

THE NEW Hammock Herald



April 2024

IH TELEPHONE NUMBERS

Gate attendant 863-763-8807
Office 863-763-9401
Office fax 863-357-3857
Manager 863-763-9401
Lodge 863-763-8802
IH Stables 863-801-7908 (cell phone)

OFFICE ADDRESS AND HOURS

Indian Hammock Hunt & Riding Club
32801 Highway 441 North, #400
Okeechobee, Florida 34972-0271
Office hours are 7:30am-4pm Mon-Fri

CLUB EMAIL ADDRESSES

Office email: hammock.office@ihammock.net
Manager's email: matt.dorriety@ihammock.net
Board president email: david.bass@ihammock.net
Hammock Herald: hammock.herald@ihammock.net
Lodge reservations: lodge@ihammock.net
Gate: gate@ihammock.net

CLUB WEBSITE

ihammock.net
(Please contact the office for the password for the protected pages)

Official Club YouTube CHANNEL

"Indian Hammock" - <https://www.youtube.com/@indianhammock>

Official Club Facebook page: "Indian Hammock Hunt & Riding Club, Inc"

<https://www.facebook.com/indianhammockofficial>

Official Club Instagram page

"Indian_Hammock" - [Indian Hammock](https://www.instagram.com/Indian_Hammock)

****For Major Medical or Fire Call 911 First****

Board of Directors for 2024 with email contact information.

David Bass, President	david.bass@ihammock.net
Joe Coyle, First Vice President	joe.coyle@ihammock.net
Tim Ward, Second Vice President	tim.ward@ihammock.net
Corey Miller, Treasurer	corey.miller@ihammock.net
Matt Rector	matt.rector@ihammock.net
Barbara Roberts	barbara.roberts@ihammock.net
Carla Sapp	carla.sapp@ihammock.net

Committee Chairs for 2024

Please obtain their emails and phone numbers from the membership directory on the [website](#).

Appeals Committee—Gwennan Dobson

Archery Committee - Carolyn Breza

Architectural Review Committee - Mike Gildemeyer

Aviation Committee - Sebastian Uebrig

Communications Committee -

Nathalie LaMothe & Cristina Rossodivita, Co-Editors of the New Hammock Herald

Carol Devine, Graphic Design & Webmaster

DeAnne Harland, Proofreader

Community Garden Committee - Leo Rukin

Elections - Gwennan Dobson

Equestrian Committee - Sandy Steinruck

Finance Committee - Corey Miller

Fire Wise Committee - Sandy Steinruck

Fitness Committee - Kathleen Baum

Hunt Committee - Mike Dixon

Membership Committee - Tom Brooks

Pool Committee - Gail MacLain

Preservation Committee - Mary Jo Barkaszi

Rifle and Pistol Committee - Jon Henshaw

Shotgun Sports Committee - Lauren Miller and Bret Davis

Special Events Committee - Caroline Wojdylak

MINUTES & MEETINGS

MARCH MEETING MINUTES

MINUTES OF THE March 17, 2024 MEETING OF THE INDIAN HAMMOCK HUNT AND RIDING CLUB, INC. BOARD OF DIRECTORS

CALL TO ORDER

David Bass called the meeting to order at 8:04 AM. The BOD members in attendance were David Bass, Joe Coyle, Matt Rector, Barbara Roberts, Carla Sapp and Tim Ward on Zoom. Corey Miller was absent.

PLEDGE OF ALLEGIANCE

The pledge of allegiance was recited.

APPROVE February 18 MEETING MINUTES

After the reading of the minutes, Barbara Roberts moved and Joe Coyle seconded to approve the February 18 meeting minutes with amendments. The motion passed unanimously.

TREASURER'S REPORT

We are under budget by \$13,784.13.

MANAGER'S REPORT: Matt Dorriety, Manager

The cost to add cameras at the mall was very expensive. Matt is going to purchase game cameras for the mall.

Brian Cross is a certified burn expert. He gave us an estimate of \$3,500/day to burn the Quail field, Areas 1B and the Dog Training area. It may take more than one day for each of those areas. He will provide the insurance and bring two fire units, an ATV, and personnel for the burn.

Joe Coyle moved and Matt Rector seconded to waive the requirement for three estimates, and hire Brian Cross to do the burns in late May/early June. The exact timeframe will be coordinated with the Hunt Committee, Firewise and the Preservation Committee. The motion passed unanimously.

The Board asked Matt to talk to Lia about the POS system for the lodge. There are still some issues to be resolved.

Matt Rector asked Matt to reseed the deer food plots around the lodge.

COMMITTEE REPORTS:

Architectural Review Committee: Mike Gildemeyer, chair

John Henshaw, Lot 175. Install solar panels on the roof. Barbara Roberts moved and Matt Rector seconded to approve this request, per the Architectural committee recommendation. The motion passed unanimously.

