

**A New Decade  
Newsletter!**

It is time to provide  
YOUR Inputs – Travel,  
Comments, Topics to  
mlanpher@cfl.rr.com

Let us get together this  
warm quarter and enjoy  
a walk. July 4 & 18,  
Aug 1 & 15 & 29; Sep  
5 & 19;. See page 4

**8 WALKS STILL  
SUSPENDED**  
**Celebration 1 & 2**  
**Disney Springs/LBV**  
**Orlando: Downtown,**  
**North, South**  
**Universal**  
**Winter Park**

**RENEW**  
your  
member-  
ship, see  
page 3

# Mid-Florida Milers Newsletter

## Greetings from your new president.

When asked how she accomplished hiking the Appalachian Trail, Grandma Emma Gatewood said “I kept putting one foot in front of the other” As your new president in this time of adapting to COVID19, we all must do our part to keep healthy. Walking is one of the best ways to do just that. We are in for some changeling months ahead that and I am sure with everyone’s help we can push forward and continue to make Mid-Florida Milers a successful walking club.

When I first heard about this club I thought, oh good, I will get some outdoor exercise doing something I enjoy. One thing I like about the walks is learning history. I delight in reading historical markers that give a scene of the place where I am walking. Another surprise is seeing so much wildlife around downtown Orlando and other areas. I most appreciate the beauty of the plants I saw blooming on every walk I do. I enjoy watching pollinators like bees and butterfly’s dancing around the flowers. In future newsletters I hope to share some of my walking adventures.

One last thing before I close are the nice people I have meet in, not only in our club, but also other ones around the country. If it not for one person in particular, Jackie Walchuck, I would have never heard about Mid-Florida Milers. As your new president I look forward to the new adventures that are in store. Once again in this time of COVID19 I wish you good health and please wear a mask.

*Cathy*



## Financial Committee by VP Dan Barnett

The Mid-Florida Milers is a not-for-profit organization which promotes walking for fun, fitness and friendship. Walks are designed for people of all ages and levels of physical fitness. Unfortunately, during four of the past five fiscal years, our club has incurred deficit spending. This is the result of not having enough club members, walkers at our Traditional and Year Round Events, and costs to run the club.

The Mid-Florida Milers President established a Financial Committee to review our Club Membership, Walker Participation and Club Expenses in order to develop recommendations for improvement. This committee was recently discussed at our Club’s Annual meeting held on June 16, 2020.

The members who volunteered for this committee are Jenny Thomas, John Hunter, Mark Johnson, and Dan Barnett (Chairperson). You don’t have to be a member of the Committee to submit ideas on improving walker participation, lowering costing or increasing club revenue. If you have any recommendations, please send to Dan, [dnlcssb@aol.com](mailto:dnlcssb@aol.com), by 7 July 2020

### MFM Club Officers/Committees

President	Cathy Metherell
Vice President	Dan Barnett
Secretary	Sharon Axelrod
Treasurer	Sharon Predham
Newsletter	Mike Lanpher
Membership	Dave Platt
Publicity	Letty Zook
Routes and Trails	Mike Lanpher
Operations Support	Marcia & Mike Kepper
YRE Coordinator	Jenny Thomas
Volunteer Coordinator	Sharon Axelrod
Website	Nancy & Dan Barnett

*We thank Rosemary for eight years of service to our club.*

**My Words** By Rosemary Barna

Dear Walking friends,

I just wanted to say thank you for your wonderful support over the past few years while I have been president of Mid-Florida Milers Walking Club. I appreciate all of you who have volunteered for start, finish and checkpoints, for managing a year round events, for designing new walks, for bringing delicious dishes to our picnics and luncheons, and for helping plan and implement Walk Around Florida and an AVA National Convention.

Thanks for showing up in all kinds of weather to walk together. Thanks for bringing friends and family with you. Walking in my neighborhood has been one of my greatest joys during this crazy pandemic, and it has been nice to return to MFM events at I-Drive and Maitland this month. I imagine that our walks and social outings will look much different in the coming months, but I hope you will come back and walk with us soon.

We have many safeguards in place and will be monitoring state and county COVID updates. I am excited to see the club continue to move forward under our new Board of Directors. I am anticipating seeing you all soon at an upcoming walk, Stay well and safe!

Dan Barnett presented the following awards to Rosemary at the Maitland Walk.

The AVA Meritorious Service Award was presented for her eight years serving as the Mid-Florida Milers President. During that time, she hosted the 2013 AVA Biennial Convention as well as MFM's 25<sup>th</sup> and 30<sup>th</sup> Anniversary celebrations. She also was instrumental in two Walk Around Florida multi-event weekends hosted by Mid-Florida Milers

In appreciation, the members of the Mid-Florida Milers Walking Club presented her a plaque recognizing her enormous contributions while serving as our President from 2012-2020 and thanking her for her leadership.



See Sharon's article on page 5 on the Annual Meeting.

