

WINTER 2023 NEWSLETTER | VOLUME SIX

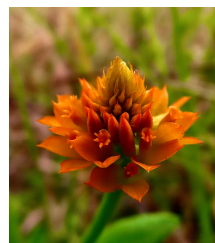
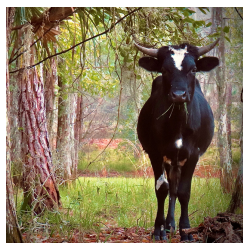
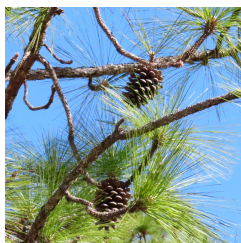


HEARTWOOD
PRESERVE

THE PINECONE POST

"I'll see you again, my son. ♥"

-Laurie Johnson
winner of the 2022 photo contest



Dear Heartwood Families & Friends,

2022 was a year of growth in the office and around the Preserve. You may have come across some new faces while out to visit and attending events. After saying goodbye to our groundskeeper Barney in the summer of 2021, we welcomed two new groundskeepers this past year! Both Gary Reinsma and James Fink started off as volunteers on our burial crew and their exceptional work ethic has made their transition to employees effortless and stabilizing.

Samantha was promoted from Admin Assistant to the role of Content Manager, our new art and marketing department, creating products like these newsletters while scheduling and promoting our calendar of events.

Ryan Blood was hired in the summer to fulfill the admin role and quickly became a valuable member of our team. She is great with our Families and her warm hospitality really shines, both in-person and over the phone.

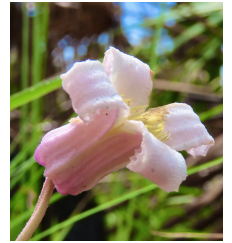
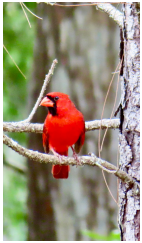
Laura and JR had a beautiful wedding in March♥ while Diana is still being ever so wonderful with our Families and helping make planning these difficult decisions just a little bit easier.



Staff Holiday Party, Dec. 2022

The Hacienda

(L to R: JR, Diana, Ryan, Laura, Samantha, Gary, James)



The 2+ year project of getting our barn built and running is finally complete! It now provides an air conditioned space for the grounds crew and houses both Sherman the golf cart and our brand new Kubota backhoe tractor, which helps us open the graves more efficiently.

The latest project in the works is the revamping of all of our trail signs. They are getting a style update and we will be adding more throughout the preserve so visitors have an easier time navigating the land and finding their loved ones.



Innovative Business Award
From The Sustany Foundation
The 14th Annual Sustainable Buzz Awards - November 2022

Milestones:

- In June, we hit the mark of 150 burials. We are already looking at #200 coming soon.
- Bay News 9 came out to visit in October and recorded a feature segment on green burial. Click [here](#) to watch
- We won the Innovative Business Award from the Sustany Foundation's Buzz Awards! Each year this event recognizes businesses and organizations in the Tampa Bay area that are committed to making a positive impact on the planet.

END OF YEAR STATS

Number of burials in 2022

Full body: 35
Cremation: 21
Total: 56

Number of burials since 2016

Full body: 98
Cremation: 84
Total: 182

Number of preplan contracts:

2016 - 1
2017 - 15
2018 - 20
2019 - 36
2020 - 50
2021 - 45
2022 - 58
Total - 225

Sections involved in prescribed burn:

Pawpaw
Palmetto
Blazing Star

Christmas Bird Count

230 Individuals of 33 Species
observed by Mary Keith
of the West Pasco Audubon
at Heartwood on
December 27, 2022



BLUE-GRAY GNATCATCHER
PHOTO BY: PAT GOLDBERG

Fun Fact: Both the Ovenbird and Brown Thrasher found here were the only representatives of their species to be found in this year's count of West Pasco.

