

# Highlanders Chapter Newsletter

## Florida Trail Association

### November – December 2014

#### Volume 15, Issue 6

#### Mission of the Florida Trail Association

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.

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#### Highlanders Nature Notes #5

The only carnivorous plants that I have seen around here are called Sundews (probably *Drosera brevifolia* or possibly *Drosera capillaris*). I find them in a variety of locations along the edges of lakes and ponds, most often during the rainy season. They are usually quite plentiful around the eastern edge of Lake Alfred in the Hidden Waters Preserve in Eustis. However, the last few times I've been there I haven't seen any, probably due to the drought cycle (Lake Alfred being just about bone dry at the time).

The Sundews in our area are usually very small and often hard to see except for their red coloration. Those are the ones I most often find as their color makes them stand out among the other plants. But their illustrations in some of the guide books often make them appear more green than red. They catch and consume the edible parts of their insect prey by the use of tiny, tentacle-like hairs on each leaf, which contain shiny, sticky droplets of digestive fluid at their tips. When the insect lands on these

leaves they become trapped just as if they'd landed on fly-paper or glue traps. Then, curving toward the prey, more hairs come into contact with it, releasing more digestive juice. At the same time, the leaf on some species begins to fold somewhat around the prey (though, not as much as a Venus' Flytrap), so that even more hairs can touch the animal. Covered with both sticky and digestive fluids, the animal dies. The softened portions of the prey are then slowly absorbed back into the hairs on the leaf. By looking closely with your magnifying lens, you might find the insect exoskeletons scattered among the sticky hairs.

In conversations I've had with an old-timer who came here in the early 20th Century, he told me of seeing another carnivorous plant in the Pitcher Plant genus at the base of the bridge over Alexander Springs Creek on CR 445. It was a great many years ago and he wasn't sure of its exact identity. But from the description he gave and the range maps in one of the sources below, it was most likely the Hooded Pitcher Plant (*Sarracenia minor*). They are all gone now, from what I've been able to see; possibly picked and taken home or just trampled to death by the considerable human boaters and fishing traffic at that location over the years. There are supposed to be some of these unusual plants still surviving in other areas of the Ocala National Forest, usually in the wet, pine flatwoods habitat, but I've only ever seen photos of them in one of the sources below. Recently I went to DeLeon Springs State Park and discovered that there is a tiny patch of these plants growing in a remote location just off

the longer "Wild Persimmon Hiking Trail." The park botanist told me that they are "almost impossible to find" and that you can't see them from the trail, but that you have to hunt for them in a clearing just north of the trail about halfway along its length. He was right; they were very hard to find, and I was unsuccessful in my first attempt. I will try again someday when it's cooler.

Thankfully, we still have plenty of Sundews to study. Their tiny size makes them less noticeable and, thus, less attractive to the poacher. So go out and hunt for them and see what you can discover about this fascinating species, one of the very few species of native carnivorous plants in our area,

*-Mike Barnett*

#### **Sources:**

Doyle, Mycol. *Killer Plants*. Los Angeles: Lowell House Juvenile, 1993.

Schnell, Donald E. *Carnivorous Plants of the United States and Canada*. Winston-Salem, NC: John F. Blair, 1976.

Sourbeer, Ken. *A Journey Through the Ocala National Forest*. Eastern National, 2005.

Taylor, Walter Kingsley. *Florida Wildflowers: a Comprehensive Guide*. Gainesville, FL: University Press of Florida, 2013.

### **Trail Masters and Activity Leaders**

**Trailmasters:** Gene Bouley, Francis Keenan, Bill Leach, Jon Leavers, Gene Molnar, Steve Nemeth, Rollin Patrick, Howard Pospesel, Diane Roesch

**Activity Leaders:** Mike Barnett, Gene Bouley, Diane Dammiller, Ken Dammiller, John Grob, Bobbi Keenan, Francis Keenan, Bill Milton, Mary Ellen Milton, Steve Nemeth, Howard Pospesel, Bob Sippey, Suzanne Sippey.

