



# TRACK WATCH

January 2012

## Wow What a Year It Has Been!



People arrived in droves for the Farmers Market, which extended its hours this past summer.

Spectators lined the paddocks to view the horses getting ready on Race Day.



Nelly & Shelly attended the Priddis & Millarville Fair to make ice cream for visitors.

The Rodeo highlighted the emerging talent of youth in the Junior Barrel Racing.



Customers of the Christmas Market were treated to complimentary wagon rides over the 3 day market.

### JANUARY OFFICE HOURS

Monday to Friday  
10:00 am to 4:00 pm

### 2012 MRAS Events

**Robbie Burns Dinner**  
January 25<sup>th</sup> at 6 pm  
See details inside

**Millarville Farmers' Market**  
June 16<sup>th</sup> - October 2012

**Millarville Races**  
July 1<sup>st</sup> 2012

**Millarville Rodeo**  
August 3<sup>rd</sup> - 5<sup>th</sup> 2012

**Priddis & Millarville Fair**  
August 18<sup>th</sup> 2012

**Millarville Christmas Market**  
November 9<sup>th</sup> - 11<sup>th</sup> 2012

### Contacts

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**Carmen Ditzler** - Farmers' Market Manager:

403-931-2404

marketmanager@millarvillracetrack.com

**Stephanie Quackenbush** - Threepoint Kitchen & Catering Manager:

403-612-6557

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### **A message from the President...**

Here I am, writing this, pending recovery from a great holiday spent with family & friends. Even my globetrotting kid was home for the holidays. I hope you and your families have a great holiday and you are better prepared than I am for the challenge of the New Year.

I would like to begin by welcoming our new directors: Anna de Paoli, Lori Wavercan Lohnes, Colin Brown, and Bill Jackson. I also ask that you join me in again thanking our retiring directors Kent Ladell, Lindsay Fenton, and John Lohnes; as well as Hugo Bonjean, who has resigned to spend more time in personal pursuits. Your efforts and dedication to the MRAS are appreciated.

Please also extend a special thank you to our retiring President, John Dakers. John has always kept the betterment of the MRAS, and service to its members, in the forefront. Witnessing John's commitment and work ethic is inspiring, and can be a little intimidating. I know I am a little ticked that he left such big shoes to fill. Thankfully John will remain on the Board as Past President and has agreed to let us utilize his expertise and effort as Treasurer.

My daughter recently commented that she now sees that she was raised in the greatest community ever. The MRAS is said to be the social hub of the community. For a small community, the thousands and thousands of volunteer hours committed to ensure the success of the MRAS activities and traditions is mindboggling.

It is with the continuous effort of neighbors, members and friends that the MRAS will continue to serve our great community.



Regards,  
*Lloyd Erickson*  
President, MRAS

### **A message from the Past President...**

There have been some tough times and some good times over the past 20 months, but by and large the end results are viewed with some satisfaction for the long hours and efforts put forth by Jill and myself.

The AGM on Dec. 12<sup>th</sup> had close to 70 people in attendance for the purpose of reviewing the 2011 financial results and Bylaw amendments. The auditor's review letter was a clean opinion as to procedures, results and risks. The final results for October 31,

2011 saw revenues of \$1,194,782 versus budget of \$1,057,041 and 2010 totals of \$929,147. Total expenses were \$1,092,304 compared to budget of \$982,855 and 2010 actual of \$951,362. The net results came in at a profit of \$102,478 compared to the budget of \$74,186 and the 2010 loss of \$22,215.

The main elements which contributed to the positive results came primarily from significant increases in the Farmers' Market with longer hours and the Christmas Market with increased vendor and visitor attendance for close to 100% more revenue.

There was a drive to more general sponsorship to provide 'match funding' for capital grant applications. The total funding from these sources provides for some much-needed improvements relative to water, sewer, electrical and washroom facilities totaling \$131,000.

The June floods washed out the entrance – once again – but it was quickly repaired by Blue Ridge Excavating with funding assistance supplied by the MD of Foothills and Alberta Flood Assistance.

Presentations were heard from all of the Event Executives as well as the Operations Managers, Carmen Ditzler, Krystal Meade, John Baker, and Stephanie Quackenbush.

