

HEARTLINE

No. 3

Jul. – Sept., 2013

**Heartland Chapter, Florida Trail Association,
Serving Polk, Hardee, Highlands and De Soto Counties**

FROM THE CHAIR:

Some wonderful news to be shared about the TrailRider, we now own one thanks to the kind generosity of Alligator Bob (<http://www.gatorbob.com/>). He has provided the remaining funds to purchase the existing TrailRider and has offered up a challenge to the Florida Trail Association by offering to match donations up to \$3,500 so that a second TrailRider can be purchased. You can make donations by check or PayPal (<http://www.wildergimp.org/>) from the Wildergimp Blog page. With the TrailRider we are able to get people out on our trails with us who were previously unable to do so. If you know someone who would be interested in this experience, please let us know.

I would also like to welcome our new chapter officers, Barbara Waldrop, Secretary, and Wayne Dobson, Trails Coordinator. They are taking over from Liane Plumhoff, past Secretary and Monika Hoerl, past Trails Coordinator. We wish to thank both for their service in these positions. I also wish to thank the rest of the chapter officers for their continued service to our chapter in their respective roles. *David, thank you for continuing your service as Chapter Chair. (Newsletter Editor)*

Even though it is the summer and the weather is getting hotter, we have had some great hikes in the past few months and have several coming up. We have been having a great turn out to all of our events and I wish to thank everyone who has come out. We have been seeing some new faces at our events and look forward to having them join us for many more events in the future. Just remember to always take plenty of water and stay hydrated.

We will be planning some trail maintenance along the Kissimmee River in the coming months in preparation to the upcoming thru hiking season. We will be concentrating on the section in the Avon Park Air Force Bombing Range in particular and will be taking some day excursions out to work on various sections of the trail. Keep an eye on our Meetup page for those events. We might camp overnight a few times as well. Our Meetup page can be found at <http://www.meetup.com/Heartland-FTA>.

See you out on the trails!

David Waldrop
Heartland Chapter Chair



CONTACT PERSONS: (Area Code 863 unless listed)

Chair: David Waldrop 605-3587 or david_lwfl@yahoo.com
Treasurer: Monika Hoerl 858-3106
Secretary: Barbara Waldrop 696-2221 or BAWaldrop1@gmail.com
Activity Chair: Maureen Jones 293-5036 or mejones0310@gmail.com
Membership: Ginger Ramsbottom, 439-0986
Newsletter Editor & Activity Leader: Teresa Newgent 813-882-9558 or newgt@msn.com
Trails Coordinator: Wayne Dobson (Home) 551-3229 or (Cell) 206-6315 or dibbs-dobson@tampabay.rr.com
Webmaster: David Waldrop 605-3587 or david_lwfl@yahoo.com
Section Leader/Arbuckle: Jim & Rose Kellermann 676-2889 or Jrkellermann@hotmail.com
Section Leader/Tenoroc: Monika Hoerl 858-3106
Section Leader/Lake Kissimmee State Park: Betty Piper 293-3053 or bpiper2005@aol.com
Section Leader/Tiger Creek: Dawn Arnett 353- 6108 or dawn.renee47@yahoo.com
Section Leader/Kissimmee River: David Waldrop 605-3587 or david_lwfl@yahoo.com
Section Leader/Willingham: Bob Hummel 471-1814
Section Leader/Green Swamp East: Bob Yost 644-5448 or bobalinks3@yahoo.com
Section Leader/Southern End of Western Loop of the FNST: Janice Scroggie Anderson 813-245-1609 or scroggie@aol.com

ACTIVITIES: (If you have trouble reaching the contact person listed in the activity description, please contact Maureen Jones. If you can't reach her, please contact David Waldrop. Contact information for both is listed above.)

Date: July 6, 2013, Saturday

Activity: Chapter Meeting/Bike Ride

Location: **Home of Dave Waldrop**

Description: Bike ride will precede the meeting, followed by lunch of grilled burgers and hot dogs, etc., and then the planning session. According to State law, children must wear helmets. Bring: Bicycle & helmet for the ride, a dish to share based on last names beginning with A-H salad, I-Q call Dave, R-Z dessert.

