



THE FLORIDA ORIENTEER

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NEXT ISSUE

Results: Sept, Oct, & Nov Events

FLOing WILD:
common animal tracks – maybe

MARK YOUR CALENDARS

NOD – Sept 1 - Bring a Friend Day!

OCT 4 - FLO 2nd Annual SECOND HARVEST FOOD BANK Food Drive

LABOR DAY IS NATIONAL ORIENTEERING DAY IN FLORIDA! by Bob Putnam

Come out to Ocala National Forest September 1. The rest of the country is celebrating National Orienteering Day September 20, but we do things differently here in Florida (as well you know if you've relocated here from other parts of the country!).

This event will be Special! Super! Outstanding! Novel! Exciting! Door Prizes! And a Brand New Map! That's right: brand new map; never been used. We're calling it Billies Bay and it consists of parts of Woodpecker Hill and Woodpecker West that have not yet been visited by Orienteers in previous events. Therefore: New Map.

This event is so special we've declared it to be a USOF Class "B" event, which means we will have vetted the control locations carefully so that all control placements and descriptions are spot-on reliable. If you have ever wanted to bring along a friend to introduce them to this Sport of a Lifetime, this is the event. All six regular courses are offered and Instruction will be available at all times.

The US Federation provides promotional material each year for a designated National O-Day and we will have a snazzy new banner to display and door prizes to give away. Some of these door prizes are costly and some are just plain precious, such as FLO T-Shirts. You'll have to come out to see, and you'll have to wait until the day of the event to learn the rules for the giveaways - which are up to the Event Coordinator to establish. Hint: This is another reason you will want to bring a friend to introduce to Orienteering.

The registration/staging area for this event will be along FL Route 445, 3.9 miles east of the Route 19 intersection. Park along the south (right) shoulder of the highway in the broad grassy area, seemingly provided just for our use. Beware of open sandy areas, they are probably soft. JROTC buses ought to be able to drive and park safely in any grassy areas; they are quite firm. Our setup site should be obvious to anyone approaching along the highway.

If you're coming from DeLand, you can still, if you like, reach the staging area by leaving Route 42 in Paisley via Rancho Lane to Forest road 538, but that's 6 miles of dirt road 538 until you reach Rt. 445. At 445 you turn left and go 1/2 mile to our staging area on your left. Note that our staging area is less than 1 mile from Alexander Springs. A perfect spot to finish off your Labor Day outing with swimming and barbecuing.

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Want to Improve your O'skills? Check Out the Orienteering Tutorial at:

www.FloridaOrienteering.org

Imaginary Feature'O at Little Big Econ, July 12, 2003, by Bob Putnam

Event Coordinator/Course Setter: Bob Putnam

Congratulations to all the brave souls venturing into the blazing July-fields of Florida. If you went out early enough you missed the heat of the day. If you stayed out long enough you were pleasantly drenched. If you stayed even longer you were sobered by the lightning strike that touched down on the shell road in front of the HQ building about 100 feet from Arild Orsleie.

The courses themselves were challenging enough, we didn't need lightning. I warned everyone that the Green course, though it was only 4.9 km, was still tough enough that I felt obliged to add a Brown course - a shortened green. Gene&Dean (aka D. Ousley) blasted my Green anyway, and no one broke 110 minutes on my supposedly easier Brown. Once again, the best-laid plans gang aft agly (Burns). ...might have had something to do with the maps.....

I managed to introduce a new format at this event - Imaginary-feature-O - this is where course the designer uses all newly mapped features for control locations, and then provides everyone with the previous edition of the map. We most humbly apologize for the map situation. We had on hand 15 or 20 of the 'new' LBE maps, fieldchecked last winter by Malcolm Adams. There have been July events where this amount was sufficient.

Not so 2003. We are grown permanently large enough that even July events draw 140 and I've failed to accept it, I guess. At any rate, the courses were designed using new maps, but the bulk of the event supply were old 1999 maps. In a more perfect world you'd think this would maybe affect mostly advanced courses, but Nooooooo. I'd managed to design all courses using features shown only on new maps.

Much egg-on-face explanations followed, with me standing over master map area explaining how best to update your old map to include attack point features as well as control location features. I hope you enjoyed the day despite all that. I can only pray everyone thought it was funnier than it was aggravating.

The HQ building staging area worked out well. The rangers seemed pleased and did not rigorously count heads - so apparently we passed. I was pleased to see the area well policed at the end of the day, so it looked as though no crowds had even been around. Thanks. And no parking permit incidents. And no Lost Boys - contrary to the worst fears of Troop 184 leaders who launched a S&R effort after 9 boys were still out on Yellow after 3 hours. All were accounted for.

Some notable incidents occurred. It was terrific to see Phil Tasker (one of FLO's Life Members) return after several year's absence. Now that we have his correct snail/email addresses, we'll see more of him, and hopefully Helen too. The Latvian contingent of Artur Intson and a few friends came out ready to give the usual FLO elites a run for it, and it may be that Dave's 60 minute time on Green would have been in jeopardy if Artur had carried the same map Dave had. Never mind; Dave wins fair & square.

As it was there were three parties bunched around 80 minutes on Green - Kip Koelsch's Adventure racers and Ron Eaglin's Team Xtreme, together with Artur. Sadly, Arild Orsleie chose to live another day, rather than run out the full green course in the mid-day sun, so he's not among the leaders this time. Probably wise, though.

Toby Henson felt good, I'm sure, beating the two Titusville HSJROTC kids in his charge, both of whom are quite talented. Chris Johnson will just have to explain how he turned in a fine time on Green while failing to even finish Orange, somehow. Bev Ousley's fastest female again, though her competition this time DNF'd. Andrea & Michelle could say they won Orange (edging out Walenty Prytulo - good job) if Koelsch's group is considered as competing on Green first, or is that vice-versa?

We've been telling ourselves we're going to more carefully designate those who run two courses, listing the primary course and then showing a 'recreational' result for the other, not listing the second result in standings with the others. We may go back and rearrange these results to reflect that. We may just try to keep track of which course people do first and simply count that, then list the second result at the end.

