

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

Upcoming walks this quarter:

Jan 1, 7 & 21, Feb 4 & 18, Mar 4 & 18

See Page 3

MID-FLORIDA MILERS NEWSLETTER

Comments from the President

by Cathy Metherell, President

Looking back at 2022 and ahead to 2023.

Over the past two years, we have collected socks and toiletries for those in need. I look at events locally and around the world this Christmas season and see so much need out there. If you have the wherewithal, please consider donating to an organization of your choice.

In the planning for Walk Around Florida 31 (WAF 31), I learned a lot about the history of Lake County and its citrus industry. Tavares is famous for its Seaplane Base and is the county seat. Farmers grew watermelons around Leesburg of which there was a festival promoting the fruit at one time. Eustis was known as the orange capital of Florida in the past. You may know that Mount Dora has a yearly art festival.

As much as I thought I knew about Florida's Citrus Industry, I learned more in the planning of WAF 31. Citrus is native to Southeast Asia and the Spanish brought the fruit to Florida. Indians began growing the fruit for personal use. With the help of the British and once Florida became a US territory citrus was grown commercially for local consumption. Growing citrus in Florida is not easy between weather, diseases, and other events. At one time, the center of citrus growing was northeast Florida. Now, Highlands County is the center, due to the weather.

Citrus prefers a tropical climate. The years 1820, 1894, 1895, 1957, 1977, early 1980's and 1989 were bad years, due to killing freeze. Lake County lost 99 percent of its groves after the freeze. Bonfires were lit to heat the groves. Smudge pots heated with oil are now used because they create more heat. Sprinklers are used to keep the frost from settling on the trees. Over the last 30 years, diseases like citrus canker that affects the fruit and foliage, and, citrus greening that affects the fruit, have decimated groves across the state. There has been

some progress of late, in getting a handle on citrus greening.

The Civil War and transportation were another hinderance to early citrus production. Before the railroad came to central Florida, it would take two days to transport fruit from Orlando to St Johns River in Sanford. In the 1870s, citrus really started to take off as a cash crop. Most of the citrus in Florida is sold as concentrated juice. With the advent of the railroad and refrigeration, citrus can be shipped to markets up north and overseas. There was a request for juice for troops during WWI and WWII.

Some farmers have started growing blueberries and low chill hours peaches in place of citrus. A few farms are opened to the public as a way to supplement their income. If you would like more information about growing citrus in your area, contact your county IFAS Extension Center. Master Gardeners will be happy to help you.

Over Thanksgiving, I went to visit family in Mobile, AL and while there, I did the AVA Year Round Event (YRE). The walk starts at the Visitors Center in the old city hall. Then it goes by and through several parks and old homes that have been around 200 plus years. If you ever do this walk, you must go inside the Battle House Hotel. The French settled in Mobile in 1702. Mobile is home to the oldest Mardi Gras celebration in the United States...even older than New Orleans. The day I did this walk, a stage was being set up with a large TV to watch the College Football Iron Bowl later that day. The weather can be warm and humid, however, it was cool and cloudy when I did the walk.

I am looking forward to walking the next three to four months before the weather turns hot and humid. I hope to see you out on the trail soon.

Membership Report by Dave Piatt, Membership Chairperson

As of 12/28/22 we have 52 memberships and 80 members. Last year at this same time we had 52 memberships and 80 members. Despite the constant numbers, we have had some members leave and some new ones join. Unfortunately, we have added no new members in the last quarter.

Volunteer Update and need for Volunteers by Sharon Axelrod, Secretary

Happy New Year to all!

The Mid-Florida Milers gives thanks to all our members who provide their time as volunteers to assist in maintaining our valued Club as one that makes us proud. We are looking forward to many more walking events in 2023. We will continue to ask our members to help and participate throughout the year. Our 2023 event schedule includes 28 walks plus our three-day weekend in November for WAF32 in St. Petersburg.

In addition to our Year-Round Walk Events (YREs), in 2023 we will also be holding 5 Traditional Events (TEs) in our Central Florida area. Our YREs do require your help during our set-up, registration, and take-down period. As we have been discussing over the past several years, our TEs require much more planning and coordinating. We need a number of volunteers to be involved in the experience of preparing the routes/maps; permissions; start points; checkpoint and etc. We are hoping to entice our members into learning what goes into creating an AVA walk event. We will be appointing a Point of Contact (POC) for each TE and hope you will join in the “fun”. Our target TEs are Wekiwa Springs, College Park, Orlando (Colonial Town), Sanford, and Longwood. Please contact any Board member to let us know you are interested in assisting.

Looking forward to Happy Trails in 2023!

Trailmaster Topics by Dan Barnett, Vice President

The past quarter saw our club lead a very successful WAF 31. Over the 4-6 November extended weekend, we saw a total of 455 individuals participating in the five events. This would not have been possible without the support of volunteers. I want to thank all you who volunteered.