The amendments to the Bylaws, which were primarily designed to facilitate an MRAS application for charitable status, were approved by the majority of the membership in attendance for onward submission and approval by Alberta Agriculture.

Special guests at the meeting included Fred Young from Alberta Agriculture, Tim Carson, CEO, Alberta Association of Agricultural Societies and Lisa Hardy, Executive Director of AAAS. All guests expressed their support for the direction of the MRAS.

And so to close off this message.....I send my heartfelt thanks to the Staff, Event Executives, Directors and the hundreds of volunteers who made the 2011 year the success that it was.

I will be continuing as Past President to provide support to the incoming President, Lloyd Erickson and Executive for the fun and challenges of 2012.

Regards,  
*John Dakers*  
Past President, MRAS



# It Was a Cold Night in November

**O**n November 19<sup>th</sup>, we watched the temperature drop to about -26 c. To those of you who put on your long johns and insulated boots to join us for Volunteer Appreciation, thank you! If any of you missed it hopefully we will see you at one of our upcoming events.

The night was a lot of fun with good food, great laughs, and a few old secrets about stolen horses spilled. A few people put on their dancing shoes (and pink feathers) and we all had a great time. Thank you to Stephanie and Threepoint Kitchen & Catering for providing such an amazing spread of food that everyone enjoyed.

Tradition called through the night, and we presented new life memberships to some very deserving candidates including Doreen Marthallmer, Barb Miller, Anne Mackay, Fred Helfrick, and Neil & Diane Bates. Each of the new life members has been instrumental in assisting the MRAS over the past years and we were so happy to present them each with their well-deserved Life Membership Cards & Pins. Congratulations to all of you!



New Life Member inductees, left to right – Diane Bates, Anne Mackay, Barb Miller, Doreen Marthallmer, Neil Bates, with President John Dakers.



Retiring Directors –  
John Lohnes, John Dakers, Kent Ladell

The retiring directors were presented with their buckles thanking them for their commitment and dedication, as well as all the Directors were gifted with some locally made holiday door swags. Lindsay Fenton, Kent Ladell, John Lohnes & John Dakers will be missed as Directors, thanks to each of you for your dedication, commitment, and time over the past couple of years.

Local musician Bill Battenby performed throughout the night, and provided excellent background music for everyone to enjoy. He played a traditional mix of toe tapping favorites that received a lot of compliments, and a few people even danced before packing things up for the night.

The committee chairs each took a turn on the microphone to show their thanks and appreciation to the volunteers who helped make their events a success this past year. The society is so grateful to each of the volunteers who show up to offer their time & energy throughout the year. We could not do it without you!! Thank you again, all the best in the New Year.

## 4-H Saddle Sores Update

By Brooklyn Collard, Club Reporter



**N**ovember brought shorter, colder days and lots of bone-chilling mornings as the Millarville Saddle Sores 4-H kids trudged out through the snow to their waiting horses. We were kept busy with Christmas decorating at the Millarville Racetrack and a gymkhana, as well as the usual meetings and rides. The gymkhana was organized and run by the Rodeo Project kids: Nevada Rowe, Megan Rawn, and Shaelynn Brogden. As always, it was really exciting, and we had a ton of fun! We had a barrel racing clinic with Lori Wavercam Lohnes on Oct. 29<sup>th</sup> so we put some of her ideas to use at the gymkhana. Everyone is getting really fast on their project horses. Christmas decorating on Nov 5<sup>th</sup> was entertaining, especially when Nevada Rowe climbed into the tree to attach two cords of lights together and ended up throwing pinecones at us! One of the moms went up in the tractor bucket to hang up a banner by the arena. That would have been scary. The Social club met prior to our Club meeting on Nov. 25<sup>th</sup> to discuss the Christmas party. Then everyone else arrived, and we had a Club meeting. The next morning at the ride...well let's just say not many people were bright-eyed and bushy-tailed.

