Web address: www.sftrdade.org

SOUTH FLORIDA TRAIL RIDERS, INC.

P.O. Box 924946 Princeton, Florida 33092 (305) 4-HORSES (446-7737)

VOLUME XLI ISSUE II OCTOBER 2018

A NOT-FOR-PROFIT, ALL VOLUNTEER, EQUESTRIAN ORGANIZATION

UPCOMING EVENTS FOR THE TRAIL RIDERS

Oct. 01 - Mon. - General Meeting at Latin Mix Rest. Spk: Carrie Hershberger- Camping Prep

Oct. 05 to 8 - Fri.-Mon - Camping – Hickory Hammock, TB. Ray Gonzalez

Oct. 13 - Sat. - Let's Ride for Rett -Redland 100 Ride,. TB: Jessica Winer.

Oct. 14 - Sun. - Broward SFTR Obstacle Event.

Oct. 20 - Sat. - Carlos Cardenas 20 mi Redland 100 Ride. TB Augie Saavedra & Sat. PM- Keg South Toy Drive event. TB Megan Barnes

Oct. 27 - Sat. - Halloween Costume Contest & Redland 100 Ride. TB Nelson & Carolina

Oct. 28 - Sun. - Carlos Cardenas 20mi Redland 100 TB. Bill Guzman

See more inside...

OFFICERS

ALL AREA CODES ARE 305 UNLESS STATED

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mike@watv.net

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Treasurer
Julie Gonzalez 786-261-9020

Secretary
Jessica Winer 331-4642

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Eddie Garcia 812-0881
Heidi Stibitz 794-1257
Sylvia Cruz-Alvarez 479-6640
Ginger Krenz 773-9013

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Wayne Hershberger 206-1698

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Amanda Andujar 907-321-4886

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Carrie Hershberger 206-0317
Wayne Hershberger 206-1698

Historian
Mike Maldonado 331-7599
Deda Maldonado

Hurricane Stalls
Debi Catarineau-Priest 274-7484

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Volunteer Needed

Merchandise
Deborah Brunson 505-7103
Volunteer Needed

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Public Relations
Manny Alvarez
Sylvia Cruz-Alvarez

Sunshine
Anna Kleinholz 786-286-0643

INFORMATION HOTLINE **446-7737**
David Ruiz **305-4-HORSES**
SFSPCA: Laurie Waggoner 825-8826
Printed by: Lumo Print 246-0003

HORSE CHARITIES

The SFTR donates to these charities once a year. These charities are badly in need of donations. Please try to send what you can to help them. Thanks from the SFTR.

South Fla. SPCA
www.helpthehorses.com
P.O. Box 924088
Homestead, Fl. 33092

Horse Protection Association of Florida
www.HPAF.org
20690 NW 130 Ave.
Micanopy, Fl. 32667

F.R.I.E.N.D.S.
www.eiahorses.org
1840 NE 65 Ct.
Ft. Lauderdale, Fl. 33308

TRAIL MANNERS

Good manners is the grease that helps people get along with each other, avoiding friction.

- **16 & UNDER MUST WEAR A HELMET.**
- Be aware of the effect **your** actions have on others, their horses and their property.
- Do not upset your co-riders' horses.
- Ride at a quiet, controlled pace.
- **NEVER PASS OTHERS AT A GALLOP.**
- Keep a safe distance… don't crowd others.
- STAY WITH A DISMOUNTED RIDER
- Respect the property of others. (ie: lawns, farm fields, crops, groves, livestock, etc.)
  - Leave gates as you found them: Open gates should remain open. Closed gates should remain closed.
- **DO NOT PASS THE TRAIL BOSS or drop behind the drag rider.**
- Stay with the trail boss on the same side of the road. Do not split the road.
- Clean up after your horse. Pick up manure or spread it depending on where you are. Do not clean your trailers out when you unload.
- **NO PROFANITY AT ANY SFTR EVENTS.**

REMEMBER! If you mind your manners others won't mind when you and your horse return to ride.

2018 Dates and Places 2018

Call the Hot-line for any cancellations
(305) 4-HORSES 446-7737

Guest Passes are available for local trail rides. Each pass is $5.00 One pass per person per trailride is required for non-members. This pass is not available for any beach rides, Team Penning or Parades. **All area codes are (305) unless otherwise stated. TB=Trail Boss**

Oct 01 **Monday - General Meeting** at Latin Mix Rest. 11368 SW 184 St. 7:00pm dinner, 8:00pm meeting. Speaker: **Carrie Hershberger- Camping Prep**

Oct 05 **Friday -** Camping – **Hickory Hammock,** Fri 5 – Mon 8, **TB: Ray Gonzalez**

Oct 08 **Monday - Board Meeting** Wayne & Carrie Hershberger to host at Julie Gonzalez's home,at 19525 SW 248 Street 7:00pm social, 8:00pm meeting. All SFTR members are welcome to attend and present suggestions.

Oct 13 **Saturday - Let's Ride for Rett** -Redland 100 Ride, TB: Jessica Winer. Arr. 9am, ride out 10am. **RSVP** with your T-shirt size. See Rett article elsewhere in this newsletter.
305-331-4642 Jessica

Oct 14 **Sunday** - Broward SFTR Obstacle Event, 9:30-4:30; Bob Surgan 954-668-9770

Oct 20 **Saturday** - Carlos Cardenas 20 mi Redland 100 Ride #1, Meet at the 136 St and the canal near 187 Av at 9:am TB Augie Saavedra 305-592-1557

- **PM**- Keg South Toy Drive event, Megan Barnes 305-304-0680

Oct 27 Saturday - Halloween Costume Contest & Redland 100 Ride (3+ hrs) ; meet at 24001 sw 212 Av Arr. 3pm, contest 3:30, ride 4pm TB Nelson & Carolina 305-431-1895

Oct 28 Sunday - Carlos Cardenas 20mi Redland 100 Ride #2, Meet at Augie's house 20501 sw 167 Av at 9:am TB. Bill Guzman 786-282-7028

SFTR CAMPING DATES 2018 - 2019

Below scheduled campouts & fees are pending.
Check our website sftrdade.org and future newsletters for any changes and updated information.
You must RSVP to Andrea for all camping trips. (305) 216-2461.
Or email me at pasocorto@aol.com This is to let you know of any changes or cancellations.