Contact: David Waldrop at 863-605-3587 for meet-up time and other details. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: July 13, 2013, Saturday

Activity: Day Hike, approx. 5 miles

Location: **Withlacoochee River Park**

Meet at the canoe launch area off Hwy. 98 in Dade City.

Description: Hike the Withlacoochee River Trail, a 5.4-mile loop through cypress and oak hammocks.

Bring: water, snacks and a lunch to eat in the picnic area following the hike, sun and insect protection. Wear good shoes, no flip-flops. Optional: meet at Gator Creek, Lakeland, to carpool.

Contact: Monika Hoerl at 863-858-3106 for meet-up time and other details. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Activities, Cont.

Date: July 20, 2013, Saturday

Activity: Backpacking 201, Intermediate

Location: **Circle B Bar Preserve – Lakeland Area**

Enter south side of SR 540 (Winter Lake Road) between US 98 and Thornhill Rd.

Description: Learn intermediate backpacking skills, appropriate gear, and food supplies and preparation. Pets are not allowed.

Bring: Notebook and pen, water, snacks and lunch.

Contact: David Waldrop at 863-605-3587, or email: david_lwfl@yahoo.com for meet-up time and other details. Also, please RSVP to the chapter online Meet-up page at

<http://www.meetup.com/Heartland-FTA/calendar>.

Date: July 21, 2013, Sunday

Activity: Nature Walk

Location: **Circle B Bar Preserve – Lakeland Area**

Enter south side of SR 540 (Winter Lake Rd.) between US 98 & Thornhill Rd.

Description: Approx. 3 mile walk to view birds and other wildlife at this scenic wildlife preserve, which is home to an oak hammock, freshwater marsh, hardwood swamp and lake shore, a tremendous bird population, including a variety of wading birds, waterfowl, ospreys, and bald eagles. Alligators inhabit Lake Hancock and may be observed from a distance. Pets are not allowed.

Bring: Walking or hiking shoes, water, snacks, sun and insect protection.

Contact: Liane Plumhoff at 863-646-2398 or lplum@verizon.net. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: August 3, 2013, Saturday

Activity: Homemade Ice Cream Social and Lecturer

Location: **Tenoroc Fish Management Area, Lakeland, FL**

Description: This former phosphate mining area consists of lakes, marshes, grasslands and wooded hills, and is an important refuge for wildlife.

Bring: Your own lunch, ice cream ingredient or topping assignment, water, sun and insect protection.

Contact: Monika Hoerl at 863-858-3106 for meet-up time, and to RSVP your attendance. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: August 18, 2013, Sunday

Activity: Nature Walk

Location: **Circle B Bar Preserve – Lakeland Area**

Enter south side of SR 540 (Winter Lake Rd.) between US 98 & Thornhill Rd.

Description: Approx. 3 mile walk to view birds and other wildlife at this scenic wildlife preserve, which is home to an oak hammock, freshwater marsh, hardwood swamp and lake shore, a tremendous bird population, including a variety of wading birds, waterfowl, ospreys, and bald eagles. Alligators inhabit Lake Hancock and may be observed from a distance. Pets are not allowed.

Bring: Walking or hiking shoes, water, snacks, sun and insect protection.

Contact: Liane Plumhoff at 863-646-2398 or lplum@verizon.net. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Activities, Cont.

Date: August 24-25, 2013, Saturday-Sunday

Activity: Trail Maintenance

Location: **KICCO Wildlife Management Area**

Off SR 60 east of Lake Wales. Meet at entrance to Westgate River Ranch Resort on right when traveling east.

Description: Come for the day or camp (primitive) overnight.

Bring: water, food for snacks, lunch and/or dinner depending on the time you will spend there, sun and insect protection.

