

# HEARTLINE

No. 2

Apr. – Jun., 2010

Heartland Chapter, Florida Trail Association,  
Serving Polk, Hardee, Highlands and Desoto Counties

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## FROM THE CHAIR:

April 24th is Earth Day. Many know this, but few know how and when it was established and who was concerned enough about the environment to call our attention to the problems facing our planet. Senator Gaylord Nelson of Wisconsin was this person. For most of his political life he worked on issues concerning the environment and the pollutants and poisons that were slowly destroying it. He had a major role in DDT being banned for use in the United States. He wanted to find a way to focus public attention on the environment. He first enlisted President Kennedy in 1963. Kennedy traveled to many states speaking on the need to conserve natural resources, but it received very little media attention. Senator Nelson knew he needed to get the nation as a whole to "wake up and pay attention to the most important challenge the human species faces on the planet". The idea to have a Nationwide Teach-In came from reading an article about an anti-Vietnam war teach-in being held at a local college. He immediately began to raise funds to get EARTH DAY started. He contacted the governors of all 50 states and solicited their help. He contacted the mayors of major cities asking them to issue Earth Day Proclamations. Thus on April 22, 1970 the first Earth Day was held. An estimated 20 million people participated in educational activities and community events all held in order to educate communities on the condition of the environment and what each of us can do to improve it. Senator Nelson stated: Our goal is an environment of decency, quality, and mutual respect for all other human creatures and for ALL living creatures. The battle to restore damages already done and to protect the earth from future damage is an ongoing one and we should never abandon our efforts to protect it.

As the 40th anniversary of Earth Day approaches we will celebrate as they did April 22, 1970. We will "do our part". We will pick up trash in our area, recycle plastic and paper and batteries and tires. Some will plant something such as a garden, herbs, flowers, and trees to add oxygen to the air and clean toxins out. All of these things are wonderful things to do. But, don't stop with one day. Do these things every day. Join volunteer organizations that work at keeping the earth clean every day. Let's make a habit of doing our part every day.

See You In The Woods, Betty Piper, Chair



**CONTACT PERSONS:** (Area Code 863 unless listed)

Chair: Betty Piper 293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com)

Co-chair: Melissa Bruneau (407) 460-1388 or [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.com)

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Section Leader/Lake Kissimmee State Park: Betty Piper 293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com)

Section Leader/Tiger Creek: Melissa Bruneau (407) 460-1388 or [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.com)

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Section Leader/Willingham: Bob Hummel 471-1814

Section Leader/Green Swamp East: Bob Yost 644-5448 or [bobalinks2@aol.com](mailto:bobalinks2@aol.com)

Section Leader/Southern End of Western Loop of the FNST: Janice Scroggie Anderson 813-245-1609 or [scroggie@aol.com](mailto: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 Betty Piper. Contact information for both is listed above.)

Apr. 8, 2010, Thurs. Public/Moderate

Mid-week Day Hike, approx. 5 miles (2 hours)

Loyce E. Harpe/Carter Rd Park Mulberry, FL

Contact: Connie Evers at 863-944-8160 or [clevvers1@hotmail.com](mailto:clevvers1@hotmail.com)

Apr. 10 & 11, 2010, Sat. & Sun. Public/Moderate

Trail Improvement

Tiger Creek

Overnight camping optional (primitive, RV or tent)

Contact: Melissa Bruneau, phone 863-407-6650, or email [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.com) for meeting time and other details.

Apr. 17, 2010, Sat. Public/Moderate

Bike Ride, 20 miles,

Van Fleet Trail, a paved scenic rails-to-trails bike trail. Ride begins at the trailhead on Berkley Rd., Polk City. We will take a rest break at the 10 mile point where there are picnic tables and restrooms. Bring your bicycle, helmet, water, and snacks.

Contact: Maureen Jones, phone 863-293-5036, or email [mjones206@tampabay.rr.com](mailto:mjones206@tampabay.rr.com) for meeting time.

## **ACTIVITIES, cont.**

Apr. 17, 2010, Sat. Public/Leisure

Day Hike, approx. 7 miles

Lake Wales Ridge State Forest, Arbuckle tract.

The trail follows the bluff over Reedy Creek through the pine-Cutthroat grass areas to Lake Arbuckle, then along the undeveloped lake front to the cross trail leading to historic McClean cabin. The trail then wanders through the scrub oak, pine and cutthroat grass area to Lake Godwin. At this point, a shuttle car will take the group back to the starting point.

Bring water, snacks and/or lunch, sun and insect protection.

Contact: Melissa Bruneau at 407-460-1388 or [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.com) for details.