This coming quarter, we will begin our walking year at Miller’s Ale House on Kirkman Road as we walk the Universal YRE on 1 January and then have lunch at the start location. We will have six additional walks in the quarter.

MFM Club Officers/Committees	
President	Cathy Metherell
Vice President	Dan Barnett
Secretary	Sharon Axelrod
Treasurer	Kent Allingham
Newsletter	Dan Barnett
Membership	Dave Piatt
Publicity	Vacant
Routes and Trails	Vacant
Operations Support	John Hunter
YRE Coordinator	Jenny Thomas
Volunteer Coordinator	Sharon Axelrod
Website	Nancy & Dan Barnett

The USA is hosting the IVV Olympiad and IML from 19 to 26 February in San Antonio Texas. My wife, son, and I are signed up for this great opportunity to do multiple walks with walkers not only from the US but also international walkers. For information on this multi-day events, please read the article in this newsletter on page 4.

Walk Information

Q1 Mid-Florida Milers Walks		
1 Jan	Universal at Miller's Ale House	8:30-9:15 am
7 Jan	The Villages, Spanish Springs	9:00-9:30 am
21 Jan	LBV Disney Springs	8:45-9:30 am
4 Feb	Orlando South at Beardall Sr Ctr	8:30-9:15 am
18 Feb	International Dr at Comfort Inn & Suites	8:30-9:15 am
4 Mar	Celebration #2 at Starbucks	8:30-9:15 am
18 Mar	Maitland at Walgreens	8:30-9:15 am

DATE	Q4 Other Florida Upcoming Traditional Events	REGISTER
13-16 Jan	FCTW Sixth Martin Luther King Day Weekend – Fernandino Beach.	5 Walks
4 Feb	FCTW Ortega Forest-Stockton Park, 4021 Ortega Blvd, Jacksonville.	Register 7:30am
11 Feb	HW DeBary Guided Bike-Lake Monroe Park, 975 S Charles Richard Beall Blvd, DeBary	Register 8:30 – 9:00 am
11 Feb	FTCW Jacksonville Beach-Cradle Creek Preserve, 2514 S Beach Pkwy	Register 7:30am
25 Mar	FTCW Palm Coast-Washington Oaks Garden State Park, 6400 N Oceanshore Blvd	Register 9:00 – 10:00 am
See HW, SS, and FCTF websites 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 website http://www.suncoastsandpipers.org . http://www.facebook.com/suncoastsandpipers .		

MFM Member Milestone Achievements			
Name	City	Events	Distance
Ellen Callahan	DeLand	700/750	6000/6500
Cathy Metherell	Orlando	575	
Leslie Stone	Ormond Beach	1350/1400/1450	
Jim Tompkins	DeLand	600/650/700	5500/6000/6500

Courtesy The American Wanderer, Dec 2022

YRE Walk Monitors	
Celebration	Howard Daughtrey
Maitland	Tom Carter
Orlando Downtown	JoAnne Cross
Orlando North	John Hunter
Orlando South	JoAnne Cross
Orlando I-Drive	Paul Erickson
Orlando Disney Springs	Paul Erickson
Orlando Universal	Paul Erickson
South Florida - 5 Online	
The Villages - Lake Sumter Lndg	Jan Van Vlack
The Villages - Spanish Springs	Gerry Vannierwenhove
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 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 (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 (beachfan10478651@aol.com) or 407-706-3034.

Message from the President/CEO of the AVA by Henry Rosales

YOUR GIFT WILL MAKE AN IMPACT!

They say that actions speak louder than words, and during this year's Big Give campaign you have shown this to be the absolute truth. To date, \$86,985 has been raised as a result of the generous and caring hearts of our 412 donors.* We would like to express our gratitude to each and every one of you who donated this year, including individuals, clubs, match sponsors and business partners. We are especially grateful to all of the Peer-to-Peer fundraisers for being our inspiration and taking the initiative to fundraise on behalf of America's Walking Club. The AVA earned \$4,232 in Peer-to-Peer donations. The top three Peer-to-Peer fundraisers were AVA Chair Nancy Wittenberg, Accounting Specialist Marian DeVaul and Mid-America Regional Director Robert Buzolich. Another heartfelt thank you goes out to all the individuals who contributed during the eight Match Minutes. We appreciate you setting your alarms to donate during the Match Minutes, your efforts helped us raise \$2,155!

Once again, thank you all for your support of the Big Give. Your help will not go unnoticed. Your donation will not go unappreciated. Your gift will make an impact! *(Amount raised as of October 24. Donors who made several contributions are counted in the donor total.)

