



Mid-Florida Milers Walking Club News

AVA: America's Walking Club

Issue 6, November-December 2018

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

Hi, the grueling summer heat has been tough on walking attendance so we are looking forward to seeing you at future walks. Coming up – HOLIDAYS WALKS! Add these two opportunities to your calendar now. The first will be on Black Friday, November 23d, for #Opt Outside at Wekiwa Springs State Park. Instead of hitting the malls, you can Opt Outside (a concept started by REI). Please bring a lunch for after the walk. The second is a new guided night walk at Celebration on December 15. We will walk down Jeeter Bend, famous for its amazing light display. This night walk requires bringing a flashlight.

In the spring of 2019, we will elect MFM President and Secretary. After 8 years as president, I will not be continuing. The club has many qualified individuals and I am looking for 2-3 to step up and provide new leadership and ideas to the club.

Rosemary

MFM Membership

By Dave Piatt, Membership Chairman

As of October 20 Mid-Florida Milers had 49 memberships representing 72 members.

If you have not renewed your membership yet, please go ahead and renew at one of our upcoming walks or by mailing in your membership information. Membership dues are \$8 for an individual membership or \$13 for a family/couple membership.

If your information is still the same then just either mail in a check or pay at a walk. If you have changed some of your information (name, address, phone number, e-mail), then please send a membership form from the Mid-Florida Milers website (<http://www.midfloridamilers.org>) and mail it to: Mid-Florida Milers, P. O. Box 4575, Winter Park, FL 32793.

Welcome to New Members

We added 2 new membership as of Oct 20. Please welcome: Elizabeth Lintz and Cindy Post.

Walk Across Florida – great success!!

We had 4 walk and a swim events. There were a total of 401 walkers in 4 events and 16 swimmers. At the free Tacky Tourist Party there were 84 and the contest for the “tackiest” was won by Michelle Devin (SS), runners up Scott Buchart (HW) and Pat Skaggs (Pensacola VC). The options of the ICON (Eye) had 39 brave souls, the Mystery show (really entertaining) 56, and the Sunday Ale House lunch 82. We sold 46 Messenger bag awards

The three clubs filled 70+ volunteer positions and that really helped keep things moving. Of those MFM as host filled 36. A big THANKS to our 16 members who multiple shifts.

Of the 72 MFM club members about 30 participated. 2019 is in Venice – a really nice walking town with more nearby possibilities. The weekend is not inexpensive but is a wonderful chance to see why some 20% came from out of state for the event, including 3 present or former AVA presidents and two Regional Directors.

Walking Fun for less with your Miler Membership – Contact Sharon at skpredham@embarqmail.com

Walking MFM YREs as a Mid-Florida Miler member is easy and less expensive. For the 12 YREs in Orlando and The Villages the club picks up 33% so you can walk for \$2. Easy, buy the \$20 10-walk coupons pack from us at any walk (available by mail for \$21).

Contents

Page 2, Trailmaster Topics, Volunteer issues, Vietnam adventure
Page 3, Centurion Challenge for 2019, upcoming events, member milestones
Page 4, WAF Selfie Scavenger Results. TTP contest
Page 5-7, Pictures

Trailmaster Topics By Mike Lanpher

A great WAF weekend. We have some new walks coming. Goldenrod, a dual club #Opt Outside at Wekiwa Springs, and a guided night walk in Celebration. Plan to travel to New Smyrna Beach and walk the YRE on 29 December.

Our 25th annual New Years Day Event is (what!) neither in Disney nor Universal since we were just there. Go east to Oviedo at the Miller's Ale House to enjoy residential areas, on the Cross Seminole trail, and visit the new Oviedo Park Then lunch. We walk in. Lunch afterwards is at the Ale House. Then in January walk a new Winter Park YRE route and in Apopka. In June the AVA National Convention is 9-16 June. Information on the AVA web site is to be posted by early December. Hotel reservations are available now. [Go to AVA Convention Web Site](#)

Volunteer Opportunities

By Sharon Axelrod, Secretary & Volunteer Coordinator

THANKS TO ALL 16 WAF28 Volunteers

The club support was AWESOME. We had 16 members who volunteered for numerous positions at the 5 venues supported by another 23 volunteers from other clubs.

