one that suits your horse, the type of flies he faces and your budget.
- You'll save both time and money by using a slightly longer-lasting repellent on your horse. Look for one that specifically states "longer-lasting". If you use a concentrate, don't dilute it too much or you'll compromise its strength.

### 6. Waste Not, Want Not

- To apply repellents, spray on a soft mitt or cloth, then apply to your horse's coat. This way, you can be sure that the repellent actually made contact with your horse.
- On the face and around the ears, use a saturated cloth or a roll-on repellent. Be careful not to get repellent in his eyes, or they will run tears and attract more flies.

### 7. Made In The Shade

- Horse and deer flies don't generally frequent shaded areas – such as run-in sheds or stands of trees, so make sure your horse has access to some kind of shade. This prevents sunstroke and coat fading, as well.
- Most flies don't roam at night, and even mosquitos are less of a nuisance a couple of hours past sundown. Why not turn your horses out in the evenings, to take advantage of the cooler air and lack of biting flies?

### 8. Quick Fixes

- To keep those ear gnats away, apply a bit of Nivea Cream to the inside of your horse's ears. The ideal solution is to leave the hair inside the horse's ear untrimmed.
- An easy home mix for repellent is: 1/2 cup Avon Skin-So-Soft, 1 cup white vinegar, 1/4 tsp eucalyptus oil and 1/2 cup water. Mix and put in a spray bottle.
- Another simple mix is: 3 oz Avon Skin-So-Soft, 1 oz citronella oil, 12 oz vinegar, 12 oz water; mix and apply with a spray bottle.
- Another trick to keep the flies away, especially after a workout: sponge down your horse with a vinegar/water mix made of 1 cup of vinegar in a pail of water.

### 9. You Are What You Eat

- Put sweet (cider) vinegar in a horse's feed or water. When the horse sweats, the flies are repelled by the odor of the vinegar which emanates from his pores. As some horses may not eat or drink anything with vinegar in it, start by adding small amounts of vinegar and increasing slightly over a period of time to ensure that the horse does not go off his feed or stop drinking.

### 10. Red Alerts

- When putting a new repellent on your horse, do a patch test first to ensure that he isn't allergic to it. If his skin shows any signs of reaction, rinse the spot well and call your vet, if necessary. Make a note of which repellent caused the problem, so you won't forget and put it on the horse again.
- Many people wet down horses' tails with fly spray to add "punch" to their natural fly swatter. However, be warned that if your horse is turned out with other horses, he could easily flick the spray into another horse's eyes.
- As a rule of thumb, don't use pesticides on a foal younger than 6 months.

# 2007 Spring ACTRA meeting

Wandalyn Hotel, Amherst NS

March 31/07

## ACTRA members in attendance

Roy Drinnan  
DL Cole  
Kaaren Lebert  
April Haliburton  
Pat Rideout

Chrissey Drinnan  
Jean Bridges  
Russlyn Patriquin Dyke  
Betty Dwyer  
Frannie Ballem

Bev Elliott  
Elliott Bridges  
Gwenn Dexter  
Bob Gielen  
Lucy Rudge

Sylvia Gillies  
Marg Byers  
Kelly Bently  
Dave Dyke  
Elwood Munroe

Meeting called to order by Roy at 10:10

- Meeting agenda and current 2006 Ride Schedule circulated

November 2006 AGM minutes read by Donna Lee. **Amendments** noted

- Under Score Sheets - the wording "fit to continue" should be changed to "pass final vet check"
- Christine Drinnan noted that she was absent from list of attendees
- Under Hoof Boots - Motion made by Chrissy Drinnan should read "*that any hoof boot that extends over the coronet band be automatically deducted five points from the CTR/IDR score sheet*" and "*The CTR/IDR score sheet be amended to reflect the five point deduction for the hoof boot that extends over the coronet band*"

Motion to approve Minutes as amended by Bob, seconded by Sylvia, carried.

Treasurer and Membership Report offered by Sylvia

- 2007 memberships are trickling in
- membership cards are not yet ready to be sent out, due to the low numbers of paid 2007 memberships currently received
- several new memberships were noted as a direct result of Russalyns Distance Riding Clinic
- current ACTRA balance is ~\$6900 with a few outstanding bills
- Treasurers report to be forwarded in the near future

Newsletter Report offered by Gwenn

- one newsletter has been mailed out to date in 2007
- cost for this newsletter was \$1.04/envelope for a total of \$117.31
- newsletter photocopying was done at Staples for a reasonable fee
- upcoming newsletters are to be made available online
  - o general membership will be notified via email
  - o the soon to be updated rulebook will also be available on line
- ACTRA members who still wish to have a hard copy will be able to request one