December came along, and although we didn't have a ton of events booked, we still had fun! Dec. 3<sup>rd</sup> was our first ride, and it was surprisingly nice. Next was our Christmas party on Dec 9<sup>th</sup>. We held the party at the Millarville School gym and spent the night playing games like Musical Chairs, Duck Duck Goose, volleyball and badminton. We had pizza and pop, followed by a huge selection of desserts. We also did a Secret Santa gift exchange. That was really fun! People started to clear out after that and the remaining group went skating on the Millarville ice. Unfortunately, a ride was scheduled the next day, so everyone was pretty tired. At the end of the ride, our instructor, Cassandra Day, had us do the Delsey Derby. This is when two riders hold a length of toilet paper while they try to ride in tandem. My partner and I didn't do so well since we both had mares and they were acting up. After the ride, some of our Club members participated in the 4-H District Charity Hamper Packing. Our club donated cleaning supplies for the hampers. That was it for the month of December, and we look forward to the rest of our 4-H year in 2012!



**YOGA**  
**RED DEER LAKE COMMUNITY**  
**CENTRE**

[4.5 km west of Spruce Meadows, off 22X, south of Red Deer Lake School]

Winter classes start January 10<sup>th</sup>, 2012

**Tuesday's 9:30 am - 11:00 am**

**Thursday's 7:30 pm - 9:00 pm**

**Beginners Welcome!**

For more information please phone

Bud Agnew at 403-255-3406

Or email: [budagnew@shaw.ca](mailto:budagnew@shaw.ca)



**GAMES NIGHT**

**At the Race Track Hall**

Saturday January 14, Friday February 10

7:00 pm – 11:00 pm \$2.50 per Player

*Please bring a snack to share with the group.*

*Call Pearl Laycraft for more info 403 931 3493*

**Are you a Runner?** We are looking for eager people to talk about our new event idea "Run To The Farmers' Market" Half-Marathon & Fun Run.

The group will meet to discuss the possibility of proposing this event to the Board to form a committee. We are planning to meet for the first time in January to get some proposal ideas together.

If you would like to join us, or want more information please call or email Krystal Meade (403) 931-3411 or [eventsmanager@millarvill Racetrack.com](mailto:eventsmanager@millarvill Racetrack.com)

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## Threepoint Kitchen & Catering – Winter Café

Starting January 6<sup>th</sup> 2012 Threepoint Kitchen & Catering will be offering a winter café at the Racetrack Hall.

**Friday & Sunday Only      11 am – 2 pm**



**Beat the winter blues on Friday afternoon with a bowl of homemade soup & fresh sandwich. Or stop in on Sunday for Brunch after Church.**

Also – Don't forget that we can cater your next event!



Talk to Stephanie for details

[threepointkitchen@millarvilleracetrack.com](mailto:threepointkitchen@millarvilleracetrack.com) or

(403) 612 - 6557



### 2012 Board of Directors

**Lloyd Erickson – donnaorlloyd@gmail.com**

*President*

**Rick Charlton – charltor6@gmail.com**

*Vice President*

**John Dakers – jdakers@platinum.ca**

*Past President & Treasurer*

**Norma Dawson – ndawson@xplornet.ca**

*Secretary & Historical Liaison*

**Jason Furgala – jfurgala@paragon.ca**

*Rodeo Liaison*

**Brian Dunne – dunnelocations@gmail.com**

*Rodeo Liaison*

**Trevor Tosh – trevortosh@hotmail.com**

*Races Liaison*

**Wayne Ritchie – writch@xplornet.ca**

*User Group Liaison*

**Lori Wavercan Lohnes – chromyjospayoff@hotmail.com**

*Races Liaison*

**Anna de Paoli – annalouisoneill@hotmail.com**

*Fair Liaison*

**Colin Brown – cbrown@platinum.ca**

*Rodeo Liaison*

**Bill Jackson – willy.1893@gmail.com**

*Fair Liaison*



**Join us for a traditional Scottish celebration**

**Robbie Burns Dinner  
January 25<sup>th</sup> 2012, 6:00 pm**

**Traditional Haggis & Roast Beef will be served, with all the fixings of course!**

**Ticket price:**

**Adult (12 and up) \$ 35.00 or**

**Child \$20.00**

Adult ticket price includes 1 drink, dinner and entertainment. Tickets will be available at the MRAS office after January 2<sup>nd</sup>, 2012.

Call (403) 931 – 3411 for more details!



