



Florida Sport Horse Club Newsletter

July 2026

<https://floridasporthorseclub.com/>

floridasporthorseclub@gmail.com

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

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Calendar of Club Rides and Events

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

- **Saturday, July 25, 8:30am:** Club ride at Gator Creek. Trail bosses Cheryl & Jeff Kreitman
- **Saturday, August 1, 8:30am:** Club ride at Tenoroc. Trail bosses Cheryl & Jeff Kreitman
- **Saturday, August 8, 4:00pm**—Annual club BBQ and membership meeting
- **Saturday, August 15, 8:30am:** Club ride at Gator Creek. Trail bosses Cheryl & Jeff Kreitman
- **Tuesday, August 18, 11:15am:** Club Dine-Around. Olive Garden, north Lakeland
- **Saturday, August 22, 8:30am:** Club ride at Tenoroc. Trail bosses Cheryl & Jeff Kreitman
- **Saturday, August 29, 8:30am:** Club ride at Gator Creek. Trail bosses Cheryl & Jeff Kreitman
- **Monday, September 21, 6:00pm:** Club dinner & business meeting at the north Lakeland Golden Corral
- **Friday, November 6-Friday, November 13:** Club campout at Tillis Hill

Check the **“Upcoming Events”** section of our web page at <https://floridasporthorseclub.com/> or the **“Events”** section of the Club’s Facebook page (depending on your device, click on “About” and scroll down to events OR click on “More,” then on “Events” from the drop-down menu).

News

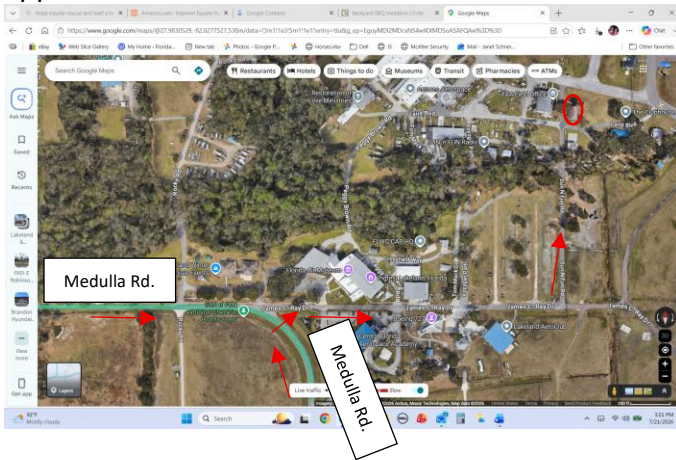
Thanks to Mary Lou and David Waugh, we have a great spot for our August BBQ on August 8, 4:00pm! It will be on the Sun N Fun grounds at Lakeland Linder Airport (4434 Sun N' Fun Road). **DO NOT RELY ON GPS!**

Directions: From Medulla Road, head east on James C. Ray Drive. Turn north (left) on Sun N Fun Road. Continue straight through the 4-way stop with the compass rose painted on the pavement.



You will pass "our" building on the right with the number 4434 over the front porch. (The building faces north, so you won't see it while driving). It's the last building on that road. Parking is just past the building on the right, on the grass.

We're going with a **Western theme**, so break out your cowboy hats, boots and bandanas! An electronic invitation should have been delivered to your emails—prompt RSVPs are deeply appreciated.



The annual BBQ will take the place of our regular 3rd Monday business meeting, so don't come to the north Lakeland Golden Corral on the 17th.

July's Dine-Around was Dena's Place, Lakeland, with 18 people. The next will be **Tuesday, August 18 at the north Lakeland Olive Garden**, 3911 US Hwy 98 N. **RSVP to Rae Gayer by Friday, August 14; Either call or message Rae**—please consult your membership roster to find her phone number.

It's time to think about membership renewals! Our club year runs from August 1 to July 31. The form is at the end of this newsletter. We'll also have the forms at the August BBQ for your convenience.

Part of the officers' jobs includes keeping our official documents up to date. **The club's bylaws have just been revised** and are attached to this newsletter. Bylaws are essential documents that define how a club operates. They serve as the legal framework for the organization, detailing the rules and procedures that govern its activities. Bylaws help ensure that the club functions smoothly and provides clarity on various aspects of its operations. We ask that everyone read them over and be prepared to vote on them at the August BBQ or the September meeting.

Would you like to serve as a club officer?

Nominations are sought; please contact any of the current officers if you are interested.

Hope Equine Rescue has a tasty way to help—

Dinner just got easy on July 29th, 2026! Join them for a delicious meal while supporting the organization!

