

THE FLORIDA ORIENTEER

VOLUME 15, ISSUE 3

August 2004

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National Orienteering Day Pics!
FLOing WILD

MARK YOUR CALENDARS

NATIONAL ORIENTEERING DAY
OCTOBER 2 AT MOSS PARK
BRING A FRIEND !
Ribbons for Newcomers
Prize Drawings for Competitors

UPCOMING EVENTS, by Bob Putnam

Labor Day 2004 Will Be Spectacular - at BILLIES BAY ONF

A full set of courses on the least used map (only once) among the FLO venues. The very best orienteering. Everyone is sure to see things they've never seen before.

And what are the odds of a thunderstorm late in the day to cool you off? Even without rain, we'll be only a mile or so from Alexander Spring, so plan to jump in the water after a sunny hike in the woods.

Ray Bruneau, Course-Setter and Event Coordinator, is setting up the staging and registration area right on paved Route 445, about 4 miles east of Route 19. If you've visited this area of Ocala National Forest with us before, you may know there is a dirt road accessing these maps from Paisley, FL. Use it if you like, but its 5 miles of dirt road before you hit paved 445, then you would turn left for 1/2 mile or less. Most of us who live in Orlando will approach from the south by going 5 miles north of Altoona on Route 19, then turn right onto 445.

The Billies Bay map (there is no apostrophe in "Billies") is formed from the northern portions of Woodpecker Hill and Woodpecker West maps, but you'd never know it. Prepare yourselves for what will look like a brand new map. There is terrain and there are nice big sinkholes. There still is no water, that we know of, even after Hurricane Charley.

And JROTC contingents should take note of this event for two reasons: First, because it is the kickoff event of the 2003-2004 academic year JROTC Florida Championships and second because just two weeks later these very-nearly-same forests will be the site of further competition and training when the **Titusville JROTC unit hosts the Second Annual JROTC Training Camp, with Sunday competitions and trophies.**

2nd Annual Florida JROTC Orienteering Training Camp - Sept 17 - 19 at Ocala National Forest - Doe Lake Campground. Titusville HS JROTC will again host an orienteering training camp for JROTC Units. See their web site at for more information:

<http://www.terrier.brevard.k12.fl.us/departments/ROTCpage/orienteering.html>

BUT HURRY - TIME IS LIMITED

continued on page 10

**FLO's 3RD ANNUAL SECOND HARVEST FOOD BANK "BECAUSE HUNGER HURTS" FOOD DRIVE
NATIONAL ORIENTEERING DAY - OCTOBER 2 - MOSS PARK/SPLIT OAK FOREST .**

DON'T FORGET TO BRING YOUR CONTRIBUTION

Woodpecker West – June 5th, by Bob Putnam

Event Coordinator: Ray Bruneau
Course Setter: Ray Bruneau

You Should Have Been There! This was Great Orienteering! Monster long courses. Wickedly warm weather at about 90°F. And a torrential downpour with 30 mph wind gusts late in the day to "refresh" everyone, and blow over both tents.

It would seem that most every characteristic of Florida Orienteering was well represented except that only 67 people showed up. Pretty disappointing turnout for Ray Bruneau's courses through this top-notch forest. Thanks to Ray for setting it all up as both EC and CS for the event.

My first thought is that maybe next time we'll advertise more the fact that medals are being awarded, but then I immediately think perhaps that's exactly why some did not show up. If you haven't noticed, those of us who compete individually in FLO are a distinct minority. All you folks who come out for the hike with your family or friends are the vast majority of this club.

We don't mean to push you aside when we award medals to individual competitors and I really hope I'm wrong about this fact scaring some of you away. I think we just want to take something home now and then, in return for working up such a sweat. And work up a sweat we did at Woodpecker West.

I spent over 109 minutes on the red course and still came in first. While I was out there though, in my mind, I barely expected to finish. It was really tough. Ray set a relatively long 7.7 km red course. I suppose just because so many in the last few months urged FLO course designers not to go easy during the summer months.

People said: Retain the red course through the hot season; it's no big deal. Ray also set long Green and Brown courses and their finish times of 83 and 97 minutes respectively, suggest they worked hard, too.

I haven't been so tired in a long time. I haven't spent that much time out on the course in a long time. I heard the Green and Brown course controls were all spot on, but a couple of red course controls caused us all extra time. In fact, Arild Orsleie, Toby Henson and Artur Intson all DNF'ed, so you know it was tough.


The medals that were up for grabs, in this 1st Annual Malcolm Adams Memorial, were of a brand new design and everyone thought they looked terrific. Congratulations and a big Thank You to Toby Henson for spearheading this new medal design and saving FLO a bundle of money in the process.

FLO now has those medals available for sale, at \$4 each, in the form of key chain bobs or necklaces. Just ask at the Registration table at the next event.

The forest has recovered in its own way from recent controlled burns. But "its own way" involves a thriving population of ground vines and catbriar; more than ever it seemed. Where the forest floor is clean, its fun and easy to run through, but where the vines & briars grow it's as aggravating as any venue we have. Maybe it was because I spent more time than usual on the course, but constantly dragging feet through such stuff became wearying.