Contact: David Waldrop at 863-605-3587, or email: david_lwfl@yahoo.com for meet-up time, to confirm that the trail isn't under water, and other details. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: September 7, 2013, Saturday

Activity: Chapter Meeting, hike, pot-luck lunch, and planning session

Location: **Paynes Creek Historic State Park**

Off US-17 in Bowling Green (Admission fee required)

Description: A short hike will precede our bi-monthly meeting, which is followed by a pot-luck lunch, and planning session.

Bring: Sun and bug protection, snacks, water, and a dish to share based on last names beginning with A-H Main Dish, I-Q Dessert, R-Z Salad.

Contact: David Waldrop at 863-605-3587 or email: david_lwfl@yahoo.com. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: September 15, 2013, Sunday

Activity: Nature Walk

Location: **Circle B Bar Preserve – Lakeland Area**

Enter south side of SR 540 (Winter Lake Rd.) between US 98 & Thornhill Rd.

Description: Approx. 3 mile walk to view birds and other wildlife at this scenic wildlife preserve, which is home to an oak hammock, freshwater marsh, hardwood swamp and lake shore, a tremendous bird population, including a variety of wading birds, waterfowl, ospreys, and bald eagles. Alligators inhabit Lake Hancock and may be observed from a distance. Pets are not allowed.

Bring: Walking or hiking shoes, water, snacks, sun and insect protection.

Contact: Liane Plumhoff at 863-646-2398 or lplum@verizon.net. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: September 21, 2013, Saturday

Activity #1: Paddle Livingston (Reedy) Creek

Location: **Lake Wales Ridge State Forest, Frostproof**

Description: Paddle a scenic creek through the forest starting at Rucks Dairy Rd. and taking out at Lake Arbuckle Campground. Nine (9) kayaks will be available, free, on a first call, first served basis. For those using a free kayak, a release form will need to be signed.

Bring: water, snack and/or lunch, sun and insect protection. For those using their own kayaks, bring in addition to the items already listed, a life preserver and other gear.

Contact: David Waldrop at 863-605-3587 or email: david_lwfl@yahoo.com. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Activities, Cont.

Date: September 21, 2013, Saturday

Activity #2: Dinner and Moonlight Hike

Location: **Louie Mack’s Steakhouse (outdoor patio)**

Restaurant located in the Centerpoint Plaza on Hwy. 37 in Lakeland

Description: Outdoor seating, choose from the bar menu (sandwiches, salads, burgers, appetizers, and some dinners) or the main menu. Dogs are welcome on this hike and at Louie Mack’s. After dinner, hike around Lake Hollingsworth beginning at the Presbyterian Church parking lot on Lake Hollingsworth.

Bring: Hiking or walking shoes, water, bug protection. Pay for your own dinner.

Contact: Maureen Jones at 863-585-8459 or email mejones0310@gmail.com for meet-up time and other details. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: September 28, 2013, Saturday

Activity: Backpacking 101 Course

Location: **Circle B Bar Preserve – Lakeland Area**

Description: Learn the essentials necessary to go on any type of backpacking trip from day hike, overnight or multi-day trips. Pets are not allowed.

Bring: Notebook, pen and any backpacking equipment you want to review with our instructor, Dave Waldrop.

Contact: David Waldrop at 863-605-3587, or email: david_lwfl@yahoo.com for meet-up time and other details. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

WELCOME NEW MEMBERS!!!

The officers and current members of the Heartland Chapter of the Florida Trail Association are pleased to welcome the following new members, who are listed in alphabetical order by last name(s):

James Ajac, Winter Haven
Durwood Avery, Ft. Meade
Everett LeClaire, Winter Haven

Mark MacBeth, Sebring
Jill Piltz, Davenport
Virginia Rentz, Mulberry

New members, please be aware that if you provided your email address on your membership application, you’ll receive the chapter’s newsletter by email, as well as other pertinent information. All members are appreciated and we thank you for your membership.

ANNUAL CAMPING TRIP TO NORTH CAROLINA

This year, camping will be at Linville Falls Campground starting July 14 and returning home on July 21, 2013. Four campsites have already been reserved and three of them have been spoken for, but others can be reserved as needed. Nancy Needs, at nanspath@aol.com, needs to know as soon as possible of anyone interested in participating in this activity. Also, cabins are available to rent, so please let Nancy know if you’d like to camp or rent a cabin.

