

**A New Decade Newsletter!**

It is time to provide YOUR Inputs – Travel, Comments, Topics to [mLANPHER@cfl.rr.com](mailto:mLANPHER@cfl.rr.com)

It is cooling off this last 10 days of the 3Q. Look for walks 3, 17, & 31 Oct, 7 & 21 Nov, and 5 & 19 Dec.

**ALL WALKS OPEN**  
Physical Start Boxes at Celebration, I-Drive, Disney Spgs, Universal starts at I-Drive), Maitland, and 2 in The Villages.  
ONLINE Start Boxes at Winter Park, all 3 Orlando events.

Last 3 months walks attendance averaged 28.

# Mid-Florida Milers Newsletter

## Greetings from your President, by Cathy Metherell

### Happy Fall everyone

Did you feel it this past week? That was a little touch of fall after what was much needed relief from the heat and humidity of central Florida summer. I would like to thank everyone who has volunteered to help with the club walks on Saturdays over the last four months. Also I would like to thank our route monitors for all your effort in getting our walks reopened after they were suspended due to Covid 19. It is nice seeing everyone enjoying our walks.

After walking my neighborhood for about two months and phase one reopenings, I headed out to do YRE events outside the Orlando area. Over a three-month period, I did Suncoast Sandpipers, Happy Wanderers and First Coast Trail Forgers walks. Below are a few those that made an impression on me in no particular order.

Two Suncoast Sandpipers walks that I liked are San Antonio and St Pete Northeast. The San Antonio walk includes St. Leo University and Benedictine Abby that was a peaceful walk with lovely gardens and bright blue sky the day I was there. I like the St Pete Northeast walk that has a lot of big trees along the walk. The city did a great job with the new pier.

Both Cocoa Beach and Flagler Beach are put on by Happy Wanderers. I love the sound of the waves along Cocoa Beach and all the birds I see flying around. Flagler Beach has a nice boardwalk that looks out over the Intracoastal Waterway and goes through a mangrove swamp. The walk goes out through a neighborhood to the ocean. There is a long pier that if you are lucky you might see whales in the winter months. I enjoy watching the wildlife both animal and human on the pier.

I spent a week at Amelia Island, which is north of Jacksonville in July, and did First Coast Trail Forgers Egan’s Greenway walk. This walk takes you along wooded and grassy trails where I saw lots of wildflowers bees and butterflies. The walk also goes along the beach. Thanks to Suncoast Sandpipers, Happy Wanders and First Coast Trail Forgers for putting on these lovely walks.



Flagler



St. Leo U

With COVID19 in mind take a road trip to some of these walks. They are worth the trip. See you out on the trail.

## Donations for Year-Round Events

by Sharon Axelrod, MFM Secretary

This past July the Mid-Florida Milers received recommendations from a financial ad hoc committee led by Dan Barnett, identifying ways the Club could cut expenses. On August 24, MFM President Cathy Metherell sent an email to our membership explaining one of the items the Board of Directors voted on: the reduction in Traditional and Year-Round Events effective 2021.

The YREs not renewing for 2021 included West Palm Beach and Delray Beach; Celebration #1 (to alternate every other year with Celebration #2) and Orlando Downtown (to alternation every other year with Orlando South).

Well, my friends, we do have wonderful MFM members and several of these generous members did not want to lose the walks they enjoy doing. Coming forward over the last couple weeks these members have offered to sponsors the four YREs that we were not going to renew, by donating the annual AVA fees to sanction them.

Many, many thanks and big smiles go out to:

- Paul Erickson for sponsoring the Orlando Downtown walk
- Dan and Nancy Barnett for sponsoring the West Palm Beach and Delray Beach walks
- Jenny Thomas for sponsoring the Celebration #1 walk

A round of applause goes out to you all! Thank you!

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

## **AVA Fundraising a SUCCESS** by Mike Lanpher (with AVA information)

The AVA fundraising goal for #BigGive2020 was \$80,000 and with your help, AVA was able to bring in just over \$100,000! More than 680 individuals (includes duplicate donors) went out of their way to give to our mission.

