

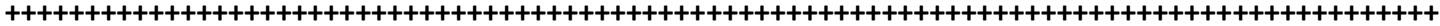


Florida Sport Horse Club Newsletter

June 2022

<https://floridasporthorseclub.com/>

floridasporthorseclub@gmail.com



Calendar of Club Rides and Events:

**Rides begin promptly at the specified time.
Please be mounted and ready!**

- **Saturday, June 25, 8:30am:** Club ride at McNeil Entrance (SR471), Green Swamp West
- **Saturday, July 2, 8:30am:** Club ride at Tenoroc
- **Saturday, July 9, 8:30am:** Club ride at Gator Creek
- **Tuesday, July 12, 11:30am:** Club dine-around at Catfish Country, 2400 EF Griffin Road, Bartow. Plan on arriving by 11:15 and ordering promptly at 11:30 in courtesy to others. RSVP to Karen Turbeville BY Friday, July 8 so that reservations may be made at the restaurant.
- **Saturday, July 16, 8:30am:** Club ride at Lake Louisa. Use the Lake Nellie entrance unless you're camping.
- **Monday, July 18, 7:00pm:** Monthly dinner & meeting at the Pantry Diner, 2122 US 92W, Auburndale. Come promptly at 6 for dinner, with the business meeting starting at 7pm. All are welcome—you do not need to be a member.
- **Saturday, July 23, 8:30am:** Club ride at Lower Green Swamp
- **Saturday, July 30, 8:30am:** Club ride at Walk-in-Water, 6110 Walk in Water Rd., Lake Wales
- **Saturday, August 20, 5:00pm:** Annual membership meeting & BBQ at the Lassiters'.

**Do you have suggestions for riding in other areas?
Please contact Trail Boss Del Jones.**

Take time after each ride to relax—bring your lunch or snacks and share some quality time with club members. Those wanting to ride other days—please contact Karen Turbeville, or email club members directly. Many riders have been joining in on the various weekday rides.

Check the “Upcoming Events” section of our web page at <https://floridasporthorseclub.com/>, or the “Events” section of the Florida Sport Horse Club’s Facebook page.

Dedicated to trail riding and the preservation of the many riding areas in Central Florida.

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<https://floridasporthorseclub.com/>

floridasporthorseclub@gmail.com



Find us on
Facebook

News

WELCOME our newest members, **Amanda and Georgia England!** Amanda joined the Walk-in-Water ride with her friend Carrye; we hope to meet Georgia soon.

The **Club Dine-Arounds** are BACK, thanks to Cathy Botts and Karen Turbeville! The first will be Tuesday, July 12, at 11:30 at Catfish Country (2400 EF Griffin Road, Bartow). Plan on arriving by 11:15; we'll order food promptly at 11:30 in courtesy to others. **RSVP to Karen Turbeville BY Friday, July 8 so that reservations may be made at the restaurant.**



Our June business meeting at the airport was a huge success. We had a good turnout, with a lot of conversation and reminiscences about our fallen and current equine comrades. We thank Mary Lou and Dave Waugh for obtaining the meeting space, marking the route AND providing cookies for us!

The **July business meeting** will be held at the **Pantry Diner's private dining room**, 2122 US 92W, Auburndale. Come promptly at 6 for dinner, with the business meeting starting at 7pm.

Save the date! Our annual membership meeting and barbeque will be **Saturday, August 20** at 5pm at the Lassiters' home in Bartow. As usual, the club will provide the meat and drinks; please bring a dish to share.

An important piece of business at the annual barbeque will be the **election of officers** for the 2022-2023 club year, which begins in August. The nominated slate of officers looks eerily familiar:

- President, Mike Charron
- VP of Trails, Del Jones
- Treasurer, Susan Buchanon
- Secretary, Janet Schneider

We welcome other nominations from the membership! If you have one or wish to serve yourself, please contact one of the officers. We'll also be voting at the annual BBQ on **where to meet in future**, comparing Colt Creek, a restaurant like the Pantry Diner, or the Airport Maintenance lounge. Your opinion counts.

Memberships for the 2022-2033 club year will come due as of August. Some people have already renewed, and our newest members are already included in the new club year. We hope ALL of you have found enough value from your club membership that you will renew. We DO ask that you fill out a new form each year so that we have an updated hold harmless.

We had a good discussion as to whether a **second Colt Creek equestrian event** could be held in December, January or February. Another pony ride is a possibility IF we have enough horses and people; Kathy Grinstead has 4 horses, Melody and Mary have one apiece BUT have concerns about the weight of riders. We'd also need to have at least 3 people per horse. Another option might be to have a "meet-and-greet" like those the club has held at Circle B Bar and Tenoroc, with just a couple of horses for kids to pet along with demonstrations of tack, grooming, and general horse care. This will be discussed at future meetings, and we hope you'll offer your opinions.