Oct. 5 – 8th **Hickory Hammock** - Pavilion, water, cold shower house, primitive, beautiful trails
(Confirmed) **TB: Ray Gonzalez** - Costs: Free

Nov. 22 -25th **Dupuis Reserve-** Stalls, paddocks or your own containment. Shower/bath house Water & portolets.
Book early! **TB: Gina Milhet** - Costs: You must get a permit from Dupuis. For Thanksgiving dinner RSVP https://www.sfwmd.gov/community-residents/recreation/sul

2019

Jan. 4 – 7th **Shangri-la** -Water, tie-outs, must reserve a site. Beautiful trails.
(Confirmed) **TB: Augie Saavedra** - Costs: Reserve America to reserve your site. RSVP ASAP!

Jan. 17 – 21st **Lake X-** Primitive, shower house, no trees, you need portable corrals
(Confirmed) **TB:** - Costs:

Feb. 16 – 23rd **Cracker Trail Ride**

March camping is still tentative. Wait until we send out a confirmation of where we are going.

March 23 – 25th **Layover at McCulley Farms**.
March 25 – 31st Jake & Bull Mountain – N. Ga.
April 4th – 7th **Alafia River State Park**
April 19 – 21st **St. Sebastian Preserve (60 days out to reserve,-will confirm in Feb)**

Check our website sftrdade.org and future newsletters
for any changes and updated information.

PRESIDENT'S MESSAGE

Hello Trail Riders,

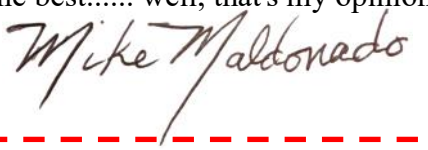
Since our annual renewals are in August I'm always reminded the many reasons some of us join SFTR. I'm told many of you appreciate the concrete stalls available to our members at Tropical Park. Some seem to only remember to update their membership when the Beach Rides approach. And of course we all love to enjoy local rides and camping together.

But if you know our club you must admit we do so much for our members, horse activities in general, and to promote horses in our community. Our Parade Team shows the world our beautiful horses while Thanking those that serve in our defense, celebrating the Holiday season, and demonstrate how much we love our country. SFTR recognizes the importance of our children, so we encourage and support those that take an interest in horses and other farm animals, we hold fundraiser rides for Special Needs children and cancer treatment and research, as well as a toy drive for the needy in our own community.

Come to our meetings. We often have interesting speakers some professionals and some friends and members. For example, Sonny had us tied up in knots, Ginger had us lowering our head and learning to volunteer and soon Carrie will make us all happy campers.

So, for whatever reason you are a trail rider we are a great group, a club, horse lovers, friends, patriots and most of all a family.

If you ride with SFTR you ride with the best..... well, that's my opinion.



Mike Maldonado
President

Nine years ago I had three horses in my care at Kami's place not far from where I live now in west Redlands. While there I met Buddy, a chestnut Quarter horse type. Kami had purchased him for a lesson horse but he didn't like that job. I asked to ride him several times and was turned down "for my own safety". Came a day when Kami was hosting a ride and my main mount Splash had an abscess, so I asked again. I finally got Kami to agree with reservations. The moment we rode out of the gate with Buddy walking calmly on a loose rein Kami looked in amazement and said "he likes you, keep him" and he and I have been Buddies ever since. Many miles and many smiles with that stocky little guy.

Guess which horse is next…

~Mike
mike@watv.net

FIRST EVER…. RIDE FOR RETT SYNDROME

Come for a Redland 100 ride (3 hrs?) on **Sat. Oct. 13** , enjoy your horse, great company and raise awareness. **October is Rett Syndrome Awareness Month** – it is our time to make a difference! Purple is Rett's color, so wear something purple.

We are **not** soliciting donations of any kind at this event, but are merely spreading knowledge about this little known, but devastating disorder. Rett syndrome is a rare genetic neurological and developmental disorder that affects the way the brain develops, causing a progressive inability to use muscles for eye and body movements and speech. It occurs almost exclusively in girls. … Rett syndrome can also cause seizures and intellectual disability.

We will ride different roads in the Redlands, over to the canal and then finish up back at my house for a variety of sandwiches, fruits, and refreshments. It would be great if riders would bring a side dish to share: salads, cut fruit, desserts, chips, dips; and remember to have your chair to sit at lunch. Arrive by 9am to ride out by 10am. Plenty of parking at: 24550 SW 193 Ave, Homestead; 3rd house on the left, gate at the far end past the house. For those who RSVP EARLY, there will be a surprise! So **Please, RSVP 305-331-4642** so I can prepare your surprise & order the sandwiches !!!!

~Jessica Winer

We have 351 family and single members that have joined or renewed for the year. Thank you very much!

Welcome New Members

MEMBER CARDS TAKE 6-8 WEEKS TO PROCESS.

