



Mid-Florida Milers Walking Club News

Issue 5, September-October 2016

This issue of the Mid-Florida Milers News is developed to provide walking info as well as club information. Your comments and requests for information are desired and welcomed to mlanpher@cfl.rr.com.

President's Notes

Happy September, walking friends! If we can get past the Hurricanes, cooler weather may be just a few months ahead! Thanks to everyone who attended our Anniversary Walk and annual business meeting. As AVA moves forward with new technologies, we owe it to ourselves to try new opportunities, too. Have you ever use an app such as Runkeeper, Map my walk, or Endomondo to track your fitness activities? Most are free for Apple or Android smartphones. They will show you your walk route, and give your distance, time, average speed, etc. They will also work for treadmills on those rainy days like today (Thank you, Hermine). If you would like to try using an app or see how one works, let me know! I look forward to seeing you at an upcoming walk. If you ideas for locations where we could plan a walk, please let me or Mike know.

I welcome our new members below and encourage you to ask me any questions you have.

rbarna1949@gmail.com *Rosemary*

Welcome our Members Joining in June-July

Deborah Boyette, Nancy Grzesik, Sherry Kosack, Kathy McArthur, Perry Rawson, Lesley Rubin, Sandra Rose Schunk & Pedro Aravjo, Maria Tarle, Gerald Vannienwenhove



Rosemary sells raffle tickets for free "stuff" to support WAF activities

Why We Need Volunteers

By Sharon Axelrod (palmtreesax@gmail.com)

As Sharon said in the last issue she reviews open volunteer positions we need to fill.

The following volunteer positions are now being managed by Mike Lanpher, in addition to his many responsibilities as our club's only certified Trailmaster. Please review the following opportunities and see if you would be a good fit for the position.

For further information or if you have any questions, Mike will be glad to give you more details.

Mid-Florida Milers Bi-monthly Newsletter

Editor: Are you creative? Do you like taking charge and cracking the whip? We need a volunteer to request articles to be written by our members. Each newsletter contains a contribution from the President and the Trailmaster; and often an update from the Membership Coordinator, Treasurer, Publicity Coordinator, or Volunteer Coordinator. Articles may be requested from a member who has reached a milestone or accomplished a special achievement. And there are always club events and activities to write about and share with our readers. Be creative, make it your own!

Publisher: Are you a creative? Here is an opportunity to expand your talents. Using MS Word or Publisher formatting all the information that goes into each Newsletter such as articles, pictures, announcements and milestones, can be a fun challenge. Give it a try!

Lake Buena Vista YRE monitor/POC

Our LBV Year Round Event at Pirates Cove on SR 535 in Orlando needs a Monitor to maintain the Walk Box. Once a month the POC (point of contact) collects the waiver forms and money to send to the Treasurer. In addition the contents in the walk box are reviewed to ensure supplies are sufficient, i.e.; pens, insert cards, waiver forms. And you will be right there at Disney Springs to take a walk, shop, and dine!

Year Round Event Coordinator – Orlando area YREs

This volunteer handles the annual review and updates required for each of the Year Round Events. Responsibilities include review and updates to the AVA Electronic Sanction System form, (ESS), the events' Special Programs; YRE Brochure information, and the events' information on the MFM website. The volunteer will also manage the annual printing of brochures and walk instructions. Here is a great opportunity to assist the club while learning about our YREs!

Volunteering is fun and rewarding! And a great way to make friends and bond with other members of the club!!

Walk Around Florida 26

Check facebook.com/WAFXVI for updates. The brochure was updated in August. These are good historic area walks in Tampa. Akin to JoAnne Cross's downtown Orlando walks, this is your chance to relive some Florida history as we did in Micanopy in Oct 2015. We would like you to sign up for the Saturday social and Sunday lunch. The hotel, Barrymore, has over 30 reservations so far so get yours in or at another hotel. The Brochure is on the MFM web site and Suncoast Sandpipers facebook page.

Membership Renewal

Dave Piatt, Vice President & Membership Coordinator
As of August 1, 2016 we have 66 memberships and 96 members. For comparison, on 6/18 we had 37 members. While this is a nice increase in membership over the last month and a half, I do not expect this rate of increase to continue. We are at the very beginning of our membership year (July 1- June 30) and thus expect to see a lot of renewals. We are expecting to see our membership numbers grow as the weather cools and some of our long term members return from their summer stays in cooler locations. We also continue to get some new members from the walk announcements that appear in the Orlando Sentinel.
As an effort to get people to renew early, we awarded two \$25 gift cards to members who renewed before July 1. This year we had 53 memberships who were eligible. The selection was done at our annual meeting and Jill Lewis and Sam Sharpless/Jennifer Whitman

The AVA National Executive Council and the AVA Strategic Plan

The National Executive Committee met in June and approved recommended approaches developed by the Strategic Team. The three-phase approach provides for the AVA to adjust financials and maintain a cohesive path to increase membership and club retention. The NEC also approved the tagline "America's Walking Club". The following extract is by David Bonewitz and was published in *The American Wandereer*.