Folks like the Jason Reid family, though, could be listed both times, since not only was it their first experience orienteering, but the two girls sat out the orange course. In this case the parents didn't finish orange, but the point is we're not going to be mean, just fair.

Halfway around my control retrieval route on Sunday the thought occurred to me that we could re-name LBE something like Blackberry Fields or maybe Knee-cap Fillet. Is everyone else as thoroughly scratched in the knees as I am? Those aggressive little briars, the ones that hooked on and wouldn't let go, were young blackberries. The rest of the open field knee-high brush is not vicious but after beating over ten or twenty thousand of them, the skin begins to welt up a bit.

FLO Information

FLO Hot line: **(407) 672-7070**

FLO Mail Group:
[Http://groups.yahoo.com/
FloridaOrienteering/](http://groups.yahoo.com/FloridaOrienteering/)

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Imaginary Feature' O at LBE

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And now that it's over I can tell everyone of the wildlife I saw while setting & retrieving: Big water snake right at Orange #4 in the flooded reentrant. Gators in the river at the optional route involving double-river-crossing between Green #4 and Green #5, which I sincerely hope no-one

actually tried.

Pigs at Green#7/Brown#3. Several deer. More spiders than I remember in a long time. And a huge blob of 'scat' that looked more like bear than anything.

Hmmmm.

I trust everyone fully appreciated the profusion of wildflowers. Thanks go to

all who pitched in. Ron Eaglin and buddies set Yellow/Orange. Bev & Dave set up and ran registration. Jonathan Linforth ran start/finish all day, insisting he didn't feel up to doing a course.

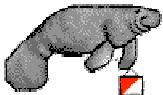
Joe Maliszewski was going to retrieve controls but the rains came and the Summer Meeting came and we all thought, what the heck. 

RESULTS: Little Big Econ (LBE)

RESULTS CODE	
DNF:	Did Not Finish
DQ	Disqualified/Mis-punched
OT	Over the 3hr Time Limit
LBE - YELLOW	
NAME	TIME
BSA Troop 184 Team 6-G2	48:05
Sharon Despio-G2	51:58
Michele Morse-F	54:09
S Rogers & B Alverson-G2	54:14
BSA Troop 184 Team 3-G2	57:20
Jason Reid-G4	59:12
Cathi Hodge-G2	73:00
Hood & Karnehm-G2	76:10
Jeff Taylor-G5	80:03
D Zarins & H Quinones-G2	94:00
Roland Magyar-G6	102:25
BSA Troop 184 Team 7-G2	DNF
BSA Troop 184 Team 2-G2	DNF
BSA Troop 184 Team 4-G2	DNF
BSA Troop 184 Team 1-G2	DNF
BSA Troop 184 Team 5-G2	DNF
King-G4	DNF

LBE - ORANGE	
NAME	TIME
Kip Koelsch-G3	40:22
A Holman & M Thatcher-G2	57:18
Walenty Prytulo-M	62:55
Jeff Hunker-M	81:02
Sharon Despio-G2	97:03
David Mahnken-M	104:02
Pardy Party-G2	109:44
Kimberly Durjan-F	110:00
Ian Sawers-G2	120:00
BSA Troop 524 Team 2-G4	129:10
BSA Troop 524 Team 1-G4	177:55
Chris Johnson-M	DNF
Jason Reid-G2	DNF
Cynthia Stumpf-F	DNF
Vaughn & Christianson-G2	DNF
LBE - BROWN	
NAME	TIME
Nina Ortiz-G3	110:24
Bret Barker-G3	123:02
Scot Nelson-G2	123:10
Mark Antimucci-M	133:54
John & Karen Kremer-G2	142:08

LBE - BROWN cont	
NAME	TIME
Cynthia Stumpf-F	DNF
A Holman & M Thatcher-G2	DNF
Jeremy Chapman-G3	DNF
LBE - GREEN	
NAME	TIME



FLO MEMBERSHIP APPLICATIONS

are available at FLO events

on-line from the FLO web-site,

OR

by contacting Mike Dempsey:
flo_membership@bellsouth.net

VOLUNTEERS WANTED

REWARD

LOTS OF FUN!

NEW FRIENDS!!

INCREASED O'SKILLS !!!

Contact the **Event Coordinator** for any event where you are able & willing to help out.

Volunteer for one hour, two hours, an entire event, or get involved with FLO – we need you!

NEEDED:

- Course Setters and Vetters
- Registration, especially 10am to 12pm
- START/FINISH
- Control Retrieval
- String'O Coordinator

August 2, 2003 at Wickham Park, by Bob Putnam

EC/CS: Joe Maliszewski

Weather: What do you think? It's August!

Crowd: About 93 brave souls.

Remember that old Noel Coward song about how "Only mad dogs & Englishmen go out in the noonday sun"? Not even mad dogs were seen last Saturday.

Bit of a joke. Weather wasn't that bad - 90ish - sunny, big puffy Florida clouds most of the day. Big huge Florida thunderstorms looming over us to the west all day long, with lightning striking out near Wickham road at one time, but not a drop on us all day. Sea breezes kept everything inland so we could enjoy ourselves. OK, it might have been a little refreshing to get rained on.

But we did enjoy ourselves. I'm waiting to read here (on Yahoo) of the adventures of some of the folks who attended. I think we would have heard lots of stories as they came off the course but most seemed tired, out of breath, and didn't talk much. This was challenging stuff, what with the maze of trails to contend with, the heat and humidity, the sometimes deep standing water, and a classic array of controls that presented no obvious "best" route.

Score-O is a form of the old traveling-salesman problem that asks the question: How do we visit a maximum number of widely dispersed places in a fixed amount of time? And Score-O adds the element of having some controls worth more points than others.

At the start of the day Event Director/Course Setter Joe Maliszewski was just about chuckling himself silly with anticipation, having spread 33 controls all over the park, knowing full well no-one could find them all in the usual 90 minutes of Score-O. So he allowed a separate category of 3 hours.