Alexander and Janelis Egozcue
Miami,FL 33177

Aurora Seguinot-Cruz
Homestead,FL 33033

David and Ad elyne Ruiz
Miami Lakes, FL 33014

Jessica Wilkins P
embroke Pines,FL 33029

Julio Cesar Gomez-Silva
and Silvia Lopez
Miami,FL 33186

Kimberly and Kaylee Frickey
Homestead, FL 33035

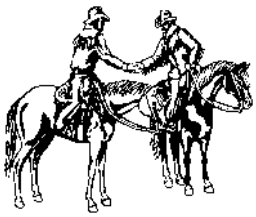
Laura and Felix Diaz
Homestead, FL 33031

Lena B. Sandlin
Ocala,FL 34482

Lisa Milone
Lauderhill,FL 33351

Sue A. Ross
Hollywood,FL 33021

Todd Fischer
Lithia,FL 33547



PRICES FOR ADS ON OUR NEWSLETTER

Camera Ready Material
-Business Card size $60.00 per year
-Full page Ad $80.00 per issue
-1/2 Page Ad $40.00 per issue
-1/4 Page Ad $30.00 per issue

NEWSLETTER

The DEADLINE for all articles & ad copy is:

Send to: sftr@watv.net

DISCOUNTS ARE OFFERED TO SFTR MEMBERS BY THE FOLLOWING BUSINESSES.

Always ask Proprietor for amount of discount & availability.

Robbie's Feed and Supply	22390 SW 177th Ave. (Krome) Miami	247-1256
Silver Palm Feed	15585 SW 232 St. Miami, Fl.	245-0048
Sunset Feed & Supply	7650 S.W. 117 Ave. Kendall	271-0341
Sunset Country	16300 S.W. 296 St. Homestead	245-2935
The VetteSmith Inc. Body shop	10750 SW 188 Street. Miami	252-1256

SUNSHINE REPORT

Our heartfelt condolences go out to Jennifer Law Barnes & Junior for the loss of their 15 yr old riding companion, Summer. Driving, trails, ocean & lake swimming – they did it all together. Also among those who have moved up ahead on the trail... Beverly & Ray Shank had to say good-bye to their family tabby cat of 18 yrs., Bean – may she bask in the sun in the Great Beyond.

Seems as though grandparents JC & Lynn Vina will joyfully welcome grand-baby #2 in the spring; and Happy Anniversary tidings go out to Richard & Iris Dorado! Our SFTR family is growing, with the births of: Riley Michelle to Amaris & Mike Garneau; Emma Louise to Samantha Merz & Shane Hemperley; and Aria Josefine to Barbara Ruiz-Gonzalez & Angel. May the months ahead be filled with joy and happy memories for you all!

Dorys Garcia's mom, Martha, has been in the hospital and we send our positive thoughts for her steady improvement. We are so glad to hear Lisa Morgan's dad, Ralph, is out from his extended hospital stay and is doing better. Meanwhile, Alyce White is passing along a lesson she recently learned: A toe will stop a falling laptop and prevent it from breaking. Note...something will break. We hope your fractured big toe will take only a fast month to heal in your foot cast, so you'll be back in the saddle soon! Walking better on all-fours, Curtis Anderson's horse, CJ, is back in better health and as a pair they are enjoying the trails once again.

We've also heard via the grapevine that Cathy Rosenberg has a new Ridgeback pup...Cane. For sure he'll be your study companion during those long hours of professional projects you develop! News of family & friends influences the sense of community among our members, and celebrates good times and supports difficult times as well. The Kardol family in NC reports they are not in the hurricane danger zone. For that we are happy to hear, and send positive thoughts for those in its wake. As for us, let it be a lesson on preparation, NOT procrastination. See you next month & please keep those Sunshine notes coming to my email.

Happy trails
& great rides!

~Anna Kleinholz
annakrides@gmail.com
786-286-0643

“Nicole's Law”

Effective October 1st, 2009

This law requires any child under the age of 16 years and riding a equine on any public lands, roads, or trails to wear a certified helmet

Business Card Ads
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OCTOBER BIRTHDAYS

Alberto Vasallo
Andrea Sante
Belinda Hebert
Bette Brown
Carmen Sanchez
Carolina Puig
Cheryl Quintana
Christine Plyler
Colby Stroud
Daniela Bunge
Deborah Brunson
Deke Barnes
Doraisky Cevallos
Elisa Dean
Eva Tracy
Felix "Landy" Guillama
Gina Perez
Gioconda Figueroa
Izabella Lara
Jackie Pistor
Joe Somhorst
Kerry Millhiser
LaVonne Love-Dube'
Letty Borbolla
Lily Corrieri
Lucas Bogardus
Maikel Ancheta
Marlene Hernandez
Matt Murray
Matty Cepero
Mayra Saavedra
Nancy Pire
Naomi Sarasola
Oscar Alechvargas
Patrick Tracy
Rafael Dominguez
Sarah Carmichael
Susan Madruga
Susie Randolph
Thomas Scarbary
Ty Legrose
Vanessa Medina
Victoria Price
Wendy Abbott

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SFTR A STRONG PRESENCE AT THE 2018 FREEDOM WALK

September 11 (9-11) is a date I take very seriously. Just a couple of weeks after the radical Muslim terrorist attacks I proposed to the SFTR my idea for a Memorial Ride to honor the victims and to show support for the USA at that time of crisis. It probably was the one of the first, if not the first, event of its kind. We rode from Cathie and Peppy's barn, where I board to Krome Avenue and Quail Roost Drive (SW 200 Street). The dress code was red, white, and blue. I bought large stick flags for everyone. The mood was somber. We did not have any restrictions but on that morning there was none of the constant back and forth banter typical of most trail rides among friends. We were all still in shock. The pain and anger was still raw. Not enough time had lapsed from that tragic day. We still didn't know the answers to many questions. We stood mostly in silence waving our flags at the busy Saturday traffic on Krome. Cars waved and a few honked. During those days most cars and trucks had American Flags. The Flag became the cohesive factor all over the country. Something unrehearsed, a natural reflex most people across the land had. Nothing could be more eloquent of all we felt as a result of the cowardly murderous attack, we all stood with the American Flag and that Flag spoke for us. At that moment we were united.