2019 Election position open: President

As stated in her article, after 8 years of outstanding service to us, Rosemary will not be continuing as President. These are big walking shoes to be filled but we do have members who are very capable.

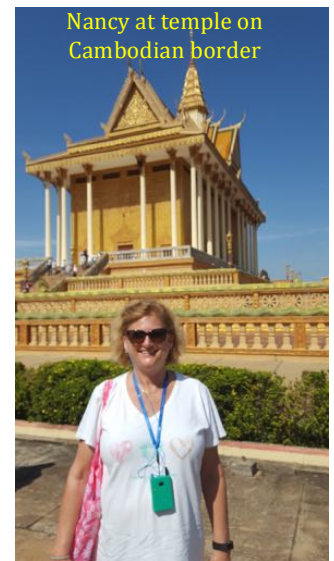
In addition we still have an opening for Social Events Coordinator that is also a position that Rosemary has filled for many years, planning picnics, luncheons, and pot lucks to enhance our walks.

Your support of the club is needed!

A Walk and Visit Experience

By Dan Barnett, MFM Webmaster

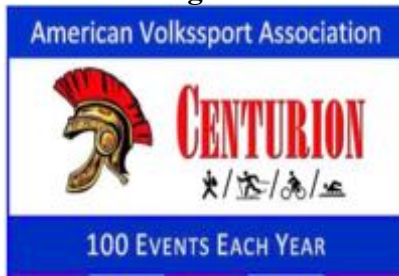
In August, my wife, Nancy, and I spent two weeks in a part of the world many have never been before. We took a land and river cruise trip to Vietnam and Cambodia. I checked the IVV site to see if either country was part of the IVV. Unfortunately they were not. This did not deter us from doing a lot of walking during our trip. We left Orlando and three flights later arrived in Ho Chi Minh City (formerly Saigon). After a night stay, we flew to Hanoi where we spent three days touring and yes, walking the city. We saw the tomb of Ho Chi Minh, the Hanoi Hilton (POW camp during the "American War"...that is what the Vietnamese call the war) and a few temples. Then we took a bus trip to Halong Bay which is a few hours north of Hanoi. We boarded a boat and travelled amongst the various islands. Halong Bay is extremely beautiful and I highly recommend a visit if you are in this part of the world. Spent one night on the boat and then it was off to Hanoi to catch our flight to Siem Reap, Cambodia. We were there for three days and visited several temple cities including Angkor Wat (one of the largest religious monuments in the world). Then we were driven to the Mekong River and boarded our river cruise. Included were three days in Phnom Penh, capital of Cambodia. It is a growing city in southeast Asia and had many areas for us to explore. Part of the Cambodian dark history was the Killing Fields. We visited one of these outside of Phnom Penh...viewing the area gave us reflection on how mankind can be so cruel. We were also able to walk through the palace grounds in the capital city. Then it was back to travelling on the Mekong River. A highlight was stopping to visit a Cambodian elementary school. The 10-12 year old's had just completed their English lesson. We then sailed to just south of Ho Chi Minh City and departed for our hotel. One of our fellow traveler's was the pilot of the C-5 which was responsible for picking up the orphans at the end of the Vietnam War. Unfortunately, shortly after departing Tan Son Nhut Airbase, the airplane developed mechanical problems and crashed while trying to return to the base. Due to the aviation expertise of the crew, 179 passengers survived the crash. We were able to go with aircraft commander and tour the area where the plane crashed. While we were not able to do any official volksmarches, we did do a lot of walking during our trip.



AVA Monthly News, Checkpoint, Available Via Email to All Club Members Who Request It

To receive an electronic copy of the AVA Monthly information paper Checkpoint send an email requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint. Send your request to Samanta at samanta@ava.org.

