

HEARTLINE

No. 2

Apr. – Jun., 2013

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

FROM THE CHAIR:

A lot of exciting things are happening with the Heartland Chapter at this time. We have continued to add new members to our chapter and we wish to thank all of them for their support of the Florida Trail Association. We had some significant boardwalk damage along the Boney Marsh section of the Florida National Scenic Trail that required that we remove one of the 14 boardwalks. I wish to thank Brett, Monika and Melissa for their assistance in that removal process. It was hard work, but a great coordinated effort. You can check out the video on our chapter's YouTube channel at <http://www.youtube.com/user/heartlandfta>.

Also, the TrailRider made it to Florida and has been used a few times to get people outdoors and on the trails that haven't had the ability to do so in a long time. You may have seen the articles in the Lakeland Ledger and a piece was done by BayNews9. We are excited to have this unique piece of equipment for people to use to get out into nature and travel along with us as we hike some beautiful trails.

At a recent public outreach event in Arcadia a former member asked why we never do any events down near them. It was a great question and a "problem" I would like to see about fixing. Our chapter does cover Polk, Highlands, Hardee and DeSoto counties, but we typically only do activities in and around Polk. Granted, most of our membership is in Polk, but I would love to hear from our members from our other counties and see what activities we might be able to schedule in either Hardee or DeSoto. If you know of a good venue for hiking or biking please send me an email with the details and we will see about scheduling something in the future. The chapter email is heartland.fta@gmail.com.

Another area I would like to invite people to assist with is trail maintenance. While all of our trails currently have section leaders, our chapter is the only one that does not also have trail masters to assist the section leaders. With so much trail to maintain, it sometimes is difficult for the section leaders to effectively maintain the entire section by themselves or with the trail maintenance activities we plan. I myself would love to have some help along the Kissimmee River. This trail goes from the KICCO WMA off Hwy 60 through the Avon Park Air Force Range and continues through Boney Marsh to the south. If anyone is interested in becoming a trail master on this or any of our chapter's other trails, please let me know.

As always I look forward to seeing members out on the trails!!

David Waldrop
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: Vacant

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: Monika Hoerl 858-3106

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 sundayrow@live.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: April 6, 2013, Saturday

Activity: Day Hike

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

Description: Approx. 6 miles. This former phosphate mining area consists of lakes, marshes, grasslands and wooded hills, and is an important refuge for wildlife. Note: There will also be a special event at Tenoroc that day entitled "Fish Derby", providing activities for children. If interested, contact the park office at Tenoroc for more information.

Bring: Hiking shoes, brimmed hat, water, snacks, lunch, sun and insect protection.

Contact: Eileen Valachovic at home 863-956-2145 or cell 757-636-9450 or eileenv3@gmail.com for meet up time and other information. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Activities, Continued

Date: April 13, 2013, Saturday

Activity: Day Hike in celebration of Earth Day, which is April 22nd.

Location: **Arbuckle Wildlife Management Area (WMA)**

Description: Arbuckle Wildlife Management Area (WMA) consists of 13,531 acres east of Avon Park in Polk County 5 miles south of Frostproof. Part of the Lake Wales Ridge State Forest, this area was purchased to protect numerous rare and endangered plants and animals. Arbuckle occupies a high ridge of ancient sand dunes and contains fast disappearing pine and oak scrub, home to Florida scrub jays and gopher tortoises. Arbuckle WMA is part of the Great Florida Birding Trail. Scrub jays inhabit the oak scrub along the road into the area. Short-tailed hawks may be observed on the Paula Dockery Trail, and at Lake Arbuckle are wading birds, bald eagles, limpkins, and ospreys .

Bring: Sturdy walking or hiking shoes, water, snacks, lunch, and dress in layers for comfort against cold weather that may warm as the day progresses.

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: April 17, 2013, Wednesday

Activity: Day Hike, approx. 6 miles

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

Description: Meet at the Office at park entrance. This former phosphate mining area consists of lakes, marshes, grasslands and wooded hills, and is an important refuge for wildlife.

Bring: water, snacks sun protection, and wear good shoes, no flip-flops.

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>.

Date: April 20 & 21, 2013, Saturday & Sunday

Activity: Trail Maintenance (come for the day or primitive camp overnight).

Location: **KICCO Wildlife Management Area** – off SR 60 east of Lake Wales.