<u>Sandhill Crane</u>	4	<u>White-eyed Vireo</u>	1	<u>Cedar Waxwing</u>	25
<u>Great Egret</u>	1	<u>Fish Crow</u>	7	<u>Common Grackle</u>	3
<u>Black Vulture</u>	6	<u>Carolina Chickadee</u>	1	<u>Boat-tailed Grackle</u>	2
<u>Turkey Vulture</u>	5	<u>Tufted Titmouse</u>	16	<u>Ovenbird</u>	1
<u>Red-shouldered Hawk</u>	2	<u>Brown-headed Nuthatch</u>	2	<u>Common Yellowthroat</u>	3
<u>Yellow-bellied Sapsucker</u>	1	<u>Blue-gray Gnatcatcher</u>	1	<u>Pine Warbler</u>	8
<u>Red-bellied Woodpecker</u>	10	<u>House Wren</u>	2	<u>Yellow-rumped Warbler</u>	61
<u>Downy Woodpecker</u>	3	<u>Carolina Wren</u>	4	<u>Prairie Warbler</u>	1
<u>Pileated Woodpecker</u>	1	<u>Gray Catbird</u>	10	<u>Northern Cardinal</u>	6
<u>American Kestrel</u>	11	<u>Brown Thrasher</u>	1	<u>American Robin</u>	21
<u>Peregrine Falcon</u>	1	<u>Eastern Bluebird</u>	6	<u>Eastern Phoebe</u>	3

**Heartwood Preserve has now hit 100 species recorded on eBird!
Check out our hotspot to see all the birds spotted here and record
some yourself!**

HEARTWOOD PRESERVE
ON eBIRD



Tampa Bay
Conservancy

Conserve Tampa Bay



Gibbons Nature Preserve
Photo by: A. Regan

Written by: Samantha VanTassel

What is the TBC?

The Tampa Bay Conservancy (TBC) is a local non-profit land conservation organization with an all-volunteer Board of Directors. The TBC was founded in 2001 by René Wiesner Brown to "protect the Tampa Bay region's natural, cultural, scenic, and agricultural heritage." They have recently expanded beyond the bay and into Citrus and Polk counties.

Working with landowners, community groups, and government agencies, the TBC provides information regarding land preservation programs, solutions to management practices, and takes on land trusted to them to actively conserve.

Our own Laura Starkey served on the Board for a number of years and is now part of their advisory committee. As such, Heartwood hosted the Tampa Bay Conservancy's annual meeting this past November.

What is a Land Trust?

A land trust is a non-profit organization that actively works to conserve land by:

- Acquiring land or conservation easements by purchase or donation
- Stewarding/managing land or conservation easements for land owners.



Heartwood Preserve
Photo by: Diana Brooks

From their website, "As a land trust, the Tampa Bay Conservancy fills conservation niches not covered by government land preservation programs or national and international non-profit programs. The TBC often provides solutions for landowners when government program timelines or acreage criteria may not meet their needs."

As a member of the Land Trust Alliance (LTA,) the TBC was awarded accreditation by the LTA's accreditation commission in 2017, which signifies the confidence that the TBC's lands will be forever protected.

What is a Conservation Easement?

A conservation easement is a voluntary, legal agreement that allows a landowner to protect their property from future unwanted development and damaging land uses while retaining ownership of the land. The conservation easement will permanently limit the type or amount of development and use on the property to protect its conservation value. The landowner retains full rights and private ownership of the land within the limits of the easement as the easement becomes part of the property deed and perpetually protects the property for future generations, regardless of who owns it next.

The organization that holds the easement – usually a land trust or government agency – will monitor the property to ensure that the terms are not being violated, but has no other management responsibilities or control of other activities on the land.



Heartwood Preserve
Photo by: Samantha VanTassel

LANDS PROTECTED:

Gibbons Nature Preserve - 60-acre site with 1/2 mile of Alafia River shoreline. Recent project - restored the Bell Creek Bridge.

Yulee Nature Preserve - 110-acre preserve of bottomland hardwood hammock.

Troy Samuel Cumming Nature Preserve - 6 acres adjacent to Yulee Preserve that creates 116-acres of continuous protected land.

Bullfrog Creek - a collaboration project started in 2014 with the goal to protect and improve water quality and habitat. Management practices include the design & construction of 2 water crossings, prescribed burns, control and treatment of exotic and invasive plants, the planting of almost 2000 Florida native trees and plants, and involving the community in a management workshop.

VISIT THEIR [WEBSITE](#) FOR MORE INFO AND LEARN HOW TO GET INVOLVED

It is winter time where the wildflowers have already bloomed and the dropped seeds are waiting for spring, the palmettos and wiregrass are in abundance and the hogs are continuing to go "hog wild." Keeping your eye close to the ground, you will spot mushrooms sprouting every which way across the property.

What's in Bloom

*All fungi were scanned with iNaturalist and identified to the best of this amateur's ability & as always, never eat anything based on what you read here or on the internet. Nothing takes place of the knowledge of an actual mycologist.

Written & photos by: Samantha VanTassel



Found clustered in the grass under a pine tree at the entrance of the burial section
Wiregrass. Non-toxic.