## Notes from the Chair Hiking and Hunting

It is only common sense to wear orange clothing, a vest and hat, for example, when you walk in an area where hunting is permitted. Our chapter owns orange net vests and we lend them for activities organized by the chapter.

Hunting seasons in Florida vary by the species hunted. The season of most concern to hikers is deer season. In central Florida the deer season this winter runs from December 6 to February 22. After deer season other hunting seasons vary by species and area. For more information visit this website: <http://myfwc.com/hunting/wma-brochures>

In general, hunting is permitted in (a) national forests (Ocala NF), (b) state forests (Seminole State Forest), (c) wildlife management areas (Emeralda Marsh WMA, Lake Panasoffkee WMA, Jumper

Creek WMA), and (d) areas belonging to water management districts (St. Johns River WMD, Southwest Florida WMD).

There are two exceptions in the Ocala National Forest: hunting is banned along the Florida Trail between Forest Road 6 and Forest Road 69 southeast of Alexander Springs, and also in the Juniper Wilderness area including the Yearling Trail.

Hunting is prohibited in Lake County Parks (Pear Park and Pine Forest Park for example) and also in the 17 preserves owned by the Lake County Water Authority (Flat Island, Hidden Waters, Lake Norris, Sawgrass Island).

–Howard Pospesel

## Backpacking Movies

### Movies about Journeys

There are roughly a gazillion films about journeys, and the journeys depicted involve all manner of conveyances, such as cars (“Nebraska”; 2013, T92), canoes (“Deliverance”; 1972, T94), spaceships (“Star Wars”; 1977, T93), motorcycles (“Easy Rider”; 1969, T86), steamboats (“The African Queen”; 1951, T100), and even a riding lawnmower (“The Straight Story”; 1999, T96).

**Note:** *The first number I cite after each movie is of course the year of release. The second number, which I precede with a “T,” is an evaluation of the movie’s quality. The movie-review-aggregating Internet site “Rotten Tomatoes” provides a score for each movie; the score shows the percentage of reviews for that movie that are favorable. A score of 100 means that every reviewer liked the movie. While any single movie review may well be off-base, the average of all reviews for a movie provides a more reliable guide to the film’s quality.)*

## **Movies About Journeys by Foot**

There are hundreds, maybe thousands, of movies about foot journeys. Here are a few examples:

- “Man in the Wilderness” (1971, T-N/A; a trapper treks across the continent after surviving an attack by a grizzly bear).
- “The Rabbit-Proof Fence” (2002, T88; four Aboriginal girls make a three-month walk through the Australian outback to escape harsh confinement by the state and return to their village).
- “The Way Back” (2011, T75; six escaped prisoners flee their Siberian Gulag during WWII and make a treacherous journey across thousands of miles of hostile terrain).
- “Lore” (2013, T94; four children go on a harrowing journey across Germany at the conclusion of WWII).
- “Tracks” (2014, T81; a woman walks nearly 2,000 miles through the Australian desert accompanied by her dog and four camels).

## **Movies About Recreational Backpacking**

There are very few movies about backpacking on recreational trails. If you set aside films about mountaineering (“Touching the Void”; 2003, T93) and rock climbing (“127 Hours”; 2010, T93), as well as documentaries about backpacking (“Appalachian Impressions”; 2004, T-N/A), I know of only four backpacking films, and two of these were made so recently that they have not yet been released.

- “Southbounders” (2005, T-N/A). This low-budget indie film follows a group of people who hike the Appalachian Trail from north to south, which is not the normal direction of travel.
- “The Way” (2010, T82). This film is about an American who continues the pilgrimage along the Way of St. James (in Spain) that was begun by his son, who died shortly after starting his journey.
- “Wild” (2014, T82). This movie concerns a woman who finds herself while hiking the Pacific Crest Trail. It is based on the 2012 book of the same name by Cheryl Strayed.
- “A Walk in the Woods” (2015, T-N/A). Robert Redford has been trying to make this film for the past ten years and has finally succeeded. It is a dramatization of a 1998 memoir by travel writer Bill Bryson about his attempt to walk the Appalachian Trail with a friend. Redford wanted Paul Newman to be his co-star (“Butch Cassidy” redux) but Newman died in 2008; the co-star assignment went to Nick Nolte. The film was shot in Georgia this past summer, some of it in Amicalola Falls State Park; it is now in post-production, and is slated for release in the fall of 2015.