CHAPTER T-SHIRT ORDERS

T-shirt orders will be taken at the July chapter meeting on July 6. You will have a choice of 3 different styles and many colors. The prices are as follows: \$11.00 for small, medium & large, and \$12 for extra large or larger. The t-shirts will have to be paid for at the time of ordering.

RECAP OF LAST QUARTER'S ACTIVITIES

June 8, 2013 – Hike from Saddle Creek to Tenoroc and Back.

Twenty people participated and everyone seemed to enjoy the activity and the location. Several participants replied on Meet-up that they enjoyed the hike. It was nice to have such a pleasant variety of people with different interests and different ages. The weather was humid, but as the sun wasn't shining, it wasn't too bad. We saw an unusual-looking moth and a snake that may have been a rattler, but it didn't bother anyone. Someone left a black hiking stick in the restroom. Please contact Monika if it's yours. Monika Hoerl/Teresa Newgent

June 15, 2013 – Bike Ride on Suncoast Trail

Our ride started at McDonald's on SR 54 in Odessa. We rode the Suncoast Trail along the Suncoast Expressway (toll road) until we got to the trail into Starkey Park. There were five of us on the ride and pretty much everyone agreed that the trail into the park was nicer than the trail along the toll road. Among other things, we checked out the camping area and the cabins at the park.

OUR CHAPTER'S WEBSITE ADDRESS, ETC.

Our chapter's website address is <http://heartland.floridatrail.org> and our chapter's online photo gallery can be found at <http://fta-heartland.smugmug.com>. For directions for submitting photos to smugmug, please email David Waldrop at david_lwfl@yahoo.com.

WHAT TO BRING ON A DAY HIKE

Water or other beverage (at least 2 quarts)	Sunglasses and hat
Insect repellent	Sunscreen
Small first aid kit	Personal ID
Snacks and/or lunch, depending on length of hike	Rain gear, if needed
Sit upon or folding stool for lunch on the trail	
Plastic bag & at least 1 glove, if desired, to pick up & bring trash out	

Be sure to tell someone at home where you are going and when you expect to return!

HISTORY OF OUR CHAPTER

Organized in 1976 as the Lake Kissimmee Chapter of the Florida Trail Association, the Heartland Chapter covers the heart of Central Florida, from the Green Swamp south through the southern reaches of the Lake Wales Ridge, along the Peace and Kissimmee Rivers. The chapter began with trail building and maintenance as our primary mission, and completed the initial building and maintenance of the trails in the Richloam Tract of the Withlacoochee State Forest as well as Hickory Hammock along the Kissimmee River before turning these trails over to adjoining chapters. In addition to numerous side and loop trails on public lands, the chapter maintains a swath of the Florida National Scenic Trail from the Green Swamp to Bluff Hammock. Under master carpenter Roland Alderman, bridge building became the chapter's forte. Many of our original bridges withstood the hurricanes of 2004. There are always new trails being blazed under the direction of our dedicated section leaders and advisors. Source: A document with the FTA logo and the Gainesville office address, phone #, website address, and email address on it.

Florida Trail Association Mission Statement

The Florida Trail Association develops, maintains, protects and promotes a network of hiking trails throughout the state, including the unique Florida National Scenic Trail. Together with our partners we provide opportunities for the public to hike, engage in outdoor recreation, participate in environmental education and contribute to meaningful volunteer work.

RISK ASSUMPTION:

There are certain risks, which are inherent in any hike or other Florida Trail Association Activity. Each FTA member, guest, or non-member hiker agrees to accept personal responsibility for his or her safety and the safety of minors accompanying such persons. The Association cannot ensure the safety of any participant on hikes or activities. When participating in Association activities, each person agrees to hold harmless and free from all blame the activity leaders and the Florida Trail Association... it's officers and members... for any accident, injury or illness, which may be sustained from participating in Association activities.