



# trail tales



## Loxahatchee Chapter, Florida Trail Association

Volume 28, Issue 5: Bi-monthly Publication

September/October 2018

### **CHAPTER MEETINGS**

First Monday of every month  
Social 7:00 p.m.; Program 7:30 p.m.

**Sept-Ice Cream Social**

**Oct-Geocaching by Terri White**

### **OKEEHHEELER NATURE CENTER**

Located in Okeehheeler Park on Forest Hill Blvd. east of the turnpike. Follow the main park road for about a mile, turn left at the Nature Center sign and continue to the building.

**EVERYONE IS WELCOME**

### **Chapter Officers**

**Chair:** Roy Moore, 561-422-2189, shotgun.mgc@gmail.com

**Interim Vice/Programs:** Jeff Andrews, 561-310-6950, jeff4sail@mac.com

**Vice/Trails:** Fred Davis, 561-779-0273, fdavis@msn.com

**Secretary:** Ruth Scott, ruthfla@aol.com

**Treasurer:** Paul Cummings, 561-596-4423, cummingsps@att.net

**Council Rep.:** Bea Rogers, 561-644-0777, bznest22@gmail.com

### *Committees*

**Membership:** Mary Miller, 561-213-2189, mhm27@juno.com

**Newsletter:** Shannon Moore, 561-422-2189, shanroy@bellsouth.net

**Public Relations:** John Fenner, 586-350-3235, johnwf001@yahoo.com

### *Trail Section Leaders*

**Jonathan Dickinson:** Jeff Andrews, 561-310-6950, jeff4sail@mac.com

**Corbett:** Rick Byrnes, 561-798-6566, r\_byrnes@bellsouth.net

**DuPuis:** Scott Lunsford, 561-441-1251, tblazer7579@comcast.net

**Lake Okeechobee:** Paul Cummings, 561-596-4423, cummingsps@att.net



### **This month's feature - Mary Miller**

Did you ever hear people describe a person as a little spitfire? Energizer bunny?

Mary Helen Miller fits the bill perfectly. I joined the FTA to get to know others who share my hiking passion. My first hike with the FTA was at JD. Mary, as the hike leader, got to know me just as she gets to know all new hikers on her trail. We became fast friends sharing stories of our children and her grandchildren and our hiking adventures. During that first hike, I had the brilliant idea to ask her to join me on the Appalachian Trail. She had the energy, determination, stamina and wanderlust to make the trek. So far, we've spent 3 years section hiking the AT and completed over 125 miles. When you see Mary at JD, she is the leader. On the AT, she is the sweep, bringing up the rear. Each time I go through, over or under a particularly difficult stretch, I look back thinking I'd left my partners behind, but no, there they are, keeping pace, tackling the hurdles with Bandana Nana (Mary's AT trail name) bringing up the rear. I think Mary enjoys being the sweep on the AT because she spends so much time leading at JD. She doesn't have to be as responsible, although she still is. She insists on doing everything herself, she never asks for help and we have to force her to accept it! On our first trip, there was a bad storm at night. In the morning, Bandana Nana wanted to feel fresh, so she put on a new set of light colored pants. About half way through the day, we came across a fallen tree that left a huge crater on the trail. There was no way around it so we had to go in the crater. Bandana Nana was in nearly up to her neck. She had to climb out and her brand new clean pants were covered in

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mud. She might have been a little cleaner had she allowed us to give her a helping hand, but Noooooo, not Bandana Nana! On our last trip, she had a birthday. Each night we had to find a branch to hang our food. We sent Bandana Nana on a search for the perfect branch while we prepared cupcakes. If it weren't for those cupcakes, I think she might still be there trying to get that rock over the branch. Mary is my favorite trooper, my inspiration, a true Wonder Woman!

by Amy Saperstein

I've known Mary for > 10 yrs and we've done numerous JD hikes and travelled to FTA Conferences together. It's never a dull moment when she's around. She's a people's person, upbeat and funny with a wonderful sense of humor. But she is also responsible, helpful and very reliable. These are the trades of a good activity leader, and she takes her leadership very seriously.

At the start of the hike she made sure that everyone has enough water, or have proper footwear (it's amazing how some inexperience hikers take this so lightly). She's also been known to stay back at the parking lot at the end making sure everyone returned safely. No stray hikers left behind who would put her on the 6 O'clock news!

