



trail tales



Loxahatchee Chapter, Florida Trail Association

Volume 30, Issue 2: Bi-monthly Publication

March/April 2020

CHAPTER MEETINGS

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

March 2 - TBA

April 6 - TBA

OKEEHEELEE NATURE CENTER

Located in Okechee 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

Vice/Trails: Fred Davis, 561-779-0273,
fdavis6539@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

At Large: Christopher Knight

Committees

Membership: Mary Miller,
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Newsletter/Website: Shannon Moore,
561-422-2189, shanroy@bellsouth.net

Public Relations: position open

Trail Section Leaders

Jonathan Dickinson: Jeff Andrews,
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Corbett: Rick Byrnes, 561-798-6566,
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DuPuis: Scott Lunsford, 561-441-1251,
tblazer7579@comcast.net

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

Hobe Sound & LOX Slough: Bea
Rogers, 561-644-0777

My Journey as an Activity Leader with the Loxahatchee Chapter - by Rita Black

How it all Started

I fell in love with our chapter on day one, when I hiked Apoxee in March of 2018, and attempted to keep up at Joe's pace. We hiked roughly 13 miles, and I was sore for days after. Have I mentioned how much I adore Joe? Before then, I would only hike 3-5-mile treks, because I would hike alone, and didn't feel like long distances were safe. My family just didn't have any interest in joining me. I found the Loxahatchee Chapter one day, after riding through DuPuis with my family. Someone was making a water drop, and after inquiring, I found out it was for a race on the Ocean to Lake Hiking Trail. I went home and did a Google search, which led me to James "Jupiter Hikes" blog on the trail. At the bottom of his blog was a link to the Chapter. I became a paid member, found the Facebook and Meetup page, and signed up for more and more hikes, making some fabulous friends along the way. I went on Mary's and Joe's hikes and just kept coming back for more. Then, my friend, Gorgin, became an activity leader, and he and I talked about the process. Finally, I got in touch with Scott, and took "the plunge" just 6 months after I took my first hike with the group.

In a Nutshell

I have led several hikes in my first year as an activity leader, and even some kayaking trips, which I have been told are greatly missed (I'll bring those back soon). I have since committed to leading long hikes on the third Saturday of the month, starting in May 2019. Being an activity leader is not always easy, but it is very rewarding. We are responsible for your well-being on the trail. We present you with the details of the trip, for you to best prepare for the hike. Sometimes, we have people who don't read everything, who complain they weren't prepared or weren't aware of what to expect. Sometimes, we have people who aren't quite physically able to complete the whole journey. However, we prepare. We scout the trails beforehand, figure logistics and parking situations, prepare a back-up plan if someone needs assistance, and try to keep all loose ends secure. Since I try to rotate locations, it may be a bit more work than someone who leads hikes in the same few locations, because I try to get used to the trail and routes beforehand. My goal is to find new areas and expand our hiking portfolio. I've found trails that aren't technically open to the public, but have been granted access to lead hikes there. I get in contact with the county's environmental services division, trail masters, other chapters, and check on trail conditions, hunting season (if necessary), and check for trail closures. I scout out not just the conditions, but also safety factors for the trail. If there are challenges, I fully disclose those challenges in my Meetup description, to avoid any issues as best as I can. I love wet hikes, especially in the summer. You can bet there will be water on my summer hikes. I have been told that my hikes intimidate some people. Good. My hikes are meant to be challenging, fun, and rewarding. I can

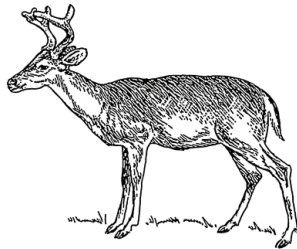
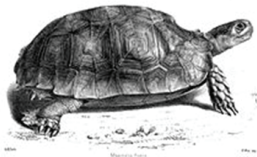
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My Journey... cont. from page 1

say, that I try my best to check on everyone, and make sure everyone is having a good time. Because, next to safety, my goal is to make sure that everyone is enjoying their time outdoors.

