



Mid-Florida Milers Walking Club News

AVA: America's Walking Club

Issue 3, July-September 2019

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

*Welcome to Summer, by VP Joan Lanpher
I wanted to say to our club members I enjoyed my two years as Vice President. Having been associated with the club since 1992, I have fond memories of many club walks and 25 Walk Around Florida events.*

Thanks to Dan Barnett for standing for VP for the next 2 years and with his Volkssport experience in other clubs, he is a great addition to the board.

Thanks also to Sharon Predham for representing us at the AVA Convention and her detailed discussion on pages 5-6

The October 30th year anniversary event is a great milestone that we would like all current and former members to join the fun. Without current and past member involvement we would not have reached this milestone. Let Rosemary hear from you, our members, on what you would like to do.

Moving into 2020 we have some YRE changes that provides for 2 new walks in the tourist areas and eliminates four walks that are not well attended. Details are in the Trailmaster Topics.

I look forward to continuing as an active Miler. Come walk through the summer warmer weather where we are shortening start times and getting you on the trail quickly.

Walking YREs for less with your Miler Membership

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 saves you 33% so you can walk for \$2. Easy, buy the \$20 10-walk coupons pack from us at any walk (available by mail for \$22).

Email Sharon: skpredham@embarqmail.com

MFM 30th Anniversary Walk and Lunch

Please plan on attending our event celebrating 30 years. On October 5th 1989 our American Volkssport Association Charter was issued. We are inviting current and former members to Sylvan Park in Lake Mary from 9 am – 3 pm. Lunch supported by the club follows the walk. We will provide additional details in August and invite you to join in this significant club event.



See the WAF 29 Article on Page 3



Contents

- Page 2, Letters to Editor, Editorial, Information
- Page 3, Club Member Travels/Fun Events
- Page 4, Upcoming events, member milestones
- Page 5-6, Convention Delegate Report
- Page 7, Pictures

To the Editor

Subject: From:

Subject: From:

Example: Your chance to comment

Membership Renewal

By Dave Piatt, Membership Chair

Our membership year runs from July 1 to June 30. It is now time to renew your membership for the 2019-2020 Membership Year. Membership fees are the same as last year. If you renew in June-September, a single person membership is \$8. The fee for a couple or family is only \$13. Renewing your membership in Mid-Florida Milers is very easy. If none of your contact information has changed then all you need to do is to pay your membership fee at one of our walks and tell them nothing has changed. Or if you are not going to be at a walk in the near future, then mail a check payable to Mid-Florida Milers and tell us it is a membership renewal and nothing has changed to Mid-Florida Milers, P. O. Box 4575, Winter Park, FL 32793. If you need to make some changes to your contact information just change any new information and turn it in, along with the fee, at a walk or mail to the above address. If you want to join for the first time, then you should send in a completed membership form. For either go to www.midfloridamilers.org. Halfway down the Left Hand Column is the link to click on to download the Membership Application. Just click on it and you will get a pdf version of the application that you can fill out. We look forward to your renewal and hope to see you on one of our walks soon.

Bill Woolgar ,
past MFM
president, receives
an AVA
Commendable
Service Award for
26 years as
Wekiwa Springs
monitor



From the Editor

This is the third quarter newsletter and the format continues to allow submission of your inputs. Thanks to Tom Carter who arranged for us to have a traditional weekend event at Leu Gardens at only an event cost. His guided walk thru the Idea, Arid, Pine, and other garden areas was fun and informative. Tom in green shirt.