BRIDGE TO HISTORY by Michael Marke, 2023 Olympiade Trailmaster

February 19-23, 2023, historic San Antonio will host the biannual international walking festival known as the IVV Olympiad, marking the first time the event is held in the U.S. The IVV Olympiad takes place every two years in the country of an IVV member association and has done so since 1989. The 2023 Olympiad will be followed by a three-day IML event providing walkers with a full week of walks starting in one location. Each day's Olympiad walks begin and end in the heart of the city, feature a different quadrant of the city, and offer a choice of three different distances (short: 5k or 6k; medium: 10k or 11k; and long: 21k or 22k). A 42k marathon route featuring creek greenway trails, lakes and colleges will be offered on Wednesday. Swims in an indoor pool and a bicycle event are planned as well.

On the second day of walking, Tuesday, February 21, the theme is Bridge to History. The trail uses the Hays Street Bridge to cross over railroad tracks on what was a vehicular bridge built 60 miles west of San Antonio in the late 1800's. It was moved to San Antonio in the early 1900's, closed to vehicular traffic in 1982 after being declared unsafe and reopened as a pedestrian bridge in 2010 after being restored, giving walkers a great view of the San Antonio skyline.

After crossing the railroad tracks the trail enters the Dignowity Hill Historic District, San Antonio's first exclusive residential suburb, dating back to the latter part of the 1800's. By the 1930's the neighborhood consisted of small Folk Victorian style houses and Craftsman bungalows. Today the district has become attractive to homeowners again and many of the houses are being restored. After a brief glimpse of the district, the 6k route returns to the walk finish going through the Nolan Street Underpass, the home of several colorful murals.

The 10k route leaves the historic district and heads towards the Historic City Cemeteries dating back to 1853. One of the cemeteries, the San Antonio National Cemetery, is one of two national cemeteries in San Antonio, the other being Fort Sam Houston National Cemetery, located next to the historic U.S. Army post. The San Antonio National Cemetery dates to 1867.

After seeing more of the historic district, the 21k route goes through the cemeteries and continues to St. Phillip's College, one of five public two-year colleges in the Alamo Colleges District. As it heads back towards the downtown area the 21k route goes through neighborhoods of early 20th Century houses including the four-block Knob Hill Historic District dating to 1910. The district includes numerous Craftsman bungalows, Classical Revival style houses and later minimal traditional homes. The 21k route then joins the 10k route for its return to the heart of the city and the walk finish.

Along their way to the finish the 10k and 21k walkers pass Pittman-Sullivan Park, a large park that hosted major league baseball spring training in the 1920's. Closer to the finish, walkers pass the Alamodome which opened in 1993 and is owned and operated by the City of San Antonio. The dome is the home stadium for the University of Texas – San Antonio Roadrunners football team, has hosted NCAA basketball Final Four games, hosts the Valero Alamo Bowl football game between nationally ranked college teams every year and was home to the NBA World Champion San Antonio Spurs from 1993 to 2002.

Closer to the finish walkers pass the University of Texas – San Antonio Institute of Texan Cultures, a museum featuring the many cultures making up the population of Texas, which served as the Texas Pavilion during HemisFair '68 World's Fair. Another reminder of the fair is the Tower of the Americas, the theme structure for the fair. Currently the fair grounds are evolving to fulfill a new master plan to bring more life to the area with park space, apartments, a hotel, and commercial space. Walkers pass the Fairmont Hotel which was originally constructed in 1906 about four city blocks from its current location. In 1985 the hotel was moved to its current location earning the title of the "largest building ever moved on wheels" by the Guinness Book of World Records. The yellow brick south section was added after the move.

We invite you to join us for this walk and the other Olympiad and IML walks planned for the week. Register at fests.ava.org/olympiad/register.php

IVV AMERICA'S: MORE EXPERIENCE AND OPPORTUNITY by Nancy Wittenberg, AVA Board Chair

I have been thinking about the process the board used to decide to join IVV Americas. IVV Americas (now IVV Americas and Oceania), which I will keep as IVV-Americas for this article, was set up along with IVV-Asia and IVV-Europe to work on things of interest to their respective organizations. As chair I established a charter for an IVV-Americas Special Committee and appointed Bob Morrison, former AVA Treasurer, as chair. The board approved the charter in late 2021.

The report of the committee was brought before the board at its meeting on May 11, 2022. The board voted to accept the recommendation of the committee to become a member of IVV-Americas, which it could do according to AVA Bylaws. AVA's membership was accepted at the IVV Americas meeting in Penticton, BC. I appointed Bob Morrison to be our candidate as one of the three Vice Presidents (one from each country) on the board of IVV-Americas and Tim Miner and Carl Cordes are delegates to meetings, held by Zoom. There are only three countries in the organization: Canada, the USA and Australia. Brazil was once a member, but is no longer.