Each club member receives a copy of the **membership roster** when s/he joins the club. The roster is updated and sent out again 3-4 times during the year. This is done so that you can contact people as needed without having to call around to find the numbers or emails. **Please SAVE OR PRINT the roster so that you can find it when needed.**

Cathy Botts noted that people are again forgetting to **sign in at riding areas** like Lower Green Swamp. Please remember to do so!

Three of our members have recently had the grievous duty of burying their horses. Bruce and Cody of **Ritchey's Tractor Service** (863-327-3322) were reasonably priced, prompt, and very respectful of the horses as well as the distraught owners. They are recommended.

We have a talented artist in our midst! Louise Short presented Susan Buchanon with a gorgeous colored pencil drawing of Sophie at the June meeting. It was not only beautiful but an extremely thoughtful gift.



The **weekday pickup rides** are still going strong. They aren't always advertised, so if YOU want to ride during the week please contact Karen Turbeville.

If you see unfamiliar faces at our rides and events, please introduce yourself and invite them to club activities. People are welcome to join us a few times before they decide to become a member. **And remember—guests must sign a hold harmless that the trail bosses will provide. Please escort the guests to the trail boss of the day!**

Do you follow our Facebook page or web page? All our events, news, and tips are listed. You can even review our club!

Want a club shirt? We now must have an order of 6 shirts or more to place it. Email AnnMarie Connor at nascaramc@yahoo.com.



Tips & Activities by Members:



If anyone is **camping on the July 4th weekend**, would you please let Linda Allison know? She wants to camp but doesn't want to go by herself.

We offer our sympathies to **Myra Bell** for the loss of her wonderful Paso Fino "Dandy." He was a special horse.

Sarah Miklavcic is off to her Western vacation in Montana! We look forward to hearing all about it.

Debbie Spurlock is looking for a home for an AQHA 16yr red roan gelding 15.1h. Recently spent 6 wks with a trainer. Used around cattle and trail riding Needs intermediate rider. UTD on vaccines, teeth floating and farrier. Easy to handle, good home is a must. \$4800. Would consider trading for a beginner horse. Please contact Debbie directly if interested. debbspurlock@icloud.com.

Mike Woodard is looking for a new stable for his horse, preferably in the Lakeland or Polk City area. Would you please forward recommendations to him?

June Jansen's horse, Miss Scarlett, has been diagnosed with EPM. She's been started on medication; let's keep our fingers crossed.

Barbara Lassiter and Janet Schneider are headed to Iceland on a 6-day riding tour on July 6th. **Gail Pieniak** and her daughter are doing the same tour the following week, and **Lisa Loewenberg** is going in August.

Donna Fellers plans to attend the 100th Anniversary of the Alberta Trail Riders in August 2023.

Kathy Grinstead is extremely (and deservedly) proud that 5 of her horses were selected for the Special Olympics national USA Games, which were held in Orlando this year. It was the first time that equestrian events were included, and there were 2 riders from Polk County.

Not surprisingly, **fly and tick control** came up in the conversation. Rae Gayer is having good success with Farnam Equitrol Feed-Through Fly control. Karen Turbeville uses Farnam SimpliFly. Mary Futch and Karen both recommended Absorbine UltraShield EX (black container) for flies and ticks. Mary noted that Smart-Pak gives a discount both to auto-ship customers AND some registered breeds of horses.

Mike and Barbara Charron recently competed in a 25-mile endurance ride in New Smyrna Beach. They came in 3rd and 4th. . It was Ali's first trial, and he did exceedingly well.

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We thank Mary Lou for finding this interesting article from Horse & Rider (<https://horseandrider.com/western-horse-life/health-benefits-of-horseback-riding/>)

As riders and horse owners, we know beyond a doubt that our horses are good for us. From the fitness benefits of riding and barn work to the way horses lift our spirits and ground us, most horsemen and women would likely agree that a life with horses is healthier than a life without them. From increasing your cardiovascular health to helping you relax, horses can influence both your physical and mental health in ways you might not realize.

Here are six health benefits of horseback riding you get every time you saddle up.

1. **Improves cardiovascular health.** A study commissioned on behalf of the British Horse Society found that riding is indeed a good cardiovascular workout. Even just a half hour of riding is considered "moderate exercise," said BHS PR executive Megan Hawkins, "while trotting exerts more energy than playing badminton." The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week. According to the Association, exercise is one of the best ways to keep your body healthy — physically and mentally.
2. **Increases core strength.** Sitting tall, squeezing your horse's sides ignites your core muscles, which are imperative for balance and posture. Even the most leisurely rides require a notable effort from your core. More advanced maneuvers require even more core strength, better balance and endurance.
3. **Burns calories.** In a Texas A&M University study, researchers focused on the amount of energy expended during high-intensity horseback riding. But you don't need to be roping cattle to burn calories. Lifting your saddle on and off, carrying buckets, lifting hay, grooming — all these regular barn chores and activities burn plenty of calories. "Riding a horse for 45 minutes at a walk, trot and canter can burn up to 200

calories,” said Dr. Dennis Sigler, a Texas A&M AgriLife Extension Service horse specialist and professor in the department of animal science at Texas A&M University in College Station. “If you do something a bit more strenuous such as cutting or reining, that can come out to nearly seven calories per minute for the entire length of the riding period.” Staying active is important for your physical health and your well-being. Not only can it help you feel, think, sleep and live better, it improves overall quality of life, according to the AHA.