Fun Events from Members

A Carnival in Venice – 1-3 NOVEMBER

By Alice Lawrence, John McClellan, Rosemary Barna

Benvenuto! Walk Around Florida 29 planning is in full force as the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers prepare for a full weekend of volkssports and social events with a Carnival in Venice ambiance. Venice, a charming small city in Sarasota County, is replete with historic charm, eclectic shops, and beautiful shorelines. As waves of settlers arrived in the late 1800s, the sparkling waters inspired one of the founders to suggest the name of Italy's canal city for the newly settled community. The population swelled as the Seaboard Air Line Railroad extended its tracks to the city and the Brotherhood of Locomotive Engineers of Cleveland, Ohio, chose it for a retirement haven. Designed by a noted landscape artist, Venice became one of the few carefully planned cities in the US with wide boulevards and numerous parks close to residential areas. With the Great Depression, development ended and the population plummeted to ghost town levels. Fortunes changed when the Kentucky Military Institute selected Venice for its new winter campus in 1932; WWII brought an army air base for the training of some 20,000 pilots and the circus came to town in 1960 when the Ringling Bros. & Barnum and Bailey Circus set up its winter home in Venice. Walks are planned with this history in mind. Routes will go by the historic train depot, through the carefully designed boulevards, past the replica of the entrance to the Venice Army Air Base in Heritage Park, and into the neighborhoods of the 1920s-era Mediterranean Revival dwellings. A bike route will follow the Legacy Trail built from the tracks of the Seaboard Airline Railroad, a route taken by cadets, airmen and acrobats. Also planned is a trip to the Curry Creek Preserve, located within the city boundaries. Purchased in 2002 through the Environmentally Sensitive Lands Protection Program, the Curry Creek Preserve's mangrove forests and tidal marshes exemplify continued local determination to maintain the area's natural appeal. A final event will take travelers to South Lido Key Beach in Sarasota, celebrating parks and neighborhoods in the area with a nod to "Lido di Venezia," the Italian sandbar that is home to the Venice Film Festival. The Carnival atmosphere will pervade the weekend. Planned are aperitifs on St. Mark's Square, an Italian Buffet in the Breeze Ballroom, a Carnival Mask Contest and a gondola ride (of sorts!). The event award will be a refrigerator magnet with a ceramic mask evoking those worn during Carnival. Event Headquarters is Hotel Venezia (a Ramada Hotel), 425 US 41 Bypass N, Venice, FL 34285. Call (941) 308-7700 for reservations. Request the Walk Around Florida rate: \$89 for a double queen room; \$119 for a king suite. If desired, ask for information and fees for breakfast and pets. The registration brochure will be out in mid-July. Look for it on suncoastsandpipers.org and [facebook.com/WAF29](https://www.facebook.com/WAF29). For more information, contact Mike Lanpher at [mlanpher@cfl.rr.com/407-695-9181](mailto:mlanpher@cfl.rr.com).



Some 21st Biennial Convention, Albany NY, Walks by Mike Lanpher

Joan and I on the way to Canada stopped at convention walks at Springfield MA, Cohoes NY, and Schuylerville NY. At Springfield the POCs were Jan and Bob Varnon, former President and Treasurer of MFM. The walk was entirely within Forest Park that started a bit misty but cleared rapidly. I worked a CP with a couple from "Walkin" Mass club. Nice paths, small river, a lake, and a zoo. Well laid out with some back and forth that kept the 400+ walkers seeing old friends.

The Cohoes walk from a Senior Center was 7 or 11K that walked you along Mohawk River, the old Champlain Canal trail to an Erie Canal lock and the Hudson River. Interesting lock that raised 3 boats from the Hudson while we were in that area. The area was home to many 1800 textile mills, one of which was Mohawk (now carpets etc).

The Saratoga/Schuylerville walk was at the battlefield that turned the tide of the Revolution. A unique process that started groups at two places was well executed. The walk routes had long hills and riverside walking with the key being the Saratoga Memorial commemorating the strategic win over the British, Indians, and German mercenaries.

Well organized events and at Saratoga crossing guards at crosswalks an essential safety factor. I passed out over 150 MFM Information "business cards". Overall fun walks and lots of history.