Sturgell, Lot 101. Install a metal cattle style gate with wing fencing at the entrance and build a three-board pressure treated fence around the pond. Barbara Roberts moved and Matt Rector seconded to approve this request, per the Architectural committee recommendation. The motion passed unanimously.

Wojdylak, Lot 266. Install a new roof with a mill finish. Matt Rector moved and Joe Coyle seconded to approve this request per the Architectural Committee recommendation. The motion passed unanimously.

Olsen, Lot #151. Build a new 75' x 40' metal building with a gravel driveway leading to the structure. Matt Rector moved and Barbara Roberts seconded to approve this request, per the Architectural committee recommendation, providing the following conditions are met:

- Member acquires all the county permits.
- Member supplies the contractor's license and insurance.
- Member supplies the subcontractors' licenses and insurance.

The motion passed unanimously.

Membership Committee David Bass gave the report for Tom Brooks, chair.

Joseph Catelli is purchasing Lot 278 and Lot 140. Matt Rector moved and Joe Coyle seconded to waive the right of first refusal and approve this new member. The motion passed unanimously.

Special Events Committee: David Bass gave the report for Caroline Wojdylak, chair.

Barbara Roberts moved and Matt Rector seconded to approve the Easter activities on March 31. The motion passed unanimously.

Matt Rector moved and Barbara Roberts seconded to approve a Community Yard sale on Saturday, April 13. The motion passed unanimously.

Firewise Committee: Sandy Steinruck, chair

A fire training session was held on Saturday, March 9. Two forestry employees attended the session. It was very successful, with another 8 people added to the Emergency Responders team.

Equestrian Committee: Sandy Steinruck, chair

Barbara Roberts moved and Matt Rector seconded to hold an Equestrian Trail Cleaning and a Trail Ride the end of April or early May, dates TBD. The motion passed unanimously.

Communications Committee: Carol Devine, chair

Matt Rector moved and Joe Coyle seconded to provide free advertisement in the Hammock Herald for the 3D Archery shoot, in Stuart, sponsored by Operation 300(501(c)3) to raise funds for the children of Gold Star families. The motion passed unanimously.

Hunt Committee: John Kassing, chair

The Youth Deer Hunt will be put on hold for now.

Matt Rector moved and Joe Coyle seconded to hold Coyote Hunts beginning March 22 - June 27, per the Hunt SOP. The motion passed unanimously.

From the SOP:

6. The IH Manager has authority to coordinate and direct predator hunts for coyote and other predators outside of this established hunting season for population control or otherwise and in accordance with FWC regulations. These sanctioned hunts can be during established hunting hours or at night. Only Member Hunters who have paid the annual hunt fee to hunt and have completed all required documentation before the hunt can participate. There may be additional rules specified by the IH Manager.

OLD BUSINESS:

Resolution of Minor Common Area Encroachments

Barbara Roberts moved and Joe Coyle seconded to approve the License Agreement for Minor/de-minimis Fence or Structure Encroachment, as amended with the following changes:

- The License agreement is not transferable.
- If the fence or structure is 50% or more damaged, it must be removed.
- The \$300,000 of liability insurance is optional and not required.

The motion passed, with Carla Sapp voting against it.

Berry Pollination Project, Leo Rukin, Lot 12

Matt Rector moved and Carla Sapp seconded to authorize the club manager to enter into a written agreement with Leo Rukin for palmetto berry pollination in April and May (approximately 60 days) utilizing up to 432 hives located only on expected berry harvest common land in areas away from residential lots. Matt Rector will be the sponsoring board member for this project. The purpose of the project is for berry pollination only. It is not an RNA experimental program. The motion passed unanimously.

ADJOURN:

Barbara Roberts moved and Matt Rector seconded to adjourn. The motion passed unanimously. The meeting was adjourned at 10:13 AM.

During the last 15 minutes

A discussion was held as to whether to allow containers in the RV Storage area.

Respectfully Submitted by:

Sandy Steinruck, Secretary

MANAGER'S REPORT MARCH 2024

Manager's Report March 2024 To the Board of Directors:

Office: I have spent quite a bit of time in the office working on getting a grasp on the governing documents, rules and regulations, and the financials of Indian Hammock. I have also been working on studying the drainage system so I have a better understanding of what we are working with before we get into the rainy season.

Gate: Our new gate staff members, Ed Chittenden and Susan Furiato, are off to a great start. Several members have made very positive comments on how well they fit in.

