

**Please provide YOUR
Newsletter Inputs—Travel,
Comment, Pictures, Topics
to Dan at dnlcssb@aol.com**

**Happy New Year!!
Welcome to a new year of exciting
walks. Upcoming walks this quarter:
Jan 1, 15 & 29, Feb 5 & 19, Mar 5, 19
& 26. See page 4.**

Mid-Florida Milers Newsletter

Comments from the President's by Cathy Metherell

First I would like to say that I hope you had a nice and peaceful holiday season and you are ready to take on 2022 with whatever it may bring.

I would like to say thank you to all who donated toiletries to help out the homeless in Brevard county. During this time of ongoing Covid outbreaks, your generosity will be appreciated by the recipients.

We are in the planning stages for Walk Around Florida 31. We will be sending details about this event soon.

At the Madison Convention I attended a workshop as well as a zoom meeting in November put on by AVA about improving pedestrian safety. The organization was America Walks and their web site is www.AmericaWalks.org if you would like more information. Several walks I did on my way to Madison could use their help in improving their intersections. For those who attended WAF 30 there were representatives from FDOT program Alert Today Alive Tomorrow and you can find more information at www.AlertTodayFlorida.com.

Central Florida has the unfortunate distinction of being a dangerous area for walking with our ever increasing population and more cars on the road is a factor. One thing I have seen as I drive around in Orange and Seminole counties, are crews working on improvements by installing well marked crosswalks and crossing signals at major intersections. Some examples are our Orlando North walk at Virginia Drive where flashing lights indicate someone is in the Orlando Urban Trail crossing. Another, is major upgrade to International Drive and Sand Lake Road intersection on the I Drive walk. One more is the new pedestrian bridge over Colonial Drive that was on the Leap Day traditional walk we did in 2020.

If you want to make a difference in your community and see a traffic problem, be willing to report it. There is a major intersection near my community that had several bad accidents over a six month period. With the help of all the communities in my area, we asked the county to install a traffic light. Within a year, one was installed and it has made an improvement to the intersection. See you out on the trail.



Comments from the Vice President

by Dan Barnett

Happy New Year! In November, our club helped support a successful WAF 30 weekend in Daytona, While the weather was a challenge, the events went off as scheduled. Thank you to all of our club members who volunteered during the various WAF 30 events.

Our club is responsible for WAF 31 which will be held November 4-6, 2022. Taveras, FL has been selected as the host location and we have negotiated special rates at the Comfort Inn and Suites (\$95 per night). A flyer will be sent out as additional details are developed. In order for this event to be a success, we will need club members to volunteer. Please contact Cathy Metherell (mcbmetherell@aol.com) if you are interested in being on the planning committee. This will involve identifying where to have walks, and, develop the social event. As we get closer to WAF 31, we will require many volunteers to put on the events. Please consider volunteering when we send out the event volunteer listing in mid 2022.

As the club Webmaster, our web site experienced a malware problem during 2021. Our web site is based upon old technology and in order to prevent future malware problems, we needed to re-design our web site. I am happy to let you know our club member, Dave Piatt, took on this challenge and re-designed our web site with new software. It looks great and we will be rolling it out during January 2022. Thank you Dave!!!

Lastly, I am the Newsletter editor and I could use your help. As you notice, at the end of each newsletter, we have photos from each of our walks. Currently, I am the one taking pictures. I am asking you to consider taking pictures at any of our club walks you are participating in and kindly send them to me (dnlcssb@aol.com). Additionally, many of you have walked in other parts of our country and in other countries. Please consider writing an article for our newsletter on your walk experience.

Membership Report by Dave Piatt, Membership Chairperson

As of 12/7/21 we have 52 memberships and 80 members. This compares to 54 memberships and 80 members at the same time last year. So even with a global pandemic going on, we are holding our own. Thanks to all of our members who have renewed their memberships for this year.

Since our last newsletter we have had two new memberships. One was a renewal of a membership, and one was a new membership. We would like welcome

Cindy and Keith Lowe

as new members. Be sure to say hello and welcome them to the group when you see them on a walk.