Trailmaster Topics By Mike Lanpher

A thank you to our route monitors for their continuing efforts to keep the 10 Orlando & 2 The Villages walks available and reported accurately. Thanks Howard, Joyce, JoAnne, Michael & Bernadette, Cathy, Tom, Ron, Jane, Jan, & Gerry. The 2020 YRE events will be modified by: cancelling Wekiwa Springs, Altamonte Mall, Palm Beach, and Boca Raton. We will add walks at the Universal area and International Drive area. Joyce volunteered to monitor the Universal walk; we will need a monitor for International Drive.

The weekend events for the 2d quarter were attended by less than 25 that has me asking what walks or types of walks we are doing that do not attract walkers. Or what events would our members want? Have some ideas/desires? **Let me know!!**

Look for traditional (1 day) walks in Longwood, Lake Mary and Belle Isle. Come walk in these new areas.

MFM Membership

By Dave Piatt, Membership Chairman

The current membership is 59 memberships and 86 members as of 6/1/19. This compares to 63 memberships and 92 members as of 6/1/18. The weather has not been favorable for walking recently, but start your walks early in the morning and carry water to stay hydrated. As a walking club we are a hardy group of people. We continue to do our normal monthly walks. The opportunity to have people to talk to on your walk maybe just the incentive you need to brave the heat and enjoy walking and exploring different areas of Central Florida.

Welcome New Members

Ronald & Teresa Greene, Paula Irving, Ruth Braddock

AVA Fund Raising reached its goal of \$78,000

| DATE | 3Q & 4Q Florida Upcoming Traditional Events | REGISTER |
|----------------------|--|---------------|
| 14 Sep | HW Debarry Guided Bike Ride @ Lake Monroe Park | 8:30 am- 9:00 |
| FOURTH QUARTER WALKS | | |
| 1 Nov | Venice Walk Around Florida Walk and social | various |
| 2 Nov | Venice Walk Around Florida 2 Walks and dinner | various |
| 2 Nov | Venice Walk Around Florida Bike | Various |
| 3 Nov | Sarasota Walk Around Florida Walk and Lunch | 9:00 am |

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 Trail Forger web site <http://www.firstcoasttrailforgerswalkingclub.org>.
 Please see the Suncoast Sandpipers web site <http://www.suncoastsandpipers.org>, or <https://www.facebook.com/suncoastsandpipers>.

| Mid-Florida Milers Walks | | |
|--------------------------|---|--------------|
| 6 July | Orlando South @Beardall Sr. Ctr | 9 – 9:30 am |
| 20 July | Celebration #2 @ Starbucks | 8:30-9:00 am |
| 27 July | Longwood Springs Plaza Publix | 8:30-9:30 am |
| 3 Aug | Orlando North @ Marks St Sr. Ctr. | 8:30-9:00 am |
| 17 Aug | Lake Mary Library on Green Way Opens at 9:00. | 9:15-9:45 am |
| 31 Aug | Orlando Downtown | 9:00-9:30 am |
| 7 Sep | Lake Buena Vista/Disney | 8:30-9:00 am |
| 21 Sep | Belle Isle Starbucks | 8:30-9:00 am |

| MFM Member's Milestones | | | |
|-------------------------|----------------|--------|------|
| Name | City | Events | Dist |
| Paul Erickson | Maitland | 200 | 2000 |
| John Hunter | Orlando | 225 | |
| Cathy Mettherell | Orlando | 350 | 3000 |
| Sharon Predham | Leesburg | 1250 | |
| Mike Lanpher | Winter Springs | 1300 | |

Courtesy The American Wanderer, June 2019, http://www.walkflorida.org/Walking_Florida/ lists Florida walkers' milestones for the last 8 years.

21st AVA Biennial Convention - Walk thru History in Albany NY

By Sharon Predham, MFM Convention Delegate and MFM Treasurer

On Sunday, June 2, I hopped into my car with Dinah, my little brown and white dog, and started driving north. Each day we drove to a location with an AVA Year Round Event, walked in the morning and drove to the next location in the afternoon. The walks we completed were: Hilton Head SC, Wilson NC, Yorktown VA, Joppatowne MD, Newark DE, and Hamilton NJ. They were chosen so that I could maximize the number of states for which I could get stamps in my Walking the United States book (even though I have done AVA walks in many of these states before buying the book) and my Walking the USA A-Z book (I finished the book with the letter "F" in Fayetteville GA).