If you tried it, you know what moving around for 3 hours in the heat is like. If you weren't there it probably means you already knew what moving around for 3 hours in the heat would be like. But even with 3 hours, no one got them all. I haven't seen the results yet, but I know several people came oh-so-close to a complete sweep.

Myself, I decided to cheat. I waited till the end of the day, listening to all the scuttlebutt & rumors from everyone, and then told Joe I'd retrieve for him, on the clock, at 3 P.M.

That worked OK I guess. Joe said he'd give me a break and collect two nearby points for me, by way of handicap because, he casually mentioned, "it will take you some time to take all those controls down..."

Man oh man, did it ever take me some time to take them down. I discovered Joe knows knots. He's like this throwback sea-dog, using sailor knots that don't even have names, determined to tie controls to bushes so that they won't come off if God himself sends the mother of all hurricanes. And when I couldn't find one of the controls anyway, I'm thinking to myself, it's just as well, I won't have to UNTIE it!

Hyperbole aside, the layout of the 33 controls forced people to make

a major decision early on about whether to attack the pattern clockwise or counterclockwise. In hindsight, I think counter was best. I figured out later that the optimum route would have been something like 9 km.

That's bee-line route distance, not counting all the random running to & fro, looking for trails that don't go where they are supposed to anymore, or following trails that have grown since the map was made. Oh, the hazards of heavily used urban parks.

Time to re-do the map, folks. But of course we need to wait for the park to complete current crop of improvements. We also need to remind ourselves next year to take steps to ensure no orienteers pass through the campground (campers do not like this and neither do rangers , it turns out) or through the horse barn/corrals/ring areas (again, the rangers made note of it).

I'm sure we can operate that way, but it was a shame something had to happen to make them mention it to us and set a new rule. We did so well for so many years.

Some of you may not know that Wickham Park is home to the infamous annual Matt Mahoney Marathon and Ultra Run held during May of each year. The Run uses FLO's map of the park and dares the physically sound, mentally unsound, among us to run 50 or 100 miles in the heat of a Florida summer day.

Very amusing invitations by Matt are found at
<http://mattmahoney.net/wickham/wp02.txt> and at
<http://mattmahoney.net/wickham/wickham.html>

Check it out.

I saw quite a few very large gopher tortoises, but no scrub jays this time. Wildflowers seemed to be everywhere. I was disappointed to see very little water in some of the usual marshes, but I recall several folks were not. I only went knee deep once or twice through ditches.

Joe's son Matt helped out, as did the Pardy Party, plus Jonathan Linforth and Bev Ousley. If I've forgotten someone, I'll ask Joe M to add a note. Thanks to all, especially to Joe M himself for all the planning, pre-marked maps, setting all controls, and hanging around to be sure I came out of the woods alive.

A terrific challenge, a fun score event, enough spare time to sit around and talk and my knees are feeling pretty good 72 hours later. All in all, a Good Day! 

Event Coordinator/Course Setter's Notes,

by Joe Maliszewski

I must concede that I set the VA "stream bend" in the wrong location. There was also some discussion about WV "root stock" but I'm standing by my placement there.

By the way Bob, that was a Fisherman's Bend I set the controls up with. It is supposed to be a hitch, not a knot. I guess I should have used some kind of slip knot. 

RESULTS Wickham Park (WP)

RESULTS CODE	
OT	Over Time Limit
WP – 90 Minute Score'O	
NAME	SCORE
Paul Hodges	65
John Sherwin	62
Duayne Jenkins	47
Ace & Debbie Gottschack	45
Bryan Schultz	40
Davis Somers	32
Jack Bovah	31
Phillip Tasker	29
Aliscia Padrick & Jeff Misa	28
Walenty	25
Chris Birks	24
Jeff Hunker	21
Bev Ousley	4

WP – 3 Hour Score'O	
NAME	SCORE
Bob Putnam (During control retrieval)	78
Andrea Holman	69
David Aarolson	68
Pardy Party	65
Mark Ryden	65
Karnema & Hood	49
Elaine & Alisha Bates	44
Richard Cale	44
Greg Poole	44
Dennis & Carolyne Clayburn	41
Susan Vicky, and Paul	35
Rick Holley	33
Toby & Clay	33
David Mahnken	32
Troop 524 Group 2	32

WP – 3 Hour Score'O	
NAME	SCORE
Adam Handly	31
C Kavenagh & E Strawn	30
Sean Cuddihy	26
Dawn Thomas	25
Kevin Schmidt	25
Will Scoto	23
David Hatten	23
Lacey Richardson	23
Troop 524 Group 1	21
Matt Sharkey	20
Troop 184 Group 5	18
Don Smith	16
Debbie Walters	15
Guy Chabot	14
Sally Richardson	12
Laura Partynski	11
Derek "Spitwad" Bohn	OT

Orienteering Training Tip – Set Courses, by Dennis Wildfogel,

As we all know, orienteering meets are administered by volunteer help. So if you participate in orienteering meets, you ought to “pay your dues” by helping out, too. One rule of thumb is that you ought to help at every fifth meet you go to, and you ought to be one of the principle organizers (event coordinator, course setter, course vetter) at every twenty-fifth.

Beyond the need for volunteering, I’d like to describe the benefits of course setting to the development of orienteering skills.

Do I hear some of you saying, “Who me? Set courses? I don’t know enough.” If you participated in twenty-five meets, then you know enough to at least be an apprentice to a course setter. Meet directors almost always welcome neophytes to join the meet staff and will offer you lots of guidance. You can start, for instance, by setting White and Yellow courses, or by vetting some courses. (Vetting means checking that all the controls have been put in the right places, that those places are good places, and that the course as a whole is good.)