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

Bring: Hiking shoes, brimmed hat, water, snacks, lunch, sun and insect protection, and camping gear if camping.

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: April 21, 2013, Sunday

Activity: Nature Walk

Location: **Circle B Bar Preserve**

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

Date: April 27, 2013, Saturday

Activity: Day Hike, approx. 6 miles

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

Description: Meet at the Picnic Lake parking area. This former phosphate mining area consists of lakes, marshes, grasslands and wooded hills, and is an important refuge for wildlife.

Bring: water, snacks sun protection, and wear good shoes, no flip-flops.

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>.

Date: May 4, 2013, Saturday

Activity: Chapter Meeting Including Officer Nominations, Nature Walk & Pot Luck Lunch

Location: **Circle B Bar Reserve, Lakeland**

Description: Enter south side of SR 540 (Winter Lake Rd.) between US 98 & Thornhill Rd. Oak hammock, freshwater marsh, hardwood swamp and lake shore. 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: Sun and bug protection, snacks, water, & a dish based on last names beginning with A-H Dessert, I-Q Salad/side dish, R-Z Main Dish. Bring your own drink for lunch and non-disposable place settings, if practical.

Contact: RSVP for Chapter Meeting to 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: May 11, 2013, Saturday

Activity: Kayak or Hiking

Location: **Hillsborough River State Park**

Description: From I-75, take the Fowler Ave. exit #265 east to Hwy. 301, travel north for 9 miles, and the park will be on your left-hand side. Kayakers meet at the canoe launch (canoe and kayak rentals available on first come/first served basis). Hikers meet in parking area.

Bring: water, snacks, lunch, sun and insect protection.

Contacts: For kayaking: Eileen Valachovic at home 863-956-2145 or cell 757-636-9450 or eileenv3@gmail.com for meet-up time and other information. For hiking: Ken Williams 863-602-5185 or email to dec1966@aol.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: May 18, 2013, Saturday

Activity: Annual Appreciation Dinner

Location: **Chop Shop**

Description: Join us for our annual dinner at the Chop Shop in Lakeland for good food and fellowship.

Bring: Cash or a credit card to pay for your meal.

Contact: RSVP 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>.

Activities, Continued

Date: May 19, 2013, Sunday

Activity: Nature Walk

Location: **Circle B Bar Preserve**

Description: Enter south side of SR 540 (Winter Lake Rd.) between US 98 & Thornhill Rd. 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 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: May 24, 25, & 26, 2013, Friday, Saturday, & Sunday

Activity: Memorial Day Weekend Camping Trip, Kayaking, Bike Ride, and Potluck Dinner

Location: **Oscar Scherer State Park, Osprey, FL**

Description: From I-75, use Exit 200 & continue to Tamiami Trail, or US 41, and the park will be on your right. Come to camp; or come for kayaking or bicycling as day trips. For the bike ride, according to State law, children must wear helmets and adults are strongly encouraged. Sat. evening, we have planned a night paddle (bring a headlamp if you have one) and on Sun., a bike ride on the Legacy Trail, which can be accessed from inside the State Park. We'll also have our group dinner on Sun. evening.

Contact: Teresa Newgent at (813) 882-9558 or email newgt@msn.com for meet-up times and other details. Please let her know if you will only be doing day trips. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: June 1, 2013, Saturday

Activity: Day Hike to Celebrate National Trails Day

Location: **Arbuckle Wildlife Management Area (WMA)**

Description: Approx. 5 miles. Arbuckle Wildlife Management Area (WMA) consists of 13,531 acres east of Avon Park in Polk County, 5 miles south of Frostproof. Part of the Lake Wales Ridge State Forest, this area was purchased to protect numerous rare and endangered plants and animals. Arbuckle occupies a high ridge of ancient sand dunes and contains fast disappearing pine and oak scrub, home to Florida scrub jays and gopher tortoises. Arbuckle WMA is part of the Great Florida Birding Trail. Scrub jays inhabit the oak scrub along the road into the area. Short-tailed hawks may be observed on the Paula Dockery Trail, and at Lake Arbuckle are wading birds, bald eagles, limpkins, and ospreys.

Bring: Sturdy walking or hiking shoes, water, snacks, brimmed hat, sun and insect protection.