We continued having our own 9-11 rides over the years. The last ride we had was 11 years ago. After that ride I asked the SFTR Board if we could meld our ride with the VFW Freedom Walk. Someone I knew at the VFW brought over an invitation from the VFW to be part of their event. I figured that one big event would be better than two small events. Ever since we have not only participated in the Freedom Walk, but many of us have helped them organize, promote, and solicit donations for the lunches and other expenses. SFTR members JC and Lynn Vina of Vina Meat Distributors have been providing the hot dogs and hamburgers.

That brings us to the most recent Freedom Walk held September 8. Nearly 45 SFTR members were there either with their horses or as ground support. Our long line of riders carrying flags was a sight to see. We carried the American Flag, State of Florida, POW-MIA, Army, Marines, Navy, Air Force, Coast Guard, VFW Flag, VFW Auxiliary, Vietnam Veterans Flag, Remember 9-11 Flag, and the SFTR Flag. The Remember 9-11 Flag was donated by Mr. San Barquero of "Flags on Cars". It's a beautiful embroidered flag depicting the NY skyline and the Twin Towers. San also donated stick flags, stickers, and a printed flag. This new flag is quite an addition to our parade of flags.

A great turn-out like we had does not happen accidentally. It starts with dedicated and civic minded members willing to give up a Saturday to be there. I would name you all but we don't have the space. I'll do it on Facebook. I also had excellent help from Co-Trail Boss Bonny George Jr. and from Gina Milhet. Lisa Morgan was also a big help in many areas specially coordinating the FFA student volunteers from Felix Valera High School. A big thank you goes to Yleana Escobar, the chapter adviser for FFA. Her students never fail to impress me with their demeanor, work ethic, and manners. You all did a good job. A big thank you also goes to the Veterans of Foreign Wars, Post 4127 Homestead for their commitment to Never Forget the victims of 9-11 and the men and women of the Armed Forces killed in the fight against terrorism.

If you would like to participate in a patriotic event, we have the Veterans Day Parade coming up November 11. Contact Lisa Morgan, Parade Team Director, as soon as possible.

Hopefully I will see many of you at the Veterans Day Parade.

~ *Manny Alvarez* - Co-Trail Boss

SOMETIMES THE CHALLENGE IS HAVING THE PATIENCE TO LET YOUR HORSE LEARN

Whether confronted by a mailbox or rattling rock-tube, having to cross a bridge or tarp, being asked to cross under a tent or through a water box...every horse should be given the opportunity to learn. Our obstacles offered the chance for minis and drafts alike, to see regular trail & foreign objects, determine the threat-level and manage their stress to accomplish each task. The most successful were those who lead their horse first in-hand to desensitize to each obstacle, and then later rode them calmly through the course. Those riders who presented their equine to the obstacle, stopped & waited for their horse to settle & think, and then eased their mount through were rewarded by accomplishing each task with greater ease.

There were about 22 riders, 2 in-hand minis, 4 juniors, 2 FFA volunteers, and many more friends who were loaned a pony or horse to use on the course during the 2 hr. event. Several equines were intolerant to the hectic venue, and they were left tied inside or outside the obstacle pastures. Those equines also learned valuable lessons – relax, learn to tie, learn to unwind and accept different stimuli, and be a better riding partner. It was wonderful to have so many new participants this year, & we thank everyone for coming to our event, having a good time, & bringing delicious sides to share at lunch.

Having added elevated platforms and a fenced bridge (among other items) this year, we are already planning a few new obstacles for next year! Keep your suggestions coming and thank you all again for making our event a success – horses & humans learning together!

~Sonny & Bonny George, Jr.

FINDING
CURES.
SAVING
CHILDREN

KNOW YOUR HORSE

EQUINE NUTRITION: ARTICLE 4

In this article we will discuss electrolytes and electrolyte dietary requirements for horses. The NRC minimum nutrient requirements for a 500kg/1100lb adult horse on maintenance with average activity were published in previous articles.

NRC NUTRIENT REQUIREMENTS ADULT 500kg/1100lb HORSE MAINTENANCE AVERAGE ACTIVITY

Digestible Energy	DE	16.7 Mcal/day
Crude Protein	CP	630 grams/day
Lysine		27.1 grams/day
Electrolytes:		
Sodium	Na	10 grams/day
Potassium	K	5 grams/day
Chloride (not on NRC)	Cl	40 grams/day
Major Minerals: gram amounts g		
Calcium	Ca	20.0 grams/day
Phosphorus	P	14.0 grams/day
Magnesium	Mg	7.5 grams/day
Trace Minerals: Milligram amounts mg		
Iron	Fe	400 mgs/day
Copper	Cu	100 mgs/day
Zinc	Zn	400 mgs/day
Manganese	Mn	400 mgs/day
Iodine	I	3.5 mgs/day
Selenium	Se	1.0 mgs/day
Cobalt		0.5 mgs/day
Vitamin A		15,000 IU/day
Vitamin D		3,300 IU/day
Vitamin E		500 IU/day

SAMPLE ANALYSIS OF TIMOTHY HAY

As Fed/Sampled	%	g/lb
DE Mcal/lb	88	
CP	9.7	44
Est Lysine	34	1.5
ADF	34.6	157.0
NDF	57.3	260.0
WSC	11.7	53.1
ESC	9.0	40.8
Starch	1.6	7.4
NFC	16.6	75.4
Crude Fat	2.2	9.8
Ash	6.1	27.6
Ca	27	1.23
P	20	92
Mg	15	70
K	1.72	7.79
Na	.005	.022
	pm	**mg/lb**
Fe	130	59
Zn	24	11
Cu	16	7
Mn	51	23

The definition of an electrolyte is; a substance that conducts electricity while in solution and which decomposes with application of an electric current. Sodium, potassium and chloride are the chemical elements which are the body's electrolytes. All cellular functions require these electrolytes to be maintained in the correct balance for proper cellular and organ functions. Typically, sodium is in higher concentrations in the extracellular fluid while potassium concentrations are higher in the intracellular space. A few of the body functions that depend on electrolytes are; muscle contraction, nerve impulse conduction, the production and secretion of sweat, saliva, intestinal tract fluids, urine, manure, and mucus, nutrient absorption, and maintenance of normal water balance and hydration. Your horse's body is 70% water. A 500kg/1100lb horse is about 770 lbs of water in body weight. A discussion about electrolytes would include a discussion about water.