**Membership Renewal** By Dave Piatt, Membership Chairperson

It is that time again! Mid-Florida Milers membership runs from July 1 to June 30, so make sure your membership is current by renewing in June. 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.

If you need to make some changes to your contact information or you want to join for the first time, then you should send in a completed membership form. Go to [www.midfloridamilers.org](http://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. Just change any new information and turn it in, along with the fee, at a walk or mail to our address: Mid-Florida Milers, Attn. Membership, P. O. Box 4575, Winter Park, FL 32793.

**Trailmaster Topics** by Mike Lanpher, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com)

We have exited from the no walks period in March-May to two events in June. The walks in the 3d quarter are July 4 & 18, Aug 1 & 15 & 29; Sep 5 & 19. These are a combination of Year Round events and new weekend events. It is these weekend "Traditional Events" that have consistently low turnout. Participation since 2015 at Traditional Events declined from an average of 39 to 21 then rose to 26 in 2019. The cost for these events is \$30 each and in 2019 on average we lost about \$15 from each of those 12 events (funds in and out - # participants x \$1.75 ( to MFM) minus # participants x \$1.25 (to AVA) minus \$30 AVA sanction fee); thus we have our dilemma that Dan's efforts he discussed on page 1 will look at this and other issues. The events we plan are through August currently. Winter Park on July 4 is a great chance (no parade) to wear our country's R-W-B colors; then on the 18<sup>th</sup> drift east to Tuskawilla and start at Trotwood Park. August finds us in Orlando for the Downtown Walk, at Westmont Park in Altamonte Springs, and The Villages' Spanish Springs. September has yet to be decided with Disney Springs and Kelly Park being looked at. Last, Walk Around Florida 30 is almost ready with hotel, routes, award, and brochure almost done; BUT the COVID19 requirements of the state, county, and Daytona Beach are in play on what can and cannot be done inside and outside the hotel. These issues are being discussed with the hotel and by the last week in July must be resolved. More to come.

We want and actually need you at our walks even if summer is here – you can do it!

**A Word About YRE Monitors**

By Jenny Thomas, YRE Coordinator

We are fortunate to have 9 dedicated members keeping the 12 Walk Boxes in order, collecting paid envelopes, and sending registrations monthly to our Treasurer.

Please volunteer for the monitor position for the Orlando North event at Marks St. Senior Center. You will help us by replacing Cathy who was elected President.

YRE Walk Monitors	
Celebration	Howard Daughtrey
Maitland	Tom Carter
Orlando Downtown	JoAnne Cross
Orlando North	Cathy Metherell
Orlando South	JoAnne Cross
Orlando I-Drive	Joyce Taylor
Orlando Disney Springs	Joyce Taylor
Orlando Universal	Joyce Taylor
South Florida - 5 Online	Mike Lanpher
The Villages -Lake Sumner Lndg	Jan Van Vlack
The Villages-Spanish Springs	Gerry Vannieuwenhove
Winter Park	Michael Kirchner

# Walking Information

## Back to Events by Mike Lanpher

The last 3 months have mandated a hiatus in scheduled events. Our 1<sup>st</sup> two walks returned on June 6 & 20 with 21 and 24 walkers in International Drive and Maitland respectively – a pretty good turnout on the June 6<sup>th</sup> with a consistent light rain; Maitland had great weather. Now we move forward to up to seven events planned this quarter shown below. The Annual Meeting financial discussion charts clearly displayed we have fewer walkers than expenses for traditional and getting close on YREs in Central Florida. During the annual meeting Vice President Dan Barnett discussed this issue (his charts were sent to members on June 12) and is chairing a committee to address potential mitigation to the reduction of income. Even if you did not attend the video, your assistance in support of this effort is helpful. Dan has 3 who volunteered join him; if you have any

MFM Member Milestone Achievements			
Name	City	Events	Dist
Ron Barna	Longwood	150	1500
John Hunter	Orlando	275	3000
Paul Erickson	Maitland	300	3000
Rosemary Barna	Longwood	425	3000
Sheila McClellan	Port Orange	800	
Gerald Vannienwenhove	Lady Lake	950	
Fred Sheets	Palm Bay	1100	
Joan Lanpher	Winter Springs	1150	
John McClellan	Port Orange	1150	
Mike Lanpher	Winter Springs		12000
<i>Courtesy The American Wanderer, June 2020, <a href="http://www.walkflorida.org/Walking_Florida/">http://www.walkflorida.org/Walking_Florida/</a> lists Florida walkers' milestones for the last 9 years.</i>			

Q3 Mid-Florida Milers Walks		
4 July	Winter Park at the AMTRAK Station – wear finest RWB.	9:00 – 9:30 am
20 July	Winter Springs at Trotwood Park	8:15 - 9:00 am
1 Aug	Orlando South at Beardall Sr. Center	9 - 9:30 am
15 Aug	Altamonte Springs at Westmonte Park	8:45-9:15
31 Aug	The Villages at TownePlace Suites, Spanish Springs	9:00 – 9:45 am
5 Sep	Tentative LBV/Disney Springs @ Pirates Cove Golf	8:30 - 9:00 am
19 Sep	Tentative Apopka's Kelly Park	9:00 – 9:45 am

recommendations, please send to Dan, [dnlcssb@aol.com](mailto:dnlcssb@aol.com), by 7 July 2020.