The **first key focus area is to improve the quality and value of member benefits and programs.** This is the Mission Impact portion of the plan. Strategic Goal 1 is to promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness and friendship for all ages and abilities.

The **second key focus area is to diversify and develop sustainable funding sources.** This is the Financial Sustainability portion of the plan. Strategic Goal 2 is to ensure long-term sustainability through financial integrity and revenue diversification.

The **third key focus area is to increase national public awareness of the new AVA brand** which is the Internal Operations portion of the plan. Strategic Goal 3 is to increase public awareness, operational capacity and efficiency to facilitate engagement and growth.

The **fourth key focus area is to develop the capacity of the board, staff and volunteer leaders.** This is the area of Governance and Leadership with a strategic goal to build board governance and management capacity to facilitate engagement and growth.

New action committees were tasked to report at the January 2017 NEC meeting what they propose to do to meet their objectives and provide a timeline that fits within the five-year Strategic Plan.

The approval of this plan by the NEC completed the work of the SPC and it was disbanded by the AVA President. This is as it should be with these action committees bringing in fresh ideas and new energy to implement the tasks that will achieve these objectives and meet these goals.

The Strategic Plan "can provide the foundation for a bright future for AVA." This is where the **Call to Action comes in. You are AVA.** As we hand off this Strategic Plan to the action committees, I challenge you to get involved. Pick an area where you have experience or interest and contact the appropriate committee chair. Offer your ideas, your help, your support and your energy. Only if we work together will we be able to complete these objectives to reach our goals. Let's get out there and make things happen.

David is the Southeast Region Director and member of the East Tennessee Wanderers.

YOUR VOLUNTEERS

| | | | |
|-----------------------|--|------------------------|--|
| Rosemary Barna | President, Social Events, Facebook Page | Marcia and Mike Kepper | Routes & brochure copying |
| Dave Piatt | Vice President, Membership | Ron Barna | YRE Route Monitor |
| Sharon Axelrod | Secretary, Volunteers | Cathy Metherell | YRE Route Monitor |
| Sharon Predham | Treasurer, Financial Management | Jan Van Vlack | YRE Route Monitor |
| Mike Lanpher | Trailmaster/Event set Up, Newsletter Publisher and Editor, YRE Route Monitor | JoAnne Cross | YRE Route Monitor – 2; FVA Secretary |
| Nancy and Dan Barnett | MFM Web Master/Maven | William Paugh | YRE Route Monitor – 2 |
| Letty Zook | Publicity/eNews | Gail Paugh | YRE Route Monitor, SE Florida walks management for 7 walks |
| | | Terry Sewell | YRE Route Monitor |



Trailmaster Topics

By Mike Lanpher (mlanpher@cfl.rr.com)

July and August – really warm for Central Florida though the last weeks have seen a more normal pattern. July 5th and 19th had good turnouts especially for the picnic in Maitland’s Community Park. August 6 was our 1st group walk inside Altamonte Mall and by the time the 10k walkers were finishing, the crowd was there. Always great to get a Blizzard at DQ where the walk starts. Our annual meeting preceded by lunch and a walk at Luigino’s in Lake Mary where we had the restaurant to ourselves in a very nice setting. Rosemary was reelected President, Sharon P, Treasurer, and an updated Constitution approved. November 4-6 is WAF 26 so get your reservation at the WAF hotel (30 rooms are already reserved Fri/Sat) and send your event registration to the address on the form (found on our web site). This event provides a fun time to walk and socialize with fellow walkers. Let’s get the bikes out and walk AND bike from the Minneola Trailhead on 17 September. We return to Sanford’s Willow Tree Café and host Theo Hollerbach for a 5 or 10-kilometer walk, a great lunch, raffles , giveaways, and fun. We ask that you let us know if you are attending lunch by 17 October (at a walk or on the MFM web site). We eat from the great German menu and pay individually. As always I encourage walking our permanent Year Round Events.

Walks at Florida’s other Walking Clubs!

| DATE | Upcoming Traditional Events | START TIMES |
|---------|--|------------------|
| Sep 10 | FCTF Jacksonville Beach – West Jacksonville Beach | 8:30 am |
| Oct 1-2 | HW Port Orange at Family Days, Walk, bike, swim for medal. | See HW web site |
| Nov 4-6 | Walk Around Florida 26, 4 walks, social, dinner, and lunch – preregister by 22 Oct | See MFM web site |
| Nov 11 | HW Port Orange on Veterans Day – a guided night walk. | 5:30 pm |
| Nov 12 | FCTF Julington-Durbin Creek Preserve | 9 am |
| Nov 19 | FCTF Jacksonville Univ North Florida | 9 am |
| | See HW and FC web sites for Saturday and Sunday group walks of YREs | |

NOTE 1: Happy Wanderers. <http://www.happywanderfl.org>. Additional walks on Sundays (YREs) & evening Wednesdays (fun walks) are conducted.

