



THE BLAZE

APALACHEE CHAPTER FLORIDA TRAIL ASSOCIATION



SUMMER 2010

Chapter Officers

Chair	Terry Tenold, 877-1612
Treasurer	Carol Armstrong, 385-2898
Membership	Howard Pardue, 386-1494
Programs	Linda Patton, 668-4334
Publicity/Website	Linda Patton, 668-4334
Activities	Barbara Donner, 514-4284
Newsletter	Ben Poston, (503) 290-8318
Trails Coord.	Open
FNST Liaison	Kent Wimmer, 523-8576

Section Leaders and Trail Masters

Aucilla	Barbara Donner, 514-4284
	Lee Bonninghausen & Randy Smith
St. Marks	Dale Allen, 656-8050
Apalach. E.	Richard Graham, 878-3616
	George Weaver, 510-3288
Apalach. W.	Ronny Traylor, 643-5517
Ft. Braden	Howard Pardue, 386-1494
	Mike Tucker & Rik Edmonds
Torrey	Jerry Herting, 878-3426
	Bob Gilley
Phipps Park	Linda Patton, 668-4334
	Carol Armstrong, Dawn Brown & Tommy Oravetz

Website <http://apalachee.floridatrail.org>
 FTA Toll-Free Line 1.877.445.3352
 (Call this number for any address changes)

CHAPTER MEETINGS

Meetings are held the second Tuesday of each month from 7 to 9 PM in Building F, Suite 100 (U.S. Forest Service), the first building on the right as you enter Woodcrest Office Park at 325 John Knox Road, Tallahassee. The meeting room is ground level at the east end of Building F. Look for the Florida Trail signs at wooden door. For more information, contact Terry Tenold (850) 877-1612 or Linda Patton (850) 668-4334. Meetings are open to the public.

May 11 "Bucky McMahon - Adventure Journalist, Artist, Author." In 1992, Bucky McMahon, FSU graduate and native of the Southeast, published his first article with Outdoor Magazine which was to become the beginning of a long and strange adventure in the travel writing business. Come join us for an evening of story-telling which will inspire and perhaps terrify, depending on your tolerance for the wild and unusual. For more information regarding Bucky and his work visit <http://www.fsu.edu/~fstime/FS-Times/Volume5/sept99web/8sept99.html>.

June 8 "Wilderness First Aid." Bring your first aid kits and worst case scenarios for an evening of Wilderness First Aid basics with Megan Eno, Florida Trail Staff, Wilderness EMT and Wilderness First Aid instructor. We will cover what everyone should have in their first aid kit, how to best prepare for a back-country trip with safety in mind and a round of injury scenarios where we can discuss as a group, "what would you do?"

July 13 "Incredible India!" Ken and Virginia Loewe share their visit to India, where the majesty of the Himalayas meets the mystery of religious rites, seducing the senses and challenging one's world view. Their introduction to north and central India includes amazing architecture, jewel-colored saris, spicy cuisine, hikes through rural villages, and many friendly faces.

August 10 "Film Presentation: 'The Saint Andrew Bay Watershed'." Travel down one of Florida's precious Corridors of Life in this film - a collaboration between the Northwest Florida Water Management District and Dr. Bruce Means who explored the hydrological, geological and ecological features of the St. Andrew Bay Watershed just north of Panama City, starting at the headwaters of Econfina Creek and finishing at Deer Point Lake. This area is home to our Econfina Creek section of the Florida National Scenic Trail.

ACTIVITIES

Those interested in an activity should contact the listed leader at least a full day prior to the event. Dress appropriately for our unpredictable weather and the woods - wearing layers and hiking footwear is recommended. Always bring water, and possibly snacks, sunscreen and bug spray. Most activities continue as scheduled, even if the weather is less than ideal. An adult chaperon must accompany children. **Codes:** "P" - Public welcome to participate; "M" - Limited to FTA members only; "L" - Leisurely; "M" - Moderately difficult; "S" - Strenuous.