Can't do This Alone

I have so much help with my hikes. I have friends who go on "scouting hikes" with me. I have friends who suggest locations. I have friends who help sweep my hikes for me, or even lead my hikes for me, so I can sweep or hang out with the guys in the middle. I usually have the best sweeper, Jorge Hernandez by my side when I am scouting, and hanging in the back on the official hike. He's so great about reading people and their body language. He's escorted people back for me, turned around, and hiked to catch back up with the group, adding even more miles to his hike. He's sat with people on out and backs, making sure they are cooled down and safe, until I can pick them up. My friends and fellow activity leaders, Ryan and Jeff have served as human support beams for a slippery log crossing. We call one another, when the groups get split, and touch base on the condition and location of the hikers. We're all one team, and more importantly, one big family. I truly am grateful that the Loxahatchee Chapter has allowed me to become a member and an activity leader. All our members, and participants have made such a positive impact in my life.



Okechee Nature Center Produce Wish List

As a help to the Nature Center, we've been asked to bring a FEW items to help stretch the Nature Center budget for feeding the "critters" when we attend our monthly meetings. Spoilage is a concern; so if you want to donate, keep that in mind. A piece or two of fruit, some greens or a couple of sweet potatoes, but not all, would be greatly appreciated. Here's a list of acceptable items that the "critters" can eat and enjoy.

Fruits:

Apples
Bananas
Grapes
Berries
Mangos
Melons
non-citrus fruit

Vegetables:

Carrots
Bell or Sweet
peppers
Tomatoes
Sweet potatoes
Green beans
Squash
Cucumber

Greens:

Romaine
Kale
Collards
Swiss Chard
Dandelions
No Iceberg
Lettuce

Twenty-year Membership Award

At our last Chapter meeting, Lucy & Bill Hofmann were award cups for their continual membership. On receiving the award, Lucy made these comments that we've been allowed to share with you:

"Bill joined Florida Trail about thirty years ago and I joined 25 years ago. Our time with the Florida Trail group has always been very interesting and enjoyable.

One major highlight was when Bill and Jack Hailman did the [first or second] 75 mile lake to ocean trek. It was Bill's 75th Birthday. They carried all their own supplies but Dean [Drake] delivered the water.

Over the years we have done many wonderful and interesting walks and all were great!

We thank you for the cups. They will be treasured."

Help Wanted

The resignation of Jeff Andrews and departure of John Fenner have left some opportunities for the rest of the membership. I'm going to list some needs that don't necessarily have to be filled by Board members but could be. So first, if you are interested in being on our leadership team, we'd love to have you. While there are tasks to be done we expect Board members to show up at most of our meetings which are on Thursday evenings following our regular meeting. If you don't want to commit to a board position but are interested in volunteering, here is a list of opportunities.

Public Relations: Involves writing press releases and articles for publication beyond our newsletter.

Activity Coordinator: John previously did this and Scott Lunsford has stepped up to do that.

Events Coordinator: Paul has been doing most of this but could use some help setting up displays and arranging for volunteers to assist.

Nominating committee: This is normally filled by the first VP. Jeff previously did this. This person doesn't have to be a Board member but should know members and both their willingness and qualifications to serve.

Coordinator for Meeting treats: Maintain a list of volunteers to provide treats for monthly meetings and contact each volunteer several days prior to our monthly meeting.

Program Chair: Arranges programs for the monthly meetings.

Contact Roy if interested or need further details.

