



TRACK WATCH

November 2011

Fri. 10am - 8pm, Sat. 10am - 5pm, Sun. 10am - 5pm
Santa's Workshop, Hay Rides, Concession

November 11, 12, 13, 2011



New & Favourite Vendors, \$10/car or \$5/person

403.931.2404, For details & map visit www.millarvilleracetrack.com
At the Millarville Racetrack 30 min. S.W. of Calgary off Highway 22



Millarville Racetrack Event
www.millarvilleracetrack.com

NOVEMBER OFFICE HOURS

Monday to Friday
9:00 am to 4:30 pm

Contacts

Melonie Mckee

Office Assistant:

403-931-3411

office@

millarvilleracetrack.com

Krystal Meade

Events Manager:

403-931-3411

eventsmanager@

millarvilleracetrack.com

John Baker

Maintenance Manager:

403-519-6295

maintenance@

millarvilleracetrack.com

Carmen Ditzler

Farmers' Market Manager:

403-931-2404

marketmanager@

millarvilleracetrack.com

Stephanie Quackenbush

Threepoint Kitchen & Catering

Manager:

403-612-6557

threepointkitchen@

millarvilleracetrack.com

Box 68

Millarville, AB T0L 1K0

2011 MRAS Events

Millarville

Christmas Market

November 11th - 13th, 2011

Friday 10 am - 8 pm

Saturday 10 am - 5 pm

Sunday 10 am - 5 pm

MRAS Volunteer

Appreciation

Saturday

November 19th, 2011

7:00pm - 11:00pm

Don't forget! With a 2012 MRAS Membership, you get into the Christmas Market for no cost. Another great reason to get your membership early!



A message from the President...

Another good news story to report on sponsorship; Legacy Oil & Gas Inc. is in the business of exploration, development, and production of oil and gas in Western Canada and North Dakota. They are very active in the Sheep River and Highwood River drainage areas, and have formed the Legacy Community Foundation for the purpose of funding projects aimed at promoting education, health, recreation and the environment in those communities.

In response to an application to the foundation, Legacy has provided a donation of \$22,000 to be used for grant matching for the purpose of upgrading and expanding the Threepoint Kitchen and Picnic area under roof. On the completion of the project, scheduled for spring 2012, it will be named The Legacy Picnic Area. Picture below - receiving cheque from Legacy reps in Longview.

MRAS bylaws are currently under review, primarily for the purpose of qualifying the society for charitable status, which will aid in the continuing hunt for corporate and individual sponsorship and donations. Some direction and input has been obtained from Revenue Canada as well as the Alberta Association of Agricultural Societies with respect to the description of the bylaws to comply with the charitable



application criteria. The changes go more to form, and less to content. In this connection, there will be a need to have the bylaws approved by the membership *in attendance* at the AGM on December 12, 2011.

Financial results up to the end of September: Revenues of \$1.135 million are ahead of 2010 results of \$860,000 with net earnings of \$119,250 versus \$44,600 in 2010.

Again, a reminder to all volunteers to come out on November 19th for some Threepoint Kitchen delights hosted by the MRAS Board Members. Another reminder also to renew your membership soon for free entry to the upcoming Christmas Market and participation in the Annual General Meeting in December.

See you all November 19th.

Regards,
John Dakers
President, MRAS

2011 Board of Directors

John Dakers – jdakers@platinum.ca
Farmers' Market, Grants & Concession Liaison

Hugo Bonjean – hugobonjean@gmail.com
Farmers' Market & Concession Liaison

Jason Furgala – jfurgala@paragon.ca
Gate & Rodeo Liaison

Lindsay Fenton – Linds237@shaw.ca
Historical Liaison

Brian Dunne – dunnelocations@gmail.com
Rodeo & User Groups Liaison

John Lohnes – jlohnes@percisiongeo.ca
Gate & Races Liaison

Kent Ladell – kent.ladell@emtecnet.com
Marketing/Sponsorship & Grants Liaison

Trevor Tosh – trevortosh@hotmail.com
Races & Maintenance Liaison

Wayne Ritchie – ritichiew@netkaster.ca
User Groups Liaison

Rick Charlton – charlto6@gmail.com
Fair & Marketing/Sponsorship Liaison

Norma Dawson – ndawson@xplornet.ca
Fair Liaison

Lloyd Erickson – donnaorlloyd@gmail.com
Maintenance Liaison

Millarville Racing & Agricultural Society - Annual General Meeting

December 12, 2010 - 7:00 pm at the Racetrack Hall. All 2012 MRAS members are encouraged to attend & vote!