Volunteers Needed ASAP by Sharon Axelrod, Secretary

Joyce Taylor is the current POC (point of contact), as the YRE Route Monitor, for three of our local Year Round Events: Universal Studios, International Drive, and Disney Springs. Effective January 1, 2022, Joyce will no longer be able to continue in this volunteer position. The Mid-Florida Milers Walking Club is now looking for individuals who will be able to take over as the POC(s) for these walks.

The Universal Studios and International Drive YREs are maintained in one YRE Walk Box which is housed at Comfort Inn & Suites, 7495 Canada Ave, Orlando FL. The Disney Springs YRE is currently maintained as an OSB (Online Start Box). However the PSB (Physical Site Box) still needs to be maintained as it is used for our group Saturday walk held a couple of times a year.

See list of responsibilities below. Anyone who is interested, willing, and able, please contact: Jenny Thomas, YRE Coordinator by email at JFTBBTT@HOTMAILCOM and courtesy copy Sharon Axelrod, MFM Secretary at PALMTREESAX@GMAIL.COM

YRE POC / Route Monitor Responsibilities:

- Maintain start boxes. Start boxes are a file box that must have a registration book, start cards/sheets, walk stamp and non-inking pad, walk instructions, pens, envelopes with MFM address, club pins, awards, if any, and YRE brochures. (There should be no outdated data.). Treasurer reimburses costs with accounting/receipt for copying/envelopes/supplies;
- Provide registration sheets, Club discount coupons, and all monies to Treasurer by the 10th of each month;
- Monitor the route at least quarterly, coordinate with YRE Coordinator and report discrepancies concerning routes;
- Inventory pins, patches, and awards, if any, as they do not get sold often. Replenish at any walk event from Treasurer or Routes and Trails Coordinator. Inventory semiannually & use file format in the gDrive.
- Review write-ups for YRE on the MFM and AVA web sites. If changes are needed, suggest and provide to the YRE Coordinator; and
- Develop alternate walk routes in coordination with the YRE Coordinator and Routes and Trails Coordinator every 2-4 years.

Trailmaster Topics by Dan Barnett, Vice President

We completed six walks during the past quarter, including a traditional event in Winter Garden on the West Orange Trail. It is great to see our new and relatively new walkers returning to our walk events. As noted in the Volunteer article earlier in this Newsletter, we are in need of a YRE point of contact for the Universal, International Drive and Lake Buena Vista walks. We thank Joyce Taylor and look forward in training a replacement or replacements. In the first quarter of 2022, we begin the year with a walk on New Year’s Day at Universal with a social event after the walk. Lunch will be at the Miller Ale House, please sign up if you plan on attending. This quarter we will be having two traditional events. The first will be on January 29 at Wekiwa Springs State Park and the second is a joint event with the Suncoast Sandpipers in Lakeland on March 26. Hope to see you at these great events.

MFM Club Officers/Committees	
President	Cathy Metherell
Vice President	Dan Barnett
Secretary	Sharon Axelrod
Treasurer	Kent Allingham
Newsletter	Dan Barnett
Membership	Dave Piatt
Publicity	Letty Zook
Routes and Trails	Ron Greene
Operations Support	Marcia & Mike Kepper
YRE Coordinator	Jenny Thomas
Volunteer Coordinator	Sharon Axelrod
Website	Nancy & Dan Barnett

Walking Information

Q1 Mid-Florida Milers Walks

1 Jan	Universal at Rear of Miller Ale House (Lunch thereafter)	8:30-9:15 am
15 Jan	Orlando Downtown at Beardall Senior Center	9:00-9:45 am
29 Jan	Wekiwa Springs State Park	8:30-9:00 am
5 Feb	Celebration #1 at Starbucks	8:30-9:15 am
19 Feb	The Villages at Lake Sumter .	9:00-9:30 am
5 Mar	Orlando South at Beardall Senior Center	9:00-9:45 am
19 Mar	International Drive at Comfort Inn and Suites	8:30-9:15 am
26 Mar	Lakeland (Joint MFM and Suncoast Sandpipers walk)	TBD