Lactarius referring to the milky fluid that is released when the mushroom is damaged and *paradoxus* meaning "odd," these funny looking blue mushrooms are easy to spot amongst the green blades of grass.



Russula rosacea
BLOOD RED RUSSULA

Found as a pair in the Wiregrass section along the trail. Toxic.

A variant of the *Russula sanguinea*, this mushroom has a striking red cap, which gives it its rosy name, with a fragile white stem.



Tylopilus felleus
BITTER BOLETE

Found alone at the base of a full body grave in Paw Paw. Non-toxic.

While non-toxic, this bolete is uncomfortably bitter. Mycorrhizal with conifers, this mushroom is widely distributed on the east side of the Rocky Mountains wherever conifers are also occurring. The North American version is genetically different than its European counterpart with the same name, though both are still incredibly bitter.



Amanita rubescens
var. alba

EASTERN AMERICAN
WHITE BLUSHER

Spotted alone under a pine tree in the circle round-about in front of the Welcome Center. Toxic when raw.

All blushers contain a protein that will break down red blood cells when consumed raw and cause anemia. Cooking will destroy the protein and allow the blusher to be eaten. North American blushers are not consumed as confidently as European blushers.



Cantharellus cinnabarinus
CINNABAR CHANTERELLE

Scattered in clusters throughout the entire preserve, noticeably throughout Barn Drive and along trail edges. Non-toxic.

Chanterelle meaning "cup" in Greek, *Cantharellus cinnabarinus* is one of the smaller chanterelle mushrooms. Known in the culinary world as "one of the most important and best edible mushrooms," chanterelles were found in the kitchens of French aristocrats in the 1800s. Best sautéed, the flavor is described as piney, fruity, and floral.

Fungi are different from plants and animals due to the way they obtain their nutrients. While plants use photosynthesis and animals eat to internally digest their food, fungi grows their mycelium, fungal roots, into/around their food source to release enzymes to externally digest the food and absorb the nutrients.

Many fungi form symbiotic relationships with trees. The mycelium will weave around the root of the tree, changing its shape and becoming one fungus-root entity called mycorrhiza. This relationship is beneficial to both parties, with the fungus absorbing water for the tree roots and the trees providing nutrients in turn. Fungal species that utilize this relationship are referred to as "mycorrhizal mushrooms" and are found growing under trees, in lines or rings, following the progress of root growth.

Mushrooms are the fruiting structure that are produced by some fungi. From underground, the mycelium will be ready to reproduce and send up its "spore factory" to release millions of microscopic spores that forms in the gills or pores of the mushroom cap. Once released, the mushroom quickly dies back as the spores germinate into more mycelium to create a larger underground network to search for more food.

In the ecosystem, fungi are a great source for soil diversity. They play a major part of breaking down natural waste while cycling and storing carbon and nitrogen within our soil. They also help degrade pollutants and toxins in the environment. To learn more about the benefits of mushrooms on the environment, follow the link.

[TO LEARN MORE](#)

Good for the planet and good for us, mushrooms have been a valuable food source since the dawn of man, being high in protein and rich in nutrients. The tricky thing is, is how do you know if one is going to help you or hurt you? With thousands of mushrooms that have been identified and the list continuously growing with so many different varieties, how do you tell friend from foe?

How to I.D. Mushrooms

The process of identifying mushrooms is a lengthy one. The difference between a poisonous mushroom and a doppelgänger can be microscopically small. Using a field guide & this simplified list of indicators:

- **Habitat:** Where is the mushroom located? What types of trees are there? What time of year is it? Note the temperature and soil type.
- **Cap:** What is the size & shape - convex or concave? Notice the color and texture - is it smooth or fuzzy, are there patches or warts?
- **Stalk:** Note the size & shape - is it thin and narrow or thick and clubbed? What is the color - same color as the cap or does it change? Does the veil remain, is it reticulated?
- **Gills:** Under the cap, are there gills, pores, or teeth? What color are they?
- **Bruising:** Does the mushroom change color when damaged? Does it bleed?
- **Smell & taste:** Your field guide will have notes about both smell and taste. Perhaps it smells fruity and tastes peppery.
- **Spore Color:** [How to create a spore print](#)

For a more in depth identification walkthrough

[CLICK HERE](#)

Heart of Heartwood

The seafaring captain, educator, artist, & author:

Jeannine Talley
1937 - 2022

Jeannine would be found playing the piano or working in her fused glass garage workshop, when not spending her time advocating for causes close to her heart, including wildlife protection, the preservation of natural lands, and climate change — causes of which her green burial is a natural extension.



