

# HEARTLINE

No. 1

Jan. – Mar., 2010

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

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## **FROM THE CHAIR:**

Happy New Year to everyone. I hope your holidays were great and your New Year's will be even better. As I reflect back on 2009, we had a very good year. Our attendance at events was up and we enjoyed some great hikes, bike rides, kayaking, and tubing. Our trail improvements also showed a slight increase in attendance. We met some new faces and enjoyed fellowship with long time friends. We had fun at meet 'n' greets at Outpost 27 in Haines City, Civilian Conservation Corps in Highlands Hammock State Park, Water Wings and Wild Things at Circle B Bar, and McKay Gardens in Lake Alfred. All in all 2009 was a good year for achieving goals. 2010 is gearing up to be a busy year for our Chapter. We, Kent Wimmer AICP, Florida National Scenic Trail (FNST), and members of our Chapter, are in talks with the Polk County Commission's office to secure land, either owned by Polk County or privately owned, for re-locating the FNST off the highway in N/NE Polk and re-locate it on the above land. Another continuing goal of our chapter is to encourage everyone, our members and the public, to get outdoors and enjoy our Florida parks and woods. It is a fact that millions of people in America suffer from a Vitamin D deficiency directly related to not getting enough sun. We encourage all to come out and have fun with us and soak up some Vitamin D. I am excited about the upcoming year and hope you are also.

See You In The Woods  
Betty Piper, Chair  
Heartland Chapter



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

Chair: Betty Piper 293-3053 or bpiper2005@aol.com

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

Treasurer: Monika Hoerl 858-3106

Secretary: Liane Plumhoff 646-2398 or lplum@verizon.net

Activity Chair: Maureen Jones 293-5036 or maureenjo@juno.com

Membership: Ginger Ramsbottom, 439-0986

Newsletter Editor: Teresa Newgent (813) 882-9558 or newgt@msn.com

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Advisor: Roland Alderman 682-3506

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](mailto:jrkellermann@hotmail.com)

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Section Leader/Lake Kissimmee State Park: Betty Piper 293-3053 or bpiper2005@aol.com

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

Section Leader/Kissimmee River: Jim Hernandez 452-6650 or patjim83@embarqmail.com

Section Leader/Willingham: Bob Hummel, Phone: 863-471-1814

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.)

Fri., Jan. 1, 2010 Public/Leisure

**Arbuckle section of Lake Wales Ridge**

New Years Day Hike

Meet at 8:30. Participants may choose a 3-mile or a 5-mile hike and \$1.00 will be charged to hike.

Contact Rose Kellermann at 863-676-2889 or [jrkellermann@hotmail.com](mailto:jrkellermann@hotmail.com) or David Waldrop at (863) 605-3587 or [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.com).

Sat., Jan. 2, 2010 Public/Leisure

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

CHAPTER MEETING, potluck dinner and bon fire

Bring flashlights, water, insect repellent, and a dish to share based on last names beginning with A-H salad, I-Q main dish, R-Z dessert. Contact Monika Hoerl at 863-858-3106

Sat., Jan. 9, 2010 Public/Leisure

**Crooked Lake Prairie & Sand Hill, Babson, FL**

Day Hike, less than 5 miles. Description: Open prairie land for hiking where cactus is abundant and shade is limited. There are pine flatwoods, lakeshore and oak scrub. Wildlife viewing opportunities include bald eagles, wild turkeys, deer, gopher tortoises, scrub jays and wading birds. Directions: Off S.R. 17 in the Babson Park Area (from S.R. 17, turn west onto Cody Villa Road, turn right at the Minute Maid and Ohlinger intersection, park is on the left. Contact David Waldrop at 863-605-3587 or email [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.com).

## **ACTIVITIES, CONT.**

Mon., Jan. 11, 2010 Public/Leisure

### **Bicycling 20 miles (3 hours) on Van Fleet Trail, Berkley Rd., Polk City**

This is a rails-to-trails paved trail, running through farm and woodlands. We will stop at a picnic shelter at the 10-mile mark. Bring sun and bug protection, snacks, water, and helmet. Contact Jean Waters at (863) 859-3960

Sat.-Sun., Jan. 16-17, 2010 Public/Moderate

### **Arbuckle Tract in Lake Wales Ridge State Forest**

Trail Improvement. Overnight optional.