Now, as to those aforementioned benefits to your orienteering skills, I’ll point out two:

- 1) When you’re participating in a meet, there’s always a control marker to verify whether you’re in the right place. But when you’re the one placing the controls, you have to be very sure you’re in the right place just be using the map. This teaches you to appreciate map details in a way that you may not have previously. It also teaches you that maps are not perfect representations of terrain, and helps you in evaluating (and in coping with) a map’s shortcomings.
- 2) Learning the principles of course design will give you a much better appreciation of what’s going on when you’re running a course designed by someone else. It will also help you learn to look for handrails, collecting features, catching features, and the other navigational aids that skilled orienteers utilize.

Orienteering Vocabulary:

Catching Feature – a readily identifiable feature that tells you when you have passed the control.

Collecting Feature – a feature readily identified and located to help you to stay on course.

Handrails – a linear feature that can be followed between controls, simplifying navigation and map reading. Handrail examples are trails, power lines, and fences.

Brief Summary of FLO Summer Annual Meeting LBE Headquarters Community Room July 12, 2003

Meeting called to order at 2:03pm.

Attendees:

David Mahnken,
Toby Henson,
Mark & Abby Rosenberg,
Mike Dempsey,
Arild Orsleie,
Walenty Prytulo
Arletta Coberly
Derek Bohn
Kimberly Durjan
Jonathan Linforth
Ray Bruneau
Dave & Bev Ousley
Joe Maliszewski
Bob Putnam

Mapping Committee Report: FLO has purchased a club copy of OCAD 8.0 (cost \$955). Jonathan Linforth, who has it now, will determine how many other club users, if any, are authorized,

Financial Committee Report: Bev Ousley has 2003 accounting summary available upon request to FLO members. Current balance is about \$6600 before payment for OCAD and before deposit of LBE 7/12 receipts.

USOF Convention: Bev Ousley will solicit DVOA to act as FLO Proxy for Convention voting.

Newsletter Editor's Report: Mike Dempsey reports over 40 members receive newsletter electronically now. Hard copy printings are about 100 per issue.
The Dempsey's were congratulated for doing a great job with the newsletter and for addition of color photos in e-copy.

Upcoming Events Issues/Reports:

September 1 - National Orienteering Day will be on Billies Bay – a newly named map composed of previously unused portions of the "Woodpeckers".

September 5-6-7 - JROTC Training Days - Toby Henson is organizing and FLO is supporting this camp. Jonathan Linforth and Ray Bruneau volunteered to assist Bob Putnam in coordinating events Saturday 9/6 on the Woodpecker Hill and Shockley Ranch maps. Sunday, the cadets will compete on the Y-O-B courses FLO will have used for 9/1 NOD event.

October 4 Moss Park - The Dempsey's will EC and direct Second Harvest Food Bank Food Drive.

November 1 LBE - Ron Eaglin will serve as EC/CS.

December 13 Wekiwa - FLO Championships & FL HS JROTC Championships - Bob Putnam said he will design courses for both, but later changed his mind and wants to do only the JROTC courses. Therefore, still looking for FLO course designer(s). Event will stage out of Youth Camp again this year.

The Swedish Tour January/February 2004 - No definite plans yet. Bob Putnam summarized possibilities to date.

THANKS - Official Thank you's to all Helpers for 2003 events - Especially to first-time Event Coordinator Derek Bohn.

Annual Meeting Date - Voted unanimously to move Annual Meeting to December/January time period. Bob Putnam to notify all of time and date.

Meet Attendance Report - Bob Putnam reports that average attendance at major events is holding at about 250, same as for 2002. Thus the continuing need for yet more helpers at events.

Schedules/Promotion - Marilu Dempsey volunteered to stock Travel Country Outdoors map area with FLO schedules. Dave Ousley & the Dempseys will devise new format for this flyer.

String-O - No volunteers, so the String-O continues to be a hit-or-miss matter. Parents still need to be informed that their children can be a part of USOF's Little Troll Program by going along with them on White & Yellow courses.

Expense Reimbursement Policy - Voted unanimously to allow expense report submittals for volunteers at special FLO events, mileage and meals. Board to vote later on specific mileage rate and per-meal allowance.

Tax Exempt Status - Jonathan Linforth offered to pursue this matter via internet self-serve downloads, and will report to the Board.

New Business - Arild Orsleie introduced the matter of the Next Map, asking where it should be. After much discussion, consensus centered on the Croom area of Withlacoochee State Forest. Ray Bruneau offered to approach staff at WSF to identify a preferred area of about 5 sqkm to about 8 sqkm. The Ousley's offered to walk candidate areas to evaluate final map boundaries.

Adjournment for the enjoyment of snacks and beverages at 3:45pm. □

Mapping Committee Report

To be honest, FLO does not have an official Mapping Committee, but this is the way it was addressed at the Annual Meeting and it sounded pretty official, so I'll continue....

Topic #1) FLO Fieldcheckers: This is a general call to all FLO members to consider becoming mapmaker/fieldcheckers, in order to keep all FLO maps up to date. In February 2003, a number of FLO members met at Jonathan Linforth's house for a clinic given by Malcolm Adams on the subject of mapmaking. It was a great privilege to spend the day learning from the Man-Who-Wrote-The-Book (he has published it and we have copies).

Participants were to have followed the indoor sessions with a field practice session but it was raining and we were all too wimpy to go out in it. So we have this core group of half-trained, half-mapmakers ready to do whatever it takes to make themselves confident enough to actually venture into the field to update the existing FLO maps. And that is the purpose of the effort: to maintain currency in the catalog of O-maps we already have.

The Fieldchecking we plan on developing involves only the corrections to the existing maps. In our training we learned that a simple small plexiglas plate with the map and some Mylar taped onto it, is basic. Little tricks like taping the compass to the corner of the plate, and not making the plate very large, and gluing a velcro strip on one corner, then wrapping velcro around each pencil, all serve to make each of us feel like real mappers once the apparatus is arranged.

The recommended pencils are mechanical/plastic, are in the five basic colors, should have no metal in them (compass effects) and are available in 0.5 mm sizes at art stores. FLO has a good supply of the favorite type of Mylar sheeting to be used. The piece of map being worked on should be printed in color, blown up to 1:7500 scale, and will have, for map updating at least, just one layer of Mylar over it, upon which all changes are drawn.

continued on page 7

Mapping Committee Report,

continued from page 6

All fieldnotes can then be scanned into the computer and incorporated directly into the O-Cad program at Jonathan's house, either by the fieldchecker (preferably), or by Jonathan (he'd rather just supervise).

