

# HEARTLINE

No. 4

Oct. – Dec., 2009

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

---

## **FROM THE CHAIR:**

Greetings

On September 12th and 13th Melissa Bruneau, David Waldrop, and I attended our first Chapter Council and Trail Committee meetings as representatives for the Heartland Chapter of the FTA. We were privileged to meet Pete Durnell, FTA President, Fred Davis, VP Trails and Deborah Stewart-Kent, Executive Director, all of whom are located at the FTA Tallahassee office. Deborah is on a mission to visit every FTA Chapter before the end of May 2010. She has been scheduled as the guest speaker at our March 6th meeting, so be prepared to give her a hearty Heartland Chapter welcome. We also got to know the Gainesville FTA staff on a more personal basis. They are Judy Trotta, Deb Blick and Megan Eno and they were on the agenda and had a lot of information to pass on to the chapter representatives.

One of the focus topics at the Chapter Council meeting was memberships; how to attract new members and ways to get them excited about FTA in order to retain their membership. In this line of thinking one chapter has already created a spot on the Internet at Meetup.com (some of you already use this web site to locate kayaking groups). They have been successful at attracting memberships and people who just want to take a hike. Of course, we thought that was a great idea and I asked David to check this out and see what he can work up for our Chapter.

Another topic discussed was how to get our youth out of the house and get them involved with hiking as a sport. Lots of ideas were tossed out as food for thought.

The Trails Committee meeting focused on the upcoming chain saw and CPR certification classes. Megan Eno will be teaching the CPR and First Aid Certification classes for which there is no charge to members. She said she is also available to the Chapters to come out and conduct CPR and First Aid classes to Section Leaders at no cost to the Chapters.

We were introduced to two new staff members at the Trails Committee meeting; one was Dan McKeague, Land Acquisition Planner. His title is self explanatory and he is charged with obtaining land for which the FNST will pass through. The other is John Bauer, Trail Crew Coordinator. Those of you going for the Chain Saw Certification will get to meet him as he and Megan work hand in hand together along with Deb Blick.

For Melissa, David and I there were two full days of very interesting speakers and discussions that gave us more insight into the very complicated workings that make up FTA. We give thanks for all their behind the scenes work that helps keep our job of building and maintaining trails less complicated.

## **FROM THE CHAIR, continued:**

Our Heartland Chapter has some great upcoming opportunities to get out and meet, greet and educate the public about the FTA. First up is Nature Day at Outpost 27 on Sept. 26th with David and Melissa, then we have Water, Wings and Wild Things Oct. 31 at Circle B Bar with Andrew and Teresa, and the CCC Reunion at Highlands Hammock Nov. 7th with Roland. There are 3 different trail improvement weekends in between! If you haven't signed up to join the fun yet now is the time.

See You In The Woods

Betty Piper, Chair  
FTA Heartland Chapter



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

Chair: Betty Piper 293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com)

Co-chair: Melissa Bruneau (407) 460-1388 or [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.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 [newgt@msn.com](mailto:newgt@msn.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: TBD

Section Leader/Kissimmee River: Jim Hernandez 452-6650 or [patjim83@embarqmail.com](mailto:patjim83@embarqmail.com)

Section Leader/Willingham: Bob Hummel 471-1814

Section Leader/Green Swamp East: Bob Yost 644-5448

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.)

October 3-4, 2009 Sat.-Sun. Public/Leisure

**Trail Improvement Hike and Overnight Camping**

Location: TBA

Come for the day or camp overnight. Bring water, lunch/snacks, insect repellent and sun protection.

Contact: Jim Hernandez 863-452-6650 or [patjim83@embarqmail.com](mailto:patjim83@embarqmail.com)

October 10, 2009 Sat. Public/Leisure

Tubing (tube rental available outside the park)

**Kelly Park at Rock Springs Run**

Bring water, snacks and/or lunch, insect repellent and sun protection.

Meet at Bob Evans for Breakfast (Carpool leaves Bob Evans parking lot at 8:15)

Contact: Eileen Valachovic at 863-956-2145 or [eileenvalachovic@hotmail.com](mailto:eileenvalachovic@hotmail.com) for more information.

October 17-18, 2009 Sat.-Sun. Public/Leisure

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

Trail Improvement Hike (including repairs to footbridges)

Overnight camping (optional), dinner will be provided for those who stay overnight

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

Contact: Monika Hoerl at 863-858-3106

October 24, 2009 Sat. Public/Leisure

Kayaking

**FFA Training Center, Haines City**

Bring water, snacks and/or lunch, insect repellent and sun protection.

