



Walk Around Florida XXI Rocked!

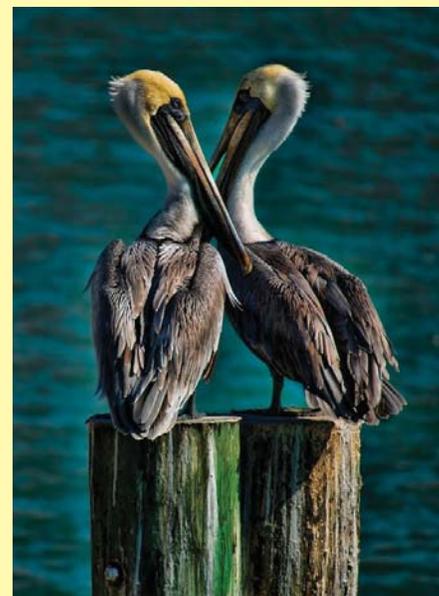


Walk Around Florida XXI was held in the Treasure Island/St. Peterburg Beach area during the week-end of November 19 - 21, 2010. Over 100 walkers celebrated with a week-end extravaganza of walking, eating, visiting with friends and beautiful weather. Suncoast Sandpipers hosted the event and it was a

sell-out for the Sands Motel. Centrally located right on the beach, it made a wonderful place to gather for sunset, chat with friends and relax after a days' walk. The Sandpipers offered four walks through the surrounding beach communities including a visit to the Annual Sanding Ovations sand sculpture contest. Friday's walk went through the community of Treasure Island including Johns' Pass Village, a quaint turn-of-the-century fishing village featuring over one hundred unique retail shopping, restaurants, local fishing boats, cruise lines, and boat rentals. The walk route continued out to the Paradise Lutheran Church, and then back along the beach to see the sand sculp-



tures. Walkers donated nonperishable food items to the church while the church volunteers treated the walkers to a water stop and a look around their beautiful church. On Saturday, walkers chose between a walk around the quaint historic district of Pass-a-Grille including a look at the famous "pink lady", the Don Cesar hotel and beach resort or a walk through the shops and restaurants along Corey Ave. in St Pete Beach and the small community of Sunset Beach. The Sunset Beach walk featured a Treasure Hunt which also gave a great history of the area while the park at the checkpoint was home to a raucous flock of wild parrots.



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Mid-Florida Milers Walking Club

midfloridamilers@hotmail.com

P.O. Box 4575
Winter Park, FL 32793-4575

CLUB CONTACTS:

President
Gail Brooks
407.895.3586
gbrooks@canin.com

Vice President
Peter Fournier

Secretary
Rosemary Barna

Treasurer:
Dave Bundy

Trailmaster
Mike Lanpher
407.695.9181
mlanpher@cfl.rr.com

Webmaven
Jackie Walchuck

Specialties (vacant)

Publicity
Letty Zook

FVA Representative
John McMahon

Newsletter
Kathy Bargar
kbargar@bellsouth.net

Trailmaster's Report

By Mike Lanpher
mlanpher@cfl.rr.com/407.695.9181

The last quarter was a fun time with a great group walk in Mt. Dora (coordinated by Pete Fournier), the four superb walks for Walk Around Florida in Treasure Island, St. Pete Beach, and Indian Shores, and Tibet Butler Preserve. The night walk that started at Red Bug Lake Park was fun and lights were pretty good. A special thanks to Jo-Anne Cross for the "stop over" on the 10K route. The club has maintained its membership at about 130 for the last 3 years while maintaining a robust walking schedule. We encourage all members to attend many walks a year for a few reasons: we enjoy seeing you all; the walks are a good way to keep moving; sometimes we have a lunch too; the more we walk the more we can support the national organization and our club. Please read the separate Article summarizing the recently released AVA Strategic Plan approach. The AVA President and the newly hired Executive director have laid out the issues summarized in the article. Last, a special thanks to those

that volunteered as club officers, at walks, at lunches, laying out walk routes, printing the routes instructions (Ladd Duncan), and the host of admin needs for the club. Hope all had a Happy Holiday season and will see you out walking in 2011.



2011 YRE Free T-Shirt

For 2011 a tee will be provided to all club members who walk YREs 15 times by 30 November. Rules are easy to meet and we look forward to your participation in all our year round events: walk any/all of the 11 MFM year-round walks 15 times; must be a member in good standing at the time of the walk; Program begins on January 1, 2011; walks must be completed by November 30, 2011;

T-shirts will be awarded in August and December at club events.