The usual thanks go to Jonathan Linforth for map printing/registration and to Russ Steinke for registration/start/finish/control retrieval help and to Joe Maliszewski for control retrieval.

I also saw Derek Bohn and Andy Holman lending helping hands several times. New thanks go to first-time helpers the Hemness's for registration/start/finish duties. Since they also did both orange and green courses, they'll be sharing their impressions of the day's experience in an upcoming newsletter, thereby encouraging others to volunteer.

One of the things I forgot that day was to bring the new color-coded control cards intended to match card to course color. Come see that at future events. 

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Woodpecker West (WW) RESULTS, continued from page 2

MEN - ORANGE

Gold	Walenty Prytulo
Silver	John Meyer
Bronze	T. LeClaire

MEN - GREEN

Gold	Joe Maliszewski
Silver	M. Jarvis
Bronze	-----

WOMEN - GREEN

Gold	Debbie Gottschalk
Silver	-----
Bronze	-----

MEN - BROWN

Gold	Bret Barker
Silver	-----
Bronze	-----

MEN - RED

Gold	Bob Putnam
Silver	Dave Gottschalk
Bronze	-----

WOMEN - RED

Gold	Andy Holman
Silver	-----
Bronze	-----

RESULTS CODE	
DNF:	Did Not Finish
NTR	No Time Recorded
OT	Over 3 Hr Time Limit
DQ	Disqualified

WW - WHITE	
NAME	TIME
TROOP 498 # 1	52:09
TROOP 560	71:45
TROOP 498 # 2	73:50

WW - YELLOW	
NAME	TIME
McGOLDRICK/HORN	56:38
MIDDLEBROOK, C	79:40
GATLIN, D/A	92:30

WW - ORANGE	
NAME	TIME
PRYTULO, W	53:32
MEYER, J	57:20
HEMNESS, G/E	60:00
MICHAELS, J/C	74:40
MOWRY, K/S	100:12
CHIZLETT/TRIPP	105:25
LECLAIRE, T	129:11
STEINKE, R	DNF

WW - BROWN	
NAME	TIME
RICHMOND, K	97:05
BARKER, B	150:00
HOOD, D	DNF
FAIRALL, M	DNF

WW - GREEN	
NAME	TIME
HEMNESS, G/E	83:04
GOTTSCHALK, D	84:30
MALISZEWSKI, J	98:53
JARVIS, M	135:00
PADRICK, A	DNF
SECOSH, C	DNF

WW - RED	
NAME	TIME
PUTNAM, B	109:13
GOTTSCHALK, D	114:52
SCHULTZ, B	116:29
HOLMAN, A	159:50
PRIMAL	162:20
TEAM 'GO'	207:04
BOHN, D	DNF
ORSLEIE, A	DNF
HENSON, T	DNF
SHEPPARD, L	DNF
INTSON, A	DNF
TALLENT, K	DNF

Awards have been mailed to winners.

A Note From the EC/CS, Ray Bruneau

What a beautiful muggy morning to have some extra help in setting up and getting ready for the many to try my challenging courses. The port-a-let was delivered right on my stake and in view.

I had forgotten that this is summertime and most school groups are out. So, we did not get the large number of people, but those who did come spread their arrival times. This was a good thing for we had new members Emma and Gerald Hemness volunteering. Russ Steinke and I were able to show how easy the registration and start/stop tables can be. We warned them, however, that it could be much more stressful at other venues.

Emma and Gerald came early to vet an Orange course and later ventured out on a Green with no difficulty. There is a rivalry for the King/Queen of the Orange course, looks like Walenty has some competition.

Such a challenge it is to design courses and even more important to set the controls at their respective points of interest. It is very important to have a good line of communication between CD/CS, for one can stump the other.

Since this particular forest venue is so open, it's an opportunity to place some Orange/Green controls at a level which makes the competitor use pinpoint accuracy. (I tied them inches off the ground - been on too many Red courses)


It's remarkable to walk in the open forest and have so much wildlife that blends in, but wait, listen for the dusk flying

bats that descend so quickly that they make a WHUM! sound. I thought that they were diving at me. I happened to sneak up on a black bear and the sight of me spooked it, guess I was downwind? Lest not forget, the wary deer that think you are chasing them.

In the afternoon, we experienced a heavy blow of wind and a wall of water, my tent blew down and we had just enough time to throw everything into my car (after it was wet).

Joe Maliszewski came in welted up and he showed us his irritated skin. We figured that he was rolling around in a briar vine. But Walenty came over and showed me this plant. I figure the stinging nettle was his enemy. It will inject you with formic acid through its' hairs. Anyone have a proven on-trail remedy? I carry baking soda for stings and this may work also. The rash on Joe made me cringe, he could have used a bath of hydrocortisone or b. soda, maybe.

Thanks to all who came out to test their skills on a blistering, humid summer day and came back to share their remarkable insights. Thanks to Gerald & Emma Hemness, to Russ Steinke, and to Jonathan Linforth, our mapmaker.

