

HEARTLINE

No. 4

Oct. – Dec. 2010

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

FROM THE CHAIR:

The Florida Trail Organization has a mission and that mission 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". The FTA is made up primarily of volunteers who donate their time building, maintaining, and educating the public about our Florida Trail System. We see the leadership of the Organization change occasionally, but the mission never changes. Our Heartland Chapter has several challenges in the coming months that will require our committed efforts to see them through to completion. The "educate the public" portion of the mission statement will be "Water, Wings, and Wild Things" on October 30th. This is a fun event that will require volunteers to man a booth for the day. "Develop and maintain side trails" is next. We have several trail improvements lined up this fall in addition to two (2) bridges to build. The first one is a 100-foot replacement bridge at Lake Wales Ridge Forest, Arbuckle tract; the second is a 200-foot one in Highlands County at Boney Marsh, which is part of the FNST. It is also the replacement of an existing bridge. I don't know about you, but I look forward to these challenges and I know our Chapter can "get er done", to borrow a phrase from a well-known comedian. I know this because we built the original bridges. We also have a new trail to re-build on the Tenoroc properties as they complete their land improvement project currently in the works.

So, I ask that you pick your volunteer project(s) and join us on the trails as we work at fulfilling the FTA mission statement.

See U 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
Publicity: John Moore 688-6849 or fta_heartland@hotmail.com
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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: 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 471-1814
Section Leader/Green Swamp East: Bob Yost 644-5448 or bobalinks2@aol.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 Betty Piper. Contact information for both is listed above.)

Oct. 2-3, 2010 Sat. and/or Sun. Public/Moderate
Trail Maintenance at Arbuckle State Forest, Lake Wales Ridge
Come for the day or stay overnight with this team of volunteers.
Contact: Jim and Rose Kellermann at 863-676-2889 or Jrkellermann@hotmail.com for more information. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Oct. 9, 2010 Sat. Public/Moderate
Day Hike at Tenoroc Fish Management Area, Lakeland, FL
This 7332-acre former phosphate mine consists of lakes, marshes, grasslands and wooded hills, and is an important refuge for wildlife. Meet at Saddle Creek Park. From there, shuttle as few cars as possible to Picnic Lake at Tenoroc. Hike approx. 6.5 miles from Tenoroc back to Saddle Creek. Lunch will be at the observation deck at Saddle Creek. Bring water, snacks and/or lunch, sun and insect protection. No flip-flops.
Contact: Monika Hoerl at 863-858-3106 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, Cont.

Oct. 16, 2010 Sat. Public/Moderate

Day hike, approx. 8 miles, at Tiger Creek Preserve, South of Lake Wales.

Group will meet at Babson Park Post office. Tiger Creek Preserve sits on the eastern edge of the Lake Wales Ridge, one of Florida's "ancient islands". It shelters one of the highest concentrations of threatened and endangered plants and animals in the country, including some that exist nowhere else on Earth. Bring water, snacks, sun and insect protection. Contact: Melissa Bruneau, phone 407-460-1388, or email

melissabruneau@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>.

Oct. 23, 2010 Sat. Public/Leisure

Kayaking on the Peace River, beginning at Paynes Creek State Park.

Kayakers will paddle downstream to Pioneer Park in Zolfo Springs. Some cars will be parked at the destination to transport kayakers back to the start location after completion.

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

Lunch at a restaurant in Zolfo Springs. Contact: Val Valachovic at (863) 956-2145 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>.

Oct. 30, 2010 Sat. Public/Leisure

Water, Wings, and Wild Things

Chapter Exhibit and hiking on trails at Circle B Bar Reserve, Lakeland

Entrance on south side of SR 540 (Winter Lake Road) between US 98 and Thornhill Road. Oak hammock, freshwater marsh, hardwood swamp and lakeshore. 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. Bring water, lunch, snacks, insect repellent and sun protection. Contact: Betty Piper at 863-293-3053 or bpiper2005@aol.com for more information.

Nov. 6, 2010 Sat. Public/Leisure

75th Anniversary of the Civilian Conservation Corps (CCC) at Highlands Hammock State Park, Sebring. Join in the celebration by contacting Roland Alderman for more information at 863-682-3506.

Nov. 6 -7, 2010 Sat. and/or Sun. Public/Moderate

Trail Maintenance at Green Swamp East, on Hwy 98, North Lakeland

Come for the day or stay overnight with this team of volunteers. Contact: Bob Yost at 863-644-5448 or bobalinks3@yahoo.com for meet up time and more information. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

ACTIVITIES, Cont.

Nov. 13, 2010 Sat. Public/Moderate

Chapter Meeting and “Elements of Composition” art workshop and potluck supper at Roland & Ginny’s home in Lakeland

Carol Conti will present a workshop on the elements of design for those interested in photographing or drawing/painting outdoors or from your own nature photos. Bring nature photos, sketchpad, and drawing pencils. For pot luck supper, please bring a dish to share based on last names beginning with A-H Main Dish, I-Q Dessert, R-Z Salad.

Contact: Betty Piper at 863-293-3053 or bpiper2005@aol.com. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Nov. 20, 2010 Sat. Public/Moderate

Bike Ride or Hike (approx. 2 hrs) at Trout Creek, a Hillsborough County park

Bike to Flatwoods Park, also a Hillsborough County park, and back or hike within Trout Creek.