[Check out these 30 Small Fitness Challenges to Improve Your Riding]

4. **Lowers blood pressure.** One of the benefits of regular exercise is lowered blood pressure — even light riding or barn work done regularly counts. Plus, just being around animals has been shown to do that as well. Knowing your blood pressure numbers and managing high blood pressure are two important things you can do to prevent heart disease and stroke states the American Heart Association.
5. **Helps make decisions.** While riding, you’re constantly making decisions, such as whether to speed up or slow down, what paths to take or avoid as well as when to take a break. Exercising those decision-making skills can translate into the rest of your life, too.
6. **Feels relaxing.** The horse’s natural movement is calming, so when you and the horse walk or ride together, your bodies are in sync. More than 80% of riders claim that horseback riding created feelings of relaxation and happiness. Recreational riders report a significantly higher sense of physical and emotional well-being and happiness than people who don’t enjoy the companionship of animals. AHA science shows that happy individuals tend to sleep better, exercise more, eat better and not smoke.

Animals can bring out the best in us, and that’s especially true for our horses. The role they can play in maintaining a healthy lifestyle means making time to ride isn’t just for fun — it’s also good for your health! That’s why as part of the American Heart Association’s Healthy Bond for Life™ initiative, the AHA has launched Horses Have Heart — a nationwide community celebrating the love of horses for good health and well-being. You can help build healthier lives, free of cardiovascular diseases and stroke by organizing a fundraiser. Learn more at heart.org/horses.



Classifieds:



Del Jones has a saddle rack for sale for \$50. Call him if you’re interested.

For Sale: Beautiful slide out 3 horse Bison LQ trailer, a home on wheels. Just got back from Arkansas. Asking \$35,900 or best offer, or trade for smaller trailer and cash. Pictures available from Marianne Mozelle. Can be seen in Lakeland or call 863-255-7300.



For Sale: AQHA 16yr red roan gelding 15.1h. Recently spent 6 weeks with a trainer. Used around cattle and trail riding Needs intermediate rider. UTD on vaccines, teeth floating and farrier. Easy to handle, good home is a must. \$4800. Would consider trading for a beginner horse. Debbie Spurlock, debbspurlock@icloud.com.

Safe Horses for Parties, Weddings, Community outreach, pictures and/or therapy. Reasonable rates; call Marianne Mozelle, 863-255-7300.

Hand-crafted soaps from advanced certified soap maker Jane Gavin: essential oil soaps, and others. She now makes a Farriers’ soap, inspired by Wayne Elkins and Dani Horton. She also has an all-natural citronella soap that is excellent for horses. Check out her web site at <https://www.soapforthesoul.com/>.

Join the club! Meet some great people who love their horses. Follow us on Facebook and visit us online at <https://floridasporthorseclub.com/>. Happy Trails, where we hope to see you soon!



Florida Sport Horse Club, Inc
Membership New/Renewal Form
August through July, 20__ to 20__



Please complete the form and return it with your check, **payable to the Florida Sport Horse Club**,
 Welcome to our club!

Name(s) _____ Single \$15.00
 _____ Family \$25.00

Joining before September 30? Add a 1-year subscription to Horse & Pony for an extra \$10. Yes _____

Total paid: _____

Address: _____

Email: _____ Birthday: _____

Home phone: _____ Cell: _____

Emergency contact name & phone: _____

For and in consideration of the activities, services and fees paid, Participant hereby does forever and finally release, remise, acquit, satisfy and forever discharge the Florida Sport Horse Club, Inc. (FSHC) of and from all manner of action and actions, cause and causes of action, suit, debts, dues, sums of money, bonds, billings, contracts executions, claims and demands whatsoever, in law or in equity, which may arise for or against the FSHC for the activities of the Association. This document is meant to be a full and complete release from any and all liability that may arise from participating in the activities of the FSHC. The Participant gives this release freely and voluntarily.

 Signed (include legal guardian if under 19 years of age) Date

 Other Family Member(s) Date

Please submit this form and your membership fee to:

Florida Sport Horse Club
c/o Susan Buchanan
9210 Evans Road
Polk City, FL 33868
starlabuchanon@yahoo.com

**The newsletter is sent electronically and is posted on the club's web page each month. If you do not have access to email or Internet, please contact the Club Secretary so it can be snail-mailed to you.