Rule Director Report offered by Bev

- no new developments
- Eric McKeen is requesting copies of 2006 minutes to complete the updating of the rule book
- Bev is stepping down as Rule Director
- Eric Dwyer has expressed interest in taking over the role
- Motion made by Dave "**The ACTRA President oversee the transition of Rules Person for this time period**" Seconded by Bob, 1 abstention carried
- It was requested that *all new ACTRA members were to be sent copies of the Rule Book with the next edition of the Newsletter*

Staction Report offered by April

- April is happy to announce a new email address so communication flow should be improved

Sanctioning Report submitted by Donna Munn, read by Roy

- updated 2007 Ride Schedule noted

#### Public Relations report offered by Russalyn

- ACTRA was able to secure enough subscriptions to maintain the memberships Horse and Pony subscription discount
- An informal clinic was given at Russalyn's neighbours re: distance riding
- On March 3 a Distance Riding Clinic was held. Thirty participants attended and six potential participants had to be turned away due to lack of space
  - o Several ACYTA members donated food items
  - o There were several donated items given as door prizes
  - o Cost for the clinic was \$66.30 for food and \$17.50 for material items for a total of \$83.80
  - o 4 new memberships resulted from the clinic as well as several other membership inquiries
- Equine Review
  - o Jean is to represent ACTRA at the Morgan Booth
  - o ACTRA pamphlets and information will be available

#### Secretary Report - none offered

#### Vice Chair Report - none offered

#### CaLDRA Report offered by Sylvia

- CaLDRA news bulletin read by Roy
- CaLDRA is to focus on CTR's and Ride and Tie's while Endurance Canada will represent endurance
- CaLDRA is requesting name and address of ACTRA CaLDRA representative
  - o Sylvia will ask Donna Munn if she is interested in becoming the ACTRA representative
  - o If Donna is not interested in the position, Sylvia will remain as CaLDRA representative

#### Endurance Canada Report offered by Bob

- Endurance Canada membership this year is \$25
- Bob has agreed to sit on several EC sub-committees
- EC's desired outcome is to be Canada's AERC
- It has been noted that AERC does not financially support Canadian riders, however American riders do receive financial support
- EC has approached AERC to have a reciprocal relationship in regards to having outside mileage accepted by each organization
- EC is to keep track of AERC, FEI and EC mileage and stats
- Equine Canada is requiring that EC develop a competitive Rule Book

Motion to approve presented reports made by Gwen, seconded by Jean,  
Carried

#### Old Business

- Russalyn had notified Roy of the proposed clinic costs and Roy had granted approval for funding
- Apache's Trail Choices has copies of newsletters, forms etc on their web site
  - o They are working closely with Karen Murray to develop links with the ACTRA website
- Mount Registration - Pat made a motion **"That the membership person send a certificate for Mount Registration when a new mount is registered with ACTRA.:** seconded by Chrissy, carried
  - o It was noted that ACTRA members who wish to have their horse registered with a Breed Club must provide some proof of Breed Club Registration, otherwise the mount will be classified as a Grade Mount.
  - o The onus is on the registering member to provide the information, not on the statistician/treasurer to seek it.
- Membership Cards: Motion made by Donna Lee: **"That the Membership Director send out Membership cards, welcome letter, Current Ride schedule to new ACTRA members. All other renewing members will have their membership card sent with the next mailing of the newsletter"**

Seconded by Kaaren. 6 approved, 4 opposed 4 abstained, Motion defeated

- o General discussion
- o Motion made by DL **"That the Treasurer will notify the Newsletter Director of paid memberships. The Newsletter director will then send out Membership cards for renewing members. New members will receive 1) Membership Card 2) Welcome letter 3) Current Ride Schedule, 4) Latest newsletter 5) Current Rule Book"** Seconded by Bob, Passed
- Ride Manager Award: Pat noted that the Ride Manager Award was originally intended as a Draw and not as a nominated Award. *Ride Manager Draw will revert to its original intent.* Award prize to be a T-Shirt.
- Novice Horse: Lucy queried if ACTRA had Novice Horse Award. ACTRA does not recognize the Novice Horse Category, ride managers may do so if they wish

12:10-12:35 Coffee Break

New Business

- Russalyn suggested that the Ride Manager Draw nominations be the person who actually "put together the Ride" and not necessarily the acting Ride Manager on the day of the Ride
- Mentors: Russalyn is looking for seasoned ACTRA members to become Mentors to new members if the new member is agreeable to the same.
- Discussion re: possibility of developing system for new riders to identify seasoned ACTRA members for information/assistance purposes
  - o DL noted that she has used Green ribbon in the tails of Novice Riders and that this had worked well
- NSEF: Bev queried if ACTRA wanted to become an Affiliate Club member of the NSEF
  - o Chrissy motioned that **"ACTRA become an Associated Club member of NSEF"** Seconded by Betty. 2 opposed, motion carried
  - o *Bev is to gather information form the NSEF Re: Affiliate Club membership benefits*
  - o *Treasurer to submit payment*
- Volunteer Mileage: Lucy queried about developing a system to recognize Volunteer efforts during ACTRA Rides
  - o *Lucy will present her findings at the 2007 Fall meeting for a potential use of the 2008 season.*
- CTR Committee Recommendations Report read by Donna Lee
  - o General discussion
  - o Motion made by Dave **"That the recommendations made by the Committee be implemented for the 2007 competition season, and that the recommendations be revisited again during the Fall 2007 meeting"** Seconded by Gwen, 2 opposed, carried.