Committees: I attended the Emergency Responder Training that was organized by the Firewise Committee on March 9. We had good member attendance, Sandy Steinruck did a great job of covering the duties of the volunteers in case of a fire, and we had a short demonstration of using the new slide-in fire unit. Also attending were Mike Lisecki, Forestry Supervisor for our district, and Pat Dean, Senior Ranger for the Okeechobee Forestry Station. They gave us pointers on what to watch out for in a fire situation, what to expect once Forestry arrives, and how our volunteers can assist them in fighting a fire. Sandy Steinruck and I rode with Brian Cross, who is a certified burn manager to look at the areas that were roller chopped in 1B North and South, we also looked at the scrub area North of the hangars. He has given us an estimate on his charges for his time and equipment for burning those areas. I have also called an additional burn manager for an estimate, and I am waiting on a call back from him. We will also be getting the local Forestry Service involved in some of the future burns.

I am also continuing work on several requests from the Finance Committee, including a plan for additional fire and wind protection of Hammock buildings and the related costs. Consolidation of Operating Accounts at South State Bank is in progress, and we are waiting on checks to clear from Seacoast National Bank.

Buildings/Facilities: Upgrades to the kitchen at the Bird's Nest are essentially complete. All that remains is to install some shelving. The interior was completely stripped, and new drywall, cabinets, flooring, and appliances have been installed. Other than a few electrical upgrades, most of the work has been performed by Indian Hammock staff, and Indian Hammock members have made several contributions that were helpful and are very much appreciated.

Work is complete on repairs at the Rifle and Pistol Range, with a little painting to finish up.

Our staff has begun work on the front entrance to the Lodge, replacing the rotten plywood with Hardi Board, and replacing the front decking, ramp, and railing. The other entrances will still be accessible for entry and exit to the Lodge building while the work on the front entrance is taking place.

New impact resistant doors have been installed at the Fitness Center. They will be painted as soon as possible.

Many times we find that the restroom lights in the Lodge and Cabana are left on, so we will be installing motion detector light switches in those restrooms. The lights will switch on when someone enters and stay on for a maximum of 15 minutes, and if no movement is detected the lights will turn off.

Roads, Land and Drainage: The staff has been working on fulfilling Member Services requests as time allows, so please be patient until we can get to yours. The guys have a lot of work on their schedule.

Mall: This has become a problem area over the last few months, so I would like to remind all members that the 20 yard roll-off dumpster should be only used for incidental items that members need to throw away, things such as old furniture and bulky items that will not fit in the smaller dumpsters near the flagpole area. It is not there for construction or remodeling projects at a member's property, nor for household garbage that should go to the smaller dumpsters. This has created a problem with overloading the dumpster, and we have not been able to schedule Waste Management trucks quickly enough to keep up with it. If a member has a project that will generate large amounts of debris, please schedule a dumpster to be delivered to your property, rather than inconveniencing other members who need to use the dumpster at the Mall.

Annual insurance costs for Indian Hammock vehicles have increased by over 122% due to a reclassification by the insurance company of our vehicle usage. I have received a quote from Farm Bureau, and I am awaiting a call back from State Farm to get a quote from them.

I was able to get a quote on insurance for the playground equipment, but it's very minimal coverage and the cost is over \$6,800.00.

Indian Hammock has received demand letters from Lot 44 and Lot 142. They have been referred to our attorney.

Respectfully,

Matt Dorriety
Indian Hammock Hunt and Riding Club

Please drive carefully. We are little and still need our moms. Thank you for keeping us safe!



New Members



Please welcome new members John and Laura Kolshak, along with their son Conner, from West Palm Beach, Fl. John is an Industrial Contractor and Laura is a Physician. They enjoy all outdoor activities with Laura interested in Pickleball and swimming.

Kolshak Lot 8



Bernkrant Lot 131

Please welcome new member, Shanna Bernkrant, a dentist from Miami. She is married to Miami Banker, Bernardo Lucenca and they have two children, ages 1 and 5 yrs old. All are looking forward to enjoying the outdoor lifestyle as “weekenders”, and Shanna is interested in gardening and the fitness center. Bernardo is a tennis player and would like more information about our trap and skeet.



New Members



We are happy to welcome Pat and Melissa Presutti, who purchased Lots 240 and 241. They are from Fort Pierce, Florida and plan on making Indian Hammock their future full-time home. They look forward to enjoying the gun range, skeet shooting, and the fitness center. Welcome to the Hammock!

Presutti Lot 240-241



Catelli Lot 278

The Membership Committee would like to welcome new member, Joseph Catelli, who is the new owner of lot 278. He comes to us from Exeter, RI where he works as a builder/developer. He plans on building a house on his new lot and will live here part-time. His passion is flying and he is excited about becoming part of our Aviation Committee. When not flying he also enjoys pickleball, swimming and time in the gym.