We even garnered 3 new members: Brett Barker, Greg Owens, John Meyer, Brett is already giving assistance with the Yahoo group site. Hope to see you all at the next event in the heat. 

Little Big Econ - July

Event Coordinator: Ron Eaglin
Course Setter: Bob Putnam

From: David Brault

Sent: Monday, July 12, 2004 5:08 PM

To: Bob Putnam; Ron Eaglin

Subject: orienteering flags

Okay, I got all but one of the flags. I can not find #18, when I was out there on Monday, July 5, I spent about 15 minutes looking for it. Then went back out on Tuesday morning to get the Northern trail ones. Then back out there this past weekend to get 15, 16 and 18. I could NOT find 18 (I looked for about an hour).

Dave Brault

Dear Dave:

I found LBE #18 this past Saturday. Right where its been hanging for two weeks, in the form-line re-entrant, south end. No problem for me.

I discovered the problem for you, tho'. Remember those heavy rains just before you went out there on the 5th? The Econ River is notoriously erratic in post-storm flooding and the control was simply well underwater each time you arrived.

When I hung it, it was about 2' above the water level of a brackish backwater marsh, which itself was probably about 2' above river level at the time, and set about 10m S of nearest standing water. I tied it on a short string.

When I retrieved it, the water level had fallen to about the bottom of the control, the re-entrant was still completely flooded and the marsh was now a fairly extensive pool that had obviously been, recently, much deeper. I'm guessing that last week the river level was as much as 5' above yesterday's.


The control itself is the color of a teabag, with lots of algae & crud still stuck - it may not be salvageable, even after washing it. Looking at nearby grasses and the recent-looking rings around trees, I'd guess the control was under at least a foot of water for you. And you know the Econ color is dark-dark-dark. And controls don't float. But even if they did my short string might have kept it drowned.

Thanks for retrieving all the rest.

Bob

A Note to All You Retrievers Out There:

Don't let this story deter you. This doesn't happen very often. In fact, this is the very reason we have for years approached LBE course design carefully. We're always ready to drop a few controls at the last minute, or revert to another course altogether if the Econ suddenly rises too much from sudden storms. On occasion we have had to do that for the event itself, (heck, on occasion, Ron Eaglin has sent us out into the fully flooded river anyway!) but this is the first time a drowned control was irretrievable.

Yet another reason Orienteering remains the Adventure of a Lifetime. See you in the woods., Bob Putnam 



FLO MEMBERSHIP APPLICATIONS
are available at FLO events,
on-line from the FLO web-site, or by contacting
Mike Dempsey:
655 Little Wekiva Road
Altamonte Springs, FL. 32714
(407) 869-1266
membership@FloridaOrienteering.org

RESULTS: Little-Big-Econ (LBE)

RESULTS CODE	
OT:	Over Time Limit
DNF:	Did Not Finish
DQ	Disqualified
LBE - WHITE	
NAME	TIME
Trisha Wilmore	37:32
LBE - YELLOW	
Lipinski	88:10
Monster family	105:45
Jay Platt	113:45
Kuhlman	121:32
Jim Septer	140:43
Faith	184:44
Ford	DNF
LBE - ORANGE	
NAME	TIME
Walenty Prytulo	49:52
Tommy LeClaire	69:20
Schmid 2	73:56
Bates Females	98:56
Lane Sheppard	99:03
Steve Spencer	116:18
Jim Bauer	129:18
Hawkins	131:53
Schmid 1	138:30
Bates Males	164:25
Dave Hatten	169:25
Nancy Sypolt	170:03
Teri Davies	176:41
Gator Bait	DNF
Ryan Bell	DNF
LBE - BROWN	
NAME	TIME
Brett Barker	133:10
Delinda Hood	148:50
LBE - RED	
NAME	TIME
Artur Intson	69:35
Derek Bohn	70:14
Kip Koelsch	89:17
Jessica Koelsch	99:05
Dave Gottschalk	109:25
Shawn Deitrich	114:35
Mitch Jarvis	117:46
Dirty Fish	119:01
Jamie Lynch	126:10
Jerry Sirmans	127:56
Kyle Tallent	137:03
John Sherwin	137:32
Ray 3	138:23
Bill Barolet	146:06
Deb Gottschalk	148:51
Andrea Holman	150:25
Joe Maliszewski	161:00
Hunker/Wright	168:22
Joey Sullivan	180:00
Tri-lews	205:01
Matt Cavagno	DNF

**BECAUSE HUNGER HURTS,
FLO'S THIRD ANNUAL
SECOND HARVEST FOOD BANK
DAY**

MOSS PARK – OCTOBER 2



**BECAUSE NO ONE SHOULD BE
HUNGRY.**

***US Mayors' New Report Consistent with Increased Hunger
Seen by America's Second Harvest***

The U.S. Conference of Mayors today released their annual survey of hunger and homelessness in America's cities. As the overall economy remained weak, requests for emergency food assistance increased by an average of 17 percent over the past year, and requests for emergency shelter assistance increased by an average of 13 percent in the 25 cities surveyed.