DATE	Q4 Other Florida Upcoming Traditional Events	REGISTER
12 Feb	SS Tierra Verde at Fort De Soto Park. 3500 Pinellas Bayway S, St Petersburg.	Register 8:30-to 9:00 am
12 Feb	HW Titusville Walk and Guided Bike, at Chain of Lakes Park. 2300 Scarborough Way, Titusville.	Register at 9:00 to 10:30 am
5 Mar	HW Palatka at Quality Inn and Suites Riverfront. 201 N. 1 st Street, Palatka.	Register TBD
26 Mar	Lakeland (Joint Suncoast Sandpipers and MFM walk). Start is TBD.	Register TBD
See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs		
The Happy Wanderers. https://www.happywanderersfl.org . http://www.facebook.com/HappyWanderersAVA . Additional walks on Sundays (YREs) & Wednesday evening (ACE walks (noncredit fun walks)).		
Please see the First Coast Trail Forgers website for group walks http://www.firstcoasttrailforgerswalkingclub.org .		
Please see the Suncoast Sandpipers web site http://www.suncoastsandpipers.org . or . http://www.facebook.com/suncoastsandpipers .		

MFM Member Milestone Achievements			
Name	City	Events	Distance
Sharon Axelrod	Orlando		3500
Paul Erickson	Maitland	425/ 450	4500
Cathy Metherell	Orlando	500	
Fred Sheets	Palm Bay	1200	12000
<p>Courtesy The American Wanderer, Sep 2021</p>			

YRE Walk Monitors	
Celebration	Howard Daughtrey
Maitland	Tom Carter
Orlando Downtown	JoAnne Cross
Orlando North	John Hunter
Orlando South	JoAnne Cross
Orlando I-Drive	Vacant
Orlando Disney Springs	Vacant
Orlando Universal	Vacant
South Florida - 5 Online	
The Villages - Lake Sumter Lndg	Jan Van Vlack
The Villages - Spanish Springs	Gerry Vannienwenhove
Winter Park	Michael Kirchner

Merchandise For Sale

Short-sleeve T-shirts with the Mid-Florida Milers logo are currently on sale. The Board has deeply discounted the cost, and all sizes are \$15. The 14 remaining Tahiti blue shirts are available in unisex sizes from Medium to 2XL and will be available for purchase (cash or check) at the upcoming walks. If you want to have a shirt held for you, please email JoAnne Cross at beachfan10478651@aol.com to make sure your size is still available.

We can also order hooded nylon jackets with the Mid-Florida Milers patch on the front, along with your first name, for \$30 (see a sample at walks).

If you don't have one yet, you can also order your Magnetic name tag for \$8, Contact JoAnne at beachfan10478651@aol.com or 407-706-3034.

2021 AVA Walk Voucher by Henry J. Rosales, CEO and President, AVA National Office

Dear AVA Associate and Club Members,

The AVA is excited to share that we have a new partnership with Element3 Health that is a win-win for you and AVA. During the pandemic, health plans realized that staying social and having fun is actually good for you! Element3 Health, which is the parent company of GroupWorks, is working with health plans like UnitedHealthcare to keep their members socially, physically, and mentally active in wellness clubs like ours.

Through our partnership with Element3, any walkers who are members of an eligible health plan, initially United Healthcare Medicare advantage and supplemental plans, can earn free walk vouchers for participation in club related walks and activities including for your activity in 2021 -- that includes Seasonal, Traditional, and self-guided Year-Round events. There is no cost at all to you - in fact, if you are eligible, enroll in our new program, and report at least 10 walks and/or club activities per month during the year 2021, you will receive a Free Annual AVA Associate Membership and you will also receive 24 Free Walk Vouchers for 2022 Year-Round, Seasonal, and Traditional events!