Apr. 22, 2010, Thurs. Public/Moderate

Mid-week Day Hike, approx. 5 miles (2 hours)

Loyce E. Harpe/Carter Rd Park Mulberry, FL

Contact: Connie Evers at 863-944-8160 or [clevers1@hotmail.com](mailto:clevers1@hotmail.com)

Apr. 24, 2010, Sat. Public/Leisure

Earth Day Walk/guided tour (Approx. 1-1/2 hrs.)

Circle B Bar Reserve – Lakeland area.

Join the Heartland Chapter as we celebrate the 40<sup>th</sup> anniversary of Earth Day with a hike at Circle B Bar. Senator Gaylord Nelson of Wisconsin is the Founder of Earth Day. In 1962 he was concerned with the state of the environment and proposed a Conservation Tour to assess the situation to President John F. Kennedy. This was the seed for the movement that ultimately flowered into Earth Day on April 22, 1970. Earth Day worked because of spontaneous response by Americans at the grassroots level. Twenty million demonstrators, including thousands of schools and communities, participated in that first celebration. As a result many environmental laws were enacted, such as the Clean Air Act and the Water Quality Improvement Act. Effects of these can be seen in the transformation of the Great Lakes from dying waters polluted by industry to places of recreation where fish are returning and people can swim. Today concern for the environment is lengthening lives and lessening human misery by reducing the poisons in our air, water, and soil. Do your part by not littering as you enjoy the beautiful outdoors wherever you may traverse.

Entrance to Circle B Bar on south side of SR 540 (Winter Lake Road) between US 98 and Thornhill Rd.

Contact: Ken Williams 863-602-5185 or 863-686-1818 or email to [dec1966@aol.com](mailto:dec1966@aol.com) for schedule and other details.

May 1, 2010, Sat. Public/Leisure

Chapter Meeting, hike and potluck lunch.

Highlands Hammock State Park, off US 27 on SR 634 (also known as Hammock Road), four miles west of Sebring. For Pot Luck lunch, please bring a dish to share based on last names beginning with A-H Dessert, I-Q Salad, R-Z Main Dish.

Contact: Betty Piper at 863-293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com) for more information.

May 8, 2010, Sat. Public/Leisure

Day Hike

Tenoroc Fish Management Area – Lakeland

Bring water, snacks, sun and insect protection.

Contact: Monika Hoerl at 863-858-3106 for meeting time and other details.

**ACTIVITIES, cont.**

May 15, 2010, Sat. Public/Leisure

Day hike.

Lake Kissimmee State Park, a beautiful park with a cow camp where old-time relics are on display and an old timer to tell stories of years gone by and an observation tower on the lake.

Bring water, snacks, sun and insect protection.

Contact: Betty Piper at 863-293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com) for more information.

May 22, 2010, Sat. Public/Leisure to Moderate

Kayaking

Chain O' Lakes, Winter Haven

Kayak the Chain-O-Lakes from Lake Shipp Park through Lake Lulu to Lake Eloise.

Bring a kayak (no rentals available), life jacket, sun protection, snacks, and water.

Contact: Maureen Jones 863-293-5036 or email [mjones206@tampabay.rr.com](mailto:mjones206@tampabay.rr.com).

May 28, 2010, Fri., Public/Moderate

Full Moon Bike Ride, approximately 20 miles round trip

Gen. James van Fleet State Trail

The Van Fleet Trail is a great place for bicyclists, hikers, joggers, and horseback riders. The 29-mile trail through the Green Swamp was once a railroad track that has been converted for recreational use. Helmet required.

Contact: Melissa Bruneau at 407-460-1388 or [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.com) for meeting time and other details.

Jun. 5, 2010, Sat. Public/Leisure

Day Hike on National Trails Day

Colt Creek State Park, Lakeland

This 5067 acre park within the Green Swamp Wilderness Area is comprised mainly of pine flat woods, cypress domes and open pasture land, this piece of pristine wilderness is home to many animal species including the American Bald Eagle, Sherman's Fox Squirrel, gopher tortoise, white-tailed deer, wild turkey and bobcat.

Bring water, snacks, sun and insect protection.

Contact: Janice Anderson, phone 813-345-1609 or email [scroggie@aol.com](mailto:scroggie@aol.com) for meeting time and other information.

Jun. 12, 2010, Sat. Public/Leisure

Heartland Chapter Annual Dinner at 5:00 p.m.

Olive Garden Restaurant, 405 Cypress Gardens Blvd., Winter Haven 33830; 863-294-6641

Contact: Betty Piper at 863-293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com) for more information.

Jun. 12, 2010, Sat. Public/Leisure

Day Hike

Tenoroc Fish Management Area – Lakeland

Bring water, snacks, sun and insect protection.

Contact: Monika Hoerl at 863-858-3106 for meeting time and other details.

## **ACTIVITIES, cont.**

Jun. 19, 2010, Sat. Public/Leisure

Kayaking

Peace River, Bartow

Bring a kayak, life jacket, brimmed hat, water, snacks, sun and insect protection.