Twenty cities reported that the increased need for food assistance results from the lack of good jobs in their economies. In 11 of the cities surveyed, hunger is directly related to the high cost of housing.

As need increased during this past year, more than half of the cities surveyed reported that people in need were turned away due to lack of resources.

One of the efforts to address the growing problem of hunger in America being spearheaded by America's Second Harvest and other leading anti-hunger organizations is the creation of the National Anti-Hunger Organizations (NAHO).

In a recently released charter document, the organization is calling upon the President, Congress, elected leaders in states and cities and religious and private sector leaders to provide decisive leadership to end hunger in America.

In NAHO's Millennium Declaration to End Hunger in America, they say, "**Let us all work together, private and public leaders, community, religious and charitable groups, to achieve an America where hunger is but a distant memory and we live true to the values of a great nation.**"

The Declaration calls on the nation to end hunger by expanding and improving effective initiatives like public nutrition programs, combined with stronger community-based efforts; and to end the causes of hunger as well. For more information contact: Susan Hofer, Communications Manager for America's Second Harvest, at (312) 263-2303 x127.



NEEDED ITEMS (Nonperishable food and non-food necessities)

- | | |
|------------------------|--------------------------------------|
| Meals in a Can | Canned Fruit |
| Nonfat Dry Milk | Rice |
| Oatmeal | Beef Stew |
| Canned Meats/Poultry | Baby Food |
| Evaporated Milk Drinks | Packets of Condiments, Salt & Pepper |
| Canned Tuna | Baby Formula |
| Peanut Butter | Diapers and Baby Wipes |
| Nutritional Drinks | Toilet Paper |
| Dry Beans | Laundry & Dish Detergent |
| Canned Veggies | Soap |
| Canned Soup | Shampoo and Rinse |
| Pasta/Macaroni | Personal Hygiene Items |

Second Harvest Food Bank of Central Florida serves more than 450 agencies in six Central Florida counties, serving Lake, Orange, Osceola and Seminole counties directly.

WICKHAM PARK - The First Great Virtually O-Mazing Race of Florida, by Bob Putnam

Event Coordinator/Course Setter: Bob Putnam

I was genuinely surprised – and of course pleased – at the positive reception this experimental “Virtually O-Mazing” format received. For instance, no one at all told me it was a bad idea; a compliment in itself.

But more than that, several people went out of their way to say it was an especially good idea, and one couple told me it was the most fun they’d ever had at an orienteering event. And even with light attendance, there was quite a crowd hanging around for hours talking about the ins & outs & strategies, etc.

Heady stuff for this happy, and relieved, course-designer. Disappointingly, only 61 people showed up to find out just how much fun new formats like this can be. It might have been the August heat, or the weather report calling for thunderstorms all day, or the many warnings/admissions I circulated beforehand, telling everyone that the map quality was growing worse over the years. Whatever the reason, there still seems to be enough interest in Wickham Park to warrant continuing the annual August event there. It’s just that we *really* have to update the trails and the map somehow. Any volunteers?

Back to the report...The weather was fine, for Florida, in August. It was humid but the temperature topped out at about 89°F, the sky stayed overcast most of the day, a breeze favored us more often than not, and all rain held off until control retrieval time at 3:00 pm.

Thanks go to the helpers, especially Dave Shuman and Ken Richard who were there at 8:00 am sharp. Ken even made an emergency run to the Copy Store for extra maps when I discovered my supply of maps was partly an out-of-date version. Toby Henson and Mitch Jarvis ran start/finish and the Titusville JROTC cadets were on hand for nearly everything else, including helping Joe Maliszewski’s control retrieval. Thanks to all.

For those of you who missed it or were not following the flurry of emails on FLO’s Yahoo Groups site prior to the event, here’s a thumbnail of what we did. Introductory Course: For newcomers and the shy veterans, we offered a single Introductory course that I called “WhiteYellow”. It was just a little harder than a normal white course and went into the tangle of trails & palmetto that Wickham is (in)famous for.

It served well too, for Titusville’s first time cadets whose training was to do the course as a group first, then run it alone, in reverse. We normally tell people never to visit orienteering course controls in reverse order because it either makes it too hard or too easy. As it happened, this WhiteYellow course was indeed more difficult in reverse, so in this case they all had a good day’s training and it worked out fine.

Virtually O-Mazing: The event was first, an O-maze, that requires some explanation. It’s something like a Score-O event, involving visiting a large number of controls in any order. In Score-O the controls are assigned varying point values and your task is to maximize your point total in a limited amount of time. In the case of this O-Maze, there were 25 controls and you could visit them in any order.

However, on your first visit to each control you do not ‘punch in’ as you would normally, but rather you accumulate clues to help you identify the One True Final Course embedded within the Maze. Once you decipher the clues to learn the Final Course sequence of controls, you then visit those controls, in any order, punching the correctly numbered boxes on the control card just as you would have on a regular course.

That’s complicated enough, but...

Since I’d created an O-Maze for FLO three years ago, I thought veterans might be bored unless I added a new wrinkle or two. Wrinkle #1 was to insert what I called a Virtual Control into the sequence of the Final Course. You do not visit this Virtual Control on the first go-round of clue collection, but two of the clues will point to it as being on the Final Course sequence.

