HEARTLINE

No. 1 **Jan. – Mar., 2013**

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

FROM THE CHAIR:

Well, another year has come to an end with a lot of great events hosted by our chapter. Our membership has been on the increase and I think it was as a result of some great activities throughout the year. The monthly third Sunday hike at Circle B Bar has been well received and we are going to start a similar monthly hike on Wednesdays at Tenoroc. Of course our annual New Year's Day hike will take place as usual. This year we will be hiking from Saddle Creek Park to Tenoroc and back to Saddle Creek Park. Our first ever Backpacking 101 course was a big hit with those that attended and we will be continuing to have this event next year as well as an intermediate course where we cover more advanced topics like trail food preparation.
Our chapter was the recipient of an Eagle Project at KICCO just before Thanksgiving with the Boy Scouts constructing a very nice trailhead kiosk. I wish to thank Alan English and Troop 22 from Tampa for their hard work on the project. We are looking forward to having several more Eagle projects done at Tenoroc this coming year. For more information about the kiosk:
http://backpackersblaze.blogs.theledger.com/10739/finally-a-kiosk-for-kicco/

Please mark your calendars for the Florida Trail Association's annual conference happening March 15 – 17 at YMCA Camp McConnell in beautiful Micanopy. More details will be coming from FTA in the near future.

As always I look forward to seeing everyone at our upcoming activities!!

David Waldrop
Heartland Chapter Chair

CONTACT PERSONS: (Area Code 863 unless listed)

Chair: David Waldrop 605-3587 or david_lwfl@yahoo.com
Co-Chair: Melissa Bruneau 407-460-1388 or ftamelissa@gmail.com
Treasurer: Monika Hoerl 858-3106
Secretary: Liane Plumhoff 646-2398 or lplum@verizon.net
Activity Chair: Maureen Jones 293-5036 or mjones206@tampabay.rr.com
Membership: Ginger Ramsbottom, 439-0986
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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: January 1, 2013 Tuesday
Activity: New Year's Day Hike, approx. 6 miles (approx. 3.5 hrs.)
Location: **Saddle Creek Park to Tenoroc Fish Management Area, Lakeland, and back to Saddle Creek Park**
Description: This former phosphate mining area consists of lakes, marshes, grasslands and wooded hills, and is an important refuge for wildlife.
Bring: Hiking shoes, brimmed hat, water, snacks and/or lunch, sun and insect protection.
Contact: Eileen Valachovic at cell 757-636-9450 or home at 863-956-2145 or via email at eileenv3@gmail.com for meeting time and other information. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: January 5, 2013 Saturday
Activity: Chapter Meeting, Nature Walk, and Pot Luck Lunch
Location: **Mosaic Peace River Park, on CR 640 (Homeland-Garfield Rd., East of US-17, Homeland, South of Bartow)**
Description: A nature walk on the boardwalk along the Peace River, through the Park Forest followed by our Bi-monthly meeting, pot luck lunch and Activity Planning Session at the picnic pavilion.
Bring: A drink for lunch and a dish to share for the pot luck based on last names beginning with A-H Salad, I-Q Main Dish, R-Z Dessert. Also, bring an outdoor folding chair, and sun and insect protection.
Contact: David Waldrop at 863-605-3587, or email: david_lwfl@yahoo.com; or Melissa Bruneau at 407-460-1388 or ftamelissa@gmail.com for meeting 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: January 12, 2013, Saturday
Activity: Bike Ride, 20 miles round-trip
Location: **McDonalds' parking lot at 16250 SR 54 at the intersection with the Suncoast Parkway**
Description: Starting from McDonald's parking lot, we'll ride the Suncoast Trail to Starkey Park, where we will take a short break. 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 at newgt@msn.com. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: January 12, 2013 Saturday
Activity: Trail Maintenance
Location: **Arbuckle Wildlife Management Area (WMA)**
Description: Located east of US Hwy. 27 in Polk County 5 miles south of Frostproof and is part of the Lake Wales Ridge State Forest which was purchased by the State to protect numerous rare and endangered plants and animals.
Bring: Hiking shoes, brimmed hat, water, snacks and/or lunch, sun and insect protection.
Contact: Rose or Jim Kellermann at 863-676-2889 or at jrkellermann@hotmail.com for meeting time, location and other details. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: January 16, 2013 Wednesday
Activity: Day Hike (6-7 miles)
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: Sturdy walking shoes or hiking boots (no flip flops), water, snacks and/or lunch, sun and insect protection.
Contact: Monika Hoerl at 863-858-3106 for meeting time and other details. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