Date: Wednesday, July 29, 2026

5:00 PM – 10:00 PM

Location: Beef 'O' Brady's Winter Haven 300 Cypress Gardens Blvd, Winter Haven, FL 33880

How to make sure your purchase counts:

- ✓ Dine In: Be sure to tell your server you're participating in our **Spirit Night** before ordering.
- ✓ To-Go Orders: Call your order in at (863) 293-9464 and let them know it's for our Spirit Night.
- ✗ Third-party delivery orders (DoorDash, Uber Eats, etc.) cannot be counted, so please order directly through the restaurant if you'd like your purchase to support Hope.

Karen Turbeville is arranging **camping for Thanksgiving & Christmas** at Green Swamp West, Ashley campground:

- Thanksgiving, Wed 11/25 - Tues 12/1st
- Christmas, Thurs 12/24 - Wed 12/30

Anyone wishing to camp must let Karen know as soon as possible.

Three spots left! Cheryl Kreitman has reserved our **Tillis Hill** sites in November 2026. She has blocked out campsites 1 - 15 and stalls 1 - 30 for 7 nights in November of 2026, with an arrival date of Nov. 6th, departure date Nov 13th. **NOTE:** making your reservation for a site in our group is exceptionally challenging. Cheryl is willing to make the reservation for you.

If you're interested in a **club shirt**, please contact Barbara Charron. They are available in a variety of colors and styles, and are sold at cost.



Remember the club's web page if you need the club's calendar, find a trail map or read the most recent newsletter.

<https://floridasporthorseclub.com/>.

Do you have an idea for a topic or guest speaker at one of our business meetings? If so, please let Mike Charron know.

The **weekday pickup rides** aren't always advertised, so if YOU want to ride during the week please email Janet. She can pass the message along to the club with your desired ride place, day and time.

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!

Follow our Facebook page or web page to all our events, news, and tips are listed. You can even review our club!



Tips & Activities by Members:



Steve Lassiter is facing surgery for his back on August 7.

Sammie Turbeville is doing great after his surgery. We look forward to seeing him back in the saddle this fall.

John Short is also having surgery soon.

Susan Buchanon will be having cataract surgery at the end of July.

Dave Waugh has been in the hospital twice since our last meeting. Heal up, Dave!

Cheryl and Jeff Kreitman had a blast on their northern vacation, this time on a motorcycle rather than via horseback.

Rae Gayer is about to vacation in Maine with friends. She needs the vacation after breaking her leg a month ago.

When the mites start biting the humans, Cheryl Kreitman recommends “creamy baby oil” in a green bottle. It apparently repels the biting bugs.



Hope Equine Rescue has recommended **flavored hydrating powder** from Improve Equine (available from Amazon). Mix in a bucket of water to encourage drinking or sprinkle the powder over feed to hide the taste of medicines or trick a picky eater.

Samplers - No Sugar Added - Low Calorie Feed Topper & Treat (Palate Profile Sampler 3 Pack Horse Water Buffet)

Visit the Improve Equine Store
4.2 ★★★★★ (29) | Search this page

\$12.00 Price history

Unlock a \$150 Amazon Gift Card upon approval for Prime Visa.

prime
Set name: **Palate Profile Sampler 3 Pack Horse Water Buffet**

Palate Profile...	Winner's Circle...	6 Pack Horse Water Buff...
\$12.00 FREE Delivery Friday	\$12.00 (\$12.00 / count) FREE Delivery Thursday	\$25.00 (\$25.00 / count) FREE Delivery Friday

Brand Improve Equine
Flavor Varied Flavors
Age Range (Description) All Life Stages
Item Form Powder
Specific Uses For Product Dehydration, Hydration, Recovery, Stomach, Weight Management

\$12.00 Price history

prime
FREE delivery Friday, July 24.
Order within 8 hrs 53 mins
Deliver to Janet - Lakeland 33810

Only 3 left in stock - order soon.

Quantity: 1

Add to cart
Buy Now

Ships from Amazon
Sold by Improve Equine
Returns Non-returnable due to Food safety reasons
Gift options Available at checkout
See more

Subscribe & Save

Classifieds:

Cathy Botts is selling a small cart that can be used to teach a horse how to drive. Call Cathy at 863-348-2652 for more information



Sarah Miklavcic has a friend looking to rehome 9 rabbits (free) with their cages. The bunnies are pets; she will not allow them to go to slaughter. Call Sarah for details.

Ray and Sunny Cagle raise quality hay in Groveland from the “Hay Hay Ray” company. Several of our members swear by their Tifton; they also have alfalfa and Coastal. Call Sunny at 407-467-7000.

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

New technology for your horse's well-being

BEMER has developed a special signal tailored to the equine body that can improve impaired microcirculation. Through optimally configured coils in the horse blanket, the leg wraps, and the neck applicator, this patented signal operates through a magnetic field on the body of the horse. Through the use of BEMER, an enhancement in relaxation can be achieved, which is a prerequisite for optimal training and overall performance!