2010 EVENTS:

DATE	EVENT	START TIME
1 January	Crab House, Lake Buena Vista	9:30 - 10:00 am
15 January	Warren Park, Belle Isle, Orlando	9:00 - 10:30 am
29 January	Celebration Starbucks - 2 new walks	9:00 - 9:30 am
5 February	Apopka	9:00 - 10:30 am
19 February	Winter Park (Aloma Publix)	9:00 - 10:30 am
5 March	Oakland	9:00 - 10:30 am
19 March	Orlando Wetlands Park	9:00 - 10:30 am

Details are on the club's website (www.midfloridamilers.org) or call 407.695.9181

**Do you want to become more active in the Mid-Florida Milers?
Do you want a say in how the club is run?
Do you just want to help out occasionally?**

Volunteers are always needed to map out new walk routes, set up / breakdown at walks, staff the start / finish tables, and help our chefs prepare and serve delicious meals.

At this time we are looking for members to fill the following volunteer positions: (Just because you volunteer does not mean that you can not walk that day)

Worker Bees:

1. Set up before walk or break down after walk (you are able to walk either before or after you volunteer)
2. Man registration table (you can walk after registration is closed)
3. Man stamp/finish table (come early and walk before you need to start stamping)
4. Design a route of your choice and we all get to walk in an area that you enjoy and it really feels good when everyone congratulates you on a great walk route.

Volunteer Coordinator:

Obtain volunteers to assist in running Club events. (work at your own pace and your own schedule)

Club Officers needed for a 2 year term starting in August 2011:

Vice President
Secretary

Kudos to all of you who do volunteer. You are what makes this club work.

Make a New Years resolution to help the club by volunteering. If you would like to volunteer for any of the above positions or have questions, please call Rosemary Barna at 407-920-3174 or email her at barnar@bell-south.net.



AVA Strategic Plan Summary



"Moving together toward a healthier America"

The National Staff and elected officers and Regional Directors have developed an outline plan for the next 5 years to boost membership and cash flow. To be done in stages, this can lead to a more robust organization. Below we have provided an extract of the Executive Directors memos. We placed three memos (AVA President, Executive Director and Open Door) distributed so far on our MFM web site as AVA Strategic Plan.

As part of this planning an updated AVA logo tag line was created.

The Problem: "...the AVA is facing a difficult future if growth of the association is not achieved soon and at a steadily increasing rate. As highlighted in the recent President's message, we have seen a significant decline in membership, club growth, club activity, and commerce over the past decade of AVA. This has resulted in the unsuccessful situation in which our monthly expenses greatly exceed our monthly revenue.



Jackie and Mike at Christmas Walk

In short, AVA no longer has the means to support the national headquarters' daily operations and the staff who so diligently support your life as a volkssporter without losing approximately \$75,000 of our savings each fiscal year."

The Approach:

"Secure a competent computer information system to support AVA
Develop an attractive and user-friendly website that is linked to social media
Move AVA into a new healthy home
Hire an Operations Manager"

The Start:

"I understand that in a time when AVA is losing operational dollars each fiscal year, it is hard to understand why we should make this kind of investment. It's uncomfortable and scary, but without the tools to get AVA ready for growth, we will not have a chance at success. We cannot repair the damage that is causing our association to fail if we won't risk the resources to fix the problems. So I ask you to courageously think about these tools and provide feedback to me and your elected representative."

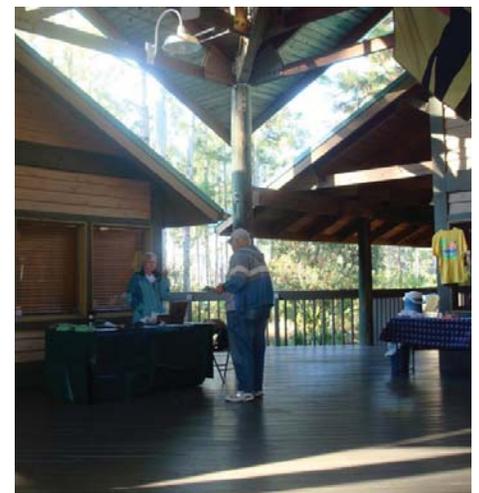
"....this is only the first of many communications you will receive from me as your Executive Director. Please let this initial communication serve as the opening of the door of communication between us. The door will remain open"

Following this definition of the Strategic Plan and initial efforts, Nicole this month continued the communications by implementing "Open Door" (see at AVA.org) where she states "Welcome to the first edi-

tion of the Open Door! I am excited about this first of many conversations between the national headquarters, our members, and volkssporters everywhere! This is our place to discuss AVA's history, what's happening right now and what we want or don't want for AVA's future. I will look for your thoughts on key issues facing AVA, as well as host any questions you might have about...well anything!" Further Nicole implemented a feature called "Shout Out" that in her words "We'd like to know your thoughts about....."

AVA is facing a time of change, which can be both wonderful and scary. What do think about changing AVA? What would you change about AVA if you could? How do you think leadership should approach changing the Association for the better? What have you heard is going to change, if anything at all?