January 19, 2013 Saturday
Activity: Trail Maintenance
Location: **Green Swamp East, Lakeland, FL**
Description: This former phosphate mining area consists of lakes, marshes, grasslands and wooded hills, and is an important refuge for wildlife.
Bring: Walking or hiking shoes, water, snacks and/or lunch, sun and insect protection.
Contact: Janice Anderson, phone 813-245-1609 or email scroggie@aol.com for meeting 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: January 20, 2013 Sunday
Activity: Nature Walk
Location: **Circle B Bar Preserve, SR 540 (Winter Lake Road), Lakeland**
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 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: Nights of January 24-26, 2013 (3 nights) Arrive Thurs., depart Sun.
Activity: Camping, bike riding, kayaking
Location: **Ft. Clinch State Park, 2601Atlantic Ave., Fernandina Beach, FL 32034**
Description: One of the best-preserved 19th century forts in the country is at this park. Available are daily tours with period re-enactors depicting garrison life who bring the fort to life for visitors. Sunbathing, swimming, beachcombing, fishing, hiking, and bicycling (inside and outside the park) are popular activities. Make your own reservations at Reserve America at http://www.reserveamerica.com/campgroundDirectoryList.do?contractCode=fl for as many nights as you like. For bike riding, according to State law, children must wear helmets.
Bring: Camping gear, bicycle, kayak & gear, hiking boots/shoes.
Contact: Teresa Newgent for more information at 813-882-9558 or email newgt@msn.com. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: February 2, 2013 Saturday
Activity: Kayaking
Location: **Kings Bay County Park, 268 NW 3rd St., Crystal River, FL**
Description: Kayaking in the bay during peak viewing manatee season followed by lunch at a nearby restaurant with the group.
Bring: Kayak, paddle, life vest and other necessary gear.
Contact: Eileen Valachovic at cell 757-636-9450 or at home 863-956-2145 or via email at eileenv3@gmail.com for meeting time and other information. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: February 9, 2013 Saturday
Activity: Trail Maintenance
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: Sturdy walking shoes or hiking boots (no flip flops), water, snacks and/or lunch, sun and insect protection.
Contact: Monika Hoerl at 863-858-3106 for meeting 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: February 13, 2013 Wednesday
Activity: Day Hike (6-7 miles)
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: Sturdy walking shoes or hiking boots (no flip flops), water, snacks and/or lunch, sun and insect protection.
Contact: Monika Hoerl at 863-858-3106 for meeting time and other details. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: February 16, 2013 Saturday
Activity: Day Hike, approx. 7 miles
Location: **Tiger Creek Preserve**
Description: Tiger Creek Preserve is located east of US 27 between Babson Park and Frostproof. The trail traverses the rolling hills of the Lake Wales Ridge, including some of the highest hills and oldest land in the Florida peninsula. Botanical diversity is extensive along this trail.
Bring: Water, snacks and/or lunch, sun and insect protection.
Contact: David Waldrop at 863-605-3587, or email: david_lwfl@yahoo.com for meeting time and other details. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: February 16, 2013 Saturday
Activity: Day Hike, approx. 7 miles
Location: **Tiger Creek Preserve**
Description: Tiger Creek Preserve is located east of US 27 between Babson Park and Frostproof. The trail traverses the rolling hills of the Lake Wales Ridge, including some of the highest hills and oldest land in the Florida peninsula. Botanical diversity is extensive along this trail.
Bring: Water, snacks and/or lunch, sun and insect protection.
Contact: David Waldrop at 863-605-3587, or email: david_lwfl@yahoo.com for meeting time and other details. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

