

TALES 'N TRAILS

Special Interest Articles:

2014 ACTRA Ride
Schedule

A Special Tribute

Mount Numbers

Hollow vs Round
Back Article

February 28, 2014

Notes from the manure pile,

IS winter over yet??? I seem to be hearing that more and more. It always starts with "oh it's not bad" or "we needed a season change" then around middle of Feb everyone has had enough, except maybe Bertha.

It looks like it is sizing up to be a good year for ACTRA. We have some new rides, riders are traveling more and more to rides outside our region, and I mean beyond Maine ☺. While we may have a couple of rides take the year off, we all hope they will be back. In the mean time, it's important for us all to support the rides we have on the calendar.

As a non rider, but as a person who has done everything on the ground from rider support / crew to ride manager I want to stress that we need ride managers, volunteers and ride supporters in order to have a successful ride calendar of events to ride at. We all need to sit back and appreciate the folks that take the time energy and expense of putting a ride on. It's not too much to ask folks to always thank ride management for a ride, give supportive suggestions in a nice way (if warranted), and make sure we do our part by leaving as little mess behind when we leave as possible. The managers that have put rides on for many, many years make it look simple. The first timers get to find out, it's not that simple. If 7 when mistakes are made, we need to look back at our successes (and failures) in rides. Most of us do not have a spotless record.

There was a good discussion at year end around mentoring and how to do it. I know we do not have a concrete definition, plan or structure. I would like to see the club work hard to make mentoring a successful reality. Even if it's just helping people unofficially, talking to newer members at rides, answering questions, etc. New members are our future, even when they are asking annoying stupid questions, we have all been there and asked such thing's, take the time to answer them thoughtfully and nicely.

Well that's enough from me at this point. Spring meeting coming up. Let's all have a good ride season.

Roy

ACTRA 2014 RIDE SCHEDULE



*Obstacles are those
frightful things you
see when you take
your eyes off your
goal!*



May 17th – Mud Run LD – 30 Miles - \$40.00

Coffee and bagels in the a.m. Riders are responsible for their own lunch. The awards supper will be **POTLUCK**. Judging will start at 8:30 a.m. Ride site is the Stanley Mosherville Hall, Rte 215, Stanley, NS. Judge TBA. There is no stabling, but rooms for pens. Ride managers: Lucy Rudge & Elwood Munroe (902)757-3652.

May 18th – Mud Run IDR – 14 Miles – \$25.00

Same as the above with the exception that lunch will be provided. The awards supper will be **POTLUCK**. Ride managers: Lynn Beazley

June 7th – Kiss My Axe End 50 Miles / LD 25-30 Miles

Coffee and bagels in the a.m. Riders are responsible for their own lunch. Location is the Temperance Vale Community Centre, Temperance Vale, NB. Vet is Dr. Rob Arnott (pending). Contact person is Kaaren LeBert (506)575-0190

June 8th – Kiss My Axe JP – 13 to 15 Miles

Location is the Temperance Vale Community Centre. Contact person is Kaaren LeBert (506)575-0190

June 14th – Glooscap Trail Ride JP – 16 Miles - \$30.00

Coffee and muffins in the a.m. Lunch provided. Awards supper will be **POTLUCK**. Large field for trailers and pens. Ride site is Crossroads, Parrsboro, NS. Coming from Halifax take Exit 12, coming from NB take Exit 4 at Amherst and follow signs to Parrsboro. Judge TBA. Ride managers Bertha & Gary Harrison. Mail entries to 4348 Hwy 2, RR # 1, Parrsboro, NS, B0M 1S0. (902)254-3478 berthagary@eastlink.ca

June 15th – Glooscap Trail Ride JP – 16 Miles - \$30.00

Please see above.

July 5th – Sackville Endurance 50 Miles - \$75.00

Sackville Limited Distance 30 Miles - \$40.00

Coffee and bagels in the a.m. but riders are responsible for their own lunch. Location is in the Port Elgin, NB area. More info to follow. Ride Managers Donna Lee Cole & Terry Hale (506)229-3769

ACTRA Ride Schedule Continued....