HORSE BEMER BENEFITS:

- >> Increases physical performance and optimizes suppleness.
- >> Promotes relaxation and regeneration after exertion.
- >> Improves the anesthetic experience; regeneration after surgery.
- >> Supports parasympathetic processes in the organism.
- >> Improves microcirculation and vasomotion.
- >> Speeds up the recovery process after injury.

*Effects of BEMER physical vascular therapy in horses under training. A randomized, controlled double-blind study, 2007, University of Milan.

FOR MORE INFORMATION
Dr. Lori Shank / ljsdvm@gmail.com / 863-207-8487

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 20__ to July 20__



Please complete the form and return it with your check, **payable to the Florida Sport Horse Club,**
by September 30. Welcome to our club!

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

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
starlabuchanan@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.

Florida Sport Horse Club, Inc. Bylaws

Purpose: The Florida Sport Horse Club is dedicated to trail riding and the preservation of the many riding areas in central Florida. It is family-oriented and open to all breeds of horses. It is based primarily in Polk County and was incorporated as a non-profit organization in 1988.

Governance: Officers are elected by a verbal vote annually in August by the membership. Positions are:

- **President:** The club president serves as the primary leader and representative of the club, overseeing operations, guiding strategy, and fostering a positive, inclusive culture.
- **Vice President for Trails:** Conducts or designates leaders for the weekly rides. Selects locations and promotes safety through the club's trail etiquette guidelines. Diplomatically corrects any riders who fail to follow those guidelines or causes disturbances in the group.
- **Treasurer:** Maintains accurate financial records. Collects dues and disburses funds as needed for authorized bills, expenses and donations. Provides a report to the membership at the monthly business meetings.
- **Secretary:** Takes minutes at business meetings. Maintains the web and Facebook pages. Sends member notification emails via the electronic distribution list. Compiles a monthly newsletter. Maintains club documents on the officer-shared club Google Drive.

Officers may serve multiple years. Officers and their families are not charged dues during their terms in office. A slate of officers will be presented to the membership, with a call for nominations, at least twice before the election.

Membership: The club is open to all riders or non-riders interested in horse-oriented sports. Members are expected to:

- **Attend Meetings and Events:** Regular attendance is crucial. Members should participate in meetings and events to stay informed and engaged with club activities.
- **Communicate:** Members should voice their opinions, respond to surveys, and engage in discussions. Active communication helps prevent misunderstandings and ensures that all members are heard.
- **Encourage Others:** Members should promote the club and encourage friends or associates to join, helping to sustain and grow the club for future generations.
- **Fulfill Duties:** Members are expected to take on responsibilities and contribute to the club's activities, whether through participation in activities, volunteering for events or assisting in planning.
- **Maintain a Positive Attitude:** Keeping a sense of humor and a positive outlook can foster a supportive environment within the club.
- **Prepare for Meetings:** Being prepared for meetings is essential for productive discussions. Members should come ready to contribute and engage.
- **Promote Teamwork:** Encouraging collaboration and a spirit of teamwork among members helps prevent cliques and fosters a more inclusive environment.
- **Follow all Trail Etiquette Guidelines:** The guidelines are designed to ensure safety when riding. Members must follow the guidelines and directions of the trail boss at all times.
- **Provide proof of Coggins:** Members are responsible for a current Coggins for each of their horses brought to club rides/events.
- **Protect Juveniles:** Children under 12 years of age must have adult supervision. As per Florida law, any person under 17 years old must wear a helmet when riding club events.
- **Sign a Hold Harmless:** All members and guests participating in club functions involving horses shall sign a hold harmless agreement.

Policies and procedures:

- Yearly dues are collected in August of every year. Individual or family memberships may be purchased. Those members joining in March or later of each club year will pay half of the annual membership fee.
- Business meetings will be held monthly; officer elections will be held each August.
- Out-of-town visitors/family of members may participate in club rides/activities when accompanied by “their” member. Local non-members may participate in their first 3 club rides with no obligation other than to sign a hold harmless agreement. They will be asked to formally join the club for more events.
- No stallions will be allowed on club riding activities.
- Dogs brought to club events must be kept on leash and are not allowed on trail rides.
- Any additional entry fees (to state parks, shows, other events) will be paid by the attending individuals. For events requiring a deposit, there will be a non-refundable fee due by a date set by the coordinating club member, according to the event and scheduling timeline.
- Any expenditure must be approved by a minimum of 2 officers and must be reported by the Treasurer to members at the monthly meetings.

Members may be expelled for serious misconduct or dishonesty (an action that critically disrupts the club’s activities or events, goals and purposes amounts to dishonesty). Voiced divisive opinions or discourteous behavior leading to mental or physical harm will not be tolerated. Verbal, written or physical threats or abuse will not be accepted between members during or outside of club activities. Such conduct could result in a lifetime ban from FSHC. Before expulsion, a member will be served:

- a notice of intention to proceed;
- a recital of the charges or accusations; and
- a fair, impartial hearing by the officers at which the member may respond to charges.

Revised 2026