



HAPPY HOOFERS

HOOPLA

Oct-Nov-Dec 2015 Volume 25, Issue 4

www.hoofers.floridatrail.org

The Happy Hoofers Chapter encompasses Broward County Monthly Meetings Second Thursday of every month@7:30 P.M. Except June/July/August Fern Forest Nature Center 201 Lyons Road South Coconut Creek, FL 33063



Inside this issue:

HH Upcoming Activities	1
Officers & committees	2
SUP Activity 9/12/15	3
SC Foothills Trail March 2016	4
Chairs Corner	5

Happy Hooper Activities

November is here, prime time for activities here in Florida.

Enjoy our wonderful sunshine the rest of the USA wishes they had!

- 11/12 **Chapter Meeting** (←see information left)
- 11/13-15 **South Regional Conference at Riverside Retreat**
Lynn Thompson (954)850 3668 ma12thom@bellsouth.net
- 11/20-22 **Work Hike Big Cypress Preserve Sec 2 MM63**
Larry Alesi (561)445-9251 LarryA1049@yahoo.com
- 11/26-29 **4 Day Canoe/Kayak Econlockhatchee River**
David Denham (305)667-8643 ddenham@consultant.com
- 12/3 **Work Hike FNST**
Lynn Thompson (954)850-3668 ma12thom@bellsouth.net
- 12/10 **Chapter Meeting** (←see information left)
- 12/12 **Fern Forest Nature Center Work Day**
Roland Burrows (954)731-8271
- 12/13 **Walk & Eat Las Olas for the Holidays**
Lynn Thompson (954)850-3668 ma12thom@bellsouth.net
- 12/19 **Canoe Kayak Loxahatchee River**
Kathy Bonvouloir (954)234-5657 threebons@aol.com
- 12/31-1/3 **Camping at Cayo Costa**
Lynn & Mike Thompson (954)850-3668 ma12thom@bellsouth.net
- 1/9 **Day Hike to Carpenter Camp**
Dick Ward (954)523-8897 wrddick@aol.com
- 1/14 **Chapter Meeting** (see information left)
- 1/16 **Fern Forest Nature Center Work Day**
Roland Burrows (954)731-8271
- 1/16-18 **Dinner Island Ranch Backpacking**
David Denham (305)667-8643 ddenham@consultant.com
- 1/23-24 **Ladies Overnight Car Camping**
Kay Ferrara (954)609-4727 KayFerrara@bellsouth.net

FOR ALL HH ACTIVITIES THROUGH MAY 2016 ---

<http://hoofers.floridatrail.org/activites.htm>



Sunrise at Ft Lauderdale beach - by Guy Delbrouck

Chapter Officers and Committee Chairs

Chapter Chair	Lynn Thompson	954 850-3668	ma12thom@bellsouth.net
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Volunteer Hours	Kathy Bonvouloir	954 234-5657	threebons@aol.com
Hospitality	vacant		
Historian	vacant		

Our Facebook Group is:

<https://www.facebook.com/login.php?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2F67137159048%2F>



Photos by Guy Delbrouck

Happy Hoofers Make a *SPLASH* with Stand Up Paddle Board (SUP) Lessons on September 12th.

By: Janet Leasher

We hikers are comfortable walking *THROUGH* water in South Florida, but what about standing *ON* water? On September 12th, 12 enthusiastic people, accompanied by one kayaker (Barbara), took to the New Middle River in Fort Lauderdale to learn the sport of standup paddle boarding. We made a splash (some more than others) as we learned how to steady ourselves on our knees, then stand up and go!

Paddle boarding is growing in popularity since it spun off surfing in Hawaii years ago. Now, people surf ocean waves with paddles, do white-water river surfing on paddle boards, race and just plain enjoy recreation on flat water ocean, lakes and rivers. It is a great core workout, and a different type of fitness activity. Some SUPers even do multi-day wilderness trips and camp off their paddle boards!

Thanks to the generous partnership of Sunrise Paddleboards, Inc. (www.sunrisepaddleboards.com 2520 North Federal Highway, **Fort Lauderdale**, Florida, 33305), our chapter had the opportunity to take a lesson *and* to attempt to take an eco-tour around the Colohatchee Nature Park for a reduced fee. Sunrise Paddleboards offers lessons, full moon paddles, eco-tours and yoga. We like them because every Tuesday, they conduct a river cleanup activity and really respect nature. We had signed up for the Eco-Island Tour through the city mangroves. Well.....because of a late start, a chance of lightning, and the varied pace of our group, we didn't quite make it to the park, but WE HAD FUN, and we got our 'feet wet' with a new sport.