Meeting adjourned at 14:06

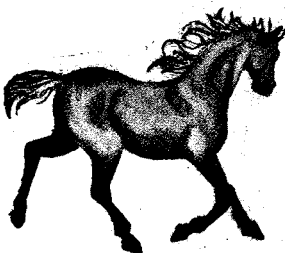
\*\*\*\*\*

Poker Ride for Breast Cancer  
 Sunday, June 24th  
 This is an non-ACTRA sanctioned event

Approx 12 miles, registration at noon  
 Trail opens at 1:00

Best three Poker hands split half the pot  
 Other half goes to Canadian Breast Cancer Society  
 Gwenn Dexter, Canning, NS, 582-3463  
 Also, a scavenger hunt on horseback, June 23rd  
 No competition, great way to start a new horse  
 Each event -- \$20 -- Pot luck supper

*Wheel*



# ACTRA RIDE SCHEDULE 2007

May 20 Do 12 with the Pig - Mosherville Hall,  
DONE DEAL, SEE RIDE RESULTS IN THIS ISSUE  
GREAT BIG THANK YOU TO RIDE HOSTS LUCY RUDGE AND ELWOOD MUNROE

June 16 Hobby Horse Ride - <sup>25</sup>~~30~~ mi LDR and ~ 18 mi IDR (both on same day)  
location of ride: Hobby Horse Farm, Spittal Rd., Coldbrook, NS  
Stabling available for a fee: contact Leslie Wade 679-4538  
free camping/parking on field  
Veterinary Judge: Rob Wentzel *Bev Elliott 542-9586*  
Contact Person: ~~Irmgard Lipp~~ phone: 902-538-8714  
~~RR# 3 Black Rock Rd. Waterville, NS B0P 1V0~~

*See changes* →

Aug 4 Endurance 50-55 mi and 25-30 mi LD (both on same day)  
Location : Telders 1251 Enfield Rd. Nine Mile River, NS(off the Rawdon Hills Rd.) field for parking and fencing.  
Veterinary judge : Trevor Lawson  
Contact : Kim DelliCioppa 902-835-2792 55 Lewis Dr., Bedford ,NS B4B1C4

Aug 5 Telder Trek 25-30 mi CTR and Trailblazer Trek 15-20 mi IDR (both on same day)  
Location : Telders 1251 Enfield Rd. Nine Mile River, NS(off the Rawdon Hills Rd.) field for parking and fencing.  
Veterinary judge : Trevor Lawson  
Contact : Kim DelliCioppa 902-835-2792 55 Lewis Dr., Bedford ,NS B4B1C4

Aug 6 Chocolate Cake JP 10-20 mi  
Location : Telders 1251 Enfield Rd. Nine Mile River, NS(off the Rawdon Hills Rd.) field for parking and fencing.  
Veterinary judge : Trevor Lawson  
Contact : Kim DelliCioppa 902-835-2792 55 Lewis Dr., Bedford ,NS B4B1C4

Sept 1 & 2 The Amigos Do  
do not know what we are doing yet but this will be the weekend we will do  
Any ideas what you want, let us know  
Contact Sylvia Gillies 506-485-2518 Donna Munn 506-839-2810

Sept 15 The Challenge Cup 25 mile CTR  
151 Meek Rd., Centre Rawdon, Hants Co., N.S.  
Stabling available  
organizers Pam Thornton 902-632-2963, Elwood Munroe and Lucy Rudge

Sept 16 Rawdon Hills IDR 16 miles IDR  
151 Meek Rd., Centre Rawdon, Hants Co., N.S.  
Stabling available  
Contact Pam Thornton 902-632-2963

Sept 29 Maple Ridge Ride 30 mile CTR and 18 mile IDR  
1 Centreville Rd., RR # 1, Hopewell, NS  
Lots of field for penning  
Vet Lianne Nelson  
Contact Betty Dwyer 902-923-1921

Sept 30 Maple Ridge Ride 18 mile JP  
1 Centreville Rd., RR # 1, Hopewell, NS  
Lots of field for penning  
Contact Betty Dwyer 902-923-1921