Memberships will be available for purchase at the meeting, and there is a membership form included in this issue of Track Watch.

Millarville Community Library

We are in the process of planning our adult education programs for the winter/spring session. If there is a class that you would like to see us offer, please give the library a call and we will try to accommodate your request. If you are looking for some exercise come on out Tuesday evening for badminton, Wednesday



evening for volleyball and Wednesday mornings and evenings for yoga – these are all drop-in classes and you can call the library for more information.

For those of you who are new to our area, our library is located on the west side of Millarville Community School. We are part of the Marigold Library System and have access to

books in other libraries across the province. So if we do not have the book you are looking for, we can get it for you. It usually only takes a week or two unless it is a bestseller that is in high demand. Even then, there are usually quite a few copies and the wait is not too long. People who move out here from the city are pleasantly surprised with how fast they are able to get a bestseller compared to a Calgary library.

The first Tuesday of each month we have story time for preschoolers and also for the school's kindergarten class. We have a photocopier machine and two computers for public use. Our annual membership fee is only \$5.00 per person or \$10.00 for a whole family – with the cost of books these days it is still one of the best bargains around.

Our library is run entirely by volunteers. People volunteer for a half day once a week or every other week, or they sign up as a spare and come in when needed. It is a great way to meet new people and it is a very comfortable, fun place to be. If you are interested in volunteering, please call the library at 403-931-3919 – no experience necessary – we will train you.

Our book buying committee is always looking for new authors who would be popular with our patrons. They always buy the new bestsellers and other great books, but we value your input. If you have any suggestions for book buying, please call the library and let us know what you would like to see in your library.

DON'T FORGET TO RSVP FOR VOLUNTEER APPRECIATION!!!

November 19th, 2011 @ 7 pm.

Volunteer appreciation is right around the corner! Invitations have been mailed out to everyone that we have mailing addresses for, so if you volunteered this summer and didn't get an invitation in the mail please call us so we can add your name to the list.

It will be a great night of celebration, visiting, and of course food and beverages.

office@millarvilleracetrack.com or (403) 931-3411



Bragg Creek Artisans Christmas Sale

Saturday and Sunday
November 19th & 20th
10am to 5pm
at the
Bragg Creek Centre



Local Artists selling fine works of

- * pottery
- * woodwork
- * fibre arts
- * jewelry
- * fine art
- * craft
- * preserves



www.braggcreekartisans.com

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At the Race Track Hall

Friday, November 18
Friday, December 2
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
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Kirsten Menk
Millarville, AB

(403)931-2684
www.cranialworks.org
cdncountry@yahoo.com

Millarville Saddle Sores Light Horse 4-H Club



On October 1st, the Millarville Saddle Sores 4-H Horse Club held our first meeting for the 2011-2012 year. We elected a new Vice President and Historian. Our executive is: Robin Knol as President, Sasha Lewis as Vice President, Megan Rawn as Treasurer, Lindsey Ranks as Historian, Nevada Rowe as Secretary and Brooklyn Collard as Reporter. This year, we added a new horse project – rodeo. This project will include gymkhana events like barrel racing and pole bending, with possibly a clinic or two over the year. Our light horse ride was the next day. Pat Ross taught us instead of our usual instructor, Cassandra Day. She taught us about proper Western equitation and having the right body position. We also learned how to control our horse with soft hands and how to steer with just our legs.

In July, 13 club members attended the Regional Horse Show in Olds. We participated in English, western and gymkhana events. Megan Rawn and Shaelynn Brogden won high point in their classes, and Alina Johns and Jillian Ranks won reserve. Nevada Rowe attended the Provincial Show in Olds in August. Our club members also attended the Stampede Invitational Rodeo in September. This event is cool because it takes place on the Stampede grounds. On August 17th, several members of our club participated in the Wild Pink Yonder, a 4-H gymkhana fundraiser for breast cancer. There was even a competition for the pinkest horse and rider. Another fun event was the Deb Renger barrel racing clinic put on by Canterra Energy for 4-H kids in August.