Centurion Challenge - Let's Give it a Go



Last Year 4 MFM members completed the challenge. The cost to get the Challenge book for 100 walks is \$15 and the reward is a patch and a lot of fun walking – average 2 walks per week. This previously was open to Lifetime and Associate members only. Use the 2018 form and update the date to 2019 and use the Fees noted.

Florida has Great Walks by Mike Lanpher

It is easy to find info on Florida Walks and see what fun is available on day trips from wherever you are in Florida. Orlando area is centered so east, west, north and south walks are all within 3 hours. Even FSU walk is only 4.5 hours (for John H.). Go to [Walking Florida](http://www.walkingflorida.org/Walking_Florida/Florida_Volks_sports.html) (http://www.walkingflorida.org/Walking_Florida/Florida_Volks_sports.html). You will find some interesting information including event and distance book explanations and the milestones Florida Walkers achieved.

DATE	Florida Upcoming Traditional Events	REGISTER
10 Nov	Jacksonville - St. Nicholas	8:30 register; 9:00 walk
17 Nov	Jacksonville - Hanna Park	8:30 register; 9:00 walk
1 Dec	Jacksonville - Ponte Vedra Beach	8:30 register; 9:00 walk
Jan 26	Fernandina Beach - American Beach	8:30 register; 9:00 walk
See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs		
The Happy Wanderers. http://www.happywanderersfl.org . Additional walks on Sundays (YREs) & Wednesday evening (fun walks).		
Please see the First Coast web site http://www.firstcoasttrailforgerswalkingclub.org .		
Please see the Suncoast Sandpipers web site http://www.suncoastsandpipers.org , or https://www.facebook.com/suncoastsandpipers .		

Come to Mid-Florida Milers Walks 1st/5th Saturday is a YRE 3d Saturday a Traditional Event

Date	Events	Registration Times
Nov 17	Goldenrod Cmty Center	8:30-10:00am
Nov 23	#Opt Outside Wekiwa Springs SP – bring a lunch	8:30-9:30 am
Dec 1	Maitland @ Walgreens	8:30-9:00 am
Dec 15	Celebration Guided Night Walk	5:30-6pm
Dec 29	Travel to New Smyrna Bch	9-9:30am
Jan 1	25th NYD Walk & lunch @ Oviedo Miller's Ale House.	9:30-10 am
Jan 18	Apopka Land Nelson Park	8:30-10:00am

MFM Member's Milestones

Name	City	Events	Dist
Howard Daughtrey	Belle Isle	50	500
Cathy Metherell	Orlando	300	2500
Gerald Vannienwenhove	The Villages	850	
Joan Lanpher	Winter Springs	1050	9000
Donna Duncan	Lake Mary		11000

Courtesy The American Wanderer, Oct-Nov 2018, http://www.walkingflorida.org/Walking_Florida/ lists Florida walkers' milestones for the last 7 years.

Walking Fun for less with your Miler Membership – Contact Sharon at skpredham@embarqmail.com

Walking MFM YREs as a Mid-Florida Miler member is easy and less expensive. For the 12 YREs in Orlando and The Villages the club picks up 33% so you can walk for \$2. Easy, buy the \$20 10-walk coupons pack from us at any walk (available by mail for \$21).

The WAF 28 Selfie Scavenger Hunt

The premise is to have teams use the nine scavenger subjects provided to take Selfies at the walk events. Eight teams with 13 contenders put themselves into the competition. WAF 28 Tacky Tourists reviewed the entries in a race filled with photos showing ingenuity and humor. All teams received votes for the best series! But one emerged as the conclusive winner. The categories please: 1. team who did the best overall series; 2. best single selfie.

The winners: #1 Three Hot Chicks were champions!