It's wonderful to see a good turnout at the monthly JD hikes, but the down side is that as the group gets larger, hikers tend to separate from each other and this can be a challenge for her to keep everyone together.

Being an activity leader is not always a walk in the park either..... We even had one hiker who blamed Mary for not mentioning ahead of time that there will be sand dunes in JDSP! Sorry Mary, you can't please everyone!

But we love you as an activity leader and being in charge of Membership Mary, and we appreciate all the hard work you've put into it. Keep it up!

by Winnie Lo

I think I first met Mary on a couple of Jonathan Dickinson trail maintenance outings in 2011. Soon thereafter I learned that she was the chapter membership chair and that she led a hike in JD every month. I'm not that tall but when you meet Mary you can't help but notice that she has some short legs. I previously hiked in JD what was back then a 10 mile east loop with the killer sand dune hills and thought it must take her a while to get around that loop with her short legs; WRONG! I was sadly mistaken to think that as are most that show up for her hike as Mary can move! I thought I was going to have to run to keep up with her! She leads our most popular hike and brings us a lot of members as all the youngsters like her long miles and fast pace... even in the summer! Everywhere I went as I became active in the chapter I would find Mary; helping out at the regional conferences; at chapter event booths; at the Big O; bringing refreshments to meetings; at the annual volunteer picnic; annual holiday party; trail maintenance... Mary was always there and has done a lot for the Chapter. She became a great friend and one to be counted on when needed! Need someone to help shuttle backpackers... Mary's there; someone to co-sponsor/train a new activity leader... she's in; need a co-leader for beginner's backpacking... Mary volunteers! Thanks Mary for all you do!

by Scott Lunsford

**Time to Start Thinking of the Big "O" Hike**

We'll again be hiking the Big "O" during Thanksgiving week beginning the Sunday before and ending Friday after Thanksgiving. Details and registration forms will be posted online [loxftrail.org](http://loxftrail.org) about mid September. Activity leaders who are willing to sweep for a day or two contact Roy Moore at [shotgun.mgc@gmail.org](mailto:shotgun.mgc@gmail.org). That will help me begin to get organized.

**Upcoming Events**

Celebrate the 50<sup>th</sup> Anniversary of the National Trails System Oct 5/7. See the details at: <https://www.floridatrail.org/national-trails-festival-2018/>  
South Florida Regional Conference Set aside the first weekend in December for the Regional Conference which will be in Jupiter.

There is an old saying "If you want a job done well, ask a busy person." Mary certainly fits that description. She is a very busy Mom and Grandmother has loads of family and friends that she will do anything for. If that doesn't keep her busy enough she is always there for the Florida Trail.

I have known Mary for twenty plus years. There was a time that I was able to go and enjoy her hikes at JD. We were a relatively small group and I loved those hikes. As I grew older and found it difficult to hike 10 miles after driving such a long distance. Mary just seemed to get younger and as her hike grew both in size and popularity. The first Sunday of each month (following the first Sat) Mary is at JD ready to lead her hike. On rare occasions when she is out of town she always finds someone to replace her so that the hike can go on

by Val Johnson

*Thanks to all for offering material and photos about Mary. Unfortunately we didn't have space for everything! -Editor*

**Come one, Come all for our Ice Cream Social!**

Sept. 3

Screen Porch just before the Okeehelée Nature Center

Bring Ice Cream &/or trimmings to share.