. Normal water balance (hydration) is a result of the amount of water being taken in by the body being equal to the amount of water being lost. Water is lost through sweat, urine, manure, and respiration and through milk in the case of lactating mares. The average horse will drink water between 8 and 20 times a day depending on the outside temperature, humidity, and exercise. The NRC publishes the estimated water needs for horses based on weather temperatures and activity.

A 500kg/1100lb horse on maintenance/average activity (not exercising, not sweating) would need:

Temperature (degrees F)	Gallons of water per day
68	5.5 to 10
86	11 to 14
-4	8 to 12.5

Several hormones regulate sodium and water levels in the blood along with absorption and excretion from the gut and excretion from the kidneys. Low water intake results in the blood becoming concentrated with sodium. Hormones tell the kidney it needs to retain water to dilute the blood causing the blood to become more diluted and his urine to be less frequent and more concentrated. The horse will not know that he is thirsty. Normal water intake with low sodium intake results in hormones telling the kidney not to release any sodium and it excretes potassium instead. (note: a potassium deficiency usually requires more sodium, not more potassium). The point here is that the water, sodium, and potassium need to be in balance in the horse's body. The solution is to provide adequate sodium in the diet.

The NRC publishes minimum electrolyte requirements for Sodium and Potassium. Equine nutritionists include Chloride in their recommendations (sodium plus chloride = salt)

In the wild feral horses have large areas to roam and they get salt from natural mineral deposits in the soil. Domestic horses are often limited to smaller grazing areas so salt must be provided either in or along with their feed.

A 500kg/1100lb horse at maintenance with average activity (no exercise, no sweating) needs 10 grams of sodium and 40 grams of chloride a day. Salt is 40% sodium and 60% chloride so 25 grams of salt would provide 10 grams of sodium and 15 grams of chloride. The sample hay tested sodium (Na) at .022 grams per pound of hay so 19 lbs of hay would provide 0.42 grams of sodium for a deficit of 9.6 grams of sodium. The hay I tested over the years was consistently low in sodium. The recommendation from equine nutritionists is to either provide a white salt block or add salt to the feed. One 5 lb white salt block per horse would last about 2 months indicating the horse is getting adequate sodium. If you are not sure that your horse is getting enough salt from the block it is better to just add 2 tablespoons (about 23 grams) of iodized table salt a day to the feed (iodine will be covered in a later article). 2 tablespoons would meet the minimum requirements but in hotter weather, as we have here in South Florida you can add two to four times this amount. Excess sodium will be excreted in the urine. It is not recommended that you use the red salt block that contain trace minerals which are usually provided in feed and/or supplements. This can cause an excess and/or incorrect ratio of trace minerals which is not safe. Also, water softeners that use salt provide a significant amount of salt. Water should be tested before you decide to add salt to your horse's diet. Forage does not provide sodium, but it does contain chloride. Providing salt in your horse's diet (40% sodium and 60% chloride) plus the chloride in the forage will meet the daily requirements for chloride.

Potassium is high in most forages and almost never needs to be supplemented. The NRC minimum requirement is 14 grams per day. The tested hay contained 7.79 grams per pound of potassium (K). So feeding 19 pounds of hay would provide 148 grams per day, well over the minimum requirement. Dietary deficiencies are rare and excess potassium is easily excreted. The bottom line here is that enough potassium and some chloride will be provided in the hay. Sodium, in the form of salt, needs to be supplemented using 2 tablespoons of salt a day or one 5 pound block of white salt every two months at a minimum. Up to 4 times that amount if your horse is sweating.

Written by Susan Boyd and edited by Zachary Franklin, DVM

FIRST RIDE EVER OUT OF ROCKIN' M RANCH

Our first ride ever out of Rockin' M Ranch was great. It was on Sunday right after a Saturday event so only the truly adventurous (or curious) cowboys and cowgirls that didn't have previous commitments could bring horses (or mules).

Henry brought Augie, which I was happy he did because I needed a guide since I'm new to the neighborhood. The weather was great so we headed south toward the canal. Once on the canal we turned east to a fence without a horse gate. Ok, back west to the other side where .... no horse gates. Ok, back to the road and west.... oops we lost a shoe. Let's go back and find the shoe and continue north. Oh wait, the shoe came off again. Continue north on the wrong street .... dead end so over a few streets and.... not the shoe again? Just tie it to your saddle and let's head back, it's clouding up.

Somebody started a "tag, you're it" game, it was either Henry or Augie, those kids! Augie tagged Debi, Debi tagged Renee but Renee couldn't catch the big guy on the big mare, ha,ha,ha!

Time for lunch and the shower waited until most of us were inside the patio. Lots of great desserts and sides to go with my chili.

Some arrived after the ride for the eats and the tour of our new home. Lynn came after work, Sharon and Rob following a change in previous plans and Ben and Sonny, well because they're Ben and Sonny.

All in all we had 6 riders and 5 more for lunch.

And now the thank you's .... Bonny for parking and sign-in, Sam, my son on gate duty and Augie on ride guidance. Oh, and Debi and Henry for fun support.