May 1 Saturday P/L
Phipps Park Summer Stroll.
 We'll walk about three miles at a leisurely pace along the wooded stream in Phipps Park. Bring water, lunch and insect repellent. We'll be accompanied by a local naturalist. Limit 12 people. Linda Patton (850) 668-4334

May 8 Saturday P/L
Wade Tract Birding Hike
 This popular hike will take you into one of the best remaining examples of old-growth long leaf pine/wire grass forests left in the U.S. Jim Cox, noted ornithologist with Tall Timbers Research Station, will provide commentary and show us a red-cockaded woodpecker colony. Fee will be from \$7 to \$15 / person. Limit 24 people. Kent Wimmer (850) 523-8576 kwimmer@fs.fed.us.

May 11 Tuesday Program:
Apalachee Chapter Meeting
"Bucky McMahon - Adventure Journalist, Artist, Author."

May 15 Saturday P/M-S
Bear Creek Interpretive Hike
 Learn about the ecosystems and plants in this part of the Talquin State Forest. We will be joined by a Division of Forestry volunteer intimately familiar with the area. Moderately strenuous with a few steep inclines. About 4 miles. Limit 12 people. Walker Banning (850) 878-2270 evening.

May 21-23 Fri-Sun M/L
Aucilla Campout
 Spend the weekend camping at Goose Pasture group camp visiting with our neighboring

chapters from Western Gate to the Suwannee or come out for just a day to hike along the Aucilla River or sinks. On Saturday evening, a chicken dinner will be provided on a donation basis. Apalachee Chapter members are encouraged to bring a covered dish to share in lieu of a donation. Please sign up by May 7th. Barbara Donner (850) 514-4284.

June 5 Saturday P/L
National Trails Day at the Wakulla Station Trailhead on the Tallahassee-St. Marks Historic Railroad State Trail
 The Florida Trail Association, FDEP Office of Greenways and Trails, and Wakulla County are hosting a National Trails Day celebration from 9:00 a.m. to noon. The celebration is to highlight the trail and recreational opportunities within Wakulla County and sharing the role of public and private partners in helping the public enjoy these opportunities. Many organizations will have informational tables and displays, and the FTA will recognize the cities of Sopchoppy and St. Marks, and Wakulla County for being designated as Florida Trail Gateway Communities. Further details will be posted in the local media prior to the event. There is no fee for attendance. Kent Wimmer (850) 523-8576 kwimmer@fs.fed.us or Terry Tenold (850) 877-1612 totenold49@aol.com.

June 8 Tuesday Program:
Apalachee Chapter Meeting

"Wilderness First Aid."

June 12 Saturday P/M
Fort Braden Trails Interpretive Hike - Tree and Habitat Identification
 Hikers will gather at the Ft. Braden Trails trailhead at 8:15 AM. Our experts are Stan Rosenthal and Chuck Goodhart, two experienced foresters considered among the most knowledgeable in the region. Hikers should dress for the weather, wear sturdy shoes, bring any essential medicines, bug spray, sun block, and water. The hike will end at approximately noon with cooling refreshments. Limit 24 people. Howard Pardue (850) 386-1494 hpardue@comcast.net.

July 13 Tuesday Program:
Apalachee Chapter Meeting
"Incredible India!"

June 19 Saturday
First Aid/CPR
 This is an American Red Cross class that will be taught by Megan Eno and is open to members and land managers. Limit 12 people. Megan Eno (850) 523-8579 meno@fs.fed.us

June 22 Tuesday
Activities Planning Meeting
 Held at the U.S. Forest Service Bldg. F at 6:00 P.M. Open to all members who would like to participate. Please contact Barbara Donner at (850) 514 -4284 if you plan to attend.

August 10 Tuesday Program:
Apalachee Chapter Meeting
"Film Presentation: 'The Saint Andrew Bay Watershed'."

Those attending the February Chapter Meeting witnessed the election of two Chapter Officers: Barbara Donner was elected to the vacant Activities Coordinator post and Howard Pardue took over Membership Coordinator duties from Terry Tenold. Carol Armstrong agreed to continue for another term as Chapter Treasurer. Congratulations to these three Apalachee Chapter members who have stepped forward to serve for the benefit of us all. Still needed is someone to fill the vacant Trails Coordinator position, which became available upon the resignation of Carlene Danart. The Chapter doesn't actually elect the Trails Coordinator, but nominates a candidate to the FTA Vice-President for Trails. If that VP agrees with the nomination, it is then forwarded to the FTA President for approval. Although not certain, it's a pretty good bet that these FTA officers will agree with the chapter's nomination.