AVA also recognized and gave special thanks to all individuals who donated during the five Match Minutes. Thanks to you, the AVA received \$2,300 in match donations and is included in \$100,000 amount raised.

On September 10 there were 269 individual donors and the Big Give web site raised \$55,719.99 that included the matching funds donated by AVA members. I reviewed the details on the Big Give web site, MFM had 6 individual donors and the Club donated in addition. The four Florida clubs listed provided a total of \$1925.

One way to look at this is the \$20,000 over the goal is 6667 walkers that could not walk due to COVID.

## **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. Membership fees are the same as last year. Currently we have 48 memberships and 67 members. This compares to 47 memberships and 67 members on 09/22/2019.

Now that we are officially into the Fall and the temperatures are ever so slowly getting more comfortable, it is a great time to get out and get some exercise with your Mid-Florida Milers friends. We have had good turnout at our recent walks and had some new members join so, if you haven't been to a walk recently, come and join us and say hello to our new members.

New Members: Leona Lauricella, Elizabeth and Eddie Seabrooks, Rosalie Friedman, Denise Carr

## **Followup to Annual Meeting Held on July 25** by Sharon Axelrod, Secretary

On July 25, 2020 a Mid-Florida Milers Board of Directors' meeting was held via Zoom. The purpose of this meeting was to vote on changes proposed by the ad hoc Financial Committee, presented by committee lead, Dan Barnett at the July 11 Quarterly Board of Directors Meeting. Joining the July 25 meeting and participating in the voting process were President Cathy Metherell, Vice President, Dan Barnett, Secretary, Sharon Axelrod, Treasurer, Sharon Predham, Trailmaster, Mike Lanpher, YRE Coordinator, Jenny Thomas, and Membership Chairperson, Dave Piatt.

In addition to the changes for the Traditional and Year Round events mentioned in my Page 1 article, the following are the rest of the proposals and the results. The meeting minutes are found on the club web site.

- Eliminate Frequent Walker Packet.  
Vote was YES. Effective immediately, no further packets will be sold. All coupons previously sold will be honored.
- Have Wekiwa Springs be considered for future Traditional Event  
Vote was YES.
- Request member donations prior to making a club donation for any cause.  
Vote was NO. However in certain cases members may be informed of the cause in case they may wish to donate directly.
- Reducing copying of the Annual Brochure. Place 3 in each Walk Box (30) and place 10 at the Events' Information Table. Reduces from 100+ to 40. Vote was YES.
- Increase Club membership and walker participation:
  - a. Use Instagram to publicize our Club and our walks. Vote was NO.
  - b. Forward to the SE Regional Director for HQ AVA consideration on the use of TikTok. Vote was NO.
  - c. Forward to the SE Regional Director for HQ AVA consideration for the creation of an AVA App. Vote was YES.
- Member Fee Increase Proposal: New Fee Amount. Vote was Yes at \$15 Single / \$25 Family: Effective July 1, 2021
- Three walks per month  
The vote was to maximize the events per year using the 7 TE and the YREs with the possibility of walking each year round at least twice.
- To eliminate or reduce bank fees look for a bank that doesn't charge for non-profits or charges less than we are currently paying. The issue was undecided

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

The last three months 7 events have gone smoothly. Participation was gratifying considering the virus impact. We added 3 Traditional events in place of closed YRE locations and attendance was pretty good in the heat of summer. The added volunteers for checkpoints and maintaining social distancing added to requirements and were filled by members – always need member’s help for a couple hours. 2021 plan is between 28 and 35 walks that will provide for 2-3 events per month and require volunteer assistance. We will kick off at Lake Buena Vista on 1/1/2021. A full schedule will be available in the next newsletter at the end of December. January 1 is again at Disney/Lake Buena Vista.

