

# HEARTLINE

No. 1

Jan. – Mar., 2012

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

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## FROM THE CHAIR:

For those not in attendance at our last chapter meeting down at Highlands Hammock State Park, we have had a slight change of leadership. Melissa and I have swapped roles with me taking on the chair position and Melissa taking over the Co-Chair position.

Cooler days are trying to arrive and we have a lot of hiking activities planned for the next few months. While working around the long hunting season, we also have a number of trail maintenance activities planned in the coming months. And, if you haven't heard enough about bridges and boardwalks already, we have one more boardwalk to construct. This one is located at Boney Marsh and will be a 200' boardwalk that is replacing the old 60' boardwalk that was destroyed by the 2004 storms. The materials have been procured, permits obtained and now we are just waiting on the final word from South Florida Water Management staff and a break in the hunting season to get it scheduled and built. This will not be a Florida Trail F-Troop event this year due to the recent hiring of Eric Mason who replaces John Bauer. Eric is getting his feet wet, so-to-speak, and learning all about the Florida Trail Association this year and will be starting F-Troop projects again next season.

I plan to make a number of changes to our chapter's online presence in the following month. I am looking at redesigning the chapter website to be a little more modern and even more informative than it already is. We have a Facebook page (<http://www.facebook.com/heartland.fta>) as well as our Meetup page (<http://www.meetup.com/Heartland-FTA>). We even have a YouTube Channel (<http://www.youtube.com/user/heartlandfta>) where we have started posting a collection of videos created by our new resident videographer, Melissa. I will be moving our photo gallery to a different site that should make it much easier for people to post pictures of our many activities.

Another change I would like to make is to use a mailing list service similar to the Constant Contact that the FTA has recently started using. If you are not receiving the new messages from FTA, you can go to <http://www.floridatrail.org> and click on the "Join our Mailing List" which is located on the main page. In our chapter right now we have several people keeping email lists of members and it is cumbersome to get relevant information out to our growing member list. I am looking for a service that is either of little or no cost to us. We would use this service to send our newsletter and other important information that we feel our members would be interested in receiving. Access to send messages through the list would be setup for only a few select chapter officers. If you have any questions or concerns about this, please let me know.

See you along the trail!!

David Waldrop, Heartland Chapter Chair  
Melissa Bruneau, Heartland Chapter Co-Chair



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

Chair: David Waldrop 605-3587 or [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.com)

Co-Chair: Melissa Bruneau 407-460-1388 or [ftamelissa@gmail.com](mailto:ftamelissa@gmail.com)

Treasurer: Monika Hoerl 858-3106

Secretary: Liane Plumhoff 646-2398 or [lplum@verizon.net](mailto:lplum@verizon.net)

Activity Chair: Maureen Jones 293-5036 or [mjones206@tampabay.rr.com](mailto:mjones206@tampabay.rr.com)

Membership: Ginger Ramsbottom, 439-0986

Newsletter Editor: Teresa Newgent 813-882-9558 or [newgt7@yahoo.com](mailto:newgt7@yahoo.com)

Advisor: Roland Alderman 682-3506

Trails Coordinator: Monika Hoerl 858-3106

Webmaster: David Waldrop 605-3587 or [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.com)

Section Leader/Arbuckle: Jim & Rose Kellermann 676-2889 or [Jrkellermann@hotmail.com](mailto:Jrkellermann@hotmail.com)

Section Leader/Tenoroc: Monika Hoerl 858-3106

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 [ftamelissa@gmail.com](mailto:ftamelissa@gmail.com)

Section Leader/Kissimmee River: David Waldrop 605-3587 or [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.com)

Section Leader/Willingham: Bob Hummel 471-1814

Section Leader/Green Swamp East: Bob Yost 644-5448 or [bobalinks3@yahoo.com](mailto:bobalinks3@yahoo.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 David Waldrop. Contact information for both is listed above.)

January 1, 2012, Sunday

Activity: Day Hike

Location: **Arbuckle, a part of the Lake Wales Ridge State Forest**

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

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

Contact: David Waldrop at 863-605-3587 or [david\\_lwfl@yahoo.com](mailto: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>.

January 7, 2012, Saturday

Activity: Chapter Meeting, bike ride and potluck lunch.

Location: **Alderman's Ford Park, Hwy 39, Mulberry**

Description: Meet in the picnic area.

Bring: A dish to share for potluck lunch based on last names beginning with A-H salad, I-Q main dish, R-Z dessert, and a bicycle if riding.

Contact: David Waldrop at 863-605-3587 or [david\\_lwfl@yahoo.com](mailto: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>.

January 14-15, 2012, Saturday - Sunday

Activity: Overnight Backpacking Trail Maintenance (come for the day or overnight)

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: water, snacks, sun and insect protection, and primitive camping gear if camping.

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.**

January 15, 2012 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 646-2398 or [lplum@verizon.net](mailto:lplum@verizon.net). Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

January 21, 2012, Saturday

Activity: Bicycling 20 miles (3 hours)

Location: **Withlacoochee State Trail**

Bring: Bicycle and helmet, sun and bug protection, snacks, and water

Contact: Eileen Valachovic at 863-956-2145 or [eileenvalachovic@hotmail.com](mailto:eileenvalachovic@hotmail.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>.