Written by: Ryan Blood, in conversation with Suzanne Martindale

The Student

Children hold shells to their ears in search of the ocean's hush and roar—a song that played for Jeannine Talley as a young girl in Lakeland, Florida, as she would pretend the blue-painted planks of her home's front porch were the sea. This was where a young Jeannine gave her father a card with an illustration of a little girl playing with shells on the beach. Yet Jeannine was 35 years old before she ventured into the current of desire that had run through her life, answering to the siren song—the call of the sea.

Each talent and accomplishment of Jeannine's is worthy of print on its own. Jeannine Talley, PhD, was a professor of English; a scholar of folk mythology; an artist of multiple mediums, including watercolor, batik, and fused glass; a pianist, vocalist, and musical instructor; an astute crafter of vivid, articulate prose; student of numerous languages and cultures—and indeed, her pursuits have been documented extensively. Jeannine's name is found in the pages of publications worldwide, such as *Cruising World*; *The Ledger*, serving her hometown of Lakeland; a *Weekender* feature in Rockhampton, Australia; and *Vogue*, in which she is mentioned alongside feminist iconoclast Gloria Steinem. Jeannine herself authored three books depicting her life's journey.

By 1972, at age 35, Jeannine had received a degree in Music Education from Florida State University, a master's degree in Folklore and Mythology from UCLA, and was on the path toward a PhD from UCLA in Germanic Languages (which she acquired in 1977.) Still, something was missing in her life, and she knew exactly what it was. Jeannine's awakening was described by Suzanne Martindale, who — after nearly 20 years together — wed Jeannine in 2022, as such: "All of a sudden, she woke up one day and said, 'You know, I haven't done what my life dream has been—to go to sea.'"

Ever the student, and determined to sail, Jeannine began classes in the trade. However, she found that the classes were dominated by men who had decided that the women among them were too fair to fare the seas. The patronizing attitudes of her fellow classmates did little to deter Jeannine from commanding the helm, instead galvanizing her to join forces with another woman sailor, Ellen Power. After both were certified by the Coast Guard Auxiliary, they opened their own sailing school in Los Angeles.

The Captain

The school, Seaworthy Women, was described by Jeannine in promotional materials as “a concentrated and intensive study of basic sailing [including] both theory and practice.” The class cruised to Paradise Cove, Catalina, Baja, and Santa Barbara, among other Channel Islands.

Jeannine’s practical mastery included celestial navigation—in 1980 she wrote of her travels at the helm of *Esperanza*, a 31-foot Mariner ketch, for *Cruising World*: “Overhead the sky was luminous with thousands of gleaming stars. Living in Los Angeles, I had forgotten how bright the heavens can be.” For Jeannine — and for the women she taught — sailing proved a cherished, seemingly contradictory source of both community and solitude.

Jeannine’s travels soon expanded beyond the California coast. 1985 marked the start of an extended cruise aboard the 34-foot yacht *Banshee* with her sailing partner Joy Smith, beginning in California and ending in Guam seven years later. The thrilling events of this cruise, including capsizing during a cyclone in the Coral Sea, are chronicled

in Jeannine’s book [Banshee’s Women: Capsized in the Coral Sea](#). Further cruising adventures were documented by Jeannine in her book [Women at the Helm](#).

While much of the sailing proved exhilarating, Jeannine and Joy lived leisurely on the islands for years. Joy worked in local schools to support the pair as they explored, meeting the Native peoples who called the islands home — and witnessing the devastating effects of colonialism on their society. Jeannine spent this time writing, documenting both the beauty and the struggles of the Island societies they encountered.

The Artist

Jeannine’s drive to explore the Pacific Islands was spurred by her curiosity of and interest in meeting the peoples of Indigenous Pacific cultures face-to-face, to be able to dispel readers’ preconceptions of their ways of life. Just as she was compelled to tell the stories of the native peoples of Oceania through her writing, Jeannine was also inspired to share the beauty of the Pacific Islands through watercolor, which she studied in New Zealand under the tutelage of [Ernestine Maddox](#). Jeannine painted the flora of the islands, as described in her artist biography: “not as still lifes but as living entities.”

After more than a decade instructing courses in English and Women and Gender Studies at the University of Guam, Jeannine blazed a trail to Florida, where she retired in 2003. Here, at a small art gallery in Gulfport, is where she met Suzanne, who would become her wife. Initially, the two bonded over their travels to Oceania, where both women had lived.

