

# HEARTLINE

No. 4

Oct. – Dec., 2011

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

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### 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):

Brown, Mark and Michelle of Winter Haven  
Edwards, Lori of Auburndale  
Greater Lake Placid CoC, CEO/Pres. Eileen May

Robinson, Kristen of Auburndale  
Taylor, Don and Cathe of Lake Alfred

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

### OUR CHAPTER'S WEBSITE ADDRESS

Our chapter's new 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](mailto:david_lwfl@yahoo.com).

### WHAT TO BRING ON A DAY HIKE

Water or other beverage (at least 2 quarts)  
Insect repellent  
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!



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

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

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

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 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)

Section Leader/Boney Marsh and KICCO: David Waldrop 605-3587 or [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.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.)

Date: October 1, 2011, Saturday

Activity: Kayaking

Location: **Peace River, beginning at Paynes Creek Historic State Park**

Description: Kayakers will paddle down stream to Pioneer Park in Zolfo Springs. Lunch will follow at the Pioneer Restaurant near the park. Cost: Free, except for your own lunch.

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, water and money for your lunch.

Contact: Val Valachovic at (863) 956-2145 or email [valwpv@verizon.net](mailto:valwpv@verizon.net) 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>.

Date: October 8, 2011, Saturday

Activity: **"Water, Wings and Wild Things"**

Location: Circle B Bar Reserve and Nature Center – Lakeland Area. Entrance on south side of SR 540 (Winter Lake Road) between US 98 and Thornhill Road.

Description: Outdoor festival with exhibits and hiking trails. 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. No pets allowed on site.

Bring: water, lunch, snacks, (or money to purchase at concessions), insect repellent and sun protection.

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

Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: October 15-16, 2011, Saturday – Sunday

Activity: Trail Improvement – Removing Brazilian Peppers

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

Description: Come for the day or camp primitively overnight, tools are provided.

Bring: water, snacks, sun and insect protection.

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, continued

Date: October 22, 2011, Saturday

Activity: Trail Improvement

Location: **Boney Marsh on National Scenic Trail**, Bluff Hammock Rd., Lorida, FL (just south of Sebring).

Bring: water, snacks, 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, directions, and other details.

Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: October 22, 2011, Saturday

Activity: Introduction to Hiking, Trail Improvement and/or Bridge Building

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

Description: Workshop for educating those interested in hiking and/or assisting with trail improvement and/or bridge building projects.

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

Contact: Ken Williams 863-602-5185 or 863-686-1818 or email to [kwilliams@ridgeprofessional.com](mailto:kwilliams@ridgeprofessional.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>.

FTA/calendar.

Date: October 29-30, 2011, Saturday – Sunday

Activity: Bridge Building Project

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

Description: Replacing a bridge that burned beyond repair during a recent storm. Come for the day or camp primitively overnight.

Bring: water, meals, snacks, sun and insect protection and 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>.

Date: November 5, 2011, Saturday or if camping, the nights of Fri. and/or Sat., Nov. 4 and/or 5

Activity: Chapter Meeting, nature walk, potluck lunch and camping

Location: **Highlands Hammock State Park** off US 27 on SR 634 (also known as Hammock Road), four miles west of Sebring.

Description: Some will be camping at Highlands Hammock. You're welcome to join us by making reservations at [reserveamerica.com](http://reserveamerica.com).

Bring: water, insect repellent sun protection, and a dish to share based on last names beginning with A-H dessert, I-Q salad, R-Z main dish.

Contact: For chapter meeting, Melissa Bruneau, phone 407-460-1388, or email [ftamelissa@gmail.com](mailto:ftamelissa@gmail.com) for meet-up time and other details. For camping, Teresa Newgent at 813-882-9558 or [newgt7@yahoo.com](mailto:newgt7@yahoo.com) Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: November 6, 2011, Sunday

Activity: Trail Improvement – All Day

Location: **KICCO Wildlife Management Area**, S.R. 60, east of Lake Wales

Bring: water, meals, snacks, 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, directions, and other details.

Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: November 12, 2011, Saturday

Activity: Bicycle Maintenance Workshop

Location: **Home of member Jim Aldridge, Lakeland, FL**

**Description: Learn riding skills and how to perform basic maintenance and repairs.**

Bring: snacks, water and your bicycle.

Contact: Jim Aldridge at 863-409-5996 or [andicapp@gmail.com](mailto:andicapp@gmail.com) for time, address, directions, and other details. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

**Activities, continued**

Date: November 19, 2011, Saturday

Activity: Bike Ride

Location: **Ft. Fraser Trail from Bartow trailhead**

Bring: helmet, water, snacks and your bicycle.