Contact: RSVP 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: June 8, 2013, Saturday

Activity: Day Hike

Location: **Saddle Creek Park to Tenoroc Fish Management Area, Lakeland, FL**

Description: Approx. 6 miles and shady. This former phosphate mining area consists of lakes, marshes, grasslands and wooded hills, and is an important refuge for wildlife. Meet at the trailhead at Saddle Creek near the restrooms; hike into Tenoroc, then back to Saddle Creek.

Bring: Hiking shoes (no flip-flops), brimmed hat, water, snacks, lunch, sun and insect protection.

Contact: RSVP 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, Continued

Date: June 15, 2013, Saturday

Activity: Bicycling

Location: **Suncoast Trail**, Odessa, FL

Description: Approx. 20 miles round trip, starting at McDonald's parking lot at 16250 SR 54 at the intersection with Suncoast Pkwy., ride the Suncoast Trail to Starkey Park where we will take a short break, then return by the same route. According to State law, children must wear helmets.

Bring: Helmet, bike for paved trail, water, snacks and/or lunch, sun & insect protection.

Contact: Teresa Newgent at (813) 882-9558 or email newgt@msn.com for meet-up time, directions and other information. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: June 17, 2013, Sunday

Activity: Nature Walk

Location: **Circle B Bar Preserve**

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

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 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: June 22, 2013, Saturday

Activity: Kayaking

Location: **Kings Landing**, Apopka, FL

Description: One-way paddle from King's Landing on Rock Springs Run to take out at Wekiwa Marina.

There is a charge for put-in, commercial shuttle is available, if enough people, or we will do our own shuttle.

Bring: Kayak, paddle, life jacket, water, snacks/lunch, sun and bug protection, wide brimmed hat.

Contact: RSVP to Eileen Valachovic at home 863-956-2145 or cell 757-636-9450 or eileenv3@gmail.com for meet-up time and other information. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: July 6, 2013, Saturday

Activity: Chapter Meeting, Bike Ride, Grilled Burgers and Hot Dogs and Potluck Lunch

Location: **Home of David Waldrop**

Description: Bike ride will precede the meeting, followed by lunch and then the planning session.

According to State law, children must wear helmets while bike riding.

Bring: Bicycle for the ride, helmet, a dish based on last names beginning with A-H salad/side dish, I-Q call David, R-Z dessert.

Contact: RSVP 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>.

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):

Welcome New Members!!!, Continued

Lucretia Banks, Auburndale
Dana Bearry, Polk City
Roma Bennett, Winter Haven
Ronda Callaham, Lake Wales
Joseph Claxton, Lake Wales
Keely J. Coulter, Bartow
Wayne Dobson, Auburndale
William & Tammy Elliott, Haines City
Teresa French, Lakeland
Jeff Fort, Lakeland
Tamara Geake, Winter Haven

Barbara & James Gugliotti, Kissimmee
John Haywood, Lakeland
Joshua Hernden, Lakeland
Laura Jackson, Lakeland
John Laurent, Bartow
Otto Lehman, Lakeland
Jane Mack, Lakeland
Nicole Morrison, Mulberry
Tania Ruiz, Lakeland
Jan Wells, Lakeland

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

Donation in my Mom's Memory and Thank You Note

My mom passed away in early Jan., 2013. Heartland Chapter members donated a total of \$180 that was sent to the State FTA office in Gainesville in my mom's memory. Thank you very much to those members who donated. My dad said to say thank you, too. Your generosity touched my heart and I value my friendship with you even more.

On 3/11/13, I received a Thank You note from the President of the Board for the Florida Trail Association. The wording follows: "Greetings Teresa! A \$180 memorial donation was made by the Heartland Chapter in your mother's name. The Florida Trail Association sends our condolences. It is through the support of members like you that we are able to build, maintain and protect the trails within the Florida Trail System, and to make the Florida Trail truly 'Florida's Footpath Forever'. Sincerely, Carlos Schomaker, President"
Teresa Newgent

Chapter T-Shirt Orders

T-shirt orders will be taken at the May and July chapter meetings. You will have a choice of 3 different styles and many colors to choose from. 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.

OUR CHAPTER'S WEBSITE ADDRESS, ETC.

Our chapter's website address is <http://heartland.floridatrail.org> . Or our Meetup page where you will find our activities is <http://www.meetup.com/Heartland-FTA>.