Contacts: Val Valachovic at 863-956-2145 or Melissa Bruneau at 407-460-1388 or [melissabruneau@yahoo.com](mailto:melissabruneau@yahoo.com)

October 31, 2009 Sat. Public/Leisure

WATER, WINGS AND WILD THINGS

Chapter Exhibit and trail hiking.

**Circle B Bar Reserve - Lakeland Area**

Location: Entrance on S side of SR 540 (Winter Lake Road) between US 98 and 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.

Bring water, lunch and/or snacks, insect repellent and sun protection.

Contact: Andrew Quagliana at 727-542-5396 or [modelbuilder12000@yahoo.com](mailto:modelbuilder12000@yahoo.com) or Teresa Newgent at 813-882-9558 or [newgt@msn.com](mailto:newgt@msn.com).

**Activities, continued**

November 7, 2009 Sat. Public/Leisure  
Civilian Conservation Corps (CCC) Reunion  
**Highlands Hammock State Park, Sebring**  
Contact Roland Alderman at 863-646-5538 for details.

November 14, 2009 Sat. Public/Leisure  
CHAPTER MEETING  
Swap Meet, meeting and pot luck lunch  
**Circle B Bar Ranch, Lakeland Area**  
Entrance on south side of SR 540 (Winter Lake Road) between US 98 and Thornhill Road  
Bring: Items to "swap" with price tags, dish to share based on last names beginning with A-H  
dessert, I-Q Salad, R-Z main dish.  
Meet in Class Room Area or Meeting Room  
Contact Betty Piper at 863-293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com) for meet up time and other details.

November 21, 2009 Sat. Public/Leisure  
Day Hike  
**Gator Creek - Lakeland**  
Loc: 10545 US Hwy 98 N  
Part of the Green Swamp, one of Central Florida's most crucial natural resources. Despite the name, however, most of it is not underwater. Instead, it's a mosaic of cypress domes amid pine flatwoods, sandhills, and scrub, a recharge area for the Floridian Aquifer covering over 860 square miles to the north of Lakeland.  
Bring water, snacks and/or lunch, insect repellent and sun protection.  
Contact: Jean Waters 863-859-3960 for meet up time and other details.

December 5, 2009 Sat. Members Only/Leisure  
**Tenoroc Fish Management Area, Lakeland, FL**  
Wilderness First Aid Procedures and Kit Review  
Activity Leaders are required to attend and anyone who wishes may attend.  
Bring: First Aid Kits used on hikes and lunch  
Contact: Monika Hoerl at 863-858-3106

December 12, 2009 Sat. Public/Leisure  
Walking Tour  
**Lakeland Downtown**  
Meet at Crispers in Lakeland for light dinner or sandwich and walking tour of downtown Lakeland's Christmas decorations and historic sites.  
Contact: Ken Williams 863-602-5185 or 863-686-1818 or email to [dec1966@aol.com](mailto:dec1966@aol.com) for meet up time and other details.

## **Activities, continued**

December 13, 2009 Sun. Public/Leisure

### **Bok Tower Sanctuary, Lake Wales**

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 during the 15th annual Christmas at Pinewood exhibit. Included in admission to the grounds. Contact: Jim and Rose Kellermann at 863-676-2889 or [Jrkellermann@hotmail.com](mailto:Jrkellermann@hotmail.com) for more information.

December 19, 2009 Sat. Public/Leisure

Bike Ride

### **Ft. Fraser Trail, Bartow**

Meet at Ft. Fraser Trail Head off Hwy. 60 behind Pizza Hut and across from Save A Lot in Bartow for bicycling to Lakeland and back to Bartow for lunch at a restaurant.

Contact Pam Williams at 863-686-1818 or [dec1966@aol.com](mailto:dec1966@aol.com) for meeting time and other information

January 1, 2010 Fri. Public/Leisure

New Years Day Hike

### **Arbuckle section of Lake Wales Ridge State Forest**

Led by Rose Kellermann, but contact David Waldrop at 863-605-3587 or [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.com) for information. Participants will have a choice of a 3-mile or a 5-mile hike and there will be a \$1 fee for hiking.

January 2, 2010 Sat. Public/Leisure

CHAPTER MEETING and Bon Fire

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

For potluck dinner, bring a dish to share based on last names beginning with A-H salad, I-Q main dish, R-Z dessert.

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

## **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):

Baker, Jeanette & Steve, Winter Haven  
Daniel, Marjorie, Winter Haven  
Hunter, William, Lakeland

Ruth, Sharon, Lakeland  
Sliva, Joseph, Avon Park  
Wolff, Paulette, Lake Wales

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

## **RECAP OF PAST ACTIVITIES**

### June 6, 2009: National Trails Day Hike

Twenty-six people braved the summer heat and humidity to participate in a 4-mile hike led by Ken Williams at Circle B Bar on National Trails Day. During the hike we encountered a 3 foot long yellow rat snake on the trail and saw turtles, alligators, and fish in the ponds. Karen Hagood gave the group a tour of the Nature Center and classrooms after the hike.