NOTE 2: Please see the First Coast web site <http://www.firstcoasttrailforgerswalkingclub.org>.

NOTE 3: Please see the Suncoast Sandpipers web site <http://www.suncoastsandpipers.org>. or <https://www.facebook.com/suncoastsandpipers>.

Mid-Florida Milers Walks – Sep-Nov

| Date | Events | Registration Times |
|---------|---|------------------------------------|
| 3 Sep | Orlando Downtown | 9:00-9:30 |
| 17 Sep | Minneola Walk and Bike | 8:30-11:00 |
| 1 Oct | Maitland @ Walgreens | 8:30-9:00 |
| 22 Oct | Sanford @ Willow Tree Café: Lunch @ noon | 9:00-10:00 |
| 29 Oct | Orlando Lakes at Beardhall Sr Ctr | 9:00-9:30 |
| 4-6 Nov | Walk Around Florida 26 – Tampa Trails and Havana Nights | Preregister – brochure on web site |



Dave is presented an AVA Certificate of Service

MFM Milestones*

Congratulations!

| Name | City | Events |
|-----------------------|-------------------|--------|
| Mary Grimes | Winter Springs | 10 |
| Joyce Taylor | Orlando | 10 |
| Charlene Hastings | Haines City | 30 |
| Paul Grimes | Winter Springs | 100 |
| John Hunter | Orlando | 125 |
| Cathy Metherell | Orlando | 150 |
| JoAnne Cross | Altamonte Springs | 575 |
| Gerald Vannienwenhove | Lady Lake | 650 |
| Sharon Predham | Leesburg | 1100 |

**The American Wanderer*, Aug-Sep 2016. FVA Web Site (www.WalkFlorida.org) contains all Florida walkers’ milestones for last 5+ years.

Fellow Volksmarchers—we work diligently to ensure our club website has up to date and accurate information. Please let Dan and Nancy Barnett (dnlessb@aol.com) know if there is any area on our club web site which you feel can be improved upon. Continue having fun walking!

Walking Fun in the Orlando Area

Walking Year Round Events as a Mid Florida Miler is easy and less expensive. The club picks up 33% of your \$3 payment so you can walk for \$2. Easy, buy the 10-walk packet from us at any walk (sorry, not available online). Just ask for our YRE coupons at a walk.

MFM Constitution Changes

Dave Piatt, VP and Membership Chair

Recently the Mid-Florida Milers Board of Directors reviewed the current Constitution and made some changes. Most of the changes were really typos and formatting issues. However there were two significant changes that were proposed.

The first change was to change the years the officers were elected. Currently the President and Treasurer are elected on even-numbered years and the Vice-President and Secretary are elected on odd-numbered years. We made the change to electing the President and Secretary on even-numbered years and the Vice-President and Treasurer on odd-numbered years. The reason for doing this is that only the President and Treasurer can sign checks for the organization and we felt it would be better to not have both of them potentially being replaced at the same time.

The second change was in the approved way to notify membership of important things like meetings. Currently the only approved way of notifying the membership is by US mail. We added e-mail as an acceptable method of notification.

At our August General Membership Meeting all of the Constitution changes were approved by a voice vote of the membership. If anyone wants to see a copy of the Constitution, let me know and I can send you one via e-mail. (Now an approved method!)



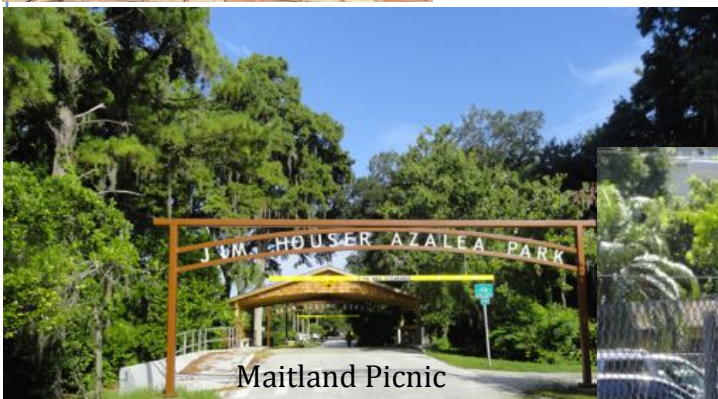
Mike presents Certificate of Appreciation to Alyce & Sue at Pirates Cove



Maitland Picnic



Orlando Lakes



Maitland Picnic



Orlando Lakes



Orlando Lakes

Our 5th page shows more event pictures and walkers.



CP on Seminole-Wekiva Tr. Ron, Trish & JoAnne



Host of Annual Meeting in August



Rosemary presented Luigino's Host an AVA Certificate of Appreciation



Rosemary presented Mike & Marcia an AVA Certificate of Appreciation