August 2nd - *Possibly Maple Ridge Ride*****

August 3rd

Grapevine says that Betty is thinking of changing her ride date. Will be confirmed when she gets home. Stay tuned for future updates!

August 16th – Havelock CTR/IDR

August 17th - Havelock CTR/IDR

Location is just outside of Petitediac, NB. Ride managers Pat Rideout and Jim Burns. (506) 756-1892.

August 30th – The Amigos Do CTR 25-35 Miles (tentative)

August 31st - The Amigos Do JP 12-15 miles (tentative)

Ride site is the Gillies Dairy Farm, Belleisle, NB

Sept 28th – Halfway River LD – 30 Miles

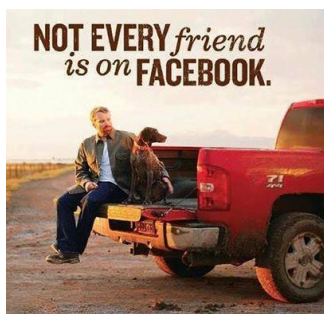
Ride site is in Bishopville, NS. Large field for parking and pens. Ride manager is Bev Elliott. (902) 542-9586 or mtndodge@gmail.com



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The ride schedule will be updated monthly with more information on each ride.

There is another ride in the making for the Annapolis Valley, just pending date availability of the site (Northville Heritage Center). Beautiful venue and great trails! Stay tuned.



Don't compare your path with anybody else's. Your path is unique to you.

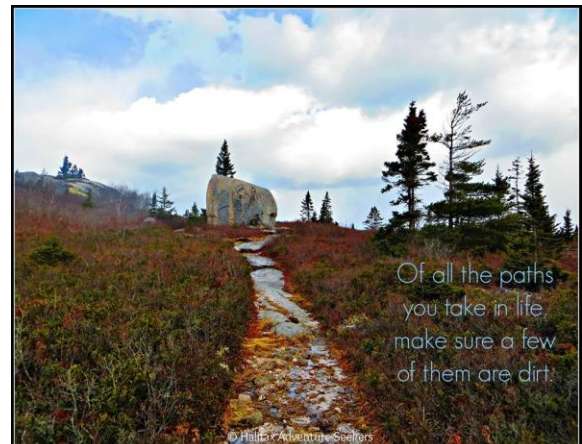
Ram Dass

I guess we are all a bunch of rednecks! Cause there is nothing like a good bonfire at a Saturday night ride!

Mount Numbers

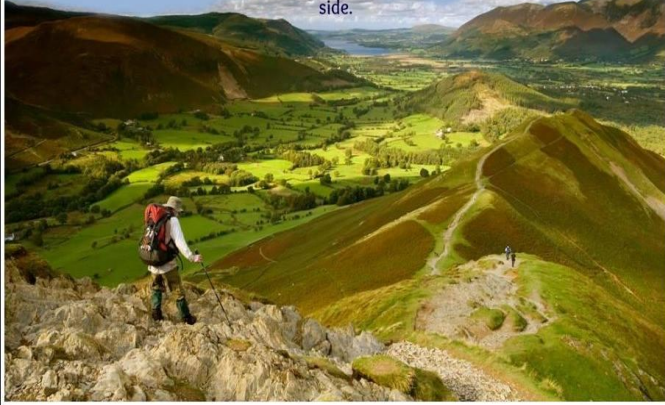
Mount Name	ACTRA #
Virginian Magic	243
Guysborough Grey	259
Ronya	267
MDA Billy Four	275
Call Me Lauren	276
PD Cat-A-Hoolah	278
Royal	279
Cracker Jack Licorice	299
Grand Marnier	300
Thunder	301
Hoofprint	320
Rewbay	323
Arabian Styles	327
Whispering Willow	332
Summer Breeze	333
Jalna Jesta Cat	336
Jalna Saffire	338
Morgan	343
Elastic	349
Aazzaan	350
JDA Azrael The Canadian	357
Caruso	363
Precisement	364
Prarie ZacIntosh	365
CF Dancer	366
Prairie Shadowfax	372
Kindred Spirit	376
Magnifyque	380
Washademoak Sunset	381
Deuces Wild	382
Solara	385
Ace	386
Tara Pathfinder	388
Shadow's Jazera RT	393
BallaHamish Glen	394
Gryphon	395
Kizzy's Magic Dream	397
Mister Pete	398
Poets Starlight Melody	401
Optimus Prime	400
Ice Capades RF	402
Nimblesfeet Mischief	405
Rylee Ashtar Redford	406

