



trail tales



Loxahatchee Chapter, Florida Trail Association

July/August 2024

CHAPTER MEETINGS

First Monday of every month
Social 6:00 p.m.; Program 6:30 p.m.

July 1 – New Regional Mgr. Visit

August 5 – TBA

OKEEHEELEE NATURE CENTER

Located in Okeehielee Park on Forest Hill Blvd. east of the turnpike. Follow the signs to the Nature Center.

EVERYONE IS WELCOME

Chapter Officers

Chair: Janet Miller, 561-385-8676,
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V-Chair: Bill Evans, 561-352-5662
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Trails: Fred Davis, 561-779-0273,
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Secretary: Ruth Scott,
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Treasurer: Paul Cummings,
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Council Rep.: Phil Mitchell,
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Activity Coord. Scott Lunsford
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Committees

Membership: Mary Miller,
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Website: Shannon Moore,
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Public Relations: position open

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Trail Section Leaders

Jonathan Dickinson: Amy Saperstein
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Co-lead Brodie Atwater 561-254-3366
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Corbett: Rick Byrnes, 561-358-7761,
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DuPuis: Janet Miller, 561-385-8676

Lake O: Scott Lunsford, 561-441-1251

Hobe Sound & LOX Slough:

Bea Rogers, 561-644-0777

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2024 Trail Notes!



The 2023-24 trail maintenance season was very productive. In addition to the routine mowing, clipping and blazing, the volunteers made many improvements to the Ocean to Lake Hiking Trail.

The big project was re-decking and installing railings on the Cypress Creek Bridge. We also extended several of the boardwalks in the flood plain and installed 200 feet of puncheons. This will keep hikers mostly dry and out of the mud. Funding for these improvements was provided by the ultra-runners and generous Lox Chapter members.

photos by Doug Adams



Special thanks go to Bea Rogers and Roy Moore for repairing Lox Slough Bridge #4 one day at a time. This bridge needed a new wider deck so the mowers could cross it. They had PBC DERM bring out the necessary material but they, with a few friends, did the entire job over a period of several months.

Boardwalks in Dupuis and JD State Park were also repaired and a new boardwalk was installed on the blue trail in Dupuis between the family camp ground and the loop trails. JD also got a new kiosk for their nature trail and thanks to two eagle scouts got two puncheons on the white/OTLH trail.

We had a big break through with Corbett GFC management. We were authorized to develop a campsite just west of the youth camp. The site (Big Marsh Camp) fills in the 16-mile gap between Little Gopher and the Luckey Hammock. Also, we got permission to install benches in the Bowman Island campsite and on the OTLHT at the Bowman Island blue trail junction. This fills a long gap between benches on the trail. Additional benches were added in Dupuis, Hungryland and Lox Slough as well as in the Luckey Hammock Campsite. We now have benches or campsites about every 4-6 miles on the OTLHT.

It was a very busy season and would not be so successful without all the volunteer efforts and support from out land management partners. It should also be noted that our equipment and transportation needs have been met with outstanding contributions by Rick Byrnes.

Let's do it again in the fall!

Fred Davis, Trails Coordinator

(Editor's note: It did take a great team to make all that happen, but the team would probably be still thinking about doing it were it not for the team leader, thanks Fred!)



photos by Bea Rogers, new sign



bridge #4



photo by Fred Davis, Luckey Hammock bench



Bowman Island benches



Big Marsh Campsite



puncheon building



JDSP Eagle Scout puncheon

Jonathan Dickinson State Park has a new retention pond which was created to relieve flooding in the nearby neighborhoods. The Park decided the pond needed some dressing up, so the Pelican Island Audubon Society in Vero Beach donated over 420 3' to 4' tall cypress trees to plant along 1 mile of shoreline. About 18 Volunteers from the Loxahatchee Chapter of the FTA as well as a dozen Martin County and JD personnel brought our shovels and gloves to assist. The morning went by quickly and we were done in just over 1.5 hours! A great time was had by all except for the park who got not one but two trucks stuck in the sand. It probably took them longer to dig those trucks out than it did for us to plant the trees!!

Amy Saperstein, Co-Section Leader JDSP (photos by Bett Connell & Janet Miller)



Summer is here!

We are one of the few chapters that continue to conduct activities during the summer. You have to be careful and exhaustion cold, pale cramps; happens losing too stroke. That to cool



condition yourself to getting out in this heat though. Heat can happen to anyone; watch for these signs: heavy sweating; and clammy skin; fast weak pulse; nausea or vomiting; muscle tiredness or weakness; dizziness; headache. Heat exhaustion when your body gets too hot and can't cool itself, usually from much water and salt. Much more serious is the next stage of heat is why it is so important to watch for the signs and to take action down before it is too late. Find the coolest shady spot and rest.