Thank you all for coming,

~ Mike and Deda

CARLOS CARDENAS 100 FOR 2018

To accomplish the Carlos Cardenas 100 you have to do (5) 20 mile rides. The rides will be:

Oct. 20, 2018 - Meet at 136 St & canal parking lot.
Oct. 28, 2018 - Meet at Augie's house 20501 SW 167 Ave.
Nov. 4, 2018 - Open
Nov. 10, 2018 - Open
Nov. 17, 2018 - Open
Nov. 25, 2018 - Open
Dec. 1, 2018 - Open
Dec. 9, 2018 - Open
Since I need Trail Bosses for all the rides, I will help you plan your rides. Rides starts promptly at 9:00AM.
Augie 305-582-1557

WILLY PEREZ RIDES

I hope all you trail riders are keeping track of your miles so that we have more people to qualify for the 500 mile patch. Even though you might have received one already, continue collecting your hours for another one. Every hour you ride your horse equals 3 miles towards the patch.
If you have any questions please call Augie at 305-582-1557.

Save The Date

1. St. Jude Saddle-Up ride.
   March 2, 2019 Manny Alvarez
   redlandtrail@aol.com

2. Reunion Ride '19
   Jan. 25-27, 2019
   Fla Ag Museum, Palm Coast
   Manny Alvarez
   greatfloridacattle-drive16@aol.com

TROPICAL PARK HURRICANE STALLS

First! Reserve your stalls with Debi Cat-Priest at 305-775-1820. When a Hurricane Watch goes into effect, the barn manager, Pablo Tejeda, will attempt to reach everyone to confirm that you will take possession of your stall. If unsuccessful, he will reassign your stall for that hurricane to someone else. Do not call Pablo unless a Watch is in effect. Email Pablo at PabloT@miamidade.gov and text Debi at 305-775-1820 only if a WATCH is in effect.

Your reservation fee per stall is $26.00. This reserves a stall for the 2018 Hurricane Season.

Once a Hurricane Watch goes into effect and you take possession of your stall, **on the 25th hour you will owe Miami-Dade County an additional daily fee, plus an additional $26.00 to re-reserve your stall for the remainder of the 2018 Season.**

Upon arrival, Pablo will need to see your Coggins papers. Suggested items are flashlight, buckets with clips for water, (muck buckets work), a fly mask, your name, horse's name and phone #'s taped to your stall doors, halter, written on your horse, a bale of hay to put in the stall so the horse has something to keep him busy all the hours he is there etc.

You can't leave anything but your horse at Tropical Park.

Depending on the storm's estimated arrival, Miami-Dade County will lock the park gates.

Once the Hurricane Watch is lifted, you have 48 hours to remove your horse. All stalls must be STRIPPED before leaving or an additional charge per stall will be applied and you will be unable to reserve stalls in the future.

Due to Debi's own hurricane preparations she will not be as responsive if you wait until the last 3 days before a storm to reserve stalls. You may not get a stall if you wait until then. Please reserve now if you want a stall!

Hope to see you on the trail – not at Tropical Park!

ANNUAL SFTR COGGINS EVENT!

Our Coggins event had some setbacks but we at least had the first one. First arrival was Manny, always on time. Soon after Belinda, Jessica and Elsy brought horses. Bonny didn't bring a horse or mule but she did bring the sign in sheet and so much help and enthusiasm. Thank you again Bonny. My son Sam also helped with ground support, I think he is liking horses, especially Delilah.

10 horses got their annual shots and coggins test, four of them mine. We saved about 20% and will save again next year when we do this again. I think more of you will catch on to the idea.

Belinda brought 2 junior helpers, her granddaughters, and we had 1 FFA assistant, Angelina Rivera.

Dr. Gerardo Diaz DVM and Ari Rojas his assist. from Briarwood Equine Associates were fast, efficient, and thorough, and oh so generous with the discount.

Deda and I had hoped to feed people but it seems like everyone had somewhere to be on Sunday afternoon so we will be having chicken for a while.

We had a mini, some draft crosses, and Quarter Horses for microchips, vaccinations & Coggins.

Thank you all for coming... Let's do it again next year around the same date.

~Mike and Deda

SPEAKER SUGGESTIONS

Last year brought to us several great speakers to the general meetings. This year, we would like to hear from you.

If you have any ideas for general meeting speakers or programs, call Ben Kroner at 305-245-2403 or email me at **bdkshoe@bellsouth.net**

We look forward to your input.

"Nicole's Law" - Effective October 1st, 2009

This law requires any child under the age of 16 years and riding a equine on any public lands, roads, or trails to wear a certified helmet

SFSPCA Horse of the Month "Doxie "

Mini • Mare • Black • 2008 est YOB

This little lady's lucky day came on July 8, 2018 when we rescued her and 26 other farm animals in a neglect case, a record for us in terms of number and variety of animals at our Homestead location. Since her rescue, Doxie has settled into ranch life and integrated beautifully with our herd of "littles." Our girl has a collapsed right eye, which doesn't seem to hinder her at all. She's so cute and friendly, and would make a wonderful addition to anyone's barn or farm.

Contact Laurie at Laurie@helpthehorses.com for adoption info. Donations can be made at www.helpthehorses.com

UPDATE ON HORSE OF THE LAST MONTH, "FLIRT" HAS NOT BEEN ADOPTED!

PARADE TEAM NEWS

Hi Parade Team Members,

Just a reminder the next parade is coming up on November 10th - the Homestead Veteran's Day Parade! I hope to see everyone there. Our recent event, the Freedom Walk, saw many new flag carrying SFTR members, so get your formal parade tack & attire ready for our patriotic event to honor our Veterans!

Also in November, is the Jr. Orange Bowl Parade. Please mark your calendar for Sun., Nov. 25. We trailer into Coral Gables by 3pm & this televised parade starts at 5pm. I hope to see you all there. We have had such a great turnout so far, so let's keep it up!

If you would like to join the parade team, please let Bonny (305-233-1897) or myself know, so we can ensure you have everything you need. For those of you who are missing tack or have not received your shirt yet, please contact us ASAP. Thanks for all your enthusiasm and help in making our Parade Team the best ever!

