

Please provide YOUR Newsletter Inputs—  
Travel, Comment, Pictures, Topics  
to Dan Barnett at  
[dnlcssb@aol.com](mailto:dnlcssb@aol.com)

**Upcoming walks this quarter:**  
Apr 1, 15 & 29, May 6 & 20, June 3 & 17  
See Page 4

## MID-FLORIDA MILERS NEWSLETTER

### Comments from the President

by Cathy Metherell, President

First off I want you to save the date for our Annual Meeting with a walk on 20 May at the Maitland Library. We will be having a potluck and a club meeting. Please think about what dish you would like to bring to share with the group. More information to follow.

Have you ever seen a flower on one of our routes and wondered what it was? During winter and spring, a lot of trees and shrubs in the Central Florida area put on a show. In this article, I am going to highlight a few.

*Bauhinia veragata* is also known as the Orchid tree for the flower shape. They are not related to the Orchid that one might receive for Mother's Day. *Bauhinia*'s come as trees, shrubs and vines and the flowers are purple, pink, white, orange, and yellow. The tree form grows up to 30 feet and 8 feet wide. The seeds come in pods and flowers and have a light fragrance. These sub-tropical trees are native to southeast Asia. They are named for the *Bauhinia* brothers, Gaspard and Johann, French/Swiss botanists. The Hong Kong flag features an Orchid Tree Flower. One can see these flowers along the Orlando South walk at the Orlando Health and the Al Coith Park.

Next up is the *Tabebuia*, a common showy flowering tree in the New World tropics. Flowers are trumpet shaped and come in pink, rose, yellow, purple, and white colors. The common name is the Trumpet tree. Pollinators, like bees, and butterflies are attracted to the trumpet shaped flowers. One unique characteristic is that after a heavy rain, four days later the flowers bloom. *Tabebuia* is native to tropical and sub-topical areas of Central and South

America. The name *Tabebuia* comes from a Tupi Indian word meaning ant wood. You can see these trees along most of the Mid-Florida Milers walks including both central and south Florida walks. I remember seeing a yellow *Tabebuia* along the Miami walk and it was beautiful.

*Trachelospermum jasminodes* or Star Jasmine is an evergreen vine with clusters of white flowers. It has a very nice fragrance. The name comes from the Persian word for yasamin. They are found in tropical and warm temperate regions of Eurasia, Africa, and Oceania. You can see this plant along most of our walks.

Now I would like to recognize club member Leslie Stone for completing 50 States and 51 Capitals, including Washington DC, AVA Special Programs. It took her 41 years to accomplish this. Leslie told me how she enjoyed planning vacations around AVA walks. Leslie has also contributed photos to our newsletter as well. Leslie, thank you for that!

Do not forget to drink water on your walks and hope to see you soon out on the trail!



## **Annual Meeting and Walk on 20 May** by Dan Barnett, Vice-President

Greetings Fellow Mid-Florida Milers! On 20 May we will be having a walk in Maitland. It is a walk we have not done since 2014 and is different than our Year Round in that city. The walk goes through some very nice neighborhoods of Maitland and Winter Park. In addition, we will be holding our Annual Meeting after the walk and a potluck luncheon. We request your participation in the walk and stay for the Annual meeting.

This will be our first in-person meeting since Covid. It will begin at 11:15 am and will be held in a private room in the Maitland Library. (NOTE: the Maitland Library is also the start/finish for our volksmarch.) Sign up for the Annual Meeting/Potluck will be on our club website. We look forward to your attendance.

Registration and start walking any time between 8:00 - 9:15 am. While individual walkers can do the walk on their own, we recommend walkers consider doing the 5K and 10K in respective groups (the 10K group will depart at 8:45am and the 5K group will depart at 9:15am) in order for you to finish on time to attend the meeting/potluck.

We will be holding an election for the Vice President and Treasurer positions. In the event you cannot stay for the Annual Meeting, request you send your proxy vote to our President, Cathy Metherell ([mcbmetherell@aol.com](mailto:mcbmetherell@aol.com)) and Secretary, Sharon Axelrod ([palmtreesax@gmail.com](mailto:palmtreesax@gmail.com)).

The meeting will also include club updates on our finances; current membership; upcoming 2023 walking events; and Newsletter Editor. New business to be discussed is the 2023 Walk Around Florida weekend to be held in St Petersburg, 27-29 October; and a MFM hosted bus trip being planned for the spring of 2024 to our South Florida Year-Round walks.