Once in the computer, the changes are a part of the map and will be printed as needed for upcoming events. All we need to make this program successful: (1) The half-trained cadre should get into the field and try some experiments, hopefully doing first the same area, just to compare notes, (2) More FLO members interested in becoming mappers should make themselves known and obtain the materials and training Malcolm presented last winter, by contacting Bob Putnam or Jonathan Linforth, (3) Everyone ready to do so should begin making field corrections ASAP - DeLeon Springs is the greatest need, followed by Split Oak.

We will start small. No one needs to commit to a whole park as a project. Let's just make a beginning. This is probably the single most valuable training there is for improving your orienteering skills, so you can both serve and benefit from any mapping you do. Think about it and let us know.

Topic #2) New Area to be Mapped: At the Annual Meeting it was decided to pursue plans for a new map in the Croom Tract of Withlacoochee State Forest, between Clermont & Brooksville, just north of Route 50. Ray Bruneau volunteered to check out the forest and talk to rangers about suitable areas. Croom is 10 times larger than a typical O-map so we need to select the best area, suitable boundaries and agree upon available staging/parking areas.

As soon as that's settled, we order aerial photos, send them off to Scotland for a Base Map, hire a mapper(s), and arrange to have the work done in the January to March 2004 window, hopefully. We'll keep you posted.

Anyone else able or willing to assist Ray in checking out Croom should let him know. No need to be there the same day, but multiple input is always valuable. 

Plea For Fair Play

Every now & then, this newsletter includes reminders of one or another of the rules of Orienteering Etiquette. This issue's subject is 'taking the controls in order'. Strictly speaking it is one of the basic rules of the game and not merely good etiquette. Thankfully it doesn't happen often that people visit controls out of order, but it is noticed enough to cause heartache for every course setter.

For whatever reason, someone might either do a course backward, or deliberately take the controls in some sort of random order. Either one of these things defeats the whole purpose of the event that the course designer has put a lot of work into.

For all so-called cross country O' events the order of the controls is prescribed. There are two reasons for this: (1) Fairness, since everyone, or almost everyone, compares their elapsed time on the course at the end of the day. If you did not follow the prescribed course your time cannot fairly be compared to others', and vice versa. (2) Respect for the course setter, or viewed another way: Experiencing the level of difficulty intended.

The course setter invests some time & trouble, and mental effort, to devise navigational tests of specific difficulty appropriate to each course's skill level. Visiting controls out of order makes every control either too easy or too hard. Thus, you've defeated the whole purpose of the sport together with the best efforts of your volunteers.

So unless you talk it over with the course setter beforehand, and find some valid reason to step outside the bounds this way (and your results are noted and separated) please respect the rules of the game. 

String'O Coordinator Needed for FLO

String'O Description: The string course is a short orienteering course which is marked by a continuous ribbon or yarn. The map is simple and includes just the area around the course. Children may color it in with the appropriate map colors.

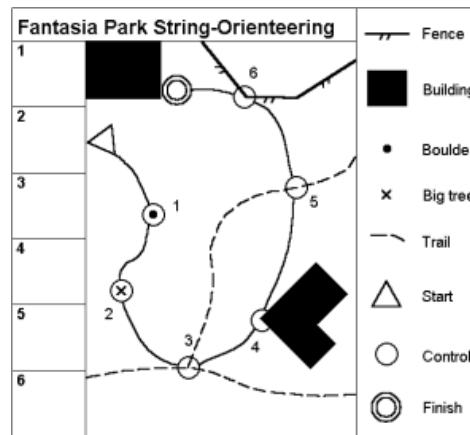
From the start, a continuous length of ribbon or yarn, called the string, leads you along the course. The route that the string takes is shown on the map. When you reach the places circled on the map (called "controls"), you will find an orange and white nylon marker (called a "control marker").

At each control there will either be a marking device or a bag of stickers, for marking the appropriate box on the map. Eventually the string leads back to the finish, usually the same place as the start.

A child need only follow the string around to find all the points and will not get lost. For the youngest, this is sufficient and gives the child exercise, fun and some exposure to maps, as well as confidence in being alone in the woods.

Even at this simplest level, however, children can be taught map symbols, map colors and simple orienteering skills.

For children ready for more challenge, the locations of the controls can be left off the map. The child must figure out where the controls should be on the map. Alternatively, some controls can be placed off the string inside the loop formed by the string. Many variations are possible.



Example String'O Map

Above information and example map were copied from:

<http://www.us.orienteering.org/OYoung/>

What is Involved:

You, or your designated volunteer, would check out the venue beforehand, determine the String'O area. That small portion of the Orienteering map could be printed in black and white, and a simple course sketch drawn on top.

On the left hand side of the map is an area for punching the controls. And on the right hand side is a description of map symbols.

This would then be printed in black and white. The children could color their "maps" as a second Orienteering activity.

You, or your designated volunteer, would arrive early at the event site and set up the string course. The String'O course is usually open no later than 12pm. Finally, take down the course and pack up. FLO has the materials for both String'O and the Little Troll Program.

For information on the USOF Little Troll Program:

<http://www.mindspring.com/~rshannonhouse/>

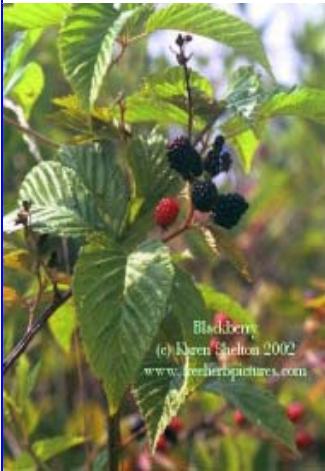
scroll down to 'O' for the Young

FLOing WILD: Blackberries

by Marilu Dempsey

**Seasons of mists and mellow fruitfulness,
Close bosom friend of the maturing sun;
John Keats, Ode to Autumn**

Blackberry, AKA: Bramble, Bumble-kite, Scaldhead, Cloudberry, Dewberry, Bly, Thimbleberry



Description:

The blackberry ‘cane’ is an arching, thorny, woody stem. Where the tip touches ground, it takes root and spreads.