Together, they made and sold glass jewelry and home décor. Suzanne edited Jeannine's final book, [Lure of the Tradewinds: Two Women Sailing the Pacific Ocean](#), which she was surprised to find had been dedicated to her.

Suzanne and Jeannine spent nearly 20 years together, alongside their beloved cats. Frequently, Jeannine would be found playing the piano or working in her fused glass garage workshop, when not spending time advocating for causes close to her heart, including wildlife protection, the preservation of natural lands, and climate change – causes of which her green burial is a natural extension.



When she wrote of Seaworthy Women, Jeannine described the “invigorating and relaxing” solitude of setting sail: “Here one easily absorbs the energy of the sun and wind, blends with sky and water, gently rocked to new perceptions of self and the environment.” Jeannine’s earthly sojourn ended on November 18, 2022. At Heartwood, her shroud was adorned with seashells gathered during her life’s travels. She was accompanied by Suzanne and her surviving family to set sail once again, embarking on her final journey, now to blend with the majestic long-leaf, among the wiregrass and beautyberry, becoming now part of the energy she once absorbed at the helm of her boat, under the bright heavens, a nightly sea of stars, in the caress of the quiet, gentle earth.

This article is dedicated to Jeannine Talley.

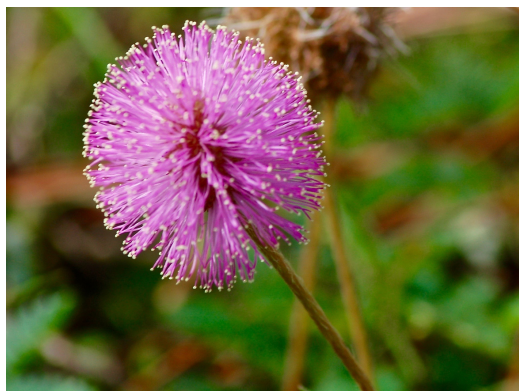
May her memory always be a blessing.

*A special thank you is due to Suzanne Martindale,
for her kind hospitality and for sharing remembrances of her Jeannine.*

Photo Contest Runner Ups!



"Carl the Cardinal"
by: Lili Sayegh



"Sunshine mimosa"
by: Mitch Dormont



"Golden Rod & Webs"
by: Patricia Goldberg



"2 forever homes"
by: L.S.



"A perfect specimen"
by: Jeannie DelGado



"Armadillo"
by: T. Ackerson



"Fog"
by: Patricia Goldberg



IS BACK!

Join Lindsey & Diana
Sunday, February 5

5 pm

Cake, Coffee, Mortality

*A discussion group to freely talk
about all topics surrounding
death*

To learn more about
the worldwide Death
Cafe movement

LEARN MORE

Follow the West Pasco
Death Cafe on
Facebook

FOLLOW



Ask a
**FUNERAL
DIRECTOR**

**SATURDAY
FEBRUARY 11
11AM**



Join Chuck & Sarah from [Segal Funeral Home](#) in this hour long
Q & A session to learn the ins and outs of the funeral home's
responsibilities in the death care process

More Upcoming Events

T&T refers to an event that is part of our "Talk & Tour" series. Usually nature based, this series invites local businesses, causes, and individuals to come out and promote their institution and educate the community. While free, donations are always appreciated.

February 25 Fork Tuning Relaxation

Starting in March:

Crystal Bowls is every **first Sunday** of the month

Heartfelt Yoga is every **second Sunday** of the month

Mindful Meditation continues on the **third Saturday**

Grief Support Group continues on the **fourth Sunday**

March 4 T&T: Owl's Nest Sanctuary

March 25 Tai Chi

April 22 Earth Day

April 29 T&T: Raptor Center - Sandhill Cranes

May 14 T&T: Bird Walk

June 10 Build-a-Will Workshop

Visit our [website](#) for start times & more details

To RSVP for any event:

email info@heartwoodpreserve.com

call 727.376.5111

Thank you to all the families who have supported conservation burial by putting your trust in Heartwood Preserve. It is through your support that we continue to grow ♥

"We should notice that we are already supported at every moment. There is the earth below our feet and there is the air, filling our lungs and emptying them."

-Natalie Goldberg



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

Welcome Center

Monday – Thursday 9:30 am – 4:30 pm

Friday 9:30 am - 12 pm

Nature Preserve & Cemetery

Monday - Saturday 9:30 am - 4:30 pm

Sunday 11 am - 4:30 pm



HEARTWOOD PRESERVE