Here's how you can quickly and easily check to see if you're eligible:

1. Sign up at <http://e3hfun.com/ava> All you will need is your health plan ID card to determine if you are eligible. *Element3 will send you a \$5 Starbucks card, whether your eligible or not!*
2. If you're eligible, then for every 5 walks and/or club activities you report per month you will be emailed 1 free walk voucher, limit of 2 walk vouchers per month. Report at least 120 previous activities in 2021 (10 per month) and receive a one-year AVA Associate Membership and 24 Free Walk Vouchers!
3. Please see the attached flyer for more information, and feel free to reach out to us at (club phone) or (club email), or Element3 Health at 833-906-1700 or info@element3health.com if you have any questions or we can help you with the sign up process.
4. We anticipate more health plans signing on to this program with Element3 in the future and we will notify you as they do.

Instructions on how to redeem walk vouchers will be sent to all eligible participants via email in late December and published in the January Checkpoint.

AVA Virtual Online Programs (VOP) Retired In 2022 by Nancy Wittenberg, Chair, AVA
During the AVA November board meeting, the AVA Board of Directors approved the sun setting of our virtual online programs. Closing of this program was recommended by the National Office because projected participation numbers did not increase substantially over 5 years to offset the cost of the administering the program and the online platform. The National Office will be researching new and better online platforms so we can reinstate online programs in the near future.

\$95,109.85 Raised! Thanks and Thanks Again! by Henry J. Rosales, CEO and President, AVA National Office

You deserve every thank you for your generosity and kindness. The Big Give 2021 has officially come to an end, and thanks to you, this year's annual fundraiser was another BIG success. With your help, the AVA raised a total of \$95,109.85, meeting and surpassing our \$90,000 goal. 521 donors opened their hearts and left their footprint during this year's campaign; 107 alone were first-time Big Give donors! We couldn't have done it without you. Thank you for your support and your desire to help the AVA succeed. Your gift will change lives!

In Memoriam—Dave Bundy by Jackie Walchuck

Dave Bundy never met an AVA Special Program he didn't like. The long-time Mid-Florida Miler Completed the 50 States and 51 Capitals programs (twice, I think!). He finished the Railroads program And earned his Doctorate in the Universities program. It always seemed to take him a bit longer to Stamp his walk books, mainly because there were so many of them!

He had an easy, ambling gait and Conversational style, and Welcomed anyone to walk with him, anytime, anywhere, so he was often found walking with new walkers during Miler's events.

1 Cathy Metherell, Dave, Cat McMahon, Mead Botanical Gardens, MFM Time to Walk event Dec 13 2014



Dave loved to travel the world, and his career with the US Army, from a civil engineer to a project manager at the time of his 2010 retirement gave him that opportunity many times. Some of his favorite places were Hawaii, Alaska, Germany, South Korea, Jordan and Egypt.

2 Dave, Portage Glacier, 2002

Dave was also an avid golfer and was a Volunteer at Bay Hill's Arnold Palmer Invitational for about 25 years. His Dedication to golfing, walking, and Serving the community was well known. It was not at all unusual for him to run Into friends from all over the world at an event. He even ran into people he knew from the Honolulu 10K here in Orlando at one of our convention walks!



3 Calaveras Big Trees State Park, June 2007 Bill Woolgar, Rena McMahon, Dave

David John Bundy, Jr., age 68, of Florence, KY passed away peacefully on Saturday, October 30, 2021. Memorial Contributions may be made in his name to Alzheimer's Association.

Special thanks to John McMahon for providing so many wonderful pictures and memories.
-Jackie Walchuck



4 JR&D'NIB's walking tour of New England. 11 states in 13 days. L-R: David Bundy, Nancy Horton, Iris Peterson, Barbara Lowery, Rena McMahon, John McMahon