Contact: Melissa Bruneau, phone 407-460-1388 or email [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.com) for details.

Jun. 26, 2010, Sat. Members only/Leisure

CPR/First Aid Certification and Re-certification Class

Circle B Bar Nature Preserve; MUST PRE-REGISTER BY JUNE 4, 2010.

From 9 a – 5 p. Cost is \$50 to register.

Contact Betty Piper for Pre-Registering and for other details at 863-293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com).

Jul. 3, 2010, Sat. Public/Leisure

Chapter Meeting

Hosted by David Waldrop and Melissa Bruneau at their home in Lake Wales.

Hot dogs and hamburgers will be provided. To share for lunch, last names beginning with A – Q bring a salad or side dish and R - Z bring a dessert.

Contact: Melissa Bruneau at 407-460-1388 or [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.com) or David Waldrop at 863-605-3587 for meeting time and other details.

## **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):

Carl Edgemon, Lake Placid  
Christine & Brian Goding, Lakeland  
Frank Kiefer, Lakeland

Anthony & Frances McMichael, Winter Haven  
R C Thierbach, Lakeland

All members are appreciated and we thank you for your membership. New members, when you participate in an activity such as a hike, a bike ride, or a paddle, tell someone where you're going and when you'll be back. Trailheads are at the beginning of trails. For finding a trail at a place other than the Trailhead, look for orange, blue, or white blazes. A blaze is painted on a tree or a post, etc. and is dollar bill sized. If you lose sight of blazes while hiking, stop walking to look at a GPS, if you have one, or continue walking forward until you see another blaze or go back until you see one to get back on the trail. **DO NOT RELY ON CELL PHONES WHILE HIKING IF YOU NEED TO CONTACT SOMEONE. MANY AREAS ON TRAILS DO NOT OFFER CELL PHONE SERVICE.**

## **NEW ACTIVITY LEADERS**

Effective Mar. 8, 2010, our chapter has 3 new activity leaders. They are, in alphabetical order by last name, Melissa Bruneau, Betty Butcher, and David Waldrop. Congratulations! If other members became activity leaders while this newsletter editor has been writing the newsletter and your name was not in the newsletter, this editor was not notified at the time you became an activity leader.

## **SUMMER CAMP TRIP 2010**

This year we are going to Briar Bottom Group Campground in the shadow of Mount Mitchell, near Burnsville, NC. Plan to arrive in camp on Sat. July 10, 2010, and depart on Sat. July 17, 2010.

The campground does have flush toilets and hot showers, and is located on the South Toe River, which is perfect for swimming and tubing. We'll be hiking at Mt. Mitchell, Linville Gorge, Craggy Gardens, and on the Mountain to Sea Trail. At 3000 ft elevation in the mountains it will provide a welcome respite from the Florida summer heat.

Each camper will donate \$35 to the food kitty, and then we'll split into groups of 2 or 3, and be responsible for cooking dinner for the group one evening during the week. Money should be into Monika Hoerl by June 15 and no later than July 1, 2010. Nancy will then be sending more detailed info to those folks who will be camping, including directions, supplies to bring, etc.

The camping fee for the week is \$395 divided by the number of campers attending. If there are only 10 of us, expect to pay \$39 per person for the week. If there are 20 of us, then the amount would drop to \$18 per person for the week. As they say, the more the merrier!

For more information please contact Nancy Needs at [Nanspath@aol.com](mailto:Nanspath@aol.com), or call her at 828-696-0732.

Looking forward to seeing you at camp!!

## **BRING RECYCLABLES TO CHAPTER MEETINGS**

You may bring batteries (not auto batteries) to chapter meetings for recycling.

## **OUR CHAPTER'S WEBSITE ADDRESS**

Our chapter's new website address is [www.heartland.floriatrail.org](http://www.heartland.floriatrail.org) and our chapter's online photo gallery can be found at [www.fta-heartland.smugmug.com](http://www.fta-heartland.smugmug.com). For directions for submitting photos to smugmug, please email David Waldrop at [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.com).

## **WHAT TO BRING ON A DAY HIKE**

Water or other beverage (at least 2 quarts)

Insect repellent

Small first aid kit

Snacks and/or lunch, depending on length of hike

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!

Sunglasses and hat

Sunscreen

Personal ID

Rain gear, if needed

**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.

**Florida Trail Association**

**Mission Statement**

The mission of the Florida Trail Association is to develop, maintain, promote, and protect a continuous public hiking trail the length of the state of Florida, called the Florida National Scenic Trail, and other loop and side trails, together called the Florida Trail System; and to educate the public by teaching appreciation for and conservation of the natural beauty of Florida; and to provide opportunities to hike and camp.