With four Orlando area and 5 south Florida YREs requiring online registration, please set up an account at [my.ava.org](http://my.ava.org) and use them to walk our events. We are planning lunch at the November 21<sup>st</sup> walk and the December 5 Sanford walk – we will request RSVPs for both out of respect to the owners’ requirements.

**2019-2020 Walk Attendance** by Sharon Predham, Treasurer

The walk totals for the club was xxx for both Traditional and Year Round Events. This is similar to last year (2018-19) and with March-May suspensions of all walks, a good result. Of the 798 total, 34 MFM club members completed 602 of the events. The most walks of a YRE were by Gerry Vannwenienhove with 61 followed by Cathy Metherell at 39.

The most attended YRE walk was Disney Springs thanks to a Tater Tots tour in January with the Villages Spanish Springs a close 2nd with 96 and two more tour walks as 3rd with 87. The October club anniversary Traditional Event (one day only) had 47 followed by January’s Leu Gardens event with 37. 2019-2020 Average of 59 Orlando areas YREs walkers was good; traditional events averaged 26.

<b>YRE Participation 2019/2020</b>			
<b>YRE</b>	<b>July to Dec</b>	<b>Jan to June</b>	<b>Total 2019/2020</b>
	<b>2019</b>	<b>2020</b>	
Altamonte Springs Mal	3	Closed	3
Boca Raton	6	Closed	6
Celebration #1	14	17	31
Celebration #2	26	17	43
Delray Beach	3	9	12
Disney Springs / LBV	37	62	99
Fort Lauderdale	6	19	25
International Drive	Open 2020	87	87
Key West	6	12	18
Lake Sumter Landing	8	45	53
Maitland	15	72	87
Miami South Beach	5	6	11
Orlando Downtown	25	7	32
Orlando North	25	4	29
Orlando South	19	21	40
Palm Beach	4	Closed	4
Spanish Springs	37	59	96
Universal area	Open 2020	62	62
Wekiwa Springs	25	Closed	25
West Palm Beach	4	10	14
Winter Park	18	3	21
<b>TOTAL YRE</b>	<b>286</b>	<b>512</b>	<b>798</b>
<b>Avg All</b>	<b>17</b>	<b>30</b>	<b>47</b>
<b>Avg Orl-TV</b>	<b>21</b>	<b>38</b>	<b>59</b>

<b>Traditional Event Participation 2019/2020</b>			
	<b>July to Dec</b>	<b>January to June</b>	<b>Total 2019/2020</b>
	<b>2019</b>	<b>2020</b>	
7/27 - Longwood Publix @ Spring Plaza	22	-	
8/17 - Lake Mary Library	19	-	
9/21 - Belle Isle	22	-	
10/5 - Sylvan Lake Park	47	-	
10/19 - Universal Area	12	-	
11/30 - International Drive	14	-	
1/1 - Lake Buena Vista Pirates Cove	-	34	
1/11 - Leu Gardens	-	37	
2/29 - Orlando Lake Eola Heights	-	28	
3/7 - Publix Avalon Park	-	23	
<b>Total TE</b>	<b>136</b>	<b>122</b>	<b>258</b>
<b>Average</b>			<b>26</b>



Rosemary Presents  
President's  
Award to Cathy

<b>YRE Walk Monitors</b>	
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 Sumter Lndg	Jan Van Vlack
The Villages-Spanish Springs	Gerry Vannienwenhove
Winter Park	Michael Kirchner

# Walking Information

## Club Shirts and Hats updated by Mike Lanpher

We changed vendors for our shirts as of this month. We are offering the same yellow cotton short sleeve (mens and womens) and long sleeve tees (unisex) as a club member tee shirt, white long and short sleeve UPF 50 polyester tees with the club logo in mens and womens (new) sizes. We no longer offer UPF 30 items.

These are prepaid and ordered at walks or by mail. Descriptions and prices are on our web site as well as at the walks. Some items are discounted if we order more than one at a time.