Leaves – sharp-toothed and pointed, compound with 3 to 5 leaflets - the middle leaflet is the largest.

Flowers - small five-petaled white flowers growing in clusters located on the end of stems.

Fruit - actually small clusters of tiny druplets, each with a single seed. The receptacle detaches with the fruit. Ripe fruit are soft, shiny black, and tart and flavorful.

Blackberries are called Brambles (ie: prickly) for good reason. Brambles have been used in Europe for over 200 years, not only for eating and medicinal purposes, but as a way to keep out marauders. They are aggressively thorny, with sharp thorns along the stems and mid-rib of the leaves. Wear long sleeves and pants when you go picking.

One gallon milk cartons with the top cut off work well as containers. Collect only berries that are completely black, and come off the bush easily. Once home place berries in a bowl, rinse with cold water, and remove stems. Blackberries are tasty raw or cooked, but because the sugar content is low they are tangy, and you will probably want to add sugar.

Chemicals present in blackberries are gallic acid and tannin. Large amounts of tannin give blackberry leaves and roots an astringent effect that may be useful for treating diarrhea (Tannins can cause nausea in people with sensitive stomachs.)

Blackberries have one of the highest levels of antioxidants, natural substances that slow the aging process. The plant is known to have medicinal properties, and is used by herbalists to treat dysentery. The ancient Greeks used blackberry extract as a remedy for gout.

Blackberries are an important food source for wildlife, including black bear, deer, rabbit, and numerous songbirds. Deer also eat the leaves and woody shoots. The thickets make good shelter and nesting areas. And snakes love the thick brambles as much as bees and other nectar seeking insects love the flowers.

Blackberries are extremely prolific, I saw websites devoted to “How to eradicate the blackberry,” where it is viewed as a non-native and invasive weed. They grow along dirt roads or at the edge of clearings, and will take over open land if left unattended. Note: Don’t pick from bushes growing along road and RR right-of-ways; they may be sprayed with toxic chemicals,

Weird but true: blackberries are not true berries. (True berries include blueberry and cranberry.) A berry is a “fleshy fruit containing one or more seeds, which develops from a single ovary.” That is, while both tomatoes and eggplants are “berries,” raspberries, blackberries, and all their many varieties, are not.

Picture (left) of Blackberry Bush courtesy of: <<http://freeherbpictures.com>>

An amazing site, for both information & links: <<http://www.backyardnature.net>>

Precautions and Tips for Safe Foraging: <<http://www.care2.com/channels/solutions/food/463>>

Picture (right) of Blackberries courtesy of: <<http://www.hort.psu.edu/ext/senior/>> - click on fruits and nuts

Unfortunately, Mike and I did not find any blackberries on our last LBE outing, and the rainy weather and high-water conditions, have prevented any return trips.

Weird but true 2: A bramble bush’s natural arch was at one time believed to be a magical aid to healing. It was said to mystically cure boils, rheumatism, whooping cough, and even blackheads.

On a sunny day, crawl through the arch backwards and forwards 3 times, going as close to east to west as possible.

If you try this, just be aware that poison ivy and poison oak are often found intertwined with blackberry vines.

Maybe that was the “cure”, what with the itching and burning from poison ivy, you would forget all about your original complaint.

Blackberries make a great topping for icecream, and are also good in shakes. They can be substituted for half the apples in almost any apple recipe. Or just sprinkle them with a little sugar, and eat raw. ☺

Medicinal Blackberry Leaf Tea,

Today used by herbalists to treat dysentery & sore throats

1 pint boiling water

1 oz dried leaves, (from first year ‘cane’ – no fruit will be on it)
sugar or honey to taste

Pour boiling water over leaves and steep for 10 minutes.

Drink one tea-cup at a time, up to 3 times a day.

Moss Park / Split Oak Forest October 4th

This year's event at Moss Park promises to be memorable. All you need to do is bring a friend out to try O' for the first time and they'll have the fondest possible memory of the event because Moss Park is so perfect for first timers' on the White or Yellow courses. Then too, you may want to take your friends along on a more challenging Orange course for their first time adventure, ranging into Split Oak Forest to savor the picturesque pine flatwoods in the north end, or to see the famous Split Oak itself, or the giant sand dunes near Lake Cormorant.

Perhaps the Park will have finished the construction of all the new facilities and we'll all remember our first view of the new campgrounds. But mostly, there is the outside chance that the water level of Lake Hart is high enough to provide that rarest of Moss Park/Split Oak memories – the LONG SLOG. If you've been attending for years you know what I'm talking about.

If this will be your first time, you're in for a treat.

You see, Moss Park, where our staging area is located, is on the east end of a 1/2 mile long low-lying jeep trail of a causeway connecting Moss Park to Split Oak Forest. During low water the causeway is high & dry. During high water it isn't. And Split Oak is where the best long course terrain is. Every few years the weather presents us with this opportunity to thoroughly wet our feet (and shins - or knees) and this may be the year. So come prepared.

Mostly, being prepared consists of wearing shoes and socks you don't mind getting really, really, wet and bringing spare clothes to wear home. Course setters at Moss Park - and Arild Orsleie is a veteran at this – will always wrestle with the decision as to where to put the long courses' start/finish table. Should it be in Moss Park, thereby including the long hike

both ways over the causeway as part of your course, or use the 'remote' start system of allowing all to casually amble over to the Split Oak side to the start/finish table.

Either way it's usually an adventure in itself; the orienteering is then icing on the cake. Trust Arild to give you a fine adventure. A full set of courses White-Yellow-Orange-Brown-Green-Red will be offered. This happens to be the first anniversary of the first event, at Moss Park, where Brown courses became standard FLO fare.