~Lisa Morgan
786-271-4933
01lisamorgan@gmail.com

SFTR's New Parade Team Sponsors

MIAMI MEDICAL CONSULTANTS

We proudly announce our SFTR Parade Team sponsors for 2018-2019, a local health care concierge which has served our community since 1948, Miami Medical Consultants. Located in Coral Gables, their mission is comprehensive medical care of adolescents and adults, through all phases of life. They deliver preventive, diagnostic, therapeutic and palliative strategies and serve as a hub for the coordination and sharing of information among the specialized medical professionals and services patients may need; and as an adviser in the course of complex health care decision making.

Headed by Dr. Robert Cava, MD, FACP, FACR, has been practicing medicine in our community since 1982 and is associated with Dr. Jacqueline Miodownik-Aisenberg, MD, who specializes in Internal Medicine since 2000. Joining Miami Medical Consultants in 2011, Gloria Nunez-Turkel, ARNP, NP-C, FNP-BC, also strives to improve patient's health and quality of life. When Patty Arosemena-Romero heard about the SFTR Parade Team and our club's vision to expand youth involvement and our club's commitment to giving back to our community, as

Practice Administrator she helped make Dr. Cava's sponsorship of our Parade Team possible for the coming year.

We greatly appreciate the sponsorship by Miami Medical Consultants, which has allowed us to revamp the parade uniforms, make repairs & improvements to our flags, and expand parading activities for the greater participation of our club members. The Parade Team's goal to provide community enjoyment, appreciation, & education about equines takes another giant step forward – and for that we are proud to carry our SFTR banner, which sports their logo, in all our parade functions. Thank you all...Dr. Cava, your associates, and Patty, of Miami Medical Consultants!

~ Lisa Morgan

October Specials

Please call or stop by for more details
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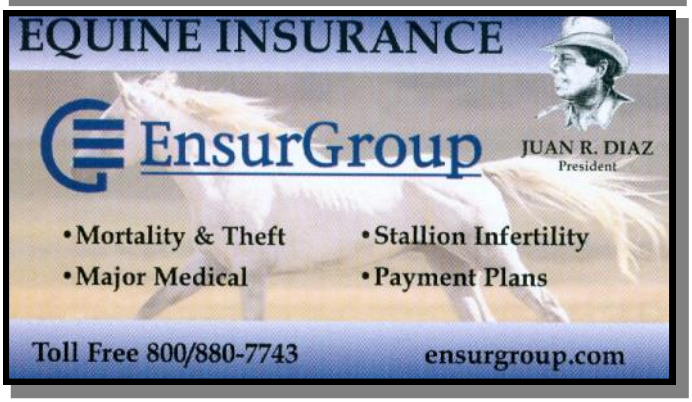
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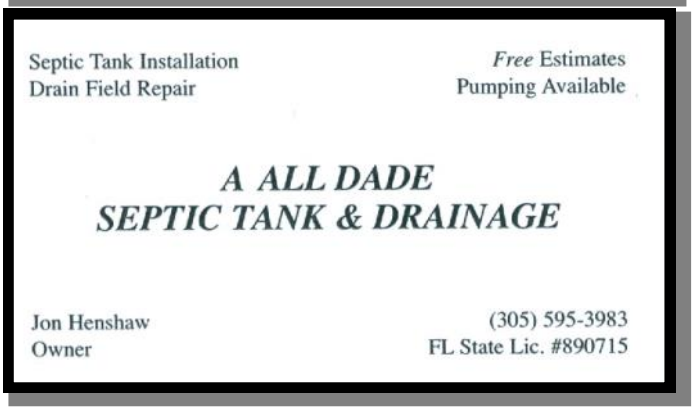
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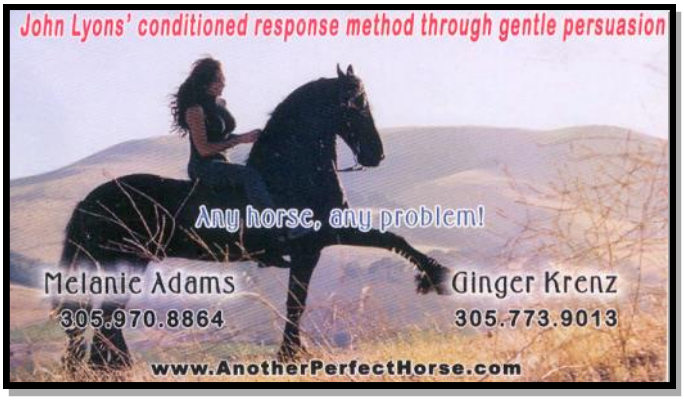

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ISO: I'm looking for a place in homestead where I can rent a house and have my horses. 786-717-8365 Nory

FOR SALE: 13 inch Bob Marshall barrel saddle with square skirt $950 - text or call Laura 305-310-7386

FOR SALE: All Aluminum 1999 Four Star 2 horse Gooseneck Trailer. Weekender LQ w/ AC. Walk through door, Cowboy shower. Electric Jack , new Gas/Elec. Refrig. & W/Heater. New tires, bearings, & seals in 06/2017. $13,500

ISO: Looking for kids who need community service hours or just want to be around horses! Cleaning/feeding and some barn chores with opportunity to ride my well broke mare who is beginner safe! Amanda 907-321-4886

FOR SALE: 3 horse stock trailer new floor needs paint $1500. Call Amanda 907-321-4886

BOARDING: Stall available in horse country with walkout includes feeding 2x daily and cleaning. Arena and turn out on site. Private tack room. Contact Amanda 907-321-4886

In between newsletters you can follow all SFTR activities in our Facebook Page. "South Florida Trail Riders"