The upcoming summer months are not the most desirable for hiking given the heat, humidity, and those pesky bugs (aka "swipin' sweat and swattin' skeeters"). However, there is an event I definitely would recommend to all. The American Hiking Society is encouraging all hiking organizations to join them on June 5, 2010, in celebrating the 18th annual National Trails Day (NTD). This is an invitation to all Americans to get outside, connect with local hiking and environmental clubs, local outfitters, local parks and recreation departments, and county, state, or federal land management agencies to experience everything the great outdoors has to offer. NTD is the largest and premier single-day trails and outdoors

celebration designed to promote healthy lifestyles, connect the general public with outdoor recreation opportunities in their communities, and build partnerships to protect those opportunities.

On Saturday morning June 5, 2010, the Florida Trail Association, FDEP Office of Greenways and Trails, and Wakulla County are hosting a NTD celebration at the Wakulla Station Trailhead on the Tallahassee-St. Marks Historic Railroad State Trail. We are inviting you to participate in this event which is designed to highlight the trail and recreational opportunities within Wakulla County. The goal of this event is to provide a venue for the public to learn about trail and other outdoor recreational resources, and to gain an understanding of local organizations' roles in helping the public enjoy them. The public is invited to attend this event from 9:00 a.m. to noon on Saturday morning. At 10:00 a.m., the Florida Trail Association will recognize these newly designated Florida Trail Gateway Communities: the cities of Sopchoppy and St. Marks, and Wakulla County. This is a free public event, and may be combined with your own hiking, biking, or equestrian activity later in the day. The hosting organizations are encouraging partners and friends to have representatives at this public open-house educational event to staff a table or host a display for distributing information or materials, and any promotional items. Watch the media for further information and details as the date approaches.

Terry Tenold

Southeast Foot Trails Coalition Conference in May By Howard Pardue

The Southeast Foot Trails Coalition (SEFTC) is hosting a conference full of hikes and trail/hiking related workshops Thursday May 20th through Sunday May 23rd in Monteagle, Tennessee (about an hour northwest of Chattanooga just off I-24). It's a great way to experience other trails in the southeast with the fine folks who build and maintain them.

What is the SEFTC? Composed of trail organizations throughout the Southeast, it seeks to promote and protect long distance foot trails by building a regional trail system and a network of

hiking organizations.

Check out the website at <http://southeast-foottrails.org> and click on "2010 Conference". Questions? Contact Howard Pardue, hpardue@comcast.net, 850 386-1494

NOTICE

If you are receiving a paper copy of this newsletter by mail, but could receive it by e-mail, please e-mail your name and e-mail address to Linda Patton (lpattton@fsu.edu). This will save the Chapter the cost of copying and mailing the newsletter. Please contact Linda also if your e-mail address changes.

To develop, maintain, promote and protect a continuous public hiking trail the length of the State of Florida, called the Florida National Scenic Trail, and other loop and side trails, together called the Florida Trail System; and to educate the public by teaching appreciation for and conservation of the natural beauty of Florida; and to provide opportunities to hike and camp.

Wakulla County Supports FTA

The Wakulla County Commission adopted a resolution in March in support of a partnership between the county and the Florida Trail Association. The resolution notes that there are 75 miles of the Florida Trail in Wakulla County, mostly in the Apalachicola National Forest and the St. Marks National Wildlife Refuge.

The partnership with the FTA will enable the county "to promote the Florida Trail Gateway Community Program through signage and activities that support nature based tourism and trail usage through organized hikes, support of Florida Hiking Trails Month, National Trails Day and Florida Greenways and Trails month," according to the resolution.

The Florida Trail is seen as another way to promote ecotourism, which the county has been pursuing in recent years through such activities as the Green Guide Certification Program in conjunction with Tallahassee Community College.