Remember too that this will be the 2nd Annual "Second Harvest Food Bank" Food Drive, so bring along something non-perishable to donate. There will be a box at Registration. Note that there is an entrance fee at Moss Park - one dollar per person, age 6+up, which will be in addition to the FLO map fee. No extra charge for the knee-deep water! ☐

BECAUSE HUNGER HURTS,

FLO'S 2ND ANNUAL SECOND HARVEST FOOD BANK DAY

MOSS PARK – OCTOBER 4



because no one should be hungry,

The faces of our neighbors in need are as varied as the faces of Americans themselves. They include parents worried about their children, the sick and infirm, and elderly people making the most of limited incomes. Some are homeless, and others are simply hardworking low-wage earners who have experienced a financial crisis. Most never expected to need help

A comprehensive study of hunger was conducted in 1997 by the Second Harvest National Food Bank Network and the Second Harvest Food Bank of Central Florida. This study confirmed with numbers what those providing food assistance have known for many years: That hunger in our community is real, it is pervasive, and it greatly diminishes all who are touched by it.

Among other things, the study found that **one in ten Central Floridians finds it necessary to seek assistance with food at some time during each year**. The populations found to be at the highest risk of being hungry in our society are women, children, and the working poor.

Examples of What You Can Bring

- Any Non-Perishable Food,
- Spaghetti Sauce & Pasta - a great meal
- Rice & Dried Beans - a cheap meat alternative
- Cookies & Non-Refrigerated (UHT) Milk - a happy treat
- crunchy Peanut Butter & Jelly - delicious, nutritious, & kid-friendly!

When I have food, help me remember the hungry;
When I have work, help me remember the jobless;

When I have a warm home, help me remember the homeless;
When I am without pain, help me remember those who suffer;

and remembering, help me to destroy my complacency,
and bestir my compassion.

Make me concerned enough to help, by work and deed,
Those who cry out for what I take for granted.

LABOR DAY IS NATIONAL ORIENTEERING DAY

continued from cover

The map is fairly typical of previously used Ocala Forest areas. Relative to Woodpecker Hill, there seem to be fewer patches of the nefarious wait-a-minute vines & briars that grow shin high and try to trip you with every step. Most of the distance for all courses have rather clear footing. Some of it is hard-packed lickety-split fast running ground, especially the recently burned areas (more on that later). Even all the white and yellow course trails are solid, with none of the soft sugar sand that often forces us to actually walk beside the trails, in the woods, just because its easier that way.

With the kind of summer we've been having, you should be prepared to get a little wet (Remember we go Rain or Shine!), though not from any standing water on the map. This map is very nearly like high-and-dry Shockley Ranch in its lack of water. You may recall Shockley Ranch is perhaps the only O-map known to use the IOF 5-color scheme yet be printed with only four colors, because there is not a single water feature on the entire map – not even a dry marsh or seasonal watercourse. Billies Bay would be exactly like that if it were not for the inclusion of Mud Pond (from Woodpecker Hill) on the map. This is high, dry, pine uplands with a little scrub here and there, and lots of little distinct copes of trees.

A COPSE, by the way, is a small collection of distinct trees. On Billies Bay they are usually small oak trees and are depicted with the black-dot vegetation boundary defining the edge, which is almost always circular or oval. The control description sheets will call it a copse if its smaller than 30 meters or so, and merely a "vegetation boundary" if its larger. Most, but not all of the green dots on the map are palmetto thickets. The entire Woodpecker West area, and more, used last Spring for the inaugural FLO event on that map has been control-burned recently. That means anything mapped as light green is now open and run-able and anything mapped as "Undergrowth, slow running" (those vertical parallel green lines indicating good visibility - slow run) will now be entirely passable, though you'll be able to see what it was that had been mapped that way.

It also means palmetto thickets are now tough to spot and some previously distinct vegetation boundaries may be gone. Only Green and Red courses will see the burn. Now that you're sold on the idea of spending your Labor Day with us in the woods, be reminded of the need to BRING WATER with you in the car and on the course. Remember bug spray, for socks and pants. Be mindful also, that Ocala Forest may not be the place to experiment with a more difficult course than you are accustomed to. This will be serious orienteering in the sense that you can get seriously lost with a wrong turn or two. Individual competitors are REQUIRED to wear safety whistles in ONF. Pick them up at registration if you don't have one. They are free to members.

Lastly, anyone who brings agony on the organizers by staying out overtime, either over 3 hours, or beyond 3:00 P.M. without a valid reason, will be....well, sternly lectured, probably. But you get the idea. So on this Labor Day make it a vow to fulfill your recreational potential. LABOR NOT - RECREATE!

Helpers Needed for the December 13th FLO Championships at Wekiwa Springs,

by Bob Putnam

I had said at one time in a fit of foolishness that I'd set all courses for this event, again. But I've changed my mind. I want to compete this year on red. I will design and set and vet and place controls for the SEPARATE yellow + orange + brown JROTC courses for the FL JROTC Championships to be held the same day in the same place.

I will also, if necessary, do arm-chair initial design for the White, yellow, orange, brown and green courses for the FLO championships. I would then only need someone to design and vet the red course (and of course, someone to go into the woods to vet the points for the W-Y-O-B-G courses ahead of time).

Opportunity knocks - be brave if you haven't tried this before. Friendly guidance is free. Some of you veterans could do it with your eyes closed, I know. Please step up. Bear in mind we also need someone to serve as Event Coordinator at this 12/13 event, to be on site until Ranger checks us out at 4 or 5 pm. Thanks. 

Family Fun - Paint a Halloween Face



A fun, safe, alternative to masks (and sheets!).

Blend 1 tsp cornstarch and ½ tsp cold cream.

Add ½ tsp water and stir.

Add food coloring, one drop at a time, until you get the color you like.

Some example colors:

3 drops blue plus 1 drop green = turquoise

2 drops yellow plus 1 drop red = orange

2 drops blue plus 1 drop red = violet

Paint designs on faces with a small paintbrush.