On September 11th, ten of us met at the Millarville Racetrack to clean saddles for the Foothills Therapeutic Riding Association. This is one of our community service events for the year. Gar Beacom of the Riding Association said, "We knew it was a 4-H club who cleaned the tack because they did such a good job." Over the summer, we also did volunteer work for the Millarville Racing and Agricultural Society. We picked up garbage at the Millarville Rodeo and helped out at the Fair, Races and markets. We are very excited to be back at 4-H, and we're looking forward to a fun year!



Brooklyn Collard

Millarville Saddle Sores
Club Reporter



MILLARVILLE MUSICAL RIDE

The Millarville Musical Ride is a drill team who do performances and parades. They are starting to recruit for the 2012 season. If you would like to:



- **Improve Your Riding Skills**
- **Perform for Appreciative Crowds**
- **Have Your Horse Learn from their Experiences**
- **Make New Friends**

This team is just what you're looking for. You must supply your own horse, transportation and make a commitment to be part of this wonderful team. The group's main **goal** is to **improve their riding ability and to have fun while doing this.**



We are looking for riders of **all ages**. If you would like to come and join us or if you would like more information please call **Sue Dunne (403) 931-3452** or **Donna Buckland (403) 938-6499**.

START DATE: JANUARY 8, 2012

Horses and CranioSacral Therapy

I am a CranioSacral practitioner who works with people and animals. I also take care of horses as part of my other job working at Liberty Stables, west of Millarville.

About ten years ago I was introduced to CranioSacral Therapy by an osteopath who was treating some of the horses at another stable where I was working at the time. It was amazing to see the reactions of the horses and the improvement in whatever ailment they had.

Working with animals is very rewarding, because they don't question or doubt if it is working. You can really tell by their body language that something good is happening. A deep breath, a sigh, lowering their head, gut sounds, or just relaxing are all signs of releases. High strung horses usually calm down fairly quickly once they realize that you are there to help them.

The philosophy of CranioSacral is to work with the body, not against it. A light touch with my hands is applied to start with and then the horse's body will tell me where to go and how much pressure it needs. There is a connection with their body; it feels like my hands are being pulled into it. The objective is to use as little pressure as possible to get the job done. Less is more. It is not about forcing it; it is about allowing the body to self-correct in order to heal. My hands follow the tissues where they take them and encourage and support them in doing what they need to do in order to facilitate a release. Though sometimes, when there was a lot of force during a trauma or injury, the amount of pressure needed to start the self-correcting process can be significant.

I have been working with an older horse, in his 30's, for quite a while. He has been getting monthly maintenance sessions. In his younger days he used to be a school horse, being ridden by green students who didn't know a lot about riding and handling horses, thus pulling on his mouth and throwing him off balance. In addition to that his saddle wasn't fitting as well as it could have, making his back sore.

When working with him, there used to be a lot of tension in the hind-end which has improved a lot. On a couple of occasions when working on his spine, in the area where the saddle would sit, one of my hands touching the area around a vertebra, he would adjust himself by moving one of his hind legs. I could actually hear several vertebrae crack when working with them. Testing their mobility afterwards they felt fine, as opposed to feeling stuck before. The same thing happened with a younger mare I was working on. Her owner rode her later that week and told me how much better she was moving.

Sometimes the old horse looks at me, nodding, as if saying thank you, that's just what I needed. Or he drops his lower lip, standing there very relaxed, almost going to sleep. During one of the last sessions I was working on his head. He had always been very reluctant to allow me to touch his head, especially closer to the top, sometimes sticking it up in the air. This time he let me touch it no problem and then lowered his head and dropped it with a deep breath, then just standing there like that for a while.

Lots of times emotional issues go along with the physical ones, e.g. anger, fear, sadness. When a trauma is too overwhelming to be dealt with at the time it occurs, the emotions get stored in the cells of the tissues, bones, organs, muscles, or nerves, waiting to be released when enough resources are available.

Stay tuned for more about these amazing treatments, until then...