IMPORTANT MEMBER INFORMATION

Updating your notifications in the Hammock

Did you know that you can customize your Indian Hammock notifications, both email and text? When you are entered into the Notifii system the default settings are for you to receive all notifications by both email and text if the sender sends via both platforms. Many times, email only is chosen by the sender.

Please follow this step-by-step guide to update your preferences.

Step one

Begin by clicking on the "click here" link in any email sent to you through the Notifii system. It is at the bottom of each email.

Sample

This email was sent by Indian Hammock Hunt and Riding Club, 32801 U.S. HWY 441 North #400, Okeechobee, FL 34972. [Click here](#) to unsubscribe or update your preferences.

Step two

You will be taken to a screen to see your current settings. Most likely you will be subscribed to all preferences unless we have made changes at your request already.

Sample



Indian Hammock Hunt and Riding Club
32801 U.S. HWY 441 North #400
Okeechobee, FL 34972
863-763-9401

[UPDATE PREFERENCES FOR \[YOUR NAME & LOT WILL APPEAR HERE\]](#)

Emailing preferences for **[YOUR EMAIL ADDRESS WILL APPEAR HERE]**

Package Notifications

SUBSCRIBE

Community and Emergency Notifications

SUBSCRIBE

Events and Promotions

SUBSCRIBE

Texting preferences for **[YOUR CELL PHONE NUMBER WILL APPEAR HERE]**

Package Notifications

SUBSCRIBE

Community and Emergency Notifications

SUBSCRIBE

Events and Promotions

SUBSCRIBE

[Unsubscribe as you prefer](#)

Step three

Stay subscribed to all notifications or make changes as you prefer. The next sample is an explanation of each category.

Sample

Emailing preferences for

Package Notifications

All packages & letters at the gate

Community and Emergency Notifications

Hammock Herald, menus, president, manager & office notifications

Events and Promotions

Notifications from any Indian Hammock Committee

SUBSCRIBE

SUBSCRIBE

SUBSCRIBE

Texting preferences for

Package Notifications

All packages & letters at the gate

Community and Emergency Notifications

Hammock Herald, menus, president, manager & office notifications

Events and Promotions

Notifications from any Indian Hammock Committee

SUBSCRIBE

SUBSCRIBE

SUBSCRIBE

Step four

Change your preferences as you wish by tapping “subscribe”, changing it to “unsubscribe” then “Update Preferences”.

Sample

Package Notifications

SUBSCRIBE

Community and Emergency Notifications

SUBSCRIBE

Events and Promotions

Sample unsubscribe

UNSUBSCRIBE

Choose "Other"

Please take a moment to tell us why you want to unsubscribe

Other

Type in "Changing preferences"

Changing preferences

Click to submit

Update Preferences



IMPORTANT GATE REMINDERS

- Arrive to pick-up your package only **AFTER** you have been notified by the gate that your package is ready. Packages are **NOT** ready after your carrier alert.
- Wait for the gate attendant to meet you at the shed door. Please be patient, they have many tasks to complete. Safe delivery of packages is only one of them.
- Only the member picking up the package may sign for it. The gate attendant is **NOT** allowed to sign for you.
- Please double check that you have just your packages by reading each label, not just the number written on the box with marker.
- Please do not leave packages at the gate for extended periods of time.
- Don't forget to occasionally check your member folder.
- There is an outgoing mail box in the shed for your convenience. Please just alert the gate attendant that you are entering only to drop off mail.
- There is also a box for items that need to go to the office. Please be sure to use the correct box. They are the same size and color, but are clearly marked.

These procedures are in place to secure the packages that are held for you.

STAY CONNECTED

ALL MONTH

Follow us on social media



IN THE HAMMOCK



Credit: Haas #43—2021

**HAPPENING
SOON**

Join in the FUN

Please join us on Saturday, March 23rd
at 10am in the Lodge for
ROCK PAINTING
Spring/Easter Theme



Or any design you like!

All supplies provided, just bring your imagination!

Help with our **ROCK SNAKE** too



We are still working on growing
our rock garden snake.

Please come paint a section and
watch him grow.

This can be in addition to your
other rock projects.

All paint, no venom!

Easter Egg Hunt Donations Needed

Please help make the 2024 Easter Egg Hunt magical

The Special Events Committee is in need of the following items:



VERY small wrapped candies



Loose coins



Cash is welcome too

Please leave your donations at the gate or the office.

For questions please call or text Caroline at 302-416-0179



Collecting now through March 28th



EASTER BUNNY HELPERS NEEDED

Easter Egg Stuffers

Friday, March 29th at 1pm
at the lodge

Easter Egg Hiders

Sunday, March 31st at 7:30am
at the lodge



**Pre-registration for the
Easter Egg Hunt is appreciated**



**Call the office by March 29th with
names & ages of all participants**

Easter in the Hammock

Sunday, March 31st



Easter Service in the Chapel 8:00 am
Pastor Paul Smith



Easter Brunch
Served all day
8:00am - 3:00pm
No dinner service



Easter Egg Hunt
at the lodge at 10am

Call the office by March 29th to provide them with names & ages of all egg hunters in your group.