Remove with soap and water.

Store paint in clean, dry, covered yogurt containers.

from Donna Erickson, Prime Time Together...with Kids

Little Big Econ November 1

Remember when the original Little Big Econ map was produced in 1996? It was at a scale of 1:10,000. At that scale all the detail was clear. But then we added the east half of the park and in order to fit it all onto the same page, we shrunk the scale to 1:15000. Even though we're all accustomed to dealing with 1:15000 scale maps, much of the LBE detail becomes more difficult to read.

Well, now we're returning to our roots. The November 1 event, staging out of Barr Street parking corral at the extreme west end of LBE, will again be at 1:10,000. We may even have a little fun and rename the map with a subtitle. One possibility is "Kolokee Station" after the railroad siding once located at what now is the northeast corner of the map. Also considered is "Iowa City", as sort of a joke, since we cannot imagine how MapQuest thought there was a town along the north edge of the map by that name - but try their web site and see.

You'll also see Kolokee, located, says MapQuest, about 1/2 mile from the old siding. Recalling the conditions Mark Adams had to endure when he first mapped the area in 1995, we could call it "Mark's Flooded Floodplain", but that's too busy. Never mind what we call it. Just come out and enjoy. Ron Eaglin is setting a full set of challenging

courses, as usual, except that it's possible he may eliminate White again, for logistical purposes.

In the past we've successfully set the Yellow course so as to accommodate both Yellow and White participants, and everyone has been happy. You never know. Show up and find out. And of course there is the water level. Remember the Econ River is prone to overnight flooding so we can never predict what might be necessary in the way of last minute course changes. Be ready.

Be ready also to take a moment to step over to the honor system fee dispenser, take an envelope and donate your \$2 per day parking fee to the park. They'll be happy you did; and we'll be permitted to use the area again. Our current plan is to try to accommodate all orienteers at Barr Street and not send anyone off to another site as we have planned, as backup, for the past few events. We are being limited at LBE, but have been allowed to use one site only for the past few events. If, for some reason, some of you are asked the day of the event, to drive up the street two miles to Geneva Wilderness because of last minute changes, please bear with us. We aim to please Park administration in any way we can, and hope you would understand.

Mark it on your calendar now. LBE or Kolokee or Iowa City or Barr Street or whatever. Be There!

FLO CALENDAR OF EVENTS

Sept 1, 2003	Ocala National Forest, Billies Bay - NEW MAP - Labor Day - National Orienteering Day - Door prizes! Pre-marked maps!	EC: Ray Bruneau CS: Bob Putnam	WYOBGR courses
Sept 5,6,7 2003	JROTC 3-day Training Camp – helper(s) needed for Sept 6th, contact Bob Putnam.		
Sept 12 - 14 2003	US Championships in California/Nevada. Thinking of going? Let Joe Maliszewski know: maliszja@yahoo.com It would be great to have a showing of FLO members there.		
Oct 4, 2003	Moss Park/Split Oak Forest, Orlando FLO's 2nd Annual - Second Harvest Food Bank - Food Drive. Open your hearts, Share your bounty.	EC: M&M Dempsey CS: Arild Orslie	WYOBGR courses
Nov 1, 2003	Little Big Econ State Forest, Barr Street, Oviedo	EC/CS: Ron Eaglin	WYOBGR courses
Dec 13, 2003	Wekiva Springs State Park, Apopka FLO State Championships and FL State HS JROTC Championships	EC: Volunteer Needed CS: Bob Putnam	WYOBGR courses
Jan (10), 2004	DeLeon Springs State Park, NW Deland	EC/CS: Volunteers Needed	
Feb (7), 2004	Ocala National Forest - Woodpecker Hill	EC/CS: Volunteers Needed	
Mar (6), 2004	Kelly Park, Apopka	EC/CS: Volunteers Needed	
Apr 16 - 18, 2004	Flying Pig VIII, the USOF 2004 US Interscholastic Championships. Sponser: OCIN (Orienteering Cincinnati) Visit < www.ocin.org > For More details.		

Events in () are tentative, always check the FLO Hotline for updates

The Florida Orienteer is published 4 times a year: February, May, August & November.

Deadline for submission of material is the 5th, with publication scheduled for the 25th.

Send material to Marilu Dempsey: marilu_dempsey@bellsouth.net or 107 Red Cedar Drive, Sanford, FL 32773.

The editors reserve the right to edit any submitted materials and publication is on a space available basis.

UPCOMING EVENTS

Mon - Sept 1	Ocala National Forest – Billies Bay – NEW MAP – National Orienteering Day Courses: WYOBGR	EC: Ray Bruneau CS: Bob Putnam
Take US 441 North past Mt. Dora. Turn right on SR 19 (north), through Eustis and Altoona. 5.5 miles north of Altoona turn right on CR 445 and go 3 miles to start area.		
ENTRY FEE: NONE		
Sat - Oct 4	Moss Park/Split Oak Forest Course: WYOBGR	EC: M&M Dempsey CS: Arild Orslie
Go 2.7 miles south of SR 528 Expressway on SR 15. Turn east on Moss Park Road & go 3 miles to park entrance. ENTRY FEE: \$1.00/PERSON (age 6 and under free) NOTE: NO pets, leased or unleased.		
Sat - Nov 1	Little-Big-Econ – Barr Street Entrance Course: WYOBGR	EC/CS: Ron Eaglin
3 miles northeast of Oviedo on Geneva Road (SR426). ENTRY FEE: \$2.00/CAR (8 people max) NOTE: Honor system, place money in envelope at park entrance.		

All dates are tentative. Please check hotline (407) 672-7070 or Web Site <<http://www.floridaorienteering.org/>>

All starts are from 10 AM until 1 PM, unless otherwise noted – RAIN OR SHINE
Pre-registration and membership not required, unless otherwise noted – events are open to ALL

IF YOU ARE NOT A MEMBER - JOIN NOW - DON'T MISS AN ISSUE!
HAS YOUR MEMBERSHIP EXPIRED? Check the expiration date on your mailing label



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