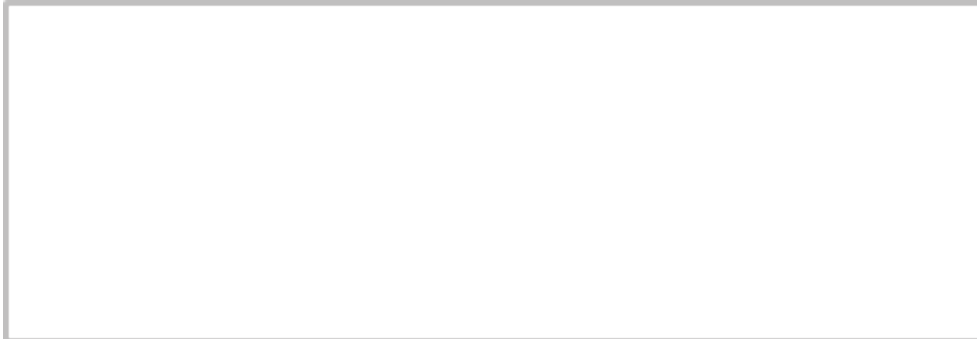
Chapter Activities for March/April

Date	Event	Location	Diff	Time	Leader or Contact	Notes
3/2	ChaptMtg	Nature Ctr, Okeeelee PK		7:00P 7:30P	Roy Moore 561-422-2189	From Forest Hill Blvd, follow signs along Eshleman Trail to Nature Ctr. 1 mile. 7:00 refreshments/social; 7:30 meeting
3/7	Walk	John Prince Pk	Mod	7:15A	Paul Cummings 561-596-4423	2520 Lake Worth Rd, Lake Worth Breakfast at TooJays following walk
3/7		Naturescape event John D MacArthurBeach		10:00A	Amy Saperstein 561-289-5551	Booth at festival to promote FTA
3/8	Hike	Jonathan Dickinson State Park	Stren	8:00A	Mary Miller 561-213-2189	16450 S.E. Federal Highway, Hobe Sound; 2 Liters Wtr. Meet at Entrance. Park fee \$6.00 per car multiple or \$4:00 single
3/14	Trail_Maint	to be determined			Fred Davis 561-779-0273	
3/15	Walk	R Palm Beach Pines	Leisure	8:00	Paul Cummings 561-596-4423	110 Nature's Wy Access from Royal Palm Beach Blvd to Saratoga to Natures Way
3/21	Walk	Okeeelee Park South	Mod	7:30A	Roy Moore 561-422-2189	7500 Forest Hill Blvd turn S to lot. Breakfast at Pete's after walk
3/21	Hike	Riiverbend to Hobes Grove Canal	Stren	7:45	Rita Black 772-985-0579	12 mile fast-paced hike. Meet at the pkg lot in front of Nature Ctr Riverbend
3/22	Walk	Cypress Creek Ntrl Area	Leisure	7:30A	Alan Collins 954-681-2100	10035 Indiantown Rd, Jupiter
3/29	Walk	Winding Waters	Leisure	7:30	Paul Cummings 561-596-4423	N Access from 45th St
4/4	Walk	John Prince Pk	Mod	7:30A	Paul Cummings 561-596-4423	2520 Lake Worth Rd, Lake Worth Breakfast at TooJays following walk
4/5	Hike	Jonathan Dickinson State Park	Stren	8:00 AM	Mary Miller 561-213-2189	16450 S.E. Federal Highway, Hobe Sound; 2 liters water, Meet at Entrance, Lunch at Dune Dogs after hike
4/6	ChaptMtg			7:00P 7:30P	Roy Moore 561-422-2189	From Forest Hill Blvd, follow signs along Eshleman Trail to Nature Ctr. 1 mile. 7 refreshments/social; 7:30 meeting
4/14 to 4/26	Hike	Series of day hikes covering entire OTLHT	Mod- Stren	8:00A	Scott Lunsford 561-441-1251	See Meetup for days hiked an other details or call
4/11	Trail_Maint	to be determined			Fred Davis 561-779-0273	
4/12	Walk	Marjorie Stoneman Douglass Preserve	Leisure	8:00A	Paul Cummings 561-596-4423	33491 Flying Cow Ranch Rd. North parking lot.
4/18	Walk	Riverbend Park	Mod	7:30A	Bruce Brown 772-333-1837	Meet at Main Pkg by Visitor Ctr
4/19	Walk	Blowing Rocks Preserve	Leisure	7:30A	Paul Cummings 561-596-4423	at Coral Cove Pk Beach
4/26	Walk	Royal Palm Beach Pines	Leisure	7:30A	Alan Collins 954-681-2100	about 4 miles

**Loxahatchee Chapter
Florida Trail Association
9887 Cross Pine CT
Lake Worth, FL 33467**

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ELECTRONIC SERVICE REQUESTED



*For all FTA information: www.floridatrail.org
Chapter Web site: <http://loxfttrail.org/>*



**Coming to the monthly meeting? Don't
forget treats for the Park's critters!**