“Aha”, you say, “That’s simple”. But wrinkle #2 is that the master map actually shows three candidate Virtual Controls, only one of which is the correct one to be visited. The rule for selection of the correct Virtual Control is to select the one which yields the shortest Final Course route if you were to visit all Final Course controls in order.

Got that? There will be a quiz.

Note that the team of Dave & Ken won handily, because they figured out immediately that one person must navigate while the other person is working on the clues, on the run. You can’t do both, so teams might have a real advantage here.

There were 25 controls to be visited, plus three Virtual Controls, all shown on the map, just as for Score-O events. The O-Maze clues consisted of 3x5 cards attached to each control, telling you which one, or two, or three, adjacent controls you are permitted to move to from this control; just as though the control at which you read the ‘clue’ was a square in a maze and the presence or lack of walls in the maze would permit you to move to one, two or three (rarely, four) adjacent squares. For instance, the clue at control AG might read: “Go to LA, TT, OH”.

Visualize a 5x5 maze made up of 25 squares. One of the controls will have the Start, and one will have the Finish as an allowable movement, so you would know that these are the first and last controls, respectively. When considering all of the allowable movement clues collected at all the controls, there will appear one and only one sequence that leads from Start to Finish: The Final Course. All the other sequences will lead to dead ends, just like in a maze.

Wickham is well suited to something like this because Wickham itself possesses what most of us refer to as a “maze of trails” in the NE quadrant. In all it only covers about 1 square kilometer, although the Wickham Park map itself is 2.5 square kilometers.

I set the controls so that an optimum route to visit all 25 of the ‘clue’ controls would be about 4 kilometers. Then the One True Final Course itself was chosen so as to be about 3 km. So course-setters can appreciate that a fairly small area is involved; in fact necessary.

Few FLO venues have enough detail in a small area to allow this sort of course design. I didn’t want to overextend anyone in the August heat but even this plan called for 7 km of total orienteering to complete the course.

Continued with Results on page 7

RESULTS – Wickham Park (WP)

RESULTS CODE	
DNF	Did not finish
OT	Over Time Limit
DQ	Disqualified (Mis-punched)
NTR	No time recorded.
*	Second run, reverse order.
**	Second visit to controls.
WP – WHITE/YELLOW	
NAME	TIME
Matt Mahoney	13:00**
Kieth Patillo	23:45*
Brenda Weis	24:56
Teresa Murphy	25:50
Jack Stahlmann	27:40*
Mikel Moschillo	32:00*
Jamie Campbell	36:30*
Durkin Group	43:00
Van Heden Group	47:30
Titusville #2	50:30
Titusville #1	52:30
Scannell Family	61:02
Gough Family	61:55
Metzenroth Family	62:10
Rebecca Stelida	62:10
Meredith Carsella	88:40
Myers Family	112:19

WP–Virtually O-Mazing	
NAME	TIME
Shuman/Richard	78:03
Chris Johnson	96:00
Ron Eaglin	106:20
Toby Henson	113:20
Matt Mahoney	122:03
Jeff Hunker	126:25
Joe Maliszewski	127:48
Chizlett & Lively	137:30
Jataya Taylor	158:30
Lane Sheppard	158:50
Adam Johnson	162:59
Carolyn Clayburn	210:30
Carter Secoth	DNF
The Handlins	DNF
Jamie Sheriff	DNF
Vaughn/Bates (138)	DQ
Richard Patillo (156)	DQ
Jarvis/Blevins	DQ
Andy Horn	NTR


WICKHAM PARK - The First Great Virtually O-Mazing Race of Florida, cont from page 6

The phenomenal winning time for Dave & Ken of 78 minutes is worthy of applause. Congratulations, guys.

Congratulations also to Keith Patillo, who really won the WhiteYellow because Matt Mahoney had already finished the O-Maze when he ran it, and all controls were common.

Congratulations to all the WhiteYellow top finishers who turned in excellent times. Notables this day: The dead heat of equal times by the Metzenroths and Rebecca Stelida really happened. Note also that Mitch Jarvis and Renae Blevins deliberately visited only the 25 controls as a Score Course and didn't plan to do the Final Course.

Jamie Sheriff only failed to finish the Final Course because we started pulling controls when she'd been out less than 2 hours. I cannot explain why Richard Patillo and Alisha Vaughn & The Bates mis-punched the same control (#2), so I'll list their elapsed times in case a good explanation turns up.

All in all, a pretty satisfying day. I'm glad you all enjoyed it. 

FLO MAPPING UPDATE, by Bob Putnam

Two things are happening this fall to improve our mapping situation.

First, Dick Detweiler (from the Rochester NY club) is returning to FLO to re-map Wekiwa Springs at least, and possibly one of the Ocala Forest maps. Gracious volunteer hosts Russ Steinke and Becky Berlin have already promised to have him stay with them. We just have to figure out when that will be, but the odds are good that we will be using a freshly updated map of Wekiwa Springs for the December Florida Championships.