The City of St. Marks and the City of Sopchoppy in Wakulla County have been designated as Gateway Communities on the Florida Trail. The FTA's Gateway program seeks to connect communities with the trail in their area and the services they provide to hikers, as well as the local recreational and economic benefits of the trail. The Gateway program promotes local communities through the FTA while the communities give added support and recognition to the trail, to the benefit of both parties.

Galen Moses

APALACHEE CHAPTER, Florida Trail Association



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Contact: Linda Patton 850-668-4334 lpatton@fsu.edu

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WELCOME NEW and RETURNING MEMBERS

- | | |
|------------------------|----------------|
| Doug Alderson | Mark Mahoney |
| Chris Balding | James Martin |
| Rose Burgett | John Mola |
| Ryan Cantey | Brittany Forer |
| Justina Dacy | James Parker |
| Charlie Chase | Linda Parker |
| Holly Parker Davenport | Helen Roth |
| Joseph Davenport | Tom Roth |
| Pam Flynn | Sara Roth |
| Mark Hiers | Mark Warren |
| Crystal Hiers | Susan Warren |
| John Mackie | Warren Woodard |

What's in your first aid kit?

You are sitting in the driveway, hand poised to put the car in reverse. Last chance to remember, is everything you need in your pack? You do a quick mental run through of what you have with you. Water? Check. Map and GPS unit? Check. Snacks? Check. Sunscreen and bug spray? Check. Raingear, after all this is Florida, folks. Check. You put the car in reverse, are about to pull off the brake and then you think, "What's in the first aid kit? Better yet, WHERE is the first aid kit?"

Okay, so maybe this has never happened to you...but it should have. We all know the standard essentials required to keep our bodies happy on the average day hike. We march off from the trailhead with everything we need to bravely bear the elements, banish hunger and thirst, and combat mosquitoes, but do you have what you need in case your hike turns south from average and turns into an emergency?

While a first aid kit alone is of little help, a clear mind, the proper training and a first aid kit make the ultimate trifecta in dealing with an emergency in a back-country setting. If you are lucky, and quite frankly most are, you will never have to pull your kit out for more than a blister. However, if the day comes when you stumble across your unconscious hiking partner or you unknowingly try to remove your own finger with a pair of loppers, you will be grateful for both the training and the first aid kit. The clear mind may take a minute to find!

Complete first aid kits can be purchased from various vendors such as your local Red Cross chapter, pharmacy or even grocery store. However, you will probably find that they are big, bulky and over packed for your own needs. Use the list on the right to pare down a store-bought first aid kit, or make your own using these basic essentials you'll be able to find in your medicine cabinet.

You can add to this basic first aid kit by adjusting for your type of activity and number of traveling companions; just remember that whatever you pack you've got to carry! If you are interested in getting the training to use your new first aid kit visit the Florida Trail Association website at www.floridatrail.org/options/CertificationTrainings/ to view the current schedule of First Aid/CPR courses being offered by the FTA. Or, to find an American Red Cross chapter course

near you, visit <http://www.redcross.org/where/chapts.asp> and type your zip code into the search engine. Have fun and be SAFE!

● First Aid Kit Basics Checklist ●

Use the following list to pare down a store-bought first aid kit, or make your own using these basic essentials.

- Medications: anti-inflammatory/painkiller, antihistamine, anti-diarrheal and also any prescription medications with written instructions for administration
- Sterile, non-stick gauze bandages
- Waterproof tape
- Sturdy bandage for wrapping, such as an ace bandage or cravats
- Small assorted bandages and moleskin for blisters
- Antiseptic wipes such as alcohol or povidone iodine
- Tweezers
- Gloves
- Irrigation syringe
- Trauma shears (to cut clothing to access a wound or to make bandaging if you need to improvise. They are lightweight, can be bought at your local drugstore, have a blunted nose to keep from creating new wounds and are strong enough to cut through a penny!)
- Emergency heat blanket
- Pencil and paper

"WHILE A FIRST AID KIT ALONE IS OF LITTLE HELP, A CLEAR MIND, THE PROPER TRAINING AND A FIRST AID KIT MAKE THE ULTIMATE TRIFECTA IN DEALING WITH AN EMERGENCY IN A BACK-COUNTRY SETTING.

Megan Eno, Trail Program Planner