Recovering Chocoholic	408
Red Eclipse	411
Windlord	412
Aziim	413
Tango	414
Adios Tiki	415
Rugby	419
Ace's Adagio	421
Benjamin	422
Copper N Gold	423
Ali Faatah Na	424
Maple Meadow Crown Jewel	425
Black Sunrise	426
Evening in Paris RF	427
Nat King Khol RF	428
Sweet Smokin Fritz	429
BP Cochima Shadow	430
Kussarine	431
Pizzazfsi	432



Be a hill seeker

Most of us try to avoid hills but what's so good about flat? Think about it: flat tire, flat hair, flat returns and the ultimate - flatlining. Life happens on the hills. They're opportunities to prove to yourself that you're stronger than you ever imagined. If you never attempt the ascent, you'll never know the thrill of swooshing down the other side.

**ACTRA MEMBERSHIP DUES**

Please note that ACTRA's membership dues have increased.

Single - \$20.00

Family - \$30.00 (Definition will be discussed at Spring Meeting)

Lifetime Horse Registration - \$25.00

Memberships to be sent to Gwenn Dexter –
RR # 5 Canning, NS B0P 1H0. Any questions give her a call at (902) 582-3463.

SPRING MEETING

The Spring Meeting will be April 27th at the home of Roy Dinnan and Rene Mersereau.
1485 Wyvern Road, Collingwood Corner.

Director's Meeting: 10:00 am

General Meeting: 1:00 pm

Potluck & Snacks (stove/microwave available)

Any items you would like put on the agenda, please email them to rdinnan@crsoftinc.com

Here is a link to MapQuest for directions.

<http://mapq.st/1InCXel>



My new summer home over in NF!

To Remember is to Honour

It was the year of 2002. My husband David and I were invited by Chrissy Drinnan to travel to North Waterford Maine to crew for her and Irving McNaughton at the Pine Tree 50. It was at this ride that I met Kathy Brunjes and her husband Tom Hutchinson, who was ride manager. This ride was the start of my relationship with Kathy.

David and I continued to journey back to the ride to crew, volunteer and eventually taking my mare Call Me Lauren (aka Mura) to compete in the Pine Tree rides. My relationship with Kathy evolved over the years from an endurance mentor to a special friendship. She supported me and others in so many ways. Kathy was generous with her endurance knowledge, always willing to share her extensive body of information by mentoring and teaching with such great modesty. She was a highly successful FEI endurance rider who had represented the US on more than one occasion, but was one of the girls when she shared time with friends at their ride camp with great conversations, singing and laughing till late at night.

David and I felt very privileged to travel to North Waterford to participate in the ride that paid tribute to Kathy on September 7, 2013, The Kathy Brunjes Memorial Ride, managed by her brother Jay. It was appropriate that this ride would be my young mare Addy's first 50 miler. We would be riding on Kathy's trails. The trails Kathy trained and conditioned her horses. It was where she mentored me and many others. After using Kathy's teachings on ride day, Addy achieved a successful 50 mile completion.

It was your day Kathy, the day your family and friends came together to remember and honour you. Your presence was felt on ride day. You were there, a star in the sky just over the horizon leading us as you always did. It's been my distinct pleasure to call you my friend.