February 17, 2013 Sunday
Activity: Nature Walk
Location: **Circle B Bar Preserve, SR 540 (Winter Lake Road), Lakeland**
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 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, continued

Date: February 23, 2013 Saturday
Activity: Trail Maintenance
Location: **Green Swamp East, Lakeland, FL**
Directions: From US-98 in north Lakeland turn east on Rock Ridge Rd., at fork bear left and continue 4.2 miles to gate on your left. From SR-33 in Polk City travel north, turn left (west) on Dean Still Rd., turn left on Rock Ridge Rd., after 2 or 3 miles gate will be on your right.
Contact: Janice Scroggie Anderson, phone 813-245-1609 or email scroggie@aol.com for meeting time and other information. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: March 2, 2013 Saturday
Activity: Chapter Meeting, Short Hike, Pot Luck Lunch
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: Walking shoes or hiking boots for the hike, water, sun and insect protection, a drink and a dish to share at lunch based on last name initial letters A-H Main Dish, I-Q Dessert, R-Z Salad.
Contact: David Waldrop at 863-605-3587, or email: david_lwfl@yahoo.com; or Melissa Bruneau at 407-460-1388 or ftamelissa@gmail.com for meeting time and other details. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: March 9-10, 2013 Saturday-Sunday
Activity: Trail Maintenance – come for the day or primitive camp overnight.
Location: **Green Swamp East, Lakeland, FL**
Directions: From US-98 in north Lakeland turn east on Rock Ridge Rd., at fork bear left and continue 4.2 miles to gate on your left. From SR-33 in Polk City travel north, turn left (west) on Dean Still Rd., turn left on Rock Ridge Rd., after 2 or 3 miles gate will be on your right.
Contact: Bob Yost at 863-644-5448 or bobalinks3@yahoo.com for meeting time and other information. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: March 15-17, 2013 Friday-Sunday
Activity: FTA Annual Conference
Location: Camp Mc Connell, Gainesville, FL
Description: Watch your email and/or US Mail for more info

Date: March 17, 2013 Sunday
Activity: Nature Walk
Location: **Circle B Bar Preserve, SR 540 (Winter Lake Road), Lakeland**
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 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, continued
Date: March 23, 2013 Saturday
Activity: Bike Ride
Location: **Auburndale TECO Trail** on Denton Ave., in Auburndale, FL
Description: Bicycle this scenic trail to Polk City (Van Fleet Trailhead) and back to starting point, approx. 14 miles, followed by lunch at Peebles BBQ restaurant on Dixie Hwy., in Auburndale. According to State law, children must wear helmets.
Contact: Eileen Valachovic at cell 757-636-9450 or at home 863-956-2145 or via email at eileenv3@gmail.com for meeting time and other information. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

Date: March 30, 2013 Saturday
Activity: Kayaking
Location: **Saddle Creek Park, Lakeland, FL**
Description: Park near the children's play area (2nd left off the main road through the park). We will paddle through the chain of lakes formed by the phosphate mining that preceded the development of the park. Lunch will be at a nearby restaurant following the kayak tour.
Bring: Kayak & gear, snacks and/or lunch, insect & sun protection
Contact: Brett Stoltz at 863-800-0743 or email brett.stoltz@gmail.com. Also, please RSVP to the chapter online Meet-up page at http://www.meetup.com/Heartland-FTA/calendar.

RECAP OF LAST QUARTER'S ACTIVITIES

Nov. 9, 10, & 11, 2012
Members camped at Rainbow Springs State Park and on Sat., we carpooled to Ellie Schiller Homosassa Springs Wildlife State Park in Homosassa. Among other things, we saw animals in their natural habitats and an underwater observatory where you can see fish and manatees, if they (manatees) had been around while we were down there. On Sun. we paddled the Rainbow River, where the water is crystal clear and beautiful. As usual, we had our group dinner on Sat. with good food and we had a fun weekend. Teresa Newgent

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)
Insect repellant
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
Sunglasses and hat
Sunscreen
Personal ID
Rain gear, if needed

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