Prizes will be awarded by age group.

0-5 years

6-9 years

10-13 years

Over 13 years

Subject to change depending on the number of participants in each age group.



March 31, 2024 | 8 AM to 3 PM

Easter Buffet

Hash Browns

Scrambled Eggs with Cheese & Mixed Veggies

Bacon, Pork Sausage Patties & Turkey Sausage Patties

Southern Style Grits

Pancake Stacks & French Toast Sticks

Chicken Tenders and Fries

Assorted Quiches

Burger Sliders

Chicken & Tuna Salads

Fresh Salads

Coffee/Iced Tea/Sodas

Adults \$24.95 | Kids \$12.95

Please reserve with name, lot number,
number of adults & number of kids.

973-272-5071



Community Yard Sale

Indian Hammock Wide

Saturday, April 13, 2024
11:00am - 2:00pm



Treasures from some of Indian Hammock's members!

Sellers: set-up on your driveway or front yard for visibility. Buyers will come to your lot.



Interest in selling?

Scan the QR code to sign-up to sell.

Or call Caroline to get a ticket. 302-416-0179

Only \$15.00. All proceeds go for more parties.

Maps for buyers will be emailed & at the lodge on 4/13.



For more information text Caroline at 302-416-0179

Cash or checks to sellers.

3-D Archery Shoot

to benefit Operation 300



Sat, April 13, 2024

at

At Operation 300 Camp Site

1 gate past 9335 SW Kansas Ave Stuart FL 34997

Registration starts at 8am, Shoot starts at 9am

2 arrows of 20 targets (40 Shots)

Awesome raffle prizes!

Awesome New Targets!

Awesome Fun!

Awesome Cause!

Adults \$25 / Kids (14 & younger) \$20 – lunch included

Registration the morning of the shoot!

Operation 300 provides an adventure camp right here in Martin County for children who have lost a parent in military service. Operation 300 will touch your heart as an American™

Darryl W. Baker

For Questions Call/Text Darryl @ 772-215-2262 or email pse.bowshop@gmail.com

**CARSON LOW GUN
ANNUAL SPORTING**

CLAY SHOOTING TOURNAMENT



**SATURDAY
APRIL 20, 2024 at 3pm**
George Arata Clay Shooting Shotgun Complex



AWARDS

- Top overall winner
- Top female winner

* Low Gun Position—The highest point of the comb or butt of the gun must be at least 10" below the top of the shoulder and the shooter cannot move his or her gun until pull is called.

GAME FORMAT

Participants will be required to shoot at the low gun position*

Tournament will be held on these fields:

- Field 1—Skeet
- Field 2—Modern Skeet

25 clay round on both Field 1 and Field 2



**Shotgun Sports
Committee**

Ladies'

5-Stand

Shoot



2024 LADIES INVITATIONAL

George Arata Clay Shooting Shotgun Complex

Saturday, May 18, 2024 at 3pm

ABOUT THE EVENT

HELD AT THE 5-STAND

PARTICIPANTS SHOOT TWO— 25 CLAY ROUNDS

AWARDS

TOP FEMALE WINNER



Shotgun Sports
Committee

5-Stand clinics & practice on May 5th and May 12th from 9am to noon

ONGOING EVENTS



Skeet & Trap shoot at the shotgun range Sundays from 9am to noon.



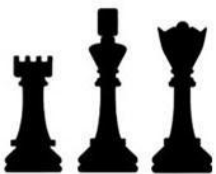
Pickleball practice & play at the courts Saturdays at 8:30am – until we get tired.



**Water Fitness at the pool
Mon, Wed & Fri 10:30am (weather permitting) **On hiatus for the winter****



Bible Study at the lodge led by Lowell Pritchard - Wednesdays 7 to 8pm



**Adult Game Night at the lodge
Thursday evenings 7:30pm**



**Bible Study Group (F.R.O.G.)
(Forever Relying On God)
at the lodge Fridays at 7:30pm**

BE IN THE KNOW

**Courtesy of your
Committees**



Fire Prevention

The weather has been very dry for the last few months. We have lots of dead vegetation and the fire risk is very real.

Unfortunately, removing the dead vegetation and pine needles, clearing, and mowing is not a once a year activity. Check around your house and clean up any dead vegetation and pine needles on a monthly basis. Keep your lawn watered so it does not get dry and die.

If there is a fire near your home...