## Gifts of a Moringa Tree... By Michaela R. Ellis

Happy New Year! ... a time of year for new beginnings, adventures and resolutions. Improved health and fitness is often on our New Year's list of priorities, especially after a traditional fat and sugar-rich holiday diet that leaves us feeling sluggish and unwell. This year, *drink life in* and reach your ultimate health goals with gifts from a miracle tree called **Moringa Oleifera**.

This miracle tree was voted plant of the year for 2008 by the National Institutes of Health for its important medicinal properties: *"In fact, perhaps like no other single species, this plant has the potential to help reverse multiple major environmental problems and provide for many unmet human needs."*

The World Health Organization, Trees for Life, Church World Service and the Educational Concerns for Hunger Organization are advocates of the cultivation of the Moringa tree to help malnourished populations, including children and pregnant and lactating women in the Third World, provide for themselves the nutrients they need. With its antibacterial and antiviral properties, it is also used to purify water in these countries.

Many experts feel that Moringa Oleifera boasts the widest array of vital nutrients - **over 90**, including the highest protein ratio of any plant so far studied on earth. These nutrients include: 36 anti-inflammatories, 46 antioxidants, all 9 essential amino acids plus 10 more, Omega 3, 6, 9 oils and a wide variety of vitamins and minerals.

Historically, the Moringa tree has been found useful in over 300 ailments. With today's diseases, many consumers of these Moringa-based products have found its' nutritional value beneficial in:

- **Balancing blood sugar and blood pressure**
- **Reducing inflammation and edema**
- **Relief from arthritis, headaches, gout, anemia and acne**
- **Relief from stomach and bowel issues**
- **Increased energy, mental clarity and immunity**
- **Lowering 'bad' cholesterol**
- **Reducing body weight**
- **Reduction in allergy symptoms**
- **Youthful-looking skin**

Every person's body is different and will put these valuable vitamins and minerals to work where it is needed most.

What if there is an organic, raw, enzymatically alive, 100% absorbable and convenient form of this miracle tree supplement available to aid you in your quest for ultimate health, whatever that is for you? What if this gift containing over 90 nutrients could replace most of the supplements you currently have cluttering your cupboard? Would you want to know more about it?

If your answers are yes, please give me a shout for more information at (403) 938-7606 or email me at [mrellis@platinum.ca](mailto:mrellis@platinum.ca)

You can also view a **Discovery Channel** video clip about the Moringa oleifera tree and read my personal Moringa product story when you visit my website at <http://ellism.myzijastory.com>

**What might your story be?**

*Michaela, her husband, children and dog have been receiving numerous benefits from the Moringa oleifera tree for several months. Michaela is a distributor of Moringa-based products for Zija International.*



**Michaela R. Ellis**  
**Independent Distributor**  
**Zija International**  
403-938-7606  
mrellis@platinum.ca  
<http://ellism.myzijastory.com>

Moringa oleifera ... *"It's an **extraordinary plant**. It's a plant that has all the **nutrients** that could be found in a **perfect food**."*

- Monica Marcu, Ph.D., Scientist, Researcher and Author



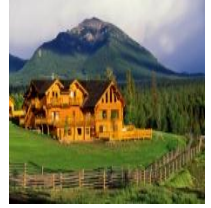
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WISHING EVERYONE A VERY HAPPY NEW YEAR AND A SINCERE THANK YOU FOR OUR SUCCESS IN 2011!

## COUNTRY SALES

- SOLD** - 15.0 Acres - 15 Gladys Ridge - Raw Land - Paved Access - Full Mountain View
- SOLD** - 7.0 Acres - Near Millarville Farmer's Market - Home and Land - "Jewel Box Property"
- SOLD** - 12.0 Acres - South of Black Diamond - Home and Land - Large Workshop
- SOLD** - 20.0 Acres - West of Millarville - Home and Land - Incredible Custom Bungalow
- SOLD** - 7.4 Acres - East of Plummers Road - Raw Land - Trees, Pond and Mountain View
- SOLD** - 5.0 Acres - On 176 St. - Home and Land - Straw Bale Construction - "Dream Home"
- SOLD** - 160.0 Acres - 7 Miles west of Priddis - Raw Land - Creek, Trees, Meadows, Mountain Views
- SOLD** - 61.5 Acres - Behind Strathcona Tweedsmuir School - Raw Land - Polo Field, Hay Meadows
- SOLD** - 3.3 Acres - West of Okotoks - Raw Land - Stunning Views of Sheep River Valley and Mountains
- SOLD** - 74.0 Acres - East of Millarville off Hwy 549 - Raw Land - Frontage on The Sheep River