We encourage you to read and comment to our President (gvbrooms@bellsouth.net), FVA President (FVA-President@aol.com), the Regional Director (se_rd@ava.org), and/or the Executive Director, Nicole Rogers (Nicole@ava.org).



Tibet Butler Preserve Walk Start

Walking in Hawaii

by Dave Bundy, Treasurer

I retired from federal service after 35 years on 30 Sep. I decided my celebration would be going back to Hawaii for a week. It would be a walking, golfing and a little site-seeing. I started my walks with Mililani Mauka (Hawaiian for mountain). It is a fairly new walk and one that I haven't done before on previous trips to Hawaii. It is a nice walk going up a foothill through a subdivision. It was a typical day in Hawaii with Mauka showers. It would shower for a minute or two and stop and a few drizzles and stop. Of course with rain comes the rainbows.

The next walk was the capital walk (Honolulu). I have done this walk many times. I always enjoy walking through the Aloha Tower Market place, Chinatown and past the Iolani Palace. The only palace in the U.S. The Aloha Tower sits on the harbor. I enjoy looking into the water and watching the tropical fish. Quite different from when I lived in Baltimore and looking down in the Inner Harbor.



Walking the trail at Tibet Butler Preserve

The third walk I did was the Kailua walk which takes through a typical beach town to a beautiful beach. A nice walk regardless of how many times you have walked it.

The final walk I did was Waikiki. They changed the route since I last walked it. It is easier to walk and nicer. You walk the length of the Ali Wai canal and the canal has been cleaned up. You can now see the fish. After I walked Waikiki, I took time to walk around the zoo. On my trip I did do some sightseeing. I spent a day on Ford Island touring the Pacific Aviation Museum, the Battleship Missouri, the Arizona Memorial and the Utah Memorial. I also drove around the island and got two rounds of golf in. I did eat my share of poke and Hawaiian food. My favorites are Lomi Lomi salmon and Kailua pork.

I'm writing this while I'm home (75 miles east of Cincinnati) and I hope everyone had a Merry Christmas and a Happy New Year!

MFM and AVA Milestones

Event Awards:

Sharon Axlerod	10
Paul Kramer	300
Joan Lanpher	600
Dave Bundy	1000

Distance Awards:

*Dec-Jan 2011 TAW

Send in your books! And get the credit you deserve.

Welcome New Members:

Thank you for joining our walking club and supporting our efforts to provide the best walks possible for fun and fitness.

Juan & Megan Rivera
Jon Carr
Diane Pobst
Beth Videon
Monica Drouillard
Marlow Marion
Carolyn Lee

Our Membership Year runs from July 1 to June 30, but we welcome members at any time.

Want to join or renew? Contact Letty Zook at Letz@earthlink.net for information. Or, complete membership application and mail to the club or bring it to our next walk.

WALKS BY OTHER CLUBS

Date	Event Location	Club
January 2011		
Jan 8	Orange Park	First Coast Trail Forgers
Jan 9	Winter Haven Park Ponce Inlet	Happy Wanderers
Jan 16	Reed Canal Lake S. Daytona	Happy Wanderers
Jan 22	<i>Deltona Enterprise Event</i>	Happy Wanderers
Jan 23	Deland County Library	Happy Wanderers
Jan 30	Art Fest New Symrna Beach	Happy Wanderers

February 2011

Feb 5	Univ. of N. Florida	First Coast Trail Forgers
Feb 6	Old South Motel Sanford	Happy Wanderers
Feb 12	Ft. George Island	First Coast Trail Forgers
Feb 13	Flagler Pier - Flagler Beach	Happy Wanderers
Feb 20	Historic Walk Ormond Beach	Happy Wanderers
Feb 27	St. Augustine Shrine Gift Shop	Happy Wanderers

March 2011

Mar 5	Ravine Gardens Palatka	First Coast Trail Forgers
Mar 6	New YRE - Palatka Quality Inn	Happy Wanderers
Mar 13	City Island Daytona Beach	Happy Wanderers
March 20	Central Park Ormond Beach	Happy Wanderers

For the specifics and directions on these walks visit their websites:

www.happywanderersfl.org

www.firstcoasttrailforgerswalkingclub.org

www.suncoastsandpipers.org



CHANGE TO FT DESOTO WALK

Due to massive cutbacks in manning, Fort De Soto park headquarters, which has housed the YRE walk box, is now open only on weekdays. We have moved the box to the Campground Office which is open daily 8 a.m.-6 p.m. Please pass the word.