DATE	Q3 Other Florida Upcoming Traditional Events
12 Sep	HW DeLand, Lake Beresford Park 2100 Fatio Rd. Guided Bike Registration Begins: 8:30 am Bike Ride Begins: 9:00 am
	See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs –
	The Happy Wanderers. <a href="http://www.happywanderersfl.org">http://www.happywanderersfl.org</a> . Additional walks on Sundays (YREs) & Wednesday evening (fun walks).
	Please see the First Coast Trail Forger web site <a href="http://www.firstcoasttrailforgerswalkingclub.org">http://www.firstcoasttrailforgerswalkingclub.org</a> .
	Please see the Suncoast Sandpipers web site <a href="http://www.suncoastsandpipers.org">http://www.suncoastsandpipers.org</a> or <a href="https://www.facebook.com/suncoastsandpipers">https://www.facebook.com/suncoastsandpipers</a> .

**Annual Meeting Held on June 16 (by Video)**

*The annual meeting was convened at 4:10 p.m. via Zoom Video. Nineteen of 58 members made it to their PC, phone, or tablet to log into the Bylaws required meeting. The minutes of the meeting are on the MFM web site and most information was provided to all members by email in advance. The Financial Discussion and the election of Cathy Metherell of Lake Nona as President and reelection of Sharon Axelrod of Ocoee as Secretary were accomplished. The Milers engine is volunteers and recognitions of service are listed below.*

**MEMBER RECOGNITION** by Sharon Axelrod

During our Annual Membership Meeting the following members were recognized for their contributions to the Club. President Rosemary Barna presented the following awards.

- Sharon Predham received the AVA Meritorious Service Award for her service as MFM Treasurer for the last 10 years and maintaining records for all events, developing annual statistics and for providing financial data at all meetings
- The AVA Commendable Service Award and the MFM Volunteers of the Year Award were presented to Marcia and Michael Kepper for their support for every event throughout the year by producing the documents needed for each event.
- JoAnne Cross received the AVA Certificate of Service Award for her service on the AVA Development and Support Committee for 2017-2019.
- MFM Certificates of Appreciation were awarded to all MFM Year-Round Event Route Monitors, thanking them for all their time and effort in managing our YREs.  
Jane Allingham for Wekiwa Springs; Ron Barna for Altamonte Springs, Tom Carter for Maitland, Jo-Anne Cross for Orlando Downtown and Orlando South, Howard Daughtrey for Celebration #1 and #2; Michael Kirchner for Winter Park, Cathy Metherell for Orlando North; Joyce Taylor for LBV-Disney Springs, Universal and I-Drive; Gerry Vannienwenhove for Spanish Springs; Jan Van Vlack for Lake Sumter Landing.
- Paul Erickson received the Mid-Florida Milers Volkssporter of the Year Award for his support developing routes, pre-walking routes for the MFM events and volunteering at events.
- The President’s Award for 2020 was presented to Cathy Metherell for serving as Route Monitor, developing routes and consistent participation in Mid-Florida Miler events.



Get a Club UPF 30 or 50 Long Sleeve Tee, hats, nametag, or buy a sweatshirt now for winter that is “almost” around the corner.

All sizes available. Prices:  
 \$10 Hats in gold, green, and John Hunter Navy Blue.  
 SL Tee -12; LS Sweatshirt - \$16. Cotton  
 UPF 50 LS Tee - \$14, 100% polyester;  
 UPF 30 LS Tee - \$23, 100% micro-polyester; Moisture-wicking

Order at any walk or by mail with size and quantity by check made to Mid-Florida Milers to MFM Specialties, PO Box 4575, Winter Park, Florida 32793  
 Call Mike at 407.695.9181 with questions.

# Pictures

All MFM Pictures are found online for the walks completed in 2020 thru 20 June.

[http://www.mfmphotos.walkflorida.org/MFM\\_Photos/Photos\\_2020.html](http://www.mfmphotos.walkflorida.org/MFM_Photos/Photos_2020.html)



Back to Walkin'

June 6 at Comfort Suites



Jun 6 Right to register; left to stamp



Start Table and walker



Tom on Convention Center Walkway



(L to R) Sharon A, Sharon P, and Jenny



Barnas' Social Distancing example

# Pictures continued



June 20 Maitland Walk with social distancing



Sharon receives AVA Meritorious Service Award



JoAnne receives AVA Certificate of Service and MFM Certificate of Appreciation



Paul Ericson is MFM Volkssporter of the Year

# Pictures continued

Certificates of Appreciation for efforts as Route Monitors are presented on page 7 to JoAnne and below (clockwise) to Ron, Howard and Tom.