Happy Trails

Kirsten Menke

www.cranialworks.org



MRAS 2012 Membership

Millarville Racing & Agricultural Society November 1st 2011 to October 31st 2012

Box 68, Millarville, AB T0L 1K0 Phone: 403-931-3411 Fax: 403-931-3485
Email: office@millarvilleracetrack.com Web: www.millarvilleracetrack.com

Please circle membership purchased

General

Family	\$ 42.00 including GST	(1 vote per household)
Individual	\$ 36.75 including GST	
College Student/Senior Individual	\$ 26.25 including GST	(Valid Student ID/Over 60)

Arena

Family (Up to 5 family members)	\$ 341.25 including GST	(1 vote per household)
Additional Family Members	\$ 26.25 including GST	
Individual	\$ 236.25 including GST	

Membership Entitlement:

All members are entitled to reduced rental rates for weddings, receptions & advertising in our Track Watch publication; voting privileges at MRAS AGM; ability to vote on financial matters as a member of a sub-committee (e.g. Races, Rodeo, Fair or Markets); and **free admission** to MRAS sponsored events and activities including Rodeo, Races, Fair, Farmers' Market, and Christmas Market. This policy will be reviewed annually.

Arena members each receive a general membership card, an arena key-lock card and a saddle tag. In addition, for MRAS insurance purposes, Arena users are required to complete and sign the attached waiver form. Please refer to Arena Membership sheet for usage regulations.

General members receive membership cards.

Volunteer Opportunities for All Members

We are not able to operate without the help of neighbours, members and friends. Please circle the areas where you would prefer to help your organization to stay strong:

Races / Rodeo / Fair / Work Parties / Board Membership / Volunteer Co-ordinator

13 Ways to Kill a Community!

Doug Griffiths/ MLA Wainwright/Battle River www.douggriffiths.ca
This is an excerpt... (We have the whole book available for members to borrow from the office)

"...some of the best intentions we have, our dreams and hopes, are often shattered by things we do today that we don't realize we are even doing. With that in mind I wrote up a list of 13 things that you can do to kill your community. It is not meant to be a list of things that you should deliberately do, but rather a list of things that you or community members may be doing that are directly having negative consequences on your community and its future."

12. Take No Risks

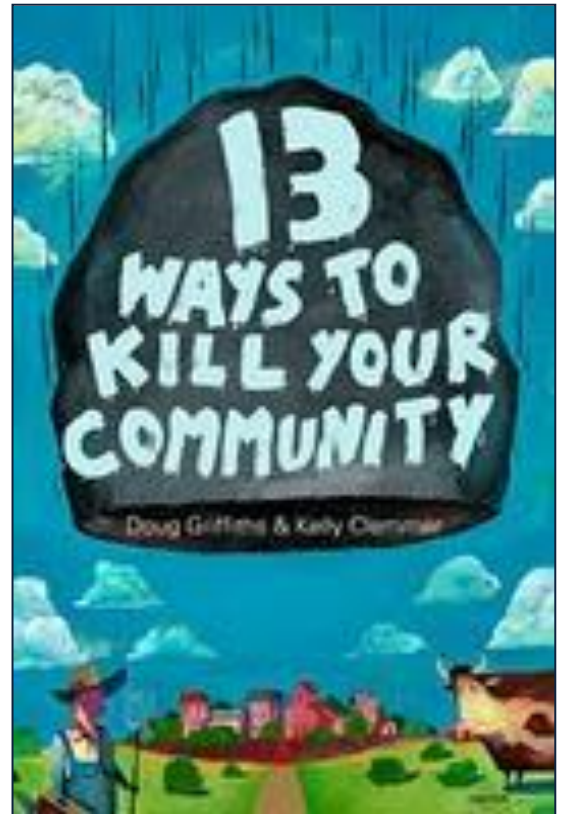
If you are deliberately trying to kill your community you must ensure many factors work in tandem. If all of the factors come together you can ensure that new people don't locate to your community, that existing members leave, that new businesses don't start and existing ones fail and so on, and that your community will die. Be careful, however, that you don't accidentally do something that could lead to success when failure is your ultimate goal. That leads me into the twelfth item on the list of thirteen ways to kill your community: Don't take risks or plan big, you may accidentally succeed.

I know this one may be a hard one to believe, but trust me, it is true. You see, taking big risks and working on big ideas can lead to failure, and wonderfully large failure at that, but it doesn't usually happen. Some communities have taken big risks and worked on big ideas and have had marvelous failures that have devastated their communities. They are usually communities that chase down, and sometimes catch, big factories or plants that help their community . . . until they leave or shut down, and then failure ensues because the community put all of its eggs in one basket, but believe it or not those cases are not that common.