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# Millarville Racetrack Facility Schedule – January 2012

LEGEND: **CAMPSITE** **FULL FACILITY** **HALL – UPPER** **FARMERS MARKET** **INDOOR ARENA** **RODEO RING** **SAND RING** **QUONSET** **BASEBALL/SOCCER FIELD**

PLEASE NOTE: SCHEDULE IS SUBJECT TO ONGOING CHANGES, PLEASE CALL THE OFFICE AT (403) 931 3411 FOR ANY SCHEDULING QUESTIONS

**USER GROUPS DO NOT USE THE ARENA IF IT IS COLDER THAN -15**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HAPPY NEW YEAR!!	2	3	4	5 SHEEP CREEK WEAVERS MONTHLY MEETING 9:00 AM – 2:00 PM	6 THREEPOINT KITCHEN CAFÉ FRIDAY LUNCH 11:00 AM – 2:00 PM	7 SADDLE SORES – ARENA 9:00 AM – 1:00 PM SADDLE SORES - QUONSET 1:00 PM – 4:00 PM
8 MILLARVILLE MUSICAL RIDE 10:00 AM – 12:00 PM THREEPOINT KITCHEN CAFÉ SUNDAY BRUNCH 11:00 AM – 2:00 PM	9	10	11 4H BEEF MEETING – HALL 7:00 PM – 9:00 PM	12 SHEEP CREEK WEAVERS 9:00 AM – 2:00 PM MRAS WESTERN NIGHT 6:00 PM – 8:30 PM FAIR MEETING 7:00 PM – 9:00 PM	13 THREEPOINT KITCHEN CAFÉ FRIDAY LUNCH 11:00 AM – 2:00 PM	14 GAMES NIGHT 7:00 PM – 10:30 PM
15 MILLARVILLE MUSICAL RIDE 10:00 AM – 12:00 PM THREEPOINT KITCHEN CAFÉ BRUNCH 11 AM – 2 PM CALGARY REG. TRAIL RIDERS 1:00 PM – 4:00 PM	16 MILLARVILLE MUTTS 6:15 PM – 8:15 PM MRAS BOARD MEETING 7:00 PM – 10:00 PM	17	18	19 SHEEP CREEK WEAVERS WORKSHOP 9:30 AM – 4:00 PM	20 THREEPOINT KITCHEN CAFÉ FRIDAY LUNCH 11:00 AM – 2:00 PM SADDLE SORES 7:00 PM – 10:00 PM	21 SADDLE SORES 9:00 AM – 1:00 PM 4H DISTRICT CLUBS 10:00 AM – 4:00 PM
22 MILLARVILLE MUSICAL RIDE 10:00 AM – 12:00 PM THREEPOINT KITCHEN CAFÉ BRUNCH 11 AM – 2 PM	23 MILLARVILLE MUTTS 6:15 PM – 8:15 PM	24	25 THREEPOINT KITCHEN ROBBIE BURNS PARTY 6:00 PM 4H BEEF 7:00 PM – 9:00 PM	26 MRAS JUMP NIGHT 6:00 PM – 8:30 PM	27 THREEPOINT KITCHEN CAFÉ FRIDAY LUNCH 11:00 AM – 2:00 PM	28 SADDLE SORES WINTER CLINIC 9:00 AM – 5:00 PM
29 MILLARVILLE MUSICAL RIDE 10:00 AM – 12:00 PM THREEPOINT KITCHEN CAFÉ BRUNCH 11 AM – 2 PM MILLARVILLE MUTTS 1:00 PM – 4:00 PM	30 MILLARVILLE MUTTS 6:15 PM – 8:15 PM	31				

### What's in your Track Watch!?

Have a suggestion or an article of your own that you'd like to see in Track Watch? Want to get word out about a community event?

Submit your writing, photos, and ideas by the 18<sup>th</sup> of each month to:

[TrackWatch@MillarvilleRaceTrack.com](mailto:TrackWatch@MillarvilleRaceTrack.com) or call (403) 931-3411