Second, Bulgarian mapper Valentin Vladimirov will fly in to spend 5 weeks creating the brand-new map in Croom District of Withlacoochee State Forest in Brooksville. We plan to conduct the first event there in February 2005.

Valentin will arrive Sept 15 and will spend his time with the gracious volunteer host family of Jim and Kathy Septer in Hernando. This will possibly be the largest single map FLO has thus far produced.

Keep your schedule open so as not to miss out on the inaugural February 5, 2005 event because we plan to call it a USOF sanctioned Class B event and invite the whole country.

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 – it's easy & fun!

NEEDED:

-  Event Coordinators, Course Setters & Veters
-  Registration, especially 10am to 12pm
-  START/FINISH & Control Retrieval
-  Little Troll/String'O Coordinator

Landscaping With Florida Natives, by Marilu Dempsey

Our first view from space was of a glorious green-blue planet so special that we wept. Today the astronauts' cameras show brown-beige consuming our earth. We look with horror and shame..., *Requiem for a Lawnmower: Gardening in a Warmer, Drier World.*

Landscaping with natives might be described as common sense gardening - with respect for endangered habitats. Learning about native plants, and planting them in an area similar to their natural environment, will reduce irrigation usage, and reduce the need for fertilizer and pesticides.

It may take a little more effort and money in the beginning, but the savings keep adding up year after year. Boring, no way, you can achieve beauty and diversity using natives. Plus, a native landscape has been shown to increase the resale as well as the wildlife value of your property.

Even a small lot, surrounded by yards of plain flat grass, can become a wildlife oasis. Following are pictures of a family home in Orlando with a small size yard. The look is amazing, even discounting all the butterflies and birds, this yard stands out from it's staid neighbors.

Marjorie and Steve purchased their home on the east side of Orlando in 1996, after renting it for ten years. Located near Econlockhatchee Trail and SR 50, the area is comprised of extensive wetlands and surface waters of the Little Econlockhatchee River.

Before: looking from back to front, removal of a large non-native invasive Earwig Tree



Inspired by the woods behind their house, Marjorie wanted to capture the natural beauty of a native wildlife habitat in her garden. She found Green Images, a native nursery located in Christmas Florida, in the yellow pages. When she inquired about a landscape architect, they recommended Paul Davis, at that time the President of the Tarflower Chapter, Florida Native Plant Society.

Paul helped create a landscape plan that could be gradually implemented over time. That original landscape plan, sketched on a lot survey, has expanded to the point that every shrub and tree has been replaced, with the lone exception of an orange tree in the backyard.

Marjorie joined the Florida Native Plant Society, and over time became involved in rescuing plants throughout the Orlando area. Now, less than 10 years later, there is no grass in the front yard. Instead you will find a stepping stone and gravel path curving around the house, rock beds, a small pond, and a variety of native scrub plants.

FNPS Official Definition of Native Plant: For most purposes the phrase refers to those species occurring within the state boundaries prior to European contact, according to the best available scientific and historical documentation. More specifically, it includes those species understood as indigenous, occurring in natural associations in habitats that existed prior to significant human impacts and alterations of the landscape.

After: looking from front to back, Winged Elm (left) & Long Leaf Pine (center back), native trees, the Elm is located where the Ear Wig tree once stood. A native grass – Fakahatchee is located at the rear corner of the house.





Close up of Redbud blooms



Redbud Tree in Bloom



Swamp Hibiscus, a native version of a landscape favorite



The backyard contains a small area of grass, bordered by a variety of native plants, many saved by Marjorie from the bulldozer. **Above picture:** A pond surrounded by rescued wetland plants, teeming with relocated emergent and aquatic vegetation. At the top-right of the picture you can see the heart-shaped leaves of a Redbud Tree, a beautiful Florida native.

The Tarflower Chapter (Orange County) of the Florida Native Plant Society meets the first Tuesday of each month. Location: Harry P. Leu Gardens (1920 N. Forest Ave, Orlando), Time: 7:00pm (Directions: 407 246-2620 option 1)

FNPS Web Site: <http://www.fnps.org/>

Saturday, August 28, 2004: the grand opening of the new Environmental Center at Spring Hammock Preserve. Nature walks and a plant sale will be from 7:30am to 2:00pm. (get started on your native landscape)

There will also be a folk concert by Grant Livingston (this part is not free) Adults: \$10.00 Children: \$3.00, Under 3 Free. Contact event coordinator Pat Burkett for more info: patricia_burkett@scps.k12.fl.us or (407) 320-0467.

How To Find South Using a Watch

What You Will Need:

A sunny day, a Watch with hands (a Compass for checking)

What To Do:

- 1) Hold the watch flat in the palm of your hand.
- 2) Point the hour hand in the direction of the sun.
- 3) Halfway between the 12 and the hour hand is South.

- 4) Now check your compass. The part of the needle marked S should be pointing in the same direction.

Note: Even when we turn our clocks ahead for daylight saving time, the sun is still on standard time. So if it is daylight saving time, turn your watch back one hour before you try this.

From *WAY TO GO! Finding Your Way with a Compass, Reader's Digest Explorer Guides*, by Sharon Sharth.