Every great and wonderful invention, every discovering, every idea, every change in the course of human history, whether globally or locally, originated in and by somebody who was ready to take a risk. If no one took a risk, took a chance when they could fail or be ridiculed, then nothing would ever change. It would be status quo all the way to the end of time. Dreamers and believers, visionaries and revolutionaries are the ones who change the world in which we live, and though often they are ridiculed and resented (because everyone hates change until they get used to it), they persevere and make things, more often than not, better.

So, by taking risks and by thinking big (not necessarily about a big factory, but new big picture ideas) you are likely to face resistance but you are also likely to cause a chain reaction that will lead to success, that will change your community and its direction (from downward) forever. The risk may be in building a new subdivision, it may be in building a spec home, it may be in securing good water, it may be in spending money on beautification, or it may be simply taking a risk on something that the community and its citizens desperately need. Whatever the case, if you take on such a risk with the expectation that it will fail, and that your community will fail as a result, it likely won't work. Odds are that the risk will be a success and your community will also be a success.

If you intend to make your community fail you should stick with the status quo, stick with activities that have no risk (and therefore no payout), because thinking big and taking risks usually just leads, in a big way, to success.



Christmas in the Country

Art Sale



Friday, Saturday, Sunday
November 4, 5, 6 & November 11, 12, 13, 2011
10am - 4pm daily

** over 800 paintings by Alberta artists!*

** great prices on original unframed art and fine craft*

** children's craft activities (Sat. Nov. 5th & 12th, only)*

** festive treats * prizes*

** free admission*

WIN

a turducken holiday dinner
from our event sponsor:

CO-OP

(403) 931-3633 leightoncentre.org

Leighton
Art Centre



MRAS Equine Club



Starting Thursday November 18th 2010, 6:00 pm – 9:00 pm

This year, we are trying something different! We will meet twice per month, and alternate between English & Western riding disciplines. So if you have ever wanted to learn to jump, bend poles, or barrel race... this is the night for you! Any age or riding level is welcome to attend – we just want to have a good time, and keep learning through the winter.

The FINE PRINT:

- An MRAS membership (general as minimum) and an AEF membership are required for all participants.
- An MRAS Equine Club Membership for \$15 will need to be purchased by non arena members to participate.
- Waivers need to signed for each participant prior to the first lesson, and will cover the entire season.
- Register with the office by 4 pm on Mondays. Schedules will be emailed to riders.
- A cut-off temperature has been implemented for cancellations, if it is -15 c or colder at 3:00 pm we **will not** be riding.

The DATES:

NOVEMBER 24, DECEMBER 8, JANUARY 12 & 26, FEBRUARY 2 & 23, MARCH 8 & 22, APRIL 5 & 19

-\$10.00 drop in fee/horse/night -Any age / level are welcome

-Helmets are MANDATORY for anyone under the age of 18, NO EXCEPTIONS.

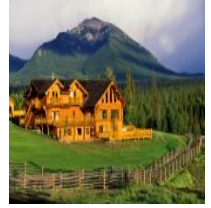
For Information please call the MRAS office at 403 931 3411
email eventsmanager@millarvillercetrack.com or jrawn@platinum.ca



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If you are thinking about selling or buying call me! Evaluations are FREE!

NEW! 78 Acres of raw land. Wonderful end of the road location with stunning mountain, foothill and Sheet River Valley views. Several building sites that would offer walkouts with stunning views from all levels. \$799,000.

RIVERFRONT! BRAND NEW! 129 Acres on the Sheep River, fabulous location between Okotoks and Millarville 160 acres adjacent parcel with the best views of all time of the Sheep River valley and full Rocky Mountain range. New road, dead end location.

NEW! Full quarter section with beautiful mix of open meadows, aspen, larch and mature evergreens, mountain views, lots of pasture, forest and creek. An ideal mix for any type of use. Never been on the market. \$1,600,000.

SOLD

NEW! Polo Club Estates. Exclusive 5 acre parcel, paved cul-de-sac location with no building commitment. Open meadow with view of the Rockies, several kilometers of exclusive railed fence bridle paths. \$419,000.