- Call 9-1-1 and then call the gate. After hours – call Bob, Sandy Steinruck, or a member of the BOD.
- Shut off propane tank valves.
- Take your emergency kit and important papers with you when you evacuate.
- The Indian Hammock First Responders will be notified to help protect your house until Forestry arrives.
- Listen to the Indian Hammock radio channel for information during the fire.
- Evacuate your family, and your animals as soon as possible.
 - ◊ Evacuate your family and small animals to a safe location such as a friend's house far from the fire or to the safe area at the airport or Ed Foster park.
 - ◊ Take your large animals to a friend's paddock far from the fire or to an empty paddock at the Indian Hammock stable.



If you choose to stay with your house....

- Dress in appropriate clothing (ie cotton, work boots, etc).
- Use the water hose to keep your roof, decks, porches, and your lawn wet.
- Listen to and cooperate with the Indian Hammock First Responders and the Forestry Department once they arrive.

Questions?

Contact Sandy Steinruck at 772-834-5207
Firewise Committee Chair



n Target

**Shotgun Sports
Committee**

Dealing With Negative Outcomes *By Todd Bender*

One significant learning point for me was dealing with negative outcomes. A few years ago, as we worked side by side during a Bender-Bassham Seminar, Lanny Bassham said something to our group that piqued my interest. He commented that there is no reason to be afraid or anxious about an impending competition, because only two things can happen — and both are good. You will either shoot very well, which is great, or you will shoot less than expected. But it's these less-than-expected performances where you learn things that push you to the next level, things that allow you to compete at levels that you otherwise would have never attained. I found this enlightening. Why would anyone approach a competition any other way? Learning from your mistakes and focusing on what you did right will make it more likely that the positives occur again, and confidence can grow.

What's the Last Thought You Have Before You Call Pull?

We polled readers about what exactly is going through their head at the moment of truth, and we got some interesting answers:

- “My last thoughts are: proper stance, proper gun mount, and identify the target.”
- “Head on the gun.”
- “Have fun! My coach, Mike Luongo, always reminds me to say this. It keeps me loose and prevents me from putting too much pressure on myself.”
- “The last thought I have before I call pull is ‘one target at a time.’ That is especially true for true pairs.”
- “No matter what else happens, I am going to watch the target and see it break.”
“It's just you, a bird and a gun...just remember, you've got the gun!”

Managing Performance Anxiety by John Shima

In general, performance anxiety makes everything speed up, so waiting for your turn to shoot compounds the anxiety. I make the following suggestions to help shooters manage their performance anxiety.

- **Positivity** – Motivational self-talk boosts your confidence and reduces performance anxiety. Positivity enables you to react to what is happening in the present and eliminate worrying about what-ifs.
- **Relaxation** – Awareness of breath is a method of breathing that affects your mind and body. It reduces the production of stress hormones to quiet your mind and eliminate self-defeating thoughts as well as reduce muscle tension.
- **Diversion** – Daydreaming or listening to music between stations allows your brain to replenish its energy storage so you are ready to focus on the next target when it is your turn to shoot.
- **Attention** – Paying attention is the converse of daydreaming. It is the capacity to maintain selective concentration on the task at hand. Mental discipline is the key to keeping your attention focused on the process necessary to react and respond to the next target.

Poise – Composing yourself to achieve a state of equilibrium in which you feel balanced and alert promotes self-assurance, calmness, grace and dignity. Poise is an inner power that supports your outer actions.

The Basics of Gun Fit by Don Currie

Gunfitters, stock makers and manufacturers use two universal references when communicating stock dimensions: 1.) an imaginary line extending along the centerline of the rib (i.e., “rib line”) from the muzzle end of the shotgun back, up the barrels, past the receiver out to infinity, and 2.) the mid-point of the front face of the trigger. These two reference points are the basis for the four basic dimensions of gun fit. These four dimensions are length of pull (LOP), pitch, drop at comb, and cast. LOP and pitch address shooter comfort and do not affect point of impact (POI). Drop at comb and cast affect the shooter’s target visibility and POI.