Start Point for the Tierra Verde-Fort De Soto Park 5/10/15K Walk is now:

Campground Office, 3500 Pinellas Bayway. 33715/(727) 582-2267. From I-275, take exit 17; head west on Pinellas Bayway S/CR 682 (50 cent toll) to Pinellas Bayway S/CR 679. Turn left and go 5 miles (35 cent bridge toll) to campground entrance on right. Right to campground office on right. After registration, participants will drive 1 mile to the main park. Driving instructions to walk starts will be on walk directions

2011 Presidents Day Weekend

Feb. 18 - 21, 2011

Orange Beach, Alabama

14 Events
(7 walks, 4 swims, 3 bikes)

Sponsored by:
Georgia Walkers and
the Capital City Wanderers

For more information:
<http://georgiawalkers.homestead.com>



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On Saturday evening, walkers toasted the sunset at the Green Flash Party, and then enjoyed an outdoor buffet dinner at the Bamboo Beach Bar and Grill.

Sunday morning found walkers heading up to the community of Indian Shores for a delicious pancake breakfast, library book sale, walk along the beach and a tour of the Suncoast Seabird Sanctuary. The proceeds from the pancake breakfast allowed the walking clubs to make a \$400 donation to the Seabird Sanctuary.

Thanks to the three walking clubs and many, many volunteers for making this event possible. Walk Around Florida XXII will be held on the east coast of Florida possibly in the St. Augustine area. Don't miss it!



Watching the sunset at the Green Flash Party



Dinner at the Bamboo Bar and Grill

2011 Convention Photo Contest Reminder

People, Places and Things that you have found while on the trail or at an event.

Color and / or black and white. Photographs must be 8"x10".

Description of photograph (who, what, where and when) must be placed on a label and affixed to the



bottom right of photograph. The entry must have the official entry form attached that can be found on the MFM web site. Entries are submitted by March 2011.

Mail completed form to:
AVA Publicity Contest
Attn: Joan M. Lampart
2124 Barley Drive
Quakertown, PA 18951

FVA T-Shirts Are Back



They're Baaaack! No, not the people in the TV – FVA T-Shirts! The Florida Volkssport Association started distributing our latest batch of colorful T-shirts to the clubs on a consignment basis last month. These shirts have the official FVA state seal on the front and the official FVA color logo on the back. Clubs with scheduled events received 3 each Medium, Large and X-Large shirts to sell to walkers. The shirts are \$12 each and the club gets a commission on each sale. There are a limited number of XX-Large T-shirts that may only be ordered directly from the FVA.

FVA TEE-SHIRT ORDER BLANK

NAME _____
ADDRESS _____

PHONE _____ EMAIL _____

How many of each size? ___ MEDIUM ___ LARGE ___
X-LARGE ___ XX-LARGE

I am enclosing \$ _____ plus \$3.00 each for S&H for _____ shirt(s) in the above sizes

(M, L, X-L are \$12.00 each. XX-L are \$13.00.

All are \$3.00 each for S&H)

Make check payable to FVA and send this form to:

FVA, 324 Elmwood Ave, Lehigh Acres, FL 33936



New Program starts January 2011 - America's Baseball Walks

- Any sanctioned event that goes by a baseball diamond or stadium used by an Olympic, college, major league or minor league baseball team in the United States or Canada qualifies for the program.
- Walks also qualify if they pass by a baseball related museum, statue, memorial, historical or grave marker or other site.
- Little League fields and diamonds in public parks do not count for the program. Advertising or retail establishments, such as billboards or sports merchandise stores also do not qualify.

MID-FLORIDA MILERS MEMBERSHIP APPLICATION

Annual Membership runs from July 1 to June 30.

Send application & check to address below or pay at any walk event:

Mid-Florida Milers, P.O. Box 4575, Winter Park, FL 32793

Membership renewals in:

Full year (June/July/August-June): \$8 single and \$13 family

New Membership in:

1. Oct-Dec - \$6 single and \$10 family

2. Jan- March - \$4 single and \$7 family until June (3-6 months).

3. April - May - \$10 single and \$15 family and includes thru the next year (14-15 months)

RENEW _____ NEW _____ (check one)

If renewing, please provide all the information listed below, even if you have given it previously. This is the most efficient way for us to maintain accurate records. Thanks so much!

NAME: _____

ADDRESS: _____

CITY: _____ ST _____ ZIP: _____

PRIMARY PHONE: _____ SECOND PHONE: _____

E-MAIL (for eNews): _____

SPOUSE'S NAME: _____ CHILDREN: _____

(Family names needed only for Family Membership)

I WANT TO:

_____ help the club put on great walks.

_____ help with trails.

_____ help with walk lunches.

_____ help make phone calls.

_____ help, just give me a phone call.

Email Letty Zook, Membership Coordinator, with questions at lettyzook@gmail.com or call 863-289-0242.

DATE: _____ SIGNATURE: _____