FOR SALE - 2 horse bumper pull, electric and lights replaced 5 years ago, mostly fiberglass body, needs a little work, call Fay 305-606-9757. $1800 OBO

BOARDING - Part Board Only- Small Private Barn $150 p/m. On 198 Ave & 184 ST in Redlands. 305-967-2492

BOARDING - 3 stalls available in concrete barn, full board wi/all day turnout. $450 month. Augie 305-582-1557

FOR SALE - 98 Sundowner 2 horse gooseneck straight load. Warmblood size, 7ft 6" h 6ft 6" w. New tires, axles, rebuilt under frame, repacked bearings, redone wiring, lights work. Elec.brakes. Dutch rear doors w/ramp, 2 esc. doors. Mangers, 2 fans, head separator. Carpeted tk room, brush box, extra shelving, bridle hooks, removable saddle rack. 4 ft. shortwall, $7900 Call or text Kathy 954-593-6478

AROUND THE PADDOCK… NO HURRICANES, AND SO WE RIDE!

While holding positive thoughts for those along the eastern seaboard, we are thankful for the better weather (although miserably hot) to ride and enjoy family & friends.

The SFTR student volunteers from Varela High are back with us again this year, and for their participation in making our Parade Team bigger and better we give our sincere thanks! Our club is also offering a year-long mentorship for any FFA students wishing to have an Equine SAE (Supervised Agricultural Experience) and await the FFAs who will benefit by this program to join us at events.

Little Jason McDaniel was proudly sent off to Pre-K by parents Michelle & Lee; and Casey Rosenberg, Cathy & Jeff 's daughter, is the proud owner of a new home! Congratulations on having a piece of the rock.

Adrianna Rue, Amanda & Marcos Andujar's daughter) is currently doing a 4H Mustang Makeover for the next 100 days. Their Mustang meet-n-greet spaghetti fundraiser from 4pm-7:30pm will be at their farm in Horse Country Oct. 6. Contact Amanda for details: 970-321-4886. Welcome "Cheyenne", & good luck to Adrianna...may you both enjoy the journey!

In the cutting arena, Lynn Vina & Maddie won the 35K class and the 15 Amat. class, and JC Vina & Tuff won the 15K & took 3rd in the 2K, at a recent Koren's Quarters Show in Plant City, Fla. And to top it all, Lynn received her Achievement Buckle!! Congratulations on a strong start for the new season.

Celine d'Arbellas & Jesus took a 1st & 2nd in Training Jumper .95 and were Res. Champion in Training Jumpers, at a Plantation Acrea Show. Jesus Carboni – leg healed and soaring high once again! Meanwhile, Andrea Sante won Reserve Hi-Point in a pole bending event in Georgia – Brado & she certainly have talent!

Congratulations to Trey Pearce for his Tri-State Calf Roping achievements, and to Kelly Murphy & her wonderful Oldenburg horse Beaucoup Du Bliss (aka Nickel) – who competed in Jump Chute/2 yr. old div. at the Young Horse Show in Gainesville...and placed 1st!!! This qualifies Nickel to compete at the national level, as Kelly sets her sights eventually on Grand Prix jumping. Congratulations!

Heidi Stibitz, Cindy Proietti, Sandra Font-Falcone & I attended an Equine First Aid seminar sponsored by one of the charities to which the SFTR donates – F.R.I.E.N.D.S. Their rescue takes in a great percentage of equines with major injuries & diseases, rehabs them, & offers adoptions. We greatly appreciated the wealth of information they shared, their superb teaching forum, and the two year certification we each received.

Also on the professional scene, Rachel Pennabella was elected to the Alachua Co. Cattlewomen's Assn. Board of Directors. Rachel was also the emcee at the 2018 Fla. Farm Bureau Distr. Youth Speech Contest, in Gainesville. The topic was the impact of newly introduced agri-mobile apps on the agricultural industry.

We welcome back Silver Ranch Animal Supply (formerly Silver Palm feed on 232 St/ 155 Ave) as owners Serge desMarchais and Kristina St.Jean, along with Cedrick des Marchais have revamped & re-opened their greatly improved store! Stocked with new & refurbished tack, dog/cat/poultry/small animal feeds, grooming & health care supplies, they of course handle everything for our equine needs, including 1,000 lb alfalfa blocks from Idaho (Larsen Farm auth. dealer). Also an auth. dealer of Semican products – alfalfa mini cubes, alf. and T&A pellets, T&A bales, & more, all from Canada. They are exclusive with Excel Equine Feed- the company handles only equine feed, so there is no chance of contamination from poultry/bovine/swine feeds. Open 7 days, and no min. order, no del. fee; Google & Yellow Pages for info. Thank you for re-opening and helping to provide our local community with more great products for our stock!

Please remember to RSVP early to SFTR events, so our Trail Bosses can prepare trails, food, parking, etc. Hope to hear about more interesting activities from our members – it broadens the scope of equestrian participation & builds better friendships within the club!

~ Bonny George, Jr.

PAY ONLINE

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- □ DUAL MEMBERSHIP ($20.00 PER YEAR)
  Must be a full paying member of Broward SFTR

Membership runs from Sept. 1st through Aug. 31st of each year.

PLEASE PRINT CLEARLY

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OCCUPATION _____ DO YOU WANT YOUR PHONE NUMBER PUBLISHED? □ Y □ N

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3)_____4)_____5)_____

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DO YOU HAVE A TRAILER? □ YES □ NO, IF YES, WHAT IS THE TRAILER CAPACITY? _____

WOULD YOU BE WILLING TO HELP TRANSPORT OTHERS? □ YES □ NO

ARE YOU INTERESTED IN HELPING ON A COMMITTEE? □ YES □ NO

DO YOU WANT TO RECEIVE YOUR NEWSLETTER BY EMAIL? □ YES

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DATE _____ SIGNATURE OF APPLICANT_____

Applicant must be 18 years of age or older.
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