NEW! 61.5 Acres private estate complete with its own sports field, 100+ acre spectacular mountain views and private end of the road location across the ravine from the Strathcona Tweedsmuir School. \$899,000

SOLD

NEW! 153 Acres 2 miles south of Priddis Store. Never been on the market. Incredible opportunity to own this desirable land. Open meadow land provides building sites with privacy and views of the Rockies! \$1,659,000.

NEW! 7.4 Acres. Beautiful parcel of land offers a mix of trees and open meadows. Backing onto Crestview Ranch Environmental Reserve, private lake, mountain views. No building commitment or restrictions. \$359,000

SOLD

**** Pristine full quarter section of natural range land, mix of open meadows and bluffs of trees. Pot Hole Creek crosses the land. This property will be protected forever by The Nature Conservancy of Canada. \$1,200,000.

RAW LAND! 86 Acres of raw land on Home Oil Road. Paved access. Ideal for a horse operation, mostly grass, Estate sale \$626,598.

**** Unbelievable property! Immaculate, meticulously constructed and fully developed walkout bungalow, with all the bells and whistles, 4 hole golf course, skating pond and gazebo on 5.7 Acres. A must to see! \$919,000.



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Millarville Race Track Facility Schedule – NOVEMBER 2011

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 PRIVATE RENTAL – HALL ALL DAY RODEO MEETING – HALL 7:00PM - 9:00PM	2 PRIVATE RENTAL – HALL ALL DAY HISTORICAL MEETING – HALL 7:00PM – 9:00PM MD MEETING – QUONSET 7:00PM-9:00PM	3 SHEEP CREEK WEAVERS – HALL MONTHLY MEETING 10:00AM -2:00PM	4 PRIVATE RENTAL – KITCHEN ALL DAY SADDLE SORES – ARENA 6:00PM – 9:00PM	5 PRIVATE RENTAL – HALL 2:00PM – 12:00AM MILLARVILLE MUTTS – ARENA 1:00PM – 4:00PM
6	7 PRIVATE RENTAL – KITCHEN ALL DAY ARENA CLOSED XMAS MARKET SETUP NO RIDING	8 ARENA CLOSED XMAS MARKET SET UP NO RIDING	9 4H BEEF – LOWER HALL 7:00PM-9:00PM ARENA CLOSED XMAS MARKET SET UP NO RIDING	10 FAIR MEETING – 7:00PM @THE CHURCH HOUSE!! ARENA CLOSED XMAS MARKET SET UP NO RIDING	11 MILLARVILLE CHRISTMAS MARKET 10 AM – 8 PM NO RIDING	12 MILLARVILLE CHRISTMAS MARKET 10 AM – 5 PM NO RIDING
13 MILLARVILLE CHRISTMAS MARKET 10 AM – 5 PM NO RIDING	14 ARENA CLOSED XMAS MARKET TEAR DOWN NO RIDING	15 ARENA CLOSED XMAS MARKET TEAR DOWN NO RIDING	16 ARENA CLOSED XMAS MARKET TEAR DOWN NO RIDING	17 SHEEP CREEK WEAVERS WORK SHOP – HALL 9:30PM- 4:00PM	18 GAMES NIGHT – HALL 7PM-10:30PM	19 SADDLE SORES – ARENA 9:00AM -2:00PM 4H DISTRICT – QUONSET 10:00AM – 3:00PM VOLUNTEER APPRECIATION 7:00PM – 11:00PM
20 TRAIL RIDERS – ARENA 1PM-4PM	21 BOARD MEETING – HALL 7PM-10PM MILLARVILLE MUTTS – ARENA 6:15PM-8:15PM PONY CLUB –QUONSET 7:00PM – 9:00PM	22	23 4H BEEF – HALL 7:00PM – 9:00PM	24 MRAS EQUINE CLUB 7:00PM – 9:00PM	25 SADDLE SORES – HALL 7:00PM- 10:00PM	26 SADDLE SORES – ARENA 9AM-2PM PRIVATE EVENT – HALL 3:00PM – 12:00AM
27	28 MILLARVILLE MUTTS – ARENA 6:15PM-8:15PM	29	30			

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 18th of each month to:

TrackWatch@MillarvilleRaceTrack.com or call (403) 931-3411