On the 8th day of our convention road trip, we arrived at the first pre-convention walk in Portsmouth NH. Portsmouth, first settled as "Strawberry Banke" in 1630, is New Hampshire's only seaport. The start point was at the Little Harbour School, a local public school. There were two 5K loops, both starting and ending at the school, with a checkpoint at the school if you were doing 10K. One loop, called the City Walk, went into downtown Portsmouth, with its many shops and eateries hopping for a Sunday morning. The other loop, called the Non-City Trail, also went into the city, but was concentrated along the waterfront, including traversing Four Tree Island, a part of Prescott Park, also along the waterfront. There were 418 participants.

The next walk was in Danvers MA. Danvers, once called Salem Village, was settled by Puritans in 1626 to provide farm products and lumber to Salem port. In 1692, Danvers was the epicenter of the Salem witch trials. In 1752, the town was renamed Danvers after a local resident. The 10K was a large loop starting and finishing at the Carriage House Visitor Center in Endicott Park. Highlights of the walk: St. John's Prep School, a private Roman Catholic boys' school for grades 6-12; the 1696 grave of Elizabeth Parris, the wife of the minister of the First Church during the Witchcraft Hysteria; a stone memorial to the passage of Colonial troops on their way to Quebec during the revolution (and led by Benedict Arnold before his treason); the original Crayola crayon factory; and the Witchcraft Victims Memorial. Just before the finish the walk passed through Glen Magna Farm, now a part of Endicott Park. There were 409 walkers. The last pre-convention walk was in Springfield MA, where basketball was invented in 1891 by James Naismith. The walk was entirely within Forest Park, a 735-acre park designed by Frederick Law Olmstead, who is more famously known for co-designing, with Calvert Vaux, Central Park in New York City. The walk was on both sidewalks and dirt paths, passing historical buildings and duck ponds, and also a zoo. There were 429 walkers.

After taking Dinah to the boarding kennel for 4 days, I arrived in Albany and received my convention info and voting credentials. In the evening, the Empire State Capital Volkssporters (the hosts for the convention) sponsored a guided 5K walk from the hotel with an Ice Cream Social at the turn-around point. Here we met the convention not-for-profit donation awardee group – Operation At Ease, who provide service dogs for local veterans.

The opening session on 6/12 of the General Membership meeting (the real purpose of the convention) was held. The Meeting Rules and Agenda were approved, while testing the electronic voting devices. Since the official slate of officer candidates were all running unopposed, all were elected by acclamation: David Bonewitz continues as president, as will Nancy Wittenberg as VP. Cecilia Miner was elected secretary and Chase Davis was elected treasurer. The existing officers presented their reports; Operation At Ease received a check for \$1000; the necrology was read; and the meeting was recessed until Friday afternoon. There was a Meet-and-Greet in the evening with a baseball theme.

After the Cohoes walk on Thursday, I attended an America Walks workshop. They are an organization trying to make America a great place to walk. The workshop was about conducting a walk audit, where a small number of walkers decide what is good and what can be improved about a given walk to make it safer for pedestrians. Since Orlando is again number 1 for pedestrian deaths, this can be most useful here. The President's Reception for AVA lifetime and annual members was held at 5:30, and at 7:30 "A Musical Walk Thru Northeast History" and dessert at intermission was held.

The President's Convention Walk took place in downtown Albany, the New York state capital. The start point was at the Corning Preserve, a park on the shore of the Hudson River. Albany is a very hilly city. The walk went up and down streets, passing historic buildings including two churches built in 1867, but one founded in 1642 and the other in 1797.