7:00pm

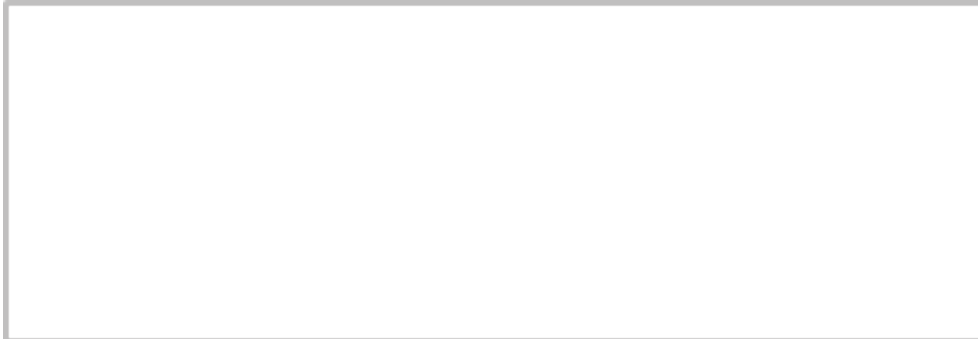
## Chapter Activities for Sept/Oct

*All these activities are open to the public*

Date	Event	Location	Diff	Time	Leader	Notes
9/1	Walk	John Prince Park, W Ent off Congress	Mod	7:15A	Paul Cummings 561-596-4423	Exercise Walk for 1 hr, then breakfast at TooJays
9/2	Hike	Jonathan Dickinson State Park	Mod-Stren	8:00A	Mary Miller 561-213-2189	Bring 2 liters water. Lunch at Dune Dogs following hike
9/3	ChaptMtg	Okeeheelee Nature Ctr Screen Rm.	NA	7:00P	Roy Moore 561-422-2189	Ice Cream Social plus demo of Trail Maint Equip. 1 M North Forest Hill Blvd.
9/8	Trail_Maint	South Ent Corbett	Leisure	6:00A	Paul Cummings 561-596-4423	Recommend long sleeves and long pants
9/9	Walk	R Palm Beach Pines 110 Nature's Wy	Leisure	8:00	Paul Cummings 561-596-4423	Access from Royal Palm Beach Blvd to Saratoga to Natures Way
9/15	Walk	Okeeheelee Park South	Mod	7:30A	Bruce Brown 772-333-1837	7500 Forest Hill Blvd turn S to lot. Breakfast at Pete's after walk
9/16	Walk	Winding Waters	Leisure	7:30	Paul Cummings 561-596-4423	N Access from 45th St
9/22	Hike	R Palm Beach Pines 110 Nature's Wy	Stren	7:45A	Joe Rosenberg 561-859-1954	2 liters Wtr, Access from Royal Palm Beach Blvd to Saratoga to Natures Way
9/23	Walk	Seacrest Scrub and High Ridge Nat. Areas	Leisure	7:30A	Alan Collins 561-586-0486	3400 South Seacrest Boulevard, Breakfast after walks.
9/29	Trail_Maint	Okeeheelee Park Nature Center	Leisure	7:30A	Paul Cummings 561-596-4423	Breakfast at Pete's after work.
9/30	Walk	Okeeheelee S	Leisure	7:30	Paul Cummings 561-596-4423	Breakfast at Pete's after work.
10/1	ChaptMtg	Okeeheelee Park Nature Center - GeoCaching		7:00P 7:30P	Roy Moore 561-422-2189	From Forest Hill Blvd, follow signs along Eshleman Trail to Nature Ctr. 1 mile.
10/5	Conference	Sanborn Activity Ctr. Deland, FL		PM		<a href="https://www.floridatrail.org/national-trails-festival-2018/">https://www.floridatrail.org/national-trails-festival-2018/</a>
10/6	Conference	Sanborn Activity Ctr. Deland, FL		All Day	See details at rt.	<a href="https://www.floridatrail.org/national-trails-festival-2018/">https://www.floridatrail.org/national-trails-festival-2018/</a>
10/7	Conference	Sanborn Activity Ctr. Deland, FL		AM		
10/13	Trail_Maint	Jonathan Dickinson State Park	Mod	All Day	Jeff Andrews jeff4sail@mac.com	Camping, showers, restrooms available. We can camp at Eagle's Nest Fri Night
10/14	Trail_Maint	Jonathan Dickinson State Park	Mod	All Day	Jeff Andrews jeff4sail@mac.com	
10/20	Walk	Okeeheelee Park South	Mod	7:30A	Bruce Brown 772-333-1837	7500 Forest Hill Blvd turn S to lot. Breakfast at Pete's after walk
10/21	Walk	Apoxee	Leisure	8:00	Paul Cummings 561-596-4423	1 mile N of Okeechobee on Jog Rd
10/27	Hike	R Palm Beach Pines 110 Nature's Wy	Stren	7:45A	Joe Rosenberg 561-859-1954	2 liters Wtr, Access from Royal Palm Beach Blvd to Saratoga to Natures Way
10/28	Walk	Grassy Waters, N side of Northlake Blvd	Leisure	7:30A	Alan Collins 561-586-0486	Abt 1.2 Miles of Beeline Hwy. Breakfast after walk.

**Loxahatchee Chapter**  
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*For all FTA information: [www.floridatrail.org](http://www.floridatrail.org)  
Chapter Web site: <http://loxfltrail.org/>*

