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&
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HEARTWOOD
PRESERVE

THE PINECONE POST

Photo by A. Ragan

SUMMER 2022 NEWSLETTER

VOLUME FIVE

Dear Heartwood Families & Friends,

Welcome back to our Newsletter series. It's been awhile since our last newsletter and much has happened in the meantime.

Our Heartwood Team has grown and we have been busier than ever, serving our Heartwood Families and caring for the woods.

In this edition, we will tell you about some beautiful wildflowers that are in bloom during the summer season into early fall. You will learn about the feral hogs that call wild Florida home. One of our favorite family members, Jane Rubin, is featured. There is also a plethora of programs we are offering you – our beloved community. Whether you are an amateur nature photographer, are dealing with any form of grief, or want to learn more about Heartwood's role in the natural burial movement nationwide, please read on.

In gratitude,

Laura Starkey
Executive Director

Summer in Bloom

Pine-hyacinth

Clematis baldwinii



Photo by Samantha VanTassel

LEARN MORE



A somewhat rare understory wildflower found in moist pinelands and sandy prairies, this showy plant is small but attracts large pollinators, like bumblebees and hummingbirds.

The genus name *Clematis* is from the Greek *clématis*, or “climbing plant.” It grows upright until the flower becomes too heavy for its thin stem, falls, and continues to grow horizontally with the hopes of being upright again. The species epithet *baldwinii* pays homage to American botanist William Baldwin (1779–1819).

After fertilization, the pine-hyacinth drops its bell-shaped sepals, the stigma extends itself outward and turns into a starburst-like form. Its wisplike tails create seeds which then dry out and blow off in the wind to start anew. The seeds can take about 2 years to germinate.

The root system is quite extensive and does a great job at carrying the plant through drought and fire. Flowering occurs from spring to fall and can bloom twice a year if trimmed back in August to enjoy again before winter.



Blanketflower

Gaillardia pulchella



Blackroot

Pterocaulon pycnostachyum



Lanceleaf tickseed

Coreopsis lanceolata



Rose-rush

Lygodesmia aphylla



What started as a collaborative group of existing conservation burial grounds creating an opportunity to share experiences, questions, and information with one another, the Conservation Burial Alliance has expanded into an educational, membership-based nonprofit, providing resources, online programs, and webinars to current & future operators and the general public alike.

The first meeting occurred in 2017. Heartwood Preserve was one of the eight conservation burial grounds who attended and later helped to found this exciting organization.

Carolina Memorial Sanctuary – NC

Foxfield Preserve – OH

Heartwood Preserve – FL

Larkspur Conservation – TN

Kokosing Nature Preserve – OH

White Eagle Memorial Preserve – WA

Prairie Creek Conservation Cemetery – FL

Ramsey Creek Preserve (1st conservation burial ground in the world) – SC

The original list has since [expanded](#) as the CBA has grown.

If you or someone you know is planning to create a conservation cemetery, here are some startup resources.

[LEARN MORE](#)

FOR
MEMBERSHIP
INFO

[CLICK HERE](#)

[FAQ](#)

Frequently asked questions
&
Open-for-all webinars

[WEBINARS](#)



COMMUNITY.
CONNECTION.
SUSTAINABILITY.
BY DESIGN.



Photo by Jeff Fay

PHOTOGRAPHY CONTEST!

TO ENTER

Submit a photo or a few photos you have taken at Heartwood to info@heartwoodpreserve.com

Deadline to submit is October 16th

The winner will be featured on the cover of the next edition of The Pinecone Post!

GRIEF SUPPORT

WITH JOEL-ANN MOTHERSILLE

Certified Transitional Life Coach
Certified Grief Recovery Method Specialist

EVERY 4TH SUNDAY OF THE MONTH
4pm

DONATION BASED

Whether you are battling a recent loss or needing help to soothe old wounds, join us in this group setting every month to have space and learn tools to navigate your grief

[VISIT HER WEBSITE](#)

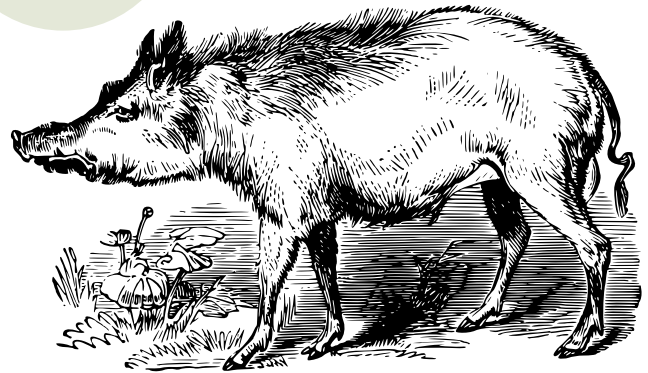


EVOLVE
SPIRIT - BODY - MIND LLC

"Grieving is not an event. It may have a beginning, but there is no clear cut end." - Joel-Ann

HAVE YOU SEEN THESE HOG SIGNS?

- **TRACKS**
- **WALLOWS** - shallow, muddy depressions to cover themselves in cool mud.
- **ROOTING** - overturned soil
- **RUBBING** - using their tusks and bodies to scrape bark off trees, to show dominance and to remove mud.
- **SCAT** - poop!!