Info, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com)/407.304.6394



**Club Cotton yellow SL and LS: \$12 and \$15**

**UPF 50 Polyester white SL women's \$15; men's \$15.**

**Hats are one size in green, blue, gold: \$10**

**Packable windbreaker gold: \$26**

MFM Member Milestone Achievements			
Name	City	Events	Dist
Cathy Metherell	Orlando	400	3500
<i>Courtesy The American Wanderer</i> , Sept 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.			

### Q4 Mid-Florida Milers Walks

3 Oct	Winter Garden Newton Park on Lake Apopka	8:30-9:15 am
17 Oct	Orlando Downtown, Rear of Beardall Sr Center	8:30-9:15 am
31 Oct	Celebration #2, Starbucks on Boo Day, dress appropriately	8:30-9:15 am
7 Nov	Orlando North at Marks Street Sr Center	8:30-9:15 am
21 Nov	Historic Longwood from Winn Dixie on FL434/Ridgeline	9:00-9:45 am
5 Dec	Sanford at Willow Tree Café	9:00-9:45 am
19 Dec	Winter Park Health and Wellbeing Center	5:30-6 pm

DATE	Q4 Other Florida Upcoming Traditional Events	REGISTER
14 Nov	FCTF Jacksonville - Avondale	Register at 8:30 a.m., walk at 9:00
21 Nov	FCTF Jacksonville - University of North Florida	Register at 8:30 a.m., walk at 9:00
5 Dec	FCTF Orange Park - Orange Park	Register at 8:30 a.m., walk at 9:00
	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 (ACE walks).	
	Please see the First Coast Trail Forger web site for group walks <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> .	

## Walking with America's Veterans

*An exciting new Special Program begins 1 January 2021 and runs through 31 December 2023 - Walking with America's Veterans. MFM walks that currently have Veterans memorials on the routes are Celebration, Delray Beach, Key West, and Orlando Downtown. Do you have what it takes to earn all six AVA: America's Walking Club challenge coins? Each one honors one of the military services? It will take multiple books to get it done. How "high" can you go? The "challenge coin" is a military tradition that dates back over 100 years.*

*Get a book as many sister club events have memorials also. Books will be on sale by end of November. Look for an address on the sponsor's FB page:*

*<https://www.facebook.com/USFreedomWalk/posts/3460613723949056>.*

This special program puts America's Walking Club back in contact with its roots - American veterans who returned from Europe - and to reacquaint them with popular sports and modern volksmarching in the United States. The program collects 15 local veterans' monuments and memorials for "campaigns" from the Spanish American War - about 1890 to the present - in local communities.

Almost every community has found a way to thank military personnel who served overseas, especially those who did not return. Clubs are encouraged to engage with their local veterans' organizations like the VFW, American Legion, or any of the other members of the National Military & Veterans Associations, by arranging a walk start or finish or some other way to recognize them.

Purple Heart Memorials count. Trails and roads named for veterans and veteran groups count. "Blue Star" and "Gold Star" roads qualify. A monument with multiple parts representing different wars will be considered a single qualifier if local authorities give the whole display a single name on maps and directories. The special program also requires the "qualifiers" name so each qualifier can only be used once in an event logbook or once in a year, whichever comes first. Again, if a sanctioned event has multiple qualifiers, it can be used again for the additional find. Once a walker fills up a logbook with 15 different qualifiers, they can use the same qualifiers in another purchased logbook. Upon completion of a logbook, participants are eligible to receive the first AVA: America's Walking Club military challenge coin. There will also be an option to purchase an event patch at the end of the three-year program. A special grand prize will be given to the participant who collects the most different memorials and qualifiers over the three-year period, which will require multiple books to be filled and redeemed.

## COVID Deaths in Perspective by JoAnne Cross

With all the media coverage about the virus, I took a look at CDC's weekly morbidity report for Florida. I have compared a week in August, 2019 with a week in 2020. Thousands of families are grieving the loss of a loved one. Let's not forget these families who have lost a loved one regardless of the cause.