Backpacking movies are a fairly recent trend—a phenomenon that could well help popularize our favorite outdoor activity. “Wild” hits the screen this December 5. I think this an event we hikers should celebrate, so I am organizing a theater-party; see the list of December activities below. If you enjoy the cinema and hiking, join us for this screening.

*—Howard Pospesil*

## Activities for November & December 2014

### Saturday

**November 1, 2014, Trail Maintenance Hike, Ocala National Forest:** Meet before 9 AM in the parking lot on the West side of Hwy 19 that is 2 1/2 miles North of the turn off that goes to Alexander Springs (Hwy 445). Please be on time as we will be shuttling to another area to work. Please bring water, insect spray, hats, lunch, etc. If you have further questions call or email [bobbiszoo@yahoo.com](mailto:bobbiszoo@yahoo.com) 787-8654 Bring hat, gloves, sunscreen, bug repellent, lunch, and lots of water.

### Monday

**November 3, 2014, Bike Trip on the General James A Van Fleet Trail:** 9:30 AM. Meet at the trail Head off Hwy 50 in Mabel. Look for Van Fleet trail head sign just after you pass Mabel sign on Hwy 50 west of Mascotte. We will ride 10 miles to Bay Loop Rd. restroom area and back. Bring lunch, water, helmet, and wear bright color for safety in this area. Trip Leader Gene Bouley, 352-314-9335 or [etbouley@embarqmail.com](mailto:etbouley@embarqmail.com) Co-leader Bruce Zollner 352- 314-2855

### Wednesday

**November 5, 2014, Trail Maintenance Hike, Ocala National Forest:** Meet before 9 AM at Clearwater Lake Recreation Area off Hwy 42 near Paisley. Please be on time as we will be shuttling to another area to work. Please bring water, insect spray, hats, lunch, etc. If you have further questions call or email [bobbiszoo@yahoo.com](mailto:bobbiszoo@yahoo.com) 787-8654 Bring hat, gloves, sunscreen, bug repellent, lunch, and lots of water.

### Monday

**November 10, 2014. Winter Warmup Walk at Flat Island Preserve:** Meet at 9:00 a.m. at Flat Island for a 3.5 mile hike on the Daubenmire Trail. Or come before 9:00 for coffee and socializing. After the hike you can join us for an optional lunch at Yalaha Bakery. Bring water, snacks, and insect repellent. No pets, please. Howard Pospesel (352-589-2543 or [hikeft@embarqmail.com](mailto:hikeft@embarqmail.com)). DIRECTIONS: Flat Island Preserve is southwest of Leesburg. DRIVING SOUTH ON US 27: From the intersection with Florida 25A (about .6 miles south of the intersection of US 27 and SR 44) drive southwest on 25A 1.1 miles to Owens Rd. Turn right (west) and follow this clay/sand road to the end. Turn right into the pasture for parking. DRIVING NORTH ON US 27: From the intersection with Florida 25A (about 1.3 miles north of Hawthorne Blvd.) drive northwest on 25A 0.5 miles to Owens Rd. Turn left (west) and follow this clay/sand road to the end. Turn right into the pasture for parking. (Note that US 27 meets Florida 25A twice. When traveling from the north use the northern intersection, etc.)