WILD HOG INFORMATION

(Sus scrofa)

Also called wild boar, feral pig or piney woods rooter, this invasive species is found in every county in Florida. Brought over by the Spanish in the 1500s, their numbers today have reached over a million in Florida alone.

Wild hogs breed year round with peaks during the spring and fall. Each mature female hog, called a sow, can produce 2 litters of 5-7 piglets a year.

Adult males, called boars, can weigh over 200lbs, stand 3 feet at the shoulder, and reach about 5 feet from tip of tail to tip of snout; though hogs twice that size have been recorded.

They have 4 – 2 upper and 2 lower – continuously growing tusks that sharpen themselves as they rub against each other. They have an excellent sense of smell, decent hearing, and poor eyesight.

ROOTING:

- DESTABILIZES SOIL SURFACES
- UPROOTS OR WEAKENS NATIVE VEGETATION
- SUPPORTS EXOTIC PLANT ESTABLISHMENT

Hogs have a diverse diet and are considered to be opportunistic omnivores. These animals will eat 3-5% of their body weight daily. They use their long snout to "root" the top soil of the earth in search of food.

PLANTS:

- GRASS
- ROOTS
- LEAVES
- FUNGI
- FRUITS
- SEEDS
- NUTS

Hogs feed on tree seeds and seedlings, causing significant damage to forests and can cause serious impediment to the regeneration of the long leaf pine.

DIET:

WILDLIFE:

- INSECTS, WORMS, ARACHNIDS, & GRUB
- SNAKES, FROGS, FISH, & THEIR EGGS
- BIRDS & THEIR EGGS
- SMALL MAMMALS - E.G. RABBITS, SQUIRREL, & THEIR YOUNG
- EGGS OF THE PROTECTED GOPHER TORTOISE

HOW WE ARE MANAGING THEM

With very few natural predators due to their size and constant breeding, humans are their primary predator. These intelligent creatures can outsmart a single management approach. We have an ongoing program of baiting, trapping, and removing them. This occurs outside of the hours we are open to the public, and away from the cemetery grounds. If you would like more information on our management practice, feel free to reach out to us up at the Welcome Center.

PSA: HOGS WILL NOT ROOT DEEP ENOUGH TO DISTURB OUR BURIED LOVED ONES

HEART OF HEARTWOOD

Jane Rubin



Jane Rubin, a proud New York City native, has spent her life advocating for the disadvantaged. After dedicating 30 years to her career in government services, such as the NY Department of Labor where she helped people find jobs and the NY Division of Human Rights, Jane retired out west. Even in retirement, she continued to help others with her work teaching English to the immigrant community of San Francisco.

"I feel fortunate that I was able to do what I wanted - and also able to avoid doing what I didn't want."

Fueled by her adventurous spirit, Jane's wide-ranging travels have taken her to 41 of our United States, 24 countries, and down the Amazon River. Her first of four safaris was in 2008. "I feel fortunate," she says, "that I was able to do what I wanted – and also able to avoid doing what I didn't want."

A lover of Florida's subtropical climate, Jane moved to Tampa in 2004 and sought a volunteer position where she could enjoy the outdoors. She discovered Zoo Tampa at

Lowry Park and committed the next 18 years of her life to feeding the penguins and falling in love with the silent and wise orangutans. Jane's love for the apes inspired a trip to their natural habitat in Borneo, where she became a strong promoter the conservation of their habitat. The orangutan is a critically endangered species due to habitat loss as a result of deforestation by the palm oil industry. While Jane no longer volunteers at Zoo Tampa, she is an active donor and attends parties and events to talk about the zoo and its activities.

These days, Jane enjoys life at a slower pace, spending her time watching British murder mysteries and playing bridge. It was when Jane read about Heartwood Preserve on Facebook and in the Jewish Press that she knew that natural burial was what she wanted. After a life spent traveling the world, Heartwood is the final destination she was looking for – a place to be planted.

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Coming soon...

A new burial section is in the works to be opened soon!

Wild Grape

Keep an eye out!

You asked! So we are planning out a

Memorial Program

to help expand the options available to you here to
express your love for your missed loved ones

UPCOMING EVENTS

See our [website](#) for details and times

- | | |
|--------------|---|
| August 20 | Mindful Meditation |
| August 21 | Crystal Bowl Meditation |
| August 27 | Tai Chi |
| August 28 | Grief Support Group |
| September 4 | Death Cafe |
| September 5 | Office Closed - Labor Day |
| September 10 | Raptor Center Presentation |
| September 11 | Heartfelt Gentle Yoga |
| September 17 | Mindful Meditation |
| September 18 | Talk & Tour - Conservation Burial |
| September 25 | Grief Support Group |
| October 1 | Butterflies & Native Plants Presentation |
| October 23 | Grief Support Group |
| November 5 | Heartwood Preserve's 6th Birthday |
| November 12 | Surviving the Holidays, After Loss - Workshop |



4100 Starkey Blvd, Trinity, FL 34655
(727) 376-5111

Welcome Center

Monday – Thursday 9:30AM – 4:30PM

Friday 9:30AM - 12PM

Nature Preserve & Cemetery

Monday - Saturday 9:30AM - 4:30PM

Sunday 11AM - 4:30PM



HEARTWOOD PRESERVE