#2: Play Ball!! Lynn & Scott Buchar



The Tacky Tourist Party Saturday Eve

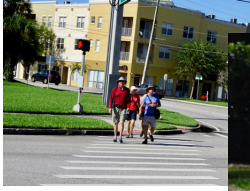


Courtesy Alice Lawrence

The theme of the weekend is Walk Like a Tourist. So in the spirit of a tourist (a Tacky one), we held a competition for the “Tackiest Tourist”. After a tough 40 minutes of searching the crowd, the 3 presidents identified the Tackiest three from over 80 in attendance. Michele Devlin, Scott Buchar, and Pat Skaggs made it to the front of the room. By applause the three were judged by the audience. In a close competition (i.e. the sound level), Michele won claiming her 2d victory as she won the Lakeland Easter Parade also. Scott and Pat received beer steins as runners up.

Our picture pages show Sep, Oct & WAF Events

September at Orlando North, Celebration, & Orlando South



Lake Beresford Park by HW

October at The Villages



10 Walks Completed

REI Fall 2010 Oct

WAF 28 – Walk Like a Tourist – check the WAF web site later for more Walk Around Florida 2009 -2017



Selfie Sign Up

Worker Walks sign up 10/20-21



Barnetts and Gusches at Disney Springs

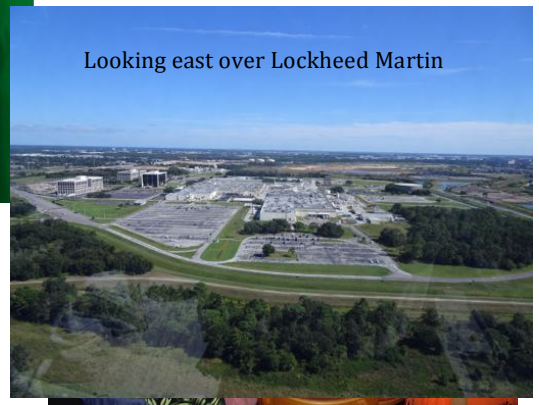




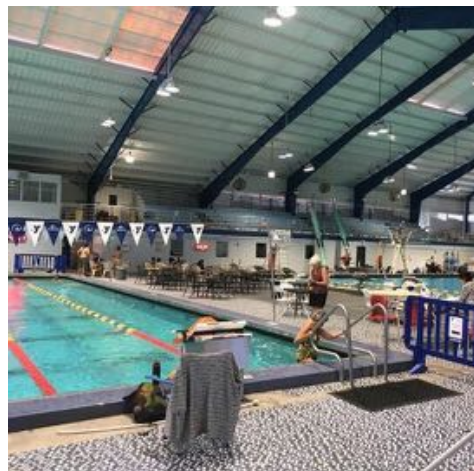
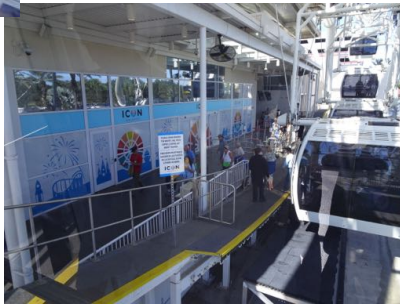
From L: Bob, Bernadette, Letty, Joyce, Jan



ICON Picture making



Looking east over Lockheed Martin



DJ comes to the finish

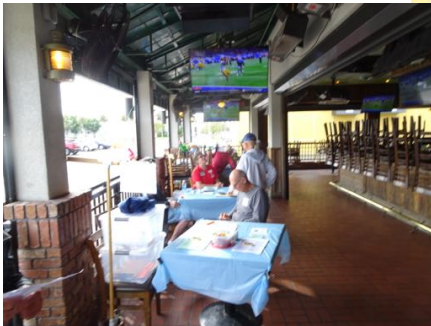


Rosemary presents 1st Prize

The Sleuth Mystery Dinner Show



Ale House Start and Lunch



Check the WAF web site later for more: Walk Around Florida 2009 -2017



Rosemary presents Appreciation Certificate to Ale House GM