IT HAPPENED IN PICTURES

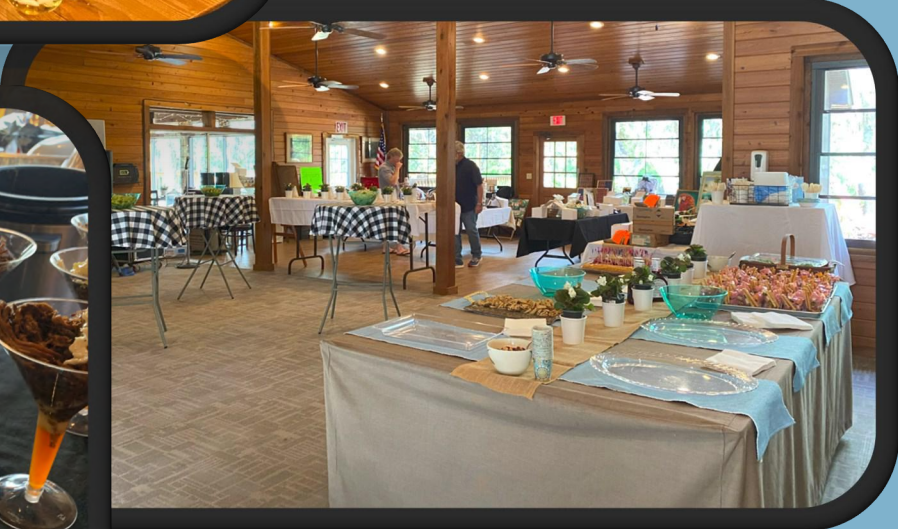
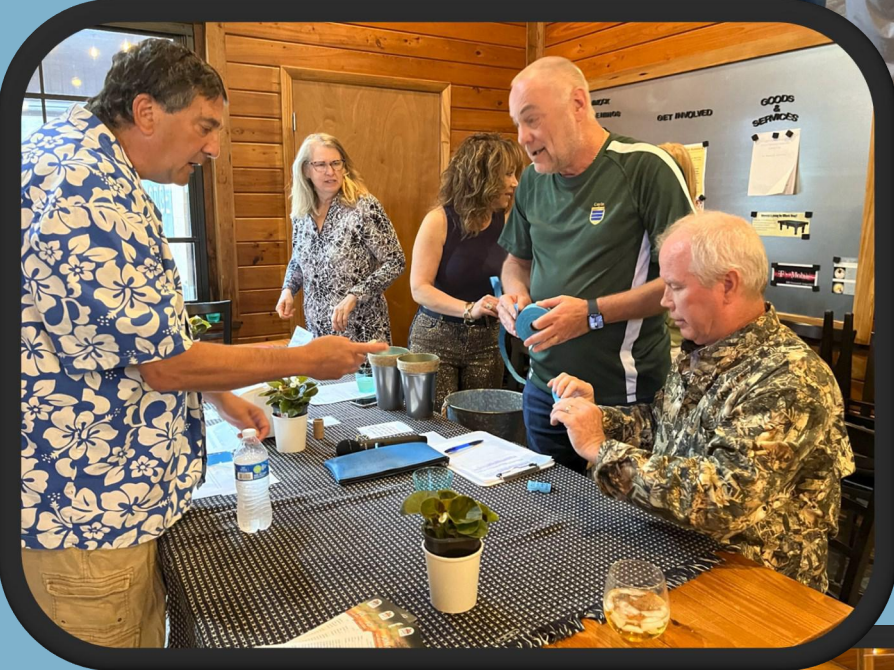
**Thank you for
your participation**

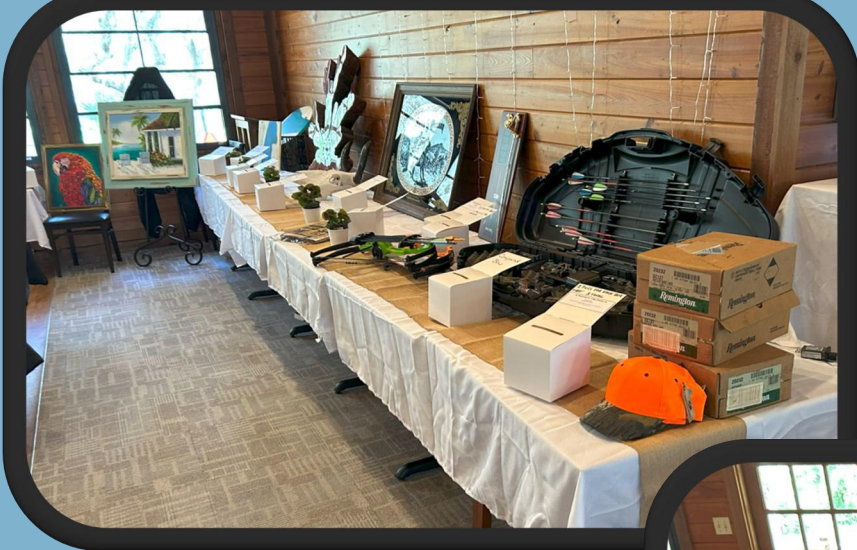
Mike Hogan

Field Dedication



Land Habitat & Wildlife Restoration Fundraiser





IH Shop In Stock Merchandise

Custom order merchandise no longer available

Immediate Delivery!