For bicycling, bring bicycle (no rentals available), helmet, water, snacks and/or lunch, sun and insect protection. For hiking, bring comfortable shoes, water, snacks and/or lunch, sun and insect protection. Lunch will be after the bike ride and hike including all participants. For bicycling call Teresa Newgent at 813-882-9558 or email to newgt@msn.com or for hiking call

Rose Kellermann at 863-676-2889 or Jrkellermann@hotmail.com for meet up time and more information. Also, please RSVP to the chapter online Meet-up page at

<http://www.meetup.com/Heartland-FTA/calendar>.

Dec. 4, 2010 Sat. Public/Leisure

Day Hike at Alafia River Corridor, in Hillsborough County.

Take Hwy. 60 thru Bartow, then thru Mulberry. At CR 39, turn left (south), and continue on 39 thru the intersection with CR 676 (Keysville Rd.). Parking is in the Pinecrest baseball field parking lot. The trail begins in the rear of the parking lot. Approx. driving time from Winter Haven is 50 minutes. Contact: Bob Yost at 863-644-5448 or 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>.

Dec. 11, 2010 Sat. Public/Leisure

Walking Tour of downtown Lakeland

Light dinner or sandwich at local restaurant (TBD) and walking tour of downtown Lakeland’s Christmas decorations and historic sites. Wear comfortable walking shoes and bring warm hat, gloves, etc. for the walk and money to purchase dinner. Contact: Ken Williams 863-602-5185 or 863-686-1818 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>.

ACTIVITIES, Cont.

Dec. 12, 2010 Sun. Public/Leisure

Bok Tower Sanctuary, Lake Wales

Walking Tour of the sanctuary grounds and gardens, including the Pinewood Estate, a 1930's 20-room mansion, which has been transformed by Central Florida Designers into a glittering holiday showcase for their annual "Christmas at Pinewood" exhibit. *FREE to Chapter Members Only.*

Bring a lunch to enjoy at a picnic area on the Bok Tower grounds. Contact: Jim and Rose Kellermann at 863-676-2889 or Jrkellermann@hotmail.com for more information.

Dec. 17-20, 2010 Fri. – Sun. or Sat. only Public/Leisure

Camping and/or hiking at Lake Kissimmee State Park

Tent or RV camp overnight in campground and/or come to hike on Saturday morning.

The State park is a beautiful park with a cow camp where old-time relics are on display and an old timer tells stories of years gone by and an observation tower on the lake.

Make your own reservations for camping at

<http://www.reserveamerica.com/campgroundDirectoryList.do?contractCode=fl> and bring water, snacks and lunch, sun and insect protection for hiking. Contact: Betty Piper at 863-293-3053 or bpiper2005@aol.com for more information. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Dec. 31 – Jan. 1, 2011 Fri. and/or Sat. Public/Leisure

Camping and/or hiking at Arbuckle State Forest, Lake Wales Ridge

Primitive camping (no available water, restrooms, electricity) and/or come for the New Year's Day hike on Saturday morning. If camping, bring a can of beans for a community bean pot supper in addition to your own camping provisions for the weekend. If hiking, bring comfortable walking/hiking shoes, water, snacks, sun and bug protection as needed.

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

Diane Boland, Auburndale

Laurel Sue Smith, Davenport

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

Heartland Chapter on the Internet

About 2 years ago, I offered to take on the chapter website. This was a big task for me, for though I work in the field of computers and networking, I have never designed or published a website. It was slow going and took me almost 6 months to get a rudimentary website published to the state website and <http://heartland.floridatrail.org> was born. I showed off the initial design at a chapter meeting and got some great feedback. Armed with suggestions, I set out to totally redesign the website and make it an even better resource for our members and others looking for information about our chapter. I collected GPS data for the trailheads of our chapter maintained trails and others maintained by Polk County. I setup a photo sharing site on SmugMug (<http://fta-heartland.smugmug.com/>) so we can show others what our trails look like and some of the great members/activities we have. We have a great calendar for posting of events and lots of trail maps. If you haven't visited our site, what are you waiting for?

One of the goals of our chapter and the Florida Trail Association in general is to encourage new membership. I have looked at several different means of doing this and have discussed this goal with other chapters in the state. North Florida Trailblazers showed that through the use of Meetup.com, they have gained many members and reached a whole new audience in the process. So as a chapter we decided to give Meetup.com a try. In November 2009, I registered as a Meetup Organizer and paid the membership fee to create a site and <http://www.meetup.com/Heartland-FTA/> was established. As of August 14, 2010 we have 65 members of which 16 are current Heartland Chapter members. Unfortunately we have done a poor job of promoting this excellent resource to our members in general. We have discussed it at various chapter meetings but haven't gotten the buy-in to make it a successful endeavor. We have had 23 Meetup events posted/held that people in the Meetup world could RSVP for and attend. When I started the Meetup site I chose not to include any chapter meetings, trail maintenance, or activities for FTA members only. Other chapters in the state publish every single event they host. I think we as a chapter might need to follow suit and fully utilize Meetup for every aspect of our chapter's functions. The benefits are numerous: easier posting of photos from members taken during events, ability to send an email to all "members", tracking of who attended or wishes to attend events, ability of event organizers to manage their own events and be able to modify any aspect of the event prior to the date of the event.

Another area I am exploring for the chapter is a way to have a common email list for the chapter officers to utilize for contacting our membership. Right now, each officer has their own list of emails and it is a cumbersome process to send out the newsletter or other emails containing information for our chapter members. Another area I am exploring is blogs and discussion groups. This would give the chapter the ability to "discuss" things before or after chapter meetings and I think this would allow the chapter meetings to flow much smoother. (<http://groups.google.com/group/heartland-fta>)

Looking forward to seeing you on the Internet and the trails!

David Waldrop

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!

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.