January 28, 2012, Saturday

Activity: Kayaking

Location: **Trout Creek Park on the Hillsborough River**

Description: Paddle to Morris Bridge Park and back to Trout Creek Park.

Contact: Bob Yost at 863-644-5448 or [bobalinks3@yahoo.com](mailto:bobalinks3@yahoo.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>.

February 4-5, 2012 Saturday-Sunday

Activity: Trail Maintenance – come for the day or stay overnight

Location: **Green Swamp East** – coming from Hwy. 98 in North Lakeland turn right on Rock Ridge Rd.

Contact: Bob Yost at 863-644-5448 or [bobalinks3@yahoo.com](mailto:bobalinks3@yahoo.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>.

February 11, 2012 Saturday

Activity: Trail Maintenance

Location: **Willingham Trail – Avon Park Bombing Range**

Contact: Bob Hummel at 863-471-1814. Also please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

February 18, 2012 Saturday

Activity: Day Hike – approx. 5 miles

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

Description: The trail is a part of the Florida National Scenic Trail system. Wildlife is abundant and includes white-tailed deer, alligators, feral hogs, bald eagles, wild turkeys, hawks, wading birds, and sandhill cranes.

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

Contact: David Waldrop at 863-605-3587 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, Cont.**

February 19, 2012 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 646-2398 or [lplum@verizon.net](mailto:lplum@verizon.net). Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

February 25, 2012 – Saturday

Activity: Bike ride, approx. 20 miles followed by optional lunch at “The Other Place” in Polk City.

Location: **Van Fleet Trail**, Berkley Rd. (CR 655), Polk city.

Description: This is a rails-to-trails paved trail, which runs through farm and woodlands. Restrooms are available at the picnic shelter at the 10-mile mark where we will take a short break.

Bring: Bicycle, helmet, sun and bug protection, snacks and water.

Cost: Only for your lunch at the restaurant.

Contact: Eileen Valachovic at 863-956-2145 for meeting time and other information. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

March 3, 2012 Saturday

Activity: Chapter Meeting, short hike and potluck lunch

Location: **Gator Creek Reserve** – Entrance is located on U.S. 98 North of Lakeland. Proceed 1 mile past where U.S. 98 changes from four lanes to two, then the entrance is on the right.

Bring: Walking shoes or hiking boots for the hike, water, sun and bug protection, and a dish to share at lunch based on last name initial letters: A-H bring main dish, I-Q bring dessert, and R-Z bring salad.

Contacts: For hike, Andrew Quagliana at 727-542-5396 or [modelbuilder12000@yahoo.com](mailto:modelbuilder12000@yahoo.com). For chapter meeting, David Waldrop at 863-605-3587. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

March 10-11, 2012 Saturday-Sunday

Activity: Trail maintenance – come for the day or primitively camp overnight

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

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

March 18, 2012 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 646-2398 or [lplum@verizon.net](mailto:lplum@verizon.net). Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

## **Activities, Cont.**

March 24, 2012 Saturday

Activity: Day hike – approx. 7 miles and optional lunch at “Jack’s” in Babson Park.

Location: **Tiger Creek Preserve**

Description: The 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: Snacks, water, sun and insect protection.

Contact: Melissa Bruneau at 407-460-1388 or [ftamelissa@gmail.com](mailto: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>.

March 30-April 1, 2012 Friday-Sunday

Ocean to Lake Hiking and Outdoor Festival (Annual Conference), at the West Jupiter Center in Jupiter, FL.

Please see your Fall Footprint for 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):

Cliff Bickford, Zolfo Springs

John “Bud” Cunnally, Davenport

Kenneth Heffner, Lakeland

Marilyn Liles, Winter Haven

Linda-Lee Malone, Lake Wales

Erin McCarta, Sebring

Herb Nigg, Lake Alfred

Michaela Polley, Lakeland

All members are appreciated and we thank you for your membership.

## **INCREASED MEMBERSHIP RATES**

Following are the new rates, effective with your next renewal, if you haven’t already renewed at the new rates:

\$35 Individual

\$1000 Individual Life

\$1500 Family Life\*

\$50 Family\*

\$30 Senior 65 or older

\$125 Sustaining\*

\$30 Full Time Student 18-23

\*includes spouse and children under 18

\$250 Supporting\*

\$45 Senior/Student Couple

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

Val Valachovic led a paddle on the Peace River on Oct. 1, 2011. Twenty-four paddlers enjoyed a beautiful day on the river. The weather was perfect and the water was high with a good current. No kayaks dragged over sandbars and everyone enjoyed a very good lunch at the Pioneer Restaurant after paddling.

## **IN AN EFFORT TO CONSERVE THE ENVIRONMENT**

When feasible, please bring environmentally safe drinking cups/glasses, plates, bowls, utensils, etc., meaning washables instead of throw-away items.

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.