Directions: From SR 17 in Frostproof, follow N Lake Reedy Rd east 3.3 miles to Lake Arbuckle Rd. Turn right and continue to Ruck's Dairy Rd. Cross cement bridge to enter gate. The south gate is 8 miles east of Avon Park along SR 64.

Description: The loops lead through moderately rolling hills with pine forests, prairies, wetlands, scrub, and marshy lakeshore along the west side of Lake Arbuckle.

Contact Jim and Rose Kellermann at 863-676-2889 or [Jrkellermann@hotmail.com](mailto:Jrkellermann@hotmail.com) for more information.

Sat., Jan. 23, 2010 Public/Leisure

### **View exhibits and demonstrations at the Annual Alafia River Rendezvous**

Address: 1000 Old Fort Meade Road, Homeland, FL

History, music and good family fun. The Alafia River Rendezvous is an "Early American Encampment" depicting the various cultures living in Central Florida during colonial times. Admission: Adults \$10.00, Seniors age 60 & up and children age 4 – 15 \$5, and children under 4 admitted free. No pets. Hiking is free. To carpool, meet at Publix on Hwy. 60 in Bartow or meet at the gate. Contact Bob Yost at 863-661-1128 for additional information.

Sat.-Sun. Jan. 30-31, 2010 Public/Moderate

### **Green Swamp East** Trail Improvement

Overnight or come for the day. Contact Bob Yost at 863-644-5448

Thurs., Feb. 4, 2010 Public/Moderate-Strenuous

### **Midweek Day Hike**, approx. 5 miles (2 hours)

Contact Connie Evers at 863-944-8160 or [cleverson@hotmail.com](mailto:cleverson@hotmail.com) for additional information.

Sat., Feb. 13, 2010 Public/Moderate

### **Lake Kissimmee State Park** Trail Improvement

This is 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.

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

Sat.-Sun., Feb. 6-7, 2010 Public/Moderate

### **Willingham Trail Improvement, Avon Park**

Overnight or come for the day. Contact Bob Hummel, Phone: 863-471-1814

Sun., Feb. 14, 2010 Public/Moderate

### **Kayak the Chain-O-Lakes in Winter Haven from Lake Shipp Park to Lake Eloise** **Winter Haven**

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

Valentine's Day Brunch at Fred's on Hwy. 17 will follow. Contact Maureen Jones 863-293-5036

## **ACTIVITIES, CONT.**

Thurs., Feb. 18, 2010 Public/Moderate-Strenuous

**Midweek Day Hike**, approx. 5 miles (2 hours)

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

Sat., Feb. 20, 2010 Public/Leisure

Bicycling on **Auburndale Bike Trail**,

Bike Ride begins at the Van Fleet Bike Trail parking lot (south end - near overpass)

Approx. 15 miles round trip on this scenic rails-to-trails paved bike trail that runs parallel to Berkley Rd. A rest stop will be taken at the south end, at Auburndale Trailhead, for snacks at the picnic area. On the return trip, we will briefly explore the expansion of Lake Myrtle Park. Bring helmet, water, snacks, and sun protection. Contact Eileen Valachovic at 863-956-2145 or [EileenValachovic@Hotmail.com](mailto:EileenValachovic@Hotmail.com) for more information.

Sat.-Sun., Feb. 27-28, 2010 Public/Moderate

**Green Swamp East** Trail Improvement

Overnight or come for the day. Contact Bob Yost at 863-644-5448

Thurs., Mar. 4, 2010 Public/Moderate-Strenuous

**Midweek Day Hike**, approx. 5 miles (2 hours)

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

Hiking approx. 5 miles (2 hours)

Sat., Mar. 6, 2010 Public/Leisure

**Circle B Bar Reserve - Lakeland Area**

CHAPTER MEETING,, short hike, pot luck lunch, and speaker.

Entrance south side of SR 540 (Winter Lake Road) between US 98 and Thornhill Road

For Pot Luck lunch, please bring a dish to share based on last names beginning with A-H main dish, I-Q dessert, and R-Z salad.

Speaker: Deborah Stewart-Kent, Executive Director of the Florida Trail Association, will be on hand to provide members with exciting updates and information to short and long range objectives of FTA, along with providing an **Open Forum** for members to ask the questions they've so longed to have answered. Accompanying Deborah will be Michael Eurich, FTA's Development Director, who will be on hand to briefly outline the many exciting activities taking place, along with any gift giving or legacy gift questions members may have. This rare opportunity for you to meet State Headquarters staff face-to face, and directly ask your hard hitting questions, may not come around again soon. Plan to attend and make your voice heard!