Embroidery designs



Khaki cap with gate logo \$12.00

Orange & Camo safety hat \$12.00 (no embroidery)



Order at ihammock.net/ihshop



Ladies Med gray short sleeve t-shirt with equestrian logo \$24.00



Ladies Sm short sleeve denim with IHRC & gate logo \$29.00



Ladies Lg short sleeve denim with IH & shotguns \$29.00



Ladies XL short sleeve denim with IH & buck \$29.00



Ladies Med black hoodie with IHRC \$32.00



Men's XL Navy blue hoodie with IHRC & gate logo \$32.00



Men's XL short sleeve denim with IH & buck \$29.00



Men's XXL short sleeve denim with IH & shotguns \$30.00



Unisex Med short sleeve gray t-shirt with IHRC & flag \$15.00



Unisex Med short sleeve gray t-shirt with IHRC & flag \$15.00

Order on our website ihammock.net (IH Shop)

Proceeds support lodge improvements

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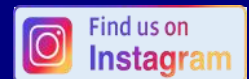
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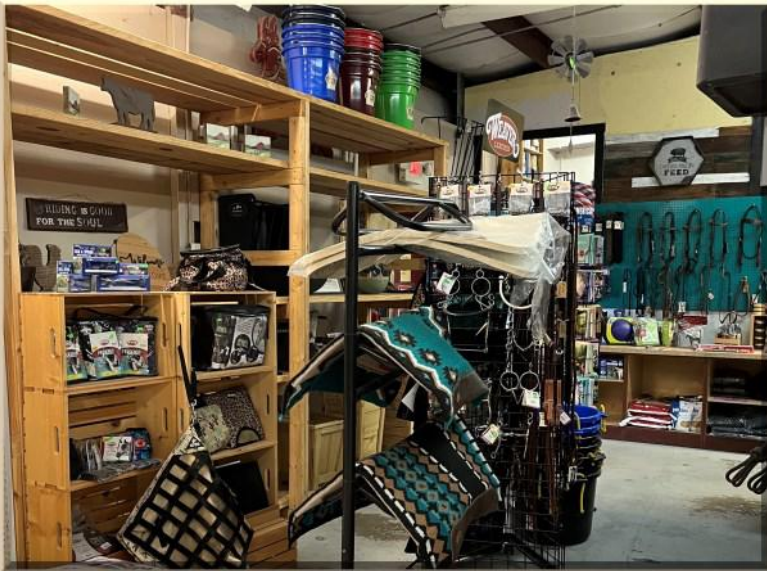


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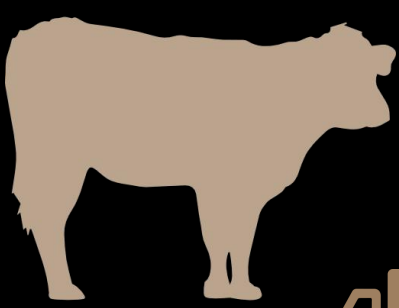


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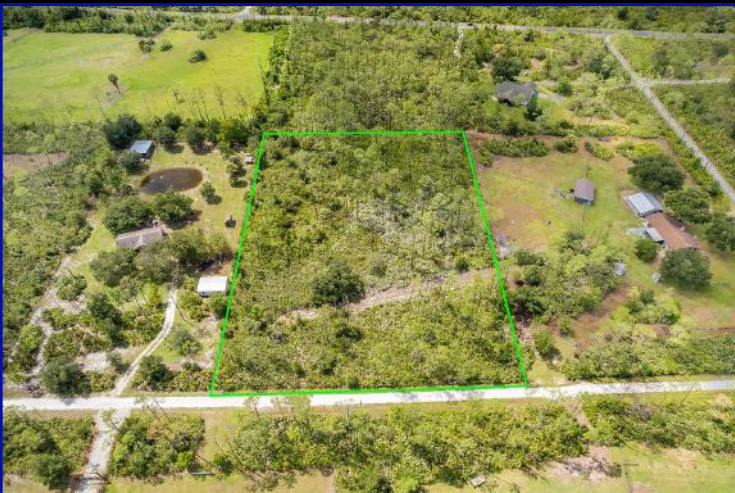


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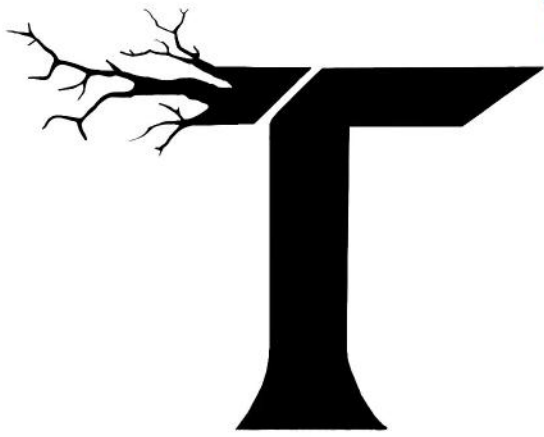


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