Contact: Eileen Valachovic at 863-956-2145 or [eileenvalachovic@hotmail.com](mailto:eileenvalachovic@hotmail.com) for meet-up time, directions and other information. Also, please RSVP to the chapter online Meet-up page at <http://www.meetup.com/Heartland-FTA/calendar>.

Date: November 26, 2011, Saturday

Activity: Day Hike, approx. 7 miles

Location: **Tenoroc Fish Management Area, Lakeland, FL**, at office.

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.

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>.

Date: December 3, 2011, Saturday

Activity: Ropes Course

Location: **Museum of Science and Industry (MOSI)** on Fowler Ave. in Tampa

Bring: appropriate shoes and clothing and \$10 for the course and money for lunch at a local restaurant for anyone who wants to go.

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

Date: December 10, 2011, Saturday

Activity: Walking Tour

Location: **Downtown Lakeland**

Description: Light dinner or sandwich at *The Chop Shop* and walking tour of downtown Lakeland's Christmas decorations and historic sites.

Bring: Wear comfortable walking shoes and wear appropriate clothing for the weather for the walk and bring money to purchase dinner.

Contact: Ken Williams 863-602-5185 or 863-686-1818 or email to [kwilliams@ridgeprofessional.com](mailto:kwilliams@ridgeprofessional.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>.

Date: December 11, 2011, Sunday

Activity: Hike and Tour of the Pine Wood Estate

Location: **Bok Tower Sanctuary, Lake Wales**

Description: Tour the sanctuary grounds and gardens, including the *Pine Wood 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 Pine Wood" exhibit. The theme this year is "Picture Perfect" Christmas movies. *FREE TO CHAPTER MEMBERS ONLY.*

**Bring: appropriate hiking shoes, water, snack, sunscreen, insect protection, and a picnic lunch or order lunch from the Café.**

Contact: RSVP to Jim and Rose Kellermann BY THURSDAY, DEC. 8<sup>TH</sup> at 863-676-2889 or [Jrkellermann@hotmail.com](mailto:Jrkellermann@hotmail.com) for more information.

### Activities, continued

Date: December 16–18, 2011, Friday – Sunday

Activity: Day Hike on Sat. and/or camp in the park's campground Fri. and/or Sat. nights

Location: **Lake Kissimmee State Park**

Description: 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. If camping, make a reservation at [ReserveAmerica.com](http://ReserveAmerica.com)

Bring: for hiking only, water, snacks and lunch, sun and insect protection. For camping, a dish for the potluck dinner Sat. evening and a gag gift for the Christmas gift exchange.

Contact: For hiking only, Betty Piper at 863-293-3053 or [bpiper2005@aol.com](mailto:bpiper2005@aol.com). For camping only, Teresa Newgent at 813-882-9558 or [newgt7@yahoo.com](mailto:newgt7@yahoo.com). Also, please RSVP to the chapter online Meet-up page at

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

Date: December 18, 2011, 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.

Bring: Walking or hiking shoes, water, snacks, sun and insect protection.

Contact: Liane Plumhoff 863-646-2398 or [lplum@verizon.net](mailto:lplum@verizon.net)

Date: December 24-25, 2011, Saturday – Sunday.

Activity: Backpack hike, limited to first 6 respondents (Members only)

Location: **Tiger Creek** South of Lake Wales.

Description: 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: your own backpack equipment, food, water, etc.

Contact: Melissa Bruneau, phone 407-460-1388, or email [ftamelissa@gmail.com](mailto:ftamelissa@gmail.com) for meet-up time, location, and other details.

Date: December 31, 2011 - January 1, 2012, Saturday - Sunday

Activity: Backpack or primitive camping and/or day hike on Sun.

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

Description: Moderately rolling hills with pine forests, prairies, wetlands, scrub, and marshy lakeshore along the west side of Lake Arbuckle.

Bring: If camping, your own camping equipment/gear for the activity you choose, hiking shoes, water, snacks, lunch, sun and insect protection. If primitive camping, bring a can of beans for a community bean pot supper in addition to your own camping provisions for the weekend. If hiking on Sun., bring comfortable walking/hiking shoes, water, snacks, lunch, sun and bug protection as needed.

Contact: David Waldrop (for day hike and primitive camping) at 863-605-3587 or [david\\_lwfl@yahoo.com](mailto:david_lwfl@yahoo.com) and Melissa Bruneau (for backpack hike/camp) at 407-460-1388 or [ftamelissa@gmail.com](mailto:ftamelissa@gmail.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>.

#### 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.