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

Sat., Mar. 13, 2010 Public/Leisure

**Day Hike at Tenoroc Fish Management Area, Lakeland, FL**

Bring water, lunch, snacks, insect repellent and sun protection. Contact Monika Hoerl at 863-858-3106

Sat.-Sun., March 13-14, 2010 Public/Moderate

**Green Swamp East**

Trail Improvement. Overnight or come for the day. Contact Bob Yost at 863-644-5448

Thurs., Mar. 18, 2010 Public/Moderate-Strenuous

**Midweek Day Hike**, approx. 5 miles (2 hours)

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

## **ACTIVITIES, CONT.**

Fri. – Sun., Mar. 26-28, 2010

### **Annual Conference**

At Future Farmers of America (FFA) Leadership Training Center, near Haines City. See your Footprint or go to FTA's website for additional information.

### **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):

Robert and Nancy Conner, Zolfo Springs  
Cynthia and James Esmond, Lakeland  
Melinda Guthrie, Lakeland  
Sandy and Bill Jones, Lakeland  
Michael Pupinski, Winter Haven

Bill Redmon, Lake Wales  
Rachel Renne, Arcadia  
Lana Smith and Dennis Dill, Auburndale  
Barbara and John Waldrop, Lake Wales  
Dennis Yarbrough, 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.**

### **RECAP OF LAST QUARTER'S ACTIVITIES**

Oct. 24, 2009

#### **Paddle at Catfish Creek, Future Farmers of America (FFA) Leadership Training Center near Haines City**

Seven people met for this activity. The timing, weather, and water conditions were excellent. We paddled to a pedestrian bridge and then turned around. On one section, there are cattails that spiders love to hang out in. The cattails are close enough to each other that you have to separate them with your kayak or canoe as you glide through and spiders easily end up inside your vessel, producing screams from some, but what better time for a Halloween-time paddle? Melissa Bruneau, edited by Teresa Newgent

Dec. 12 and 13, 2009

#### **Dinner and walk in downtown Lakeland**

What a nice way to get into the Christmas spirit than gathering 28 members and guests for dinner and a leisurely walk around downtown Lakeland under the excellent guidance of member Ken Williams to admire Christmas decorations and learn more about the historic buildings located there. Saturday evening 28 members and guests met at Crispers in Lakeland and four lucky winners received a glass ornament hand painted by Monika Hoerl. The evening ended with a trip to the ice cream place.

## **RECAP OF LAST QUARTER'S ACTIVITIES, CONT.**

### **Bok Tower**

On Sunday, 14 of us met Rose and Jim Kellermann at Bok Tower Gardens where we toured the beautiful gardens. They are always worth seeing no matter what time of the year. After lunch we visited the Gift shop and the Museum, and then to the highlight of the day, Pinewoods, a gorgeous old mansion where every room was decorated for Christmas. We want to thank the Kellermann's again for providing us with free tickets; otherwise each of us would have had to pay \$18.00.

Monika Hoerl, edited by Teresa Newgent

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

Our chapter's new website address is [heartland.floriatrail.org](http://heartland.floriatrail.org) and our chapter's online photo gallery can be found at [fta-heartland.smugmug.com](http://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)	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!	

## **PEPPERMINT BARK RECIPE**

Ingredients:

Milk chocolate morsels (same amount as white chocolate)  
White chocolate morsels (same amount as milk chocolate)  
24 peppermint candy discs

Line baking sheet with waxed paper. Microwave milk chocolate morsels in medium microwave safe bowl on 70% (med.-high) power for 1 minute. Stir. If morsels are not completely melted, microwave at 10-20 second intervals until smooth. Pour into baking sheet and allow to set for 1 hour. Microwave white chocolate morsels same as milk chocolate. Crush candies in a heavy-duty plastic bag. While holding strainer over melted white morsels, pour crushed candy into strainer, shaking strainer to release all small pieces. Reserve larger pieces. Stir white chocolate & peppermint mixture. Spread mixture on top of milk chocolate already in baking sheet. Sprinkle with larger peppermint candy pieces and press in lightly. Let stand 1 hour or until firm. Break into pieces. Store in airtight container at room temperature.

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.

There are certain risks, which are inherent in any hike or other Florida Trail Association (FTA) 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 FTA activities, each person agrees to hold harmless and free from all blame the activity leaders and the FTA; its officers and members, for any accident, injury or illness, which may be sustained from participating in Association activities.