To see the entire report of the IVV Americas Special Committee, which is very complete, go to cb.ava.org/index.php. This is the legacy website. Pick: Administrative, then General Admin, then Current NEC Minutes, then on "Board Meeting Attachments May 11, 2022" scroll down, to pages 39–59.

To go back in history, a previous committee brought their findings to the membership at the 2013 Orlando, Florida, convention. The membership voted at that time not to join IVV Americas. This was not a change to the Bylaws, just a decision not to join at that time. At the 2015 Salem, Oregon, convention, a motion was made to amend the bylaws to require the membership to vote on AVA joining any organization. This motion was defeated. Read the report. The bylaws of IVV-Americas were changed and completed since those earlier decisions. There are no travel costs associated with IVV-Americas Zoom meetings. There are no dues or other fees levied by the organization.

There are only benefits to AVA to join IVV-Americas and Oceania:

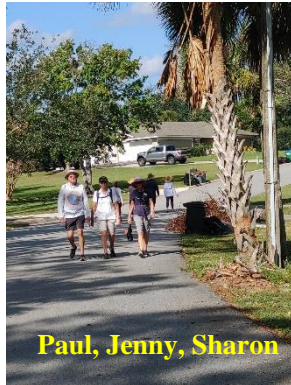
- There are many special programs we have that can be done in Canada or Australia as well. We can walk events in Canada on rail trails toward our AVA special program, for instance.
- We can work with both Canada and Australia to create other interesting special programs.
- We can work to change issues we have in common with Canada and Australia, via the extra voice and vote we have at the IVV-Congress and IVV Presidium as a member of IVV Americas.
- We could utilize one of our own excellent three-day locally run walking festivals in the US, call them Americapiads and invite those from other countries to enjoy them with us.
- IVV-Americas brings us the opportunity to expand our horizons and learn from others.

Let's focus on the benefits and think about what we can do in our own clubs to expand walking opportunities with others in our communities. Something new can be beneficial and draw others to us. We can have fun and find more benefits in working with others.

Pictures 2022

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 and email them to me at dnlcssb@aol.com. Thank You!

15 October at Lake Mary



Paul, Jenny, Sharon



Walkers

4-6 November WAF 31



Cathy at Hotel Registration



Leesburg Certificate of Appreciation



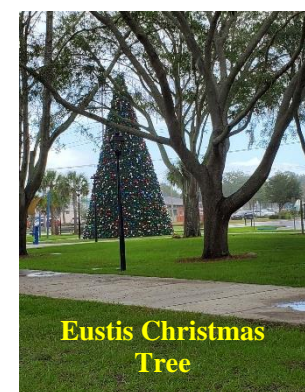
Eustis Fountain



Eustis Registration



Eustis Registration



Eustis Christmas Tree



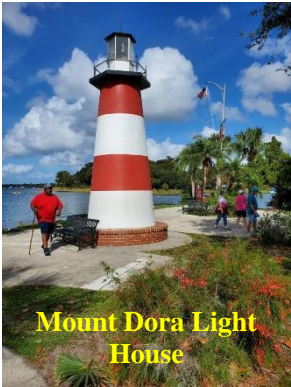
Mount Dora Registration



Mount Dora Checkpoint



Veteran Memorial



Mount Dora Light House



Certificate of Appreciation to the Restaurant



WAF 31 Cake



WAF 31 Dinner

19 November at Orlando Downtown



Registration

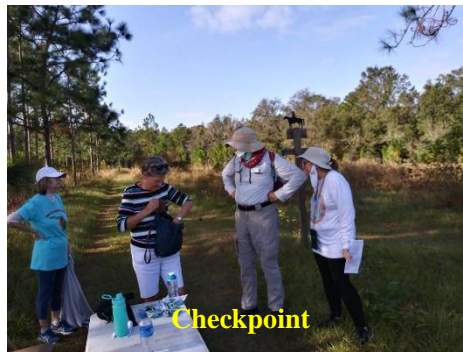


Downtown Scavenger Hunt



Downtown Scavenger Hunt

3 December at **Lake Louisa**

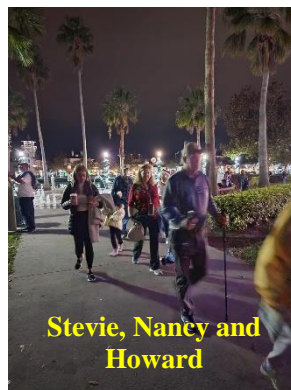


Checkpoint

17 December Guided Night Walk at **Celebration #2**



Paul and John



Stevie, Nancy and Howard



Christopher, John and Paul



Reese and Stevie



Christopher



Decorated House



Decorated House



Decorated House

Other Pictures



Jackie Certificate of Appreciation



Joanne Certificate of Appreciation