<b>Cause of death</b>	<b>8/17/ 19</b>	<b>8/8/20</b>
Total Deaths-all causes	3,659	3,827
Natural (non-violent)	3,317	3,669
Cancer	867	764
Heart Disease	836	636
Lower Respiratory Disease	193	159
Cerebral Diseases	237	226
Diabetes	109	83
Alzheimer	107	128
Flu/pneumonia	33	25
Multiple Causes, including Covid	0	553
Covid-19 only	0	505

# Pictures

All MFM Pictures are found online for the walks completed in 2020 thru 19 Sep. These are from the seven 3Q events that I took or were provided to me. I urge those that carry cameras (i.e. smartphones) to take pictures of our events. (Editor comment)

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

July 4 at AMTRAK in Winter Park



L>R Mike, Trish, Rita, JoAnne



Social Distancing was working



Rosemary Presents Joyce with Certificate of Appreciation as Route Monitor of 3 events



Rosemary Presents Michael with Certificate of Appreciation as Route Monitor of Winter Park event

July 18 at Trotwood Park Winter Springs



Trotwood registration w- Noodle Lady



President Cathy and Paul at stamp table



Rosemary Presents JoAnne an AVA Certificate of Service

# Pictures continued

August 1 Mead Garden Winter Park



Mead Garden Registration



John and Tom crest the hill



Walkers in Mead Garden woods

August 15 Westmonte Park Altamonte Springs



Stamp table -walkers waiting



Registration, Teresa, Ron, Sharon. Tony on the left.



August 29 The Villages Spanish Springs



Sam and Jennifer start



Fred & Leslie on Multimode Trail



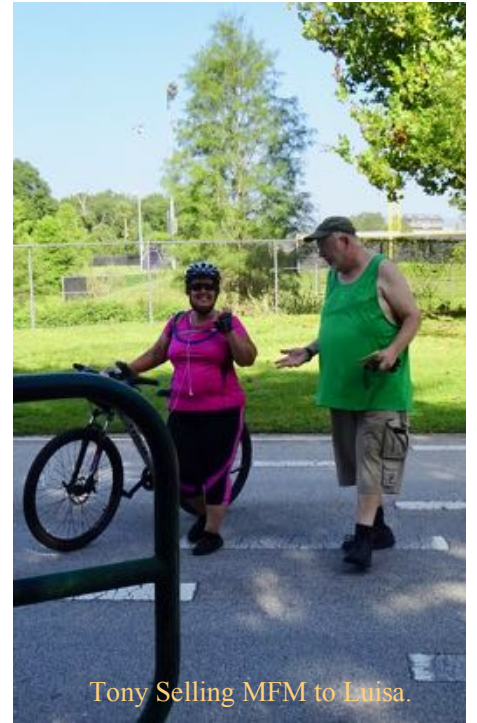
Gerry, Route Monitor, ready to stamp

# Pictures continued

September 5 Central Winds Park Winter Springs



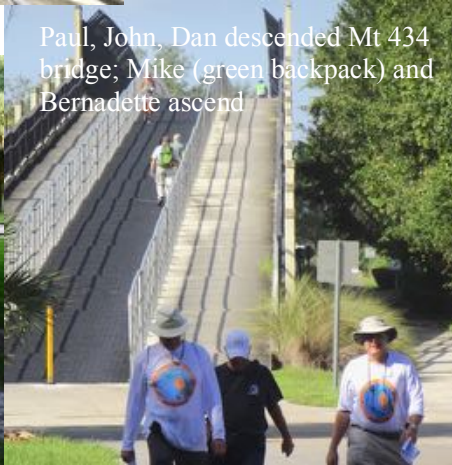
Donna on top of Mt 434 bridge



Tony Selling MFM to Luisa.



Registration L>R Kike, Bernadette, Cathy, Rosemary, Jane, Sharon, Sharon.



Paul, John, Dan descended Mt 434 bridge; Mike (green backpack) and Bernadette ascend

September 19 Maitland



Mike and John



Lake Sybelia Point Park.



John Bar and Terry



Pete and Dan



Donna and Friends



Tom Volunteering at 10K CP