Drink water or sports drinks in sips, not gulps. Loosen and/or remove any tight unnecessary clothing. Cool as best you can by fanning and placing cool wet towels on the head, neck or armpits.

Be careful out there!

Thanks to Chapter Leadership, Activity Leaders, Work Party Volunteers, Members and the Public, for making

Loxahatchee Chapter the Best!



CHAPTER ACTIVITIES FOR JULY & AUGUST

Date	Event	Location	Diff	Time	Leader or Contact	Notes
7/1	Chapter Meeting	Okeehelée Park Nature Center	Leisure	6:00 p.m.	Janet Miller 561-385-8676	Social and refreshments at 6; Meet our new South/Central Reg. Mgr., Tara Smith
7/6	Hike	Loxahatchee Slough	Strenuous	6:30 a.m.	Jorge Hernandez 561-346-5129	Meeting at Sweetbay and hiking OTLHT to Soggy Socks and back, 10 miler.
7/6	Walk	John Prince Park Congress Entrance	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Keep up with Paul and walk 3 miles in an hour, or go at your own pace for a leisure walk.
7/7	Walk	Wakodahatchee and Green Cay	Leisure	6:00 a.m.	Paul Cummings 561-596-4423	2 for 1 Bring binoculars to really enjoy the birds!
7/7	Hike	Jonathan Dickinson Hobe Sound	Strenuous	8:00 a.m.	Mary Miller 561-213-2189	Our most popular hike! Bring plenty to drink. Entry fee \$4 single or \$6 w/ passengers.
7/13	Trial Maint.	Corbett WMA	Leisure	5:50 a.m.	Paul Cummings 561-596-4423	Second Saturday Clip & Walk. Long pants, long sleeves and clipping tool.
7/13	Hike	Palm Beach Lake Trail	Strenuous	6:30	Jorge Hernandez 561-346-5129	11 urban miles on hard surface will be tough!
7/14	Walk	Peaceful Waters Sanctuary Wellington	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk of 3 to 4 miles in this 30 acre manmade wetlands. 1500' elevated boardwalk.
7/20	Hike	Hickory Hammock	Moderate	7:00 a.m.	Jorge Hernandez 561-346-5129	9 miles in some beautiful oaks.
7/20	Walk	Riverbend Park	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Likely to see deer on this one!
7/21	Walk	Okeehelée Pk South	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	About 4 miles in this hidden gem.
7/27	Hike	Corbett WMA	Strenuous	6:30 a.m.	Jorge Hernandez 561-346-5129	12 miler on OTLHT to Bowman Island campsite and back.
7/27	Walk	Pondhawk NA	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk about 3 miles. Meet at Library west lot.
7/28	Walk	Winding Waters NA	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk of 3 to 4 miles.
8/3	Walk	John Prince Park Congress Entrance	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Keep up with Paul and walk 3 miles in an hour, or go at your own pace for a leisure walk.
8/3	Hike	Grassy Island MTB Trail, Okeechobee	Strenuous	7:00 a.m.	Jorge Hernandez 561-346-5129	9 miles. Small group due to sharing trail with cyclists.
8/4	Walk	Wakodahatchee and Green Cay	Leisure	6:00 a.m.	Paul Cummings 561-596-4423	2 for 1 Bring binoculars to really enjoy the birds!
8/4	Hike	Jonathan Dickinson Hobe Sound	Strenuous	8:00 a.m.	Mary Miller 561-213-2189	Our most popular hike! Bring plenty to drink. Entry fee \$4 single or \$6 w/ passengers.
8/5	Chapter Meeting	Okeehelée Park Nature Center	Leisure	6:00 p.m. 6:30 p.m.	Janet Miller 561-385-8676	Social and refreshments at 6; Program and chapter business at 6:30.
8/10	Trail Maint.	Corbett WMA	Leisure	6:20 a.m.	Paul Cummings 561-596-4423	Second Saturday Clip & Walk. Long pants, long sleeves and clipping tool.
8/11	Walk	Wellington Env. Preserve	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Marjory Stoneman Douglas Everglades Habitat, 365 acre rainwater storage area with trails.
8/17	Walk	Okeehelée Pk South	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk of 3 to 4 miles in this hidden gem.
8/18	Walk	Riverbend Park	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk of about 4 miles and you are likely to see some deer!
8/24	Walk	Royal Palm Beach Pines NA	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	3 to 4 mile walk in this 772 acre natural area of pine flatwoods and wet prairie.
8/25	Walk	Seacrest and High Ridge Natural Areas	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	A two for one. Walk at Seacrest then caravan to High Ridge for a 2 nd walk and climb the ridge!
8/31	Trail Maint.	Okeehelée Park Nature Center	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Help clean up the nature center trails, our pay back for use of their meeting room!