Continued on next page

Continued from Page 5: **21st AVA Biennial Convention**

We passed the Capitol building, one of just eight in the country built without a dome; it is built entirely of masonry with four red turrets at the corners. We passed the NYS Education Building; its 36 Corinthian columns make up the longest colonnade in the U.S. We walked across, as well as under, the Nelson A. Rockefeller Empire State Plaza, a complex of several state government buildings as well as The Egg, a theater in the shape of a UFO. We walked into Washington Park, developed in the 1870's; the Lake House, the park's only structure, dates from 1929, but was unavailable to enter due to construction. We then walked through some old residential neighborhoods, and back to the start point.

After Friday's Albany walk and boxed lunch, the General Session was reconvened. The location of the next AVA convention was announced to be Madison, WI. We voted on three bylaws amendments, all of which passed: Motion to Change AVA Fiscal Year to a Calendar Year; Motion to Change Committee Structure; and Motion to Add Up to Three At-Large Members to the Board. There was remarkably little discussion about any of the motions, and all passed by at least 4 to 1. John McClellan will again be Southeast Regional Director. The General Session was brought to a close. The keynote speaker for the Closing Banquet was from the Crazy Horse Memorial Foundation, and we heard about how and why. There were a number of awards that were given; those who had donated to the Big Give were eligible to win prizes and the Mid-Florida Milers were announced as the Big Give Grand Prize Winner – a free registration for the 22nd AVA Convention, to be held in Madison WI.

After rescuing Dinah from the kennel on Saturday morning, we walked in Cooperstown NY. The start point was the Clark Sports Center, named after the Clark Family, whose fortune originated with a half-ownership patent in the Singer Sewing Machine. Like the Dr. P. Phillips Foundation in Orlando, the Clark Foundation has donated money and land for a variety of causes in Cooperstown. From the fitness center, the walk proceeded to the downtown area, past the National Baseball Hall of Fame, and Doubleday Field, named after Abner Doubleday, who may have invented baseball in 1839. We then walked along the shore of Lake Otsego, past the Farmers Museum (they have sheep!), on land that once belonged to James Fenimore Cooper, who wrote *The Last of the Mohicans*, to the Fenimore Art Museum, where we turned around. At Lakefront Park, at the checkpoint, there was impromptu entertainment by an adult male dancing with two very long batons; then we walked back to the sports center through nice residential neighborhoods. 422 walkers participated. An interesting fact (to me at least) the Susquehanna River begins in Cooperstown, where we walked over a bridge at its source, and it empties into Chesapeake Bay in Havre de Grace, in Maryland, where I drove over a bridge about 1 mile from where it ends, 9 days previously.

The last walk was in Buffalo NY, the western terminus of the Erie Canal. The canal begins in Cohoes (walk described separately) and ends in Buffalo. It was a drizzly day for the 5K, and a rainy day for the 10K. Buffalo is the second largest city in New York, and pretty empty on a rainy Sunday morning. We walked along the waterfront of the Buffalo River to where it empties into Lake Erie, and then walked into the downtown area, and eventually into Buffalo's vibrant theater district. We passed the Convention Center, where something was going on that involved men in kilts. President McKinley was shot in Buffalo in 1901, and there is a monument to him across from City Hall. The walk passed the Pierce Arrow Museum and the Buffalo Creek Casino (rather busy on a Sunday morning). There is a General Mills factory on the water front, where they make Cheerios and Fruit Loops. There was more walking along the Buffalo River waterfront back to the soggy finish. 261 walkers participated.

From Buffalo, Dinah and I continued our road trip, walking in soggy weather for the most part. We went to Zelienople / Harmony PA, Urbana OH, Xenia OH, Charleston WV, Knoxville TN, and Fayetteville GA, before finally arriving home late on June 21. What a great trip

Pictures of Miler's Events



4 May Start Downtown Walk



4 May Dan and Tom on Pine St



4 May Plaque on Pine St Bldg



Certificate of Appreciation to the by Rosemary



18 May Leu Garden Start



Sharon accepts award for Big Give contributions of a free 2021 AVA Convention registration



Ron Barna made this for the Convention Silent Auction and was donated by MFM.



Neil, Cathy and Ron in cool Altamonte Mall walk