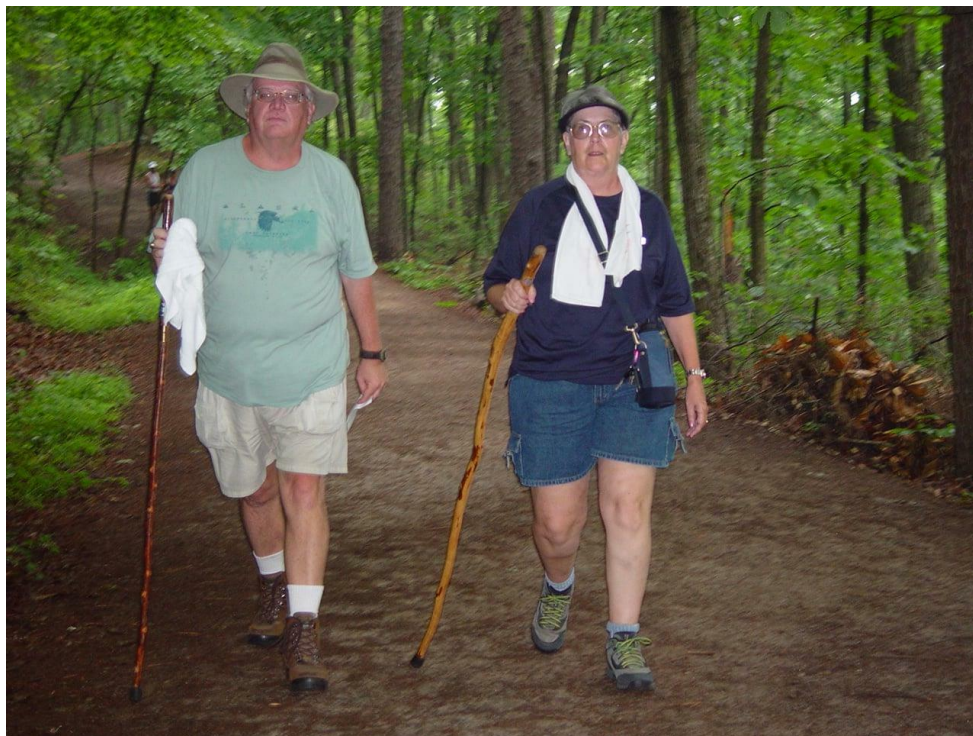
5 Dave and his sister Jan, Honolulu HI 2018



6 John McMahon and Dave Bundy, Waimea Falls HI 2018



7 2003 AVA convention, Garden of the Gods L-R: Donna Duncan, Bill Woolgar, Doris Winkler, Art Dooley Winkler, Jackie Walchuck, Dave Bundy, Rena McMahon

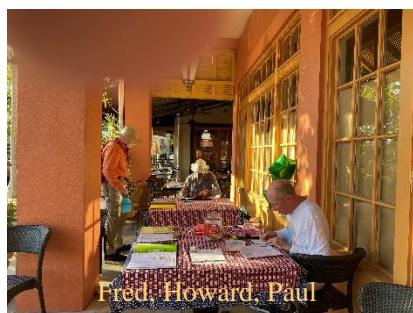
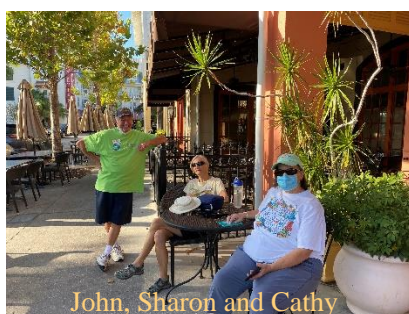


8 Dave and Rena McMahon Walking the 10km UP and over Kennesaw Mountain National Battlefield Park.

Pictures

(Editor comment) All MFM Pictures are found online for the walks completed in 2021 thru 19 Dec. These are from the 4Q events that I took or were provided to me. I urge those that carry cameras (i.e. smartphones) to take and submit pictures of our events.

2 October at Celebration



16 October at Winter Garden



30 October at The Villages (Spanish Springs)





5-7 November at WAF 30 (Daytona)





Sandy and Sharon
at Ormond Beach



Dan at One Daytona

3 December at Maitland



Jan and Sharon



John and Joyce

18 December at Orlando North



9:49AM DEC 18
Nancy, Patty,
Cindy, Bobbie



Walkers