☑ UPCOMING EVENTS, cont from cover

October 2, 2004 - Moss Park/Split Oak

First: This is the first event to be held on the Newly Field checked map.

Second: This is National Orienteering Day – Bring a friend to introduce them to Orienteering.

Third: This is the Annual FLO Second Harvest Food Drive.

Reasons enough to definitely turn out to this event, but the Orienteering is Fabulous! Joe Maliszewski is setting a full complement of courses and with the updated map we will certainly see areas we have not dared to enter for years due to map changes and growth.

This will be fun, and remember that the White and Yellow courses will be entirely within the safe confines of Moss Park itself, so they will be super novice-friendly. That makes it perfect for first timers – those friends you'll all be bringing along for National Orienteering Day, remember? All first timers will receive an Orienteering ribbon just for finishing their course.

For the Second Harvest Food Drive, we're out to set a new record, so bring along non-perishable food items and let's see if we can force the Dempsey's to ask for help carrying it all to SH.

If you have not been to Moss Park/Split Oak before, and are confused by our dual description, rest assured that all you need to do is find your way to Moss Park, where all of our staging, parking, registration and start/finish areas will be.

Note, too that Moss Park does have a separate entrance fee that is not a part of our FLO map fee. After entering the park and paying your day-use fee, follow our orange and white direction signs to the staging area.

November 6, 2004 - Little Big Econ

We could promise you an orienteering event which is fully unique and exciting and mysterious and might even follow through on that promise.

On the other hand, we could just as easily tell you to expect nothing out of the ordinary, and could follow through on that. In other words: Be ready for anything at Little Big Econ - as usual.

Our permit restrictions at LBE have in the past dictated strange new formats, remote starts, shuttles to the start for advanced courses, parking rules, dropped Brown courses, 2 separate venues when Geneva Wilderness is involved, and even limited pre-registration. The patience shown by everyone, in the midst of these sometimes bizarre arrangements, has been most gratifying and will no doubt be required of you again. We can only hope you understand.

At least this time we will NOT require advanced registration. Even with all the confusion lately, Little Big Econ is such a delightful venue for all those whose courses venture into the floodplain, we will continue to put it on the prime-time schedule. So, come out and enjoy. You never know what to expect and that only adds to the adventure.

As I write this, the Econ River is at flood stage after Hurricane Charley and 10 days of afternoon thundershowers in the Econ watershed. Today, courses would not take

anyone through any of the scoured black-dirt floodwater zone, since it's probably waist deep in most places. But by November 6, the seasonal monsoons will have abated and we'll be back to isolated brackish pools amid the more or less solid footing.

Parking: As always, parking will be limited to the lot inside the fenced corral at Barr Street staging area on Route 426, 5 miles NE of Oviedo. Overflow parking will be on the public right of way 1 mile west at the intersection of Lockwood Blvd and Route 426. Lots of room on the grassy shoulders there.

Within the parking lot, please try to keep it squeezed and orderly - a row along each long fence and a double row down the middle. At our last big event there April 3, we managed to get everyone in and late arrivals found slots when early arrivals were leaving, but we can't count on that. Again, your cooperation and patience will be appreciated.

We may get permission to run a remote start for Advanced courses (finish will still be at Barr St.) and if so will be looking for volunteers to drive shuttle vehicles.

Be prepared, too, for hundreds (thousands) of unmapped fallen trees from Charley; Oviedo itself saw the worst winds.

UPCOMING CLASS A EVENTS FLORIDIANS MAY WANT TO ATTEND:

January 15-16-17, 2005 - Navigator Cup 2-day Class A event

The Vulcan Orienteering club in Birmingham AL will host. Details will be on the web site:

<http://ourworld.cs.com/usofmeets/> or on Vulcan's web site <http://home.earthlink.net/~ciza/voc.html>

This is being billed as a 3-day event because Monday, the Martin Luther King Holiday, will be a special X-treme-O event for anyone not shy about getting muddy. The Saturday and Sunday events will be a conventional combined time 2-day competition. This should be the nearest 2005 event for Floridians.

February 19-20, 2005 - The North Texas Orienteering Club will host the 2005 Interscholastics Championships.

This is the event that our own Titusville HS JROTC unit has been sending their best orienteers to for the last few years and they have a ball. North Texas venues are near Dallas, so the drive itself from central FL should be a ball for JROTC'ers.

All the FLO affiliated JROTC units should seriously consider sending representatives to this event. It will be the adventure of a lifetime (or at least the year) and a chance to meet and run against the very best high school orienteers in the US.

April 16-17, 2005 - The St. Louis Orienteering Club is tentatively planning to host the 2005 Intercollegiate Championships near St. Louis

Judging by the persuasiveness of the Chair of USOF College Development Committee, it's a pretty good bet. All FLO members who are enrolled in college this winter should check it out. Better yet, do what Alisha Padrick is doing at UCF - plan on starting your own USOF Affiliate club at your school. Then attendance makes your team eligible for national school standing. Could be cool ☑

WAIT – Don’t Throw it Out!, by Anne Honahan, one of three moderators of the Bradenton Freecycle group.