Russlyn

Board of Directors**President – Roy Drinnan**rdinnan@crsoftinc.com

(902) 694-5014

Vice President – Sherry BrooksBrooks11@nbnet.nb.ca

(506) 536-2262

Secretary – Donna Lee Colejdc@nb.sympatico.ca

(506) 229-3769

Treasurer – Gwenn Dextergwenn.dexter@hotmail.com

(902) 538-3463

Stats – Jennifer McDonaldjennmcdonald@xplornet.ca

(506) 485-5659

Sanctioning – Donna Munndmunn@nbnet.nb.ca

(506) 839-2810

Public Relations – Afiena**Kaminga**afienakhansl@gmail.com

(506) 536-3617

Rules – Susan Hoveysears@nb.aibn.com

(506) 466-2150

Director At Large – Evan**LeBert**evan_lebert@hotmail.com**Newsletter – Bev Elliott**mtndodge@gmail.com

(902) 300-1880

We're on the Web!*See us at:*www.atlanticriders.ca**and FaceBook**Guysborough Grey won the following:

Trail Pleasure Atlantic Zone: Champion

Trail Competitive Atlantic Zone: Champion

Trail Endurance Atlantic Zone: Champion

Trail Pleasure National: Reserve Champion

Trail Competitive National: Champion

Trail Endurance National: Reserve Champion

General Discussion

*Please remember to pay your membership BEFORE you go to the first ride. Ride Managers do not need the added chaos of keeping ride money and membership money separate.

*If you would like anything sent out to the membership (ie something for sale, announcements, etc) please send the information along to Roy Drinnan or Bev Elliott and we will get it out to the membership.

*New riders....if you would like a mentor or have any questions about Distance Riding please give any of the Board of Directors a call or email and we can match you up with someone in your area that will lend their ear and give you a hand. Don't be shy, contrary to what everybody says we are a friendly group!!

TACK SWAP

For Sale: 17" Stubben English Saddle
2 – Size 2 Easyboots \$25 each
Contact: Jean Bridges
JEBridges@yoho-lake.com

From the Mailbag.....

Congratulations to Jean and Ann Bridges for their awards in the Canadian Morgan Horse Association.

Jalna Saffire won the following:

Trail Pleasure Atlantic Zone: Reserve Champion

Trail Competitive Atlantic Zone: Reserve Champion

HOLLOW vs ROUND BACK?

Horses and humans actually have much in common when it comes to anatomy. This simple set of illustrations does a nice job helping us to visualize what a hollow and round frame look like in horses.

But, how can we try to relate to this in our own bodies though?

Picture this (or better yet, do it): You get on your hands and knees. Now, answer or experience these things:

1. If you drop (hollow) your back, what will happen to the position of your neck and head? They come up, right? Can you easily 'round' your head down while your back is still 'hollow'?

2. Now answer this: Is your back dropped because (a) your back muscles or (b) your core muscles are not engaged? It's your core muscles, right?

3. With your back dropped, what is the condition of your core muscles--your abdominals and the very deep muscles around your spine? They are loose, not working, not supporting or 'pressing up' your back.

4. With your back hollow, in which part of your back (near neck, at ribs, or in lumbar) will you most experience stress, discomfort, and pain? Your low back or lumbar, right? If you do nothing athletic and your back remains hollow, you will still experience pain in your low back.

5. With your back hollow, what happens to your ability to bring your knees forward, under your abdomen and chest? Is it easy or hard to bring them under? It's hard...and you will be inclined to let them 'drag' out behind...such that it is more comfortable for your knees to be placed behind your hips, rather directly below your knees.

This hollowed out back position doesn't sound like a 'strong' position from which to 'run about' on your hands and knees, does it? Doesn't sound like we should throw a 'saddle' or a kid on you for a 'pony' ride.

What you need before that pony ride, is to engage and to strengthen your core muscles...so that your back will be 'strong' and rounded which, in turn, will cause your head and neck to easily round fine and your knees to be able to reach through and under your abdomen.

It's the same with your horse. The key to enabling your horse to collect his head, neck and hind end is not another piece of equipment to pull his head down.

Rather, it is twofold: first, you need to ensure that his saddle is not ill-fitting, causing him drop his back and second, you need to do work with him to strengthening his core muscles.