Three generations of **David Denham** (son and two grandsons came along with David) made it a family affair. The young Denham grandsons were a joy to have along, as they frolicked on and off their boards. You see, they had done this before....in France, where SUPing is quite popular. Grandpa David eventually got the hang of it, and didn't lose his glasses or his hat or the car keys in the process. It was all that wading through waist-deep sloughs with a heavy backpack and a hiking stick that gave him the talent to find his balance.

Patrick Kerr, a seasoned surfer dude in a previous life, who hasn't been able to be on the water as much as he'd like in the past few years, took to standup paddle-boarding (SUP) like a fish in water and loved it. Before we knew it, he was way out ahead, with a grin from ear to ear that would make anyone smile.

It is always great to try something new. The group laughed together nervously as we got on our boards and with wobbly knees we stood up shaking, then got our balance, and took off upriver with our guide giving us lessons and tips along the way. **Janet Leasher**, who organized the activity, thinks she's found a new past-time for enjoying the outdoors from a different perspective. Next she thinks she'll try yoga on a paddleboard; now that's balance!

The Happy Hoofers are the Broward County Chapter of the Florida Trail Association that maintains the section of the Florida National Scenic Trail between I-75 and Lake Okeechobee (section II). And we love doing activities that get our members outdoors and appreciating all that nature in Florida has to offer. Watch for more paddle-boarding activities in the future, especially in the summer months when it is too hot to be on the trail. If you are not a member of the FTA, please join us!

South Carolina Foothills Trail

PLAN NOW FOR THIS WEEKLONG ADVENTURE MARCH 2016

**Join David Denham and Mike & Lynn Thompson for this
75-mile Backpacking trek.**

Trip is limited to 15 people, March 19-27, 2016

The **Foothills Trail** is a 75-mile National Recreation Trail in South and North Carolina, United States, for recreational hiking and backpacking. It extends from Table Rock State Park to Oconee State Park. It passes through the Andrew Pickens Ranger District of the Sumter National Forest, Ellicott Rock Wilderness, Whitewater Falls, and Lake Jocassee.

The U.S. Forest Service built the section of the Sumter National Forest starting in 1968. Duke Power Company built the middle portion of the trail as a recreational resource in conjunction with its Bad Creek pumped storage hydroelectric project. The trail is maintained by the Foothills Trail Conference.



Photos by Elizabeth Brown

Chair's Corner November 2015



Halloween has now passed and we are quickly approaching Thanksgiving, Christmas, and Hanukkah. The New Year will be upon us before we know it. I wish you all happy, healthy holidays. The weather is beginning to cool, and activities are picking up. Everyone was anxious to get back out on section 2 and scout the condition of the trail. Twenty-Six people showed up for the day hike on Halloween day. The red and blue trails are in need of a little TLC and there were still a couple wet sections, but for the most part, the trail was in good shape. Our work hike is scheduled for November 21-22, please contact Larry Alesi if you can participate for the weekend or just for Saturday. The more hands, the quicker the work can be accomplished. Those spending the night will be provided dinner Saturday and breakfast Sunday. If you can't attend, consider donating to the kitty to provide food, paint, and tools. A donation bucket will be at the meeting or mail donations to Esther, our treasurer.

The annual South Regional Conference is coming up November 13-15 at Riverside Retreat hosted by the Alligator Amblers. Hopefully you have already registered. Come for the day or for the weekend. Listen to presentations, take a hike or a bike ride, meet new friends and visit with fellow FTA members. We will be running the Wuz-Nu raffle. If you have items to donate, please get them to me by the meeting November 12th.

Elections will be coming up for new officers in January. A slate of officers will be available shortly. If you are interested in a position, please contact the nominating chair Janet Leasher at 954-261-5836 or at janetleasher@hotmail.com.

The December meeting will be our annual Holiday party. Bring a pot luck dish and come have some fun. If you want to participate in the gift exchange, bring a new wrapped gift worth approximately \$10. It should be something a hiker or paddler would want. No junk or used items please. We will also be collecting gifts for the kids. Bring those wrapped and marked for a boy/girl/either. Someone will be collecting them and taking them to needy children. (not sure who yet)

Sandra Friend is working on a date for the Long Distance Hikers kick-off at Oasis in early January. I have committed the Happy Hoofers to meet the hikers at MM63 when they emerge from the Southern Big Cypress a couple days after the kick-off. We'll provide them some refreshments before they continue North of I-75. Keep watch on Facebook and the monthly meeting notices for further updates with specifics.

Happy Holidays
See you out there

Lynn