- Get Rid of Stuff you don’t need!
- Keep our landfills from filling up!
- Help charities and those in need!

HOW? By “Freecycling!” Freecycling is an international movement aimed at reducing the amount of garbage going into landfills and giving new life to good used stuff.

This movement is spreading like a grass-roots wildfire. With nearly 400,000 members around the globe, “freecyclers” have started a giving (and getting) revolution. Started a year ago in Tucson, Arizona, the Freecycle Network has grown to encompass over 1200 cities from Adelaide, Australia to Wichita, Kansas. Freecycling has over 60 groups in Florida, ranging in size from 5 to over 2000 members, and each group is doing its part to reduce waste.

Hailing the mantra, “One man’s trash is another man’s treasure,” the Freecycle community uses the internet to connect local individuals looking to give something away with those who would like to acquire it. The only requirement is that everything be free.

WHY? If an item is in usable condition, or can be repaired, you can help someone out by simply letting him/her have it. And you help keep our landfills manageable by doing your part in reducing the amount of waste.

To learn more about Freecycling, a giving movement, go to www.freecycle.org

There you can read more about the movement and follow the links to join a group near you.

Caring for Creation Corner, by Peggy Lantz

Did You Know?

Florida produces more than 23 million tons of solid waste a year – more than 2/3 of the amount collected in all of Canada! That’s 9.5 pounds per Floridian per day. Nearly 29% is paper and nearly 15% is yard waste. (from Florida Dept of Environmental Protection)

What can YOU do?

- 1) Avoid buying disposable or over-packaged products.
- 2) Recycle, and buy recycled products.
- 3) Give to Goodwill, Christian Sharing Center, & Salvation Army.
- 4) Start a compost pile for yard and vegetable waste, and use grass clippings for mulch.
- 5) [editor: Join a grass-roots movement-such as Freecycle!]

both articles were initially published in the August-September 2004 issue of *Sabal minor*, the Florida Native Plant Society newsletter. ■

FLO CALENDAR OF EVENTS		
Sept 6, 2004 Labor Day	Ocala National Forest, Billies Bay Courses: WYOBrGR	EC/CS: Ray Bruneau
Sept 17 – 19	Ocala National Forest – Doe Lake Campground An orienteering training camp for JROTC Units – See their web site for more information: www.terrier.brevard.k12.fl.us/departments/ROTCpage/orienteering.html	Host: Titusville High School NJROTC
Oct 2, 2004	Moss Park/Split Oak Forest Courses: WYOBrGR NOTE: NO PETS ALLOWED	EC/CS: Joe Maliszewki, maliszja@yahoo.com (321) 636-6320 3 RD Annual SECOND HARVEST FOOD BANK Food Drive & FLO’s National Orienteering Day Celebration
Nov 6, 2004	Little Big Econ State Forest Courses: WYOBrGR	EC/CS: Bob Putnam & Ron Eaglin
Dec 11, 2004	Wekiva Springs - Youth Camp - Florida State Championships; JROTC at separate venue TBD EC/CS: Volunteers Needed	
Jan 2005	Kelly Park/Wekiva Springs	EC/CS: Donna & Steve Fluegel
Feb 2005	Croom State Forest – Inaugural - New Map - New Venue!	EC: Volunteer Needed CS: Bob Putnam
Mar 2005	Rock Springs Run State Reserve	EC/CS: Volunteers Needed
Apr 2005	Ocala National Forest, Woodpecker Hill/Shockly Ranch	EC/CS: Volunteers Needed
May 2005	Little Big Econ	EC/CS: Volunteers Needed

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: news@FloridaOrienteering.org or 655 Little Wekiva Rd, Altamonte Springs, FL 32714.

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

UPCOMING EVENTS

Mon – Sept 6 **Ocala National Forest, Ocala, Billies Bay**
Courses: W-Y-O-Br-G-R **EC/CS: Ray Bruneau**
 Go 5.5 miles north of Altoona on SR 19, turn right (east) onto CR 445. Go 4 miles. Look for FLO staging area on right marked by Orienteering signs.
ENTRY FEE: NONE

Sat – Oct 2 **Moss Park/Split Oak Forest** **NOD Celebration & SECOND HARVEST Food Drive**
Course: W-Y-O-Br-G-R **EC/CS: Joe Maliszewski**
 Go 2 miles south of the SR 528 Expressway (Beeline) on SR 15. Turn east on Moss Park Road. It is 3 miles to the park entrance.
ENTRY FEE: \$1/PERSON (age 6 and over). NO PETS ALLOWED Within The Park - With Or Without Leases.

Sat – Nov 6 **Little Big Econ State Forest, Oviedo,**
Course: W-Y-O-Br-G-R **EC/CS: Bob Putnam & Ron Eaglin**
 Go 4 miles northeast of Oviedo, on Geneva Road, SR 426. Barr Street Parking Corral is on the right.
ENTRY FEE: \$1/PERSON - honor system - place money in envelope at park entrance.

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

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



FIRST CLASS MAIL

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