### June 13, 2009: Tubing at Kelly Springs

On a beautiful Saturday in June, thirteen of us went tubing at Kelly Park in Apopka. Kelly Park is an Orlando county park that surrounds the headwaters of Rock Springs. The water comes out of the springs crystal clear & very refreshingly cool. Most runs, we put our tubes in at the start area near the spring's mouth. There are several spots along the stream where you can either put in or take out. The stream has a slight downhill slope coupled with the force of the water that gives a fairly effortless ride. The ride down is about 30 minutes to the take out point with about a 15 walk back to the start. Several times, we "rafted" together as a group. The concession and bench area is about halfway between the start and take out. Besides tubing, there are some short walks available and several of our group enjoyed them. The park has a nice picnic area, which we used for our lunch. Val and I had bought our food at the concession. We were both pleasantly surprised by how inexpensive and good it was. Afterwards, a bunch of us met up at a local ice cream and food place just outside of the park.

The group is planning another excursion up to Kelly Park in October. Just a few notes about this. Most of us bring our own inner tubes (along with a compressor for group use) but several people have rented tubes from the two facilities outside the park (and before the entrance). There is no tube rental in the park itself. The park has an admittance fee. We usually car pool from Bob Evans on Route 27 at the junction of I-4. If the group is too large, it may be better to use the parking lot at the new shopping area next to I-4. Betty Piper stayed at the park campground the night before and found some tubes for a reasonable price at the local Apopka Publix. This may be a seasonal thing with no guarantees that they would be available in October. However, they were available in the Apopka area long before they showed up in our local stores.

Besides a campground, concessions, bathrooms, and picnic area, Kelly Park has several life guards on duty. They also have fencing in the water beyond the take out to keep out alligators. Part of the springs has been diverted to create a family friendly swimming area. They have outside showers. I do wish they had separate changing areas but it is possible to change clothes in the rest room. Eileen Valachovic

### August 1, 2009: Hike at Lakeland Highlands Scrub

Seven members of the chapter were joined Saturday by a Trek Ten trails geo-cacher to hike Lakeland Highlands Scrub to start out the month of August. We started out on the hike about 8:45 with a nice breeze blowing to help keep things slightly cooled off. We hiked approximately 2 miles seeing many signs of life along the trail. There was an abundance of tracks in the sugar sand stretch of the trail. We saw a baby snake along the trail and a roseate spoonbill in the marsh area near the gazebo and boardwalk. Bob Yost/David Waldrop

## **RECAP OF PAST ACTIVITIES, continued**

### **August 8, 2009: Ice Cream Social**

Twenty three people came to Tenoroc on a hot, but beautiful morning. Bob and Andrew, with Teresa's help, churned the ice cream, even though there was a power failure, they still knew how to churn ice cream with electric ice cream churns! In the meantime, everyone else went on a short hike. Upon our return, we could fill our bowls with delicious ice cream and add lots of different toppings to it. Next year's ice cream recipe will include a cooked pudding base.

Monika Hoerl

### **August 15, 2009: Hike at Withlacoochee River Park**

Instead of hiking in the park where the trail was too overgrown, 15 of us went next door and hiked a section of the National Scenic Trail. It was hot, but once in a while there was a nice breeze. We returned to our cars three hours later and everyone had a good time. Monika Hoerl

## **Thank you!**

Today my thanks are going out to three hardworking people who constantly work on the trails at Tenoroc. Without their help I could not maintain the trails. Mali Rafats walks the two loops at Saddle Creek Park two to three times a week. There she lops and picks up all the trash. Without her help that area would look like the city dump. Katie Bowman jogs the blue and orange loops at least once a week. She lops the trails when the Brazilian peppers get too overgrown. Ralph Rice (with Natalie's help) took over the orange through trail and cuts off whatever is in the way. Thank you.

Monika Hoerl  
Section Leader for Tenoroc

### **National Scenic Trail**

Many of you apparently are not aware that Janice Anderson has been a section leader on a part of the National Scenic Trail for many years. Her 35-mile trail goes from Rock Ridge Road to Old Tampa Hwy. From there Central Chapter takes over. It goes along roads and through towns. The blazes have to be renewed every two to three years. I appreciate it very much that she paints them while feeling funny as people honk their horns, pit bulls stand in their driveways watching, or bulls along the fences charge her. Thank you.

Monika Hoerl  
Coordinator of trails

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

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