For any club to succeed, it needs volunteers. Two priority positions which need to be addressed are the Vice-President and Treasurer positions. This year, these two positions will be up for election, and we are looking for club members to consider running.

Here is a brief description of the Vice-President and Treasurer positions:

### Vice-President

- "Assist the President in performing Club business at the discretion of the President."
- "Prepare programs as desired and appropriate for each Club sponsored walk."
- "Assume the office of President during an absence and perform the duties of that office."

### Treasurer

- "Maintain records of all financial transactions pertaining to The Club, including but not limited to account for all monies of the Club, collect monies and dues and make payments which have been authorized."

Please consider running for either position and let our President, Cathy Metherell, ([mcbmetherell@aol.com](mailto:mcbmetherell@aol.com)) know by 30 April. I cannot emphasize how important it is to have nominees for these two positions!

I would like to address a few other volunteer positions which need volunteers. They are the Routes and Trails Committee and the Publicity Committee.

The Routes and Trails Committee is ideally comprised of at least three club members. At present, the club Board has taken on these responsibilities. It is ideal to spread the responsibilities amongst the club

membership. This committee could involve things like: helping identify locations for walks and possible start points; helping design a walk route; pre-walking a route to verify the instructions; and, helping with the logistics of the walk.

The Publicity Committee can be one or more individuals. The responsibilities include:

- “Prepare and distribute articles to the media (i.e., local newspaper) on upcoming walks during the year.”

Request you consider volunteering for any of these positions. Only through your help can we ensure our club succeeds.

**Membership Report** by Dave Piatt, Membership Chairperson

As of 3/29/23 we have 54 memberships and 83 members. Our membership numbers are slightly down compared to last year when we had 57 memberships and 89 members at this point in the membership year.

We did have two new memberships in early January. So, if you see any of these new members, be sure to say hello and welcome them to the group.

**Annabell Baue**

**Roger and Patti Winters**

**Routes and Trails Topics** by Dan Barnett, Vice President

This coming quarter, we will be having two Traditional Event (TE) Walks along with our Year-Round Events. The two TE’s will be at Wekiwa Springs in Apopka and Annual Meeting walk at the Maitland Library.

The IVV Olympiad and IML was held from 19 to 26 February in San Antonio Texas. My wife, Nancy, and I attended this wonderful week of walking, swimming, and fellowship. Please see my article later in this Newsletter.

<b>MFM Club Officers/Committees</b>	
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	Dave Piatt

Walk Around Florida 32 will be taking place 27-29 October in St Petersburg. An event flyer is included in this Newsletter.

# Walk Information

Q2 Mid-Florida Milers Walks		
1 Apr	Orlando Downtown	8:30-9:15 am
15 Apr	Wekiwa Springs	8:30-9:00 am
29 Apr	Celebration #1	8:30-9:15 am
6 May	The Villages, Lake Sumter	9:00-9:30 am
20 May	Maitland (Walk and Annual Meeting)	8:00-9:15 am
3 Jun	Winter Park	8:30-9:15 am
17 Jun	Universal	8:30-9:15 am

DATE	Q2 Other Florida Upcoming Traditional Events	REGISTER
22 Apr	Jacksonville, Murray Hill–Four Corners Park, 4602 Lawnview St, Jacksonville.	Register 7:30am
13 May	Jacksonville, St Nicholas-Mudville Grill, Atlantic Blvd, Jacksonville.	Register 7:30am
3 Jun	Jacksonville, Fleming Island-Publix, Hibernia Rd, Fleming Island	Register 6:30am
See HW, SS, and FCTF websites for Wednesday, Saturday, and Sunday group walks of YREs		
The Happy Wanderers. <a href="https://www.happywanderersfl.org">https://www.happywanderersfl.org</a> . <a href="http://www.facebook.com/HappyWanderersAVA">http://www.facebook.com/HappyWanderersAVA</a> . Additional walks on Sundays (YREs) & Wednesday evening (ACE walks (noncredit fun walks)).		
Please see the First Coast Trail Forgers website for group walks <a href="http://www.firstcoasttrailforgerswalkingclub.org">http://www.firstcoasttrailforgerswalkingclub.org</a> .		
Please see the Suncoast Sandpipers website <a href="http://www.suncoastsandpipers.org">http://www.suncoastsandpipers.org</a> . <a href="http://www.facebook.com/suncoastsandpipers">http://www.facebook.com/suncoastsandpipers</a> .		