### Monday

**November 17, 2014. Canoe/ kayak trip on the Withlacoochee River - 9 AM:** Paddle from River Junction Camp Ground day use area up river towards Hwy 50 and back (8 to 9 miles total.) This is a beautiful section of the river with high banks. Bring personal equipment, lunch, whistle and water. Meet at Boat ramp put-in at 9 am. Directions: 7miles south of Bushnell on Hwy 301 or go north on Hwy. 301 from Hwy 50 to flashing light at junction of Cr 656. Turn at light onto Cr 656 and go 2 miles to Fire station as road turns left. Don't turn but go straight ahead on Cr 656. 200yds ahead take a left on SW 50th St ( dirt road) sign for WSF River Junction Day use area. Follow dirt road a mile and turn left at sign for River Junction follow into Camp Ground and look for sign to day use area. Turn right and follow rough dirt road along the river to the end at boat ramp put-in. Trip leader Gene Bouley 352-314-9335 or [etbouley@embarqmail.com](mailto:etbouley@embarqmail.com) Co- leader Bruce Zollner 352-314-2855

### **Wednesday**

**November 19, 2014, Trail Maintenance Hike, Seminole State Forest:** Meet at the Brantley Branch Road entrance at 9 AM. Questions call Francis Keenan 352-787-8654 or email fkeenan@embarqmail.com Bring hat, gloves, sunscreen, bug repellent, lunch, and lots of water.

### **Thursday**

**November 20, 2014, Highlanders Chapter Monthly Meeting:** 6 PM. The program will be presented by Mary Brooks, Public Information Officer Wekiva Parkway, Leesburg Public Library, 100 E Main Street, Leesburg at 6 PM. Use the entrance on Main Street. Meeting room just inside the entrance to the library. Bring a snack to share and your aluminum cans to recycle. Questions? 352-787-8654 or email bobbiszoo@yahoo.com

### **Sunday**

**November 23, 2014. Hike Ocala National Forest:** Meet at 9:00 a.m. at Clearwater Lake for a 6.5 mile hike on the Florida Trail in the Ocala National Forest. There will also be a 3-mile option for anyone who prefers a shorter walk. Come before 9:00 if you want to join us for coffee and socializing. Bring water, snacks, lunch (if you are doing the longer walk), and insect repellent. No pets, please. Howard Pospesel (352-589-2543 or hikeft@embarqmail.com). DIRECTIONS: From Altoona drive 6.4 miles east on CR 42 to Clearwater Lake Recreation Area. We will meet in the parking lot on the right side of the entrance road before you reach the entrance station.

### **Tuesday**

**December 2, 2014, Hike in the Baird Tract of the Withlacoochee Forest:** 9 AM. This will be a leisurely 3-4 mile hike mostly along a closed forest road. We will stop at a small lake/picnic area for a break and hikers will have the choice of doing a 1/2 mile walk around the lake or waiting at the picnic area. We'll continue on to finish our loop and return to our cars. Then we'll drive a couple miles south and visit the Richloam fish hatchery and have lunch. Optional birding after lunch around the hatchery ponds. Bathrooms available at the fish hatchery. In south Sumter county at the intersection of Hwy 50 and Hwy 471, go south about 3 miles on 471, look for the forest sign on your right, TURN LEFT left into the parking area for the Baird Tract. This is before the Little Withlacoochee bridge. Bob Sippey, Activity Leader, 352-793-5203 or wagdog47@gmail.com

### **Friday**

**December 5, 2014. Movie Party:** Attend a matinee performance of "Wild" at the AMC Lake Square 12 in Leesburg (Lake Square Mall, 10401 U.S. 441). After the movie you can join us for an optional dinner at Ichiban Buffet (at the corner of U.S. 441 and Radio Road, across the parking lot from the Lake Square Mall) where we can discuss the film. "Wild" (starring Reese Witherspoon) tells the story of a woman who finds herself while hiking the Pacific Crest Trail. It is based on the 2012 book of the same name by Cheryl Strayed. This is one of a very few feature films ever made about a backpacking adventure. Additional details for this activity (including meeting time) will be provided in a later email. Howard Pospesel 352-589-2543 or hikeft@embarqmail.com).

### **Saturday**

**December 6, 2014, Trail Maintenance Hike, Ocala National Forest:** Meet at 9 AM, Hwy 445 and Forest Road 69, just south of Alexander Springs. Please be on time as we will be shuttling to another area to work. Please bring water, insect spray, hats, lunch, etc. If you have further questions call or email bobbiszoo@yahoo.com 787-8654 Bring hat, gloves, sunscreen, bug repellent, lunch, and lots of water.

## **Monday**

**December 8, 2014, Hike at PEAR Park. 9 AM:** We will walk about 3 miles on park trails. Meet at Nature Center Building at 9am. Directions: PEAR Park is south of Leesburg on Hwy 27. There are 2 entrances. You want the second entrance south on Hwy 27. Turn onto University Ave off of Hwy 27 and follow to the end into park. Nature Center is building straight ahead. Leader Gene Bouley 352-314-9335 or [etbouley@embarqmail.com](mailto:etbouley@embarqmail.com) Co-leader Bruce Zollner 352-314-2855

## **Monday through Friday**

**December 8 through 12, 2014. Buck Lake Mid-Week Volunteer Work Party- All Association:** Join FTA Staff and other members for free tent camping and food at Buck Lake Group Camp in Ocala National Forest. Stay 1 or more days and work on nearby trails and build a new backpacker camp. Contact Megan Donoghue at [mdonoghue@floridatrail.org](mailto:mdonoghue@floridatrail.org) or 941-408-3098 to register

## **Monday**

**December 15, 2014. Bike trip Withlacoochee State Trail:** 9:30 AM. Ride from Ridge Manor to Nobleton Lake Townsend Park. We will meet at the Ridge Manor Trailhead at 9:30 am. Bring lunch, water, and helmet. Directions: Take Hwy 50 west to light at Croom Rital Rd. Turn right onto Croom Rital Rd. trailhead is on the right 300yds ahead. Croom Rital Rd. is one mile before the junction of Hwy 50 and Interstate 75. Leader Gene Bouley 352-314-9335 or [etbouley@embarqmail.com](mailto:etbouley@embarqmail.com) Co-leader Bruce Zollner 352-314-2855

## **December, 2014 Christmas Party to be announced**

If you would like to receive an email about where and when some of the hikers in The Villages hike, you can subscribe to the yahoo group site "thevillageshikingclub". Send an email to [johndgrob@gmail.com](mailto:johndgrob@gmail.com) stating you would like an invite to the group and include the email address you wish to have your mail sent.. Once I receive your request for an invite, I will have Yahoo reply with an invitation containing instructions for completing the subscription process.

## **Sunday through Friday**

**December 28 through January 2, 2015.** Celebrate New Year's Eve with FTA friends at the Doe Lake Campground located on Forest Road 14 in the Ocala National Forest. This is a group camp reserved for our group only. Arrive anytime after 3:00 PM on Sunday Dec. 28th & checkout before noon on Friday Jan 2. There will be scheduled hiking, biking and paddling activities in addition to evening programs, group dinners and campfires. No need to pre-register. Cost is \$5 per person per night. Under 18 & over 75 camp free. FTA dues-paying members & guests only. For more information contact leaders. Rachael & Lou Augspurg 352 669 2898, cell 352 552 0626, [lourayfl@mac.com](mailto:lourayfl@mac.com)

## **Wednesday**

**January 21, 2015, Hike the Western Corridor:** Croom Section of the Withlacoochee Sate Forest. 8:30 AM. Sponsored by the Suncoast Chapter & the Highlanders Chapter with Bob Sippey as Activity Leader. The hike will start at the Firetower Trailhead and go to Silver Lake for a total of 9 miles. There will be a car shuttle and bathrooms are available at both ends. For directions contact Bob Sippey 352-793-5203 or [wagdog47@gmail.com](mailto:wagdog47@gmail.com)

## **Saturday**

**January 24, 2015 Chili Party**

**Thursday, Friday, Saturday & Sunday**

**April 9, 10, 11 & 12, 2015, FTA Annual Conference:** Methodist Life Enrichment Center in Fruitland Park.

<b>Links</b>
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Florida Trail Association:

<http://www.floridatrail.org/>

Highlanders Chapter, FTA:

<http://highlanders.floridatrail.org/>

Meetup for Highlanders Chapter:

<http://www.meetup.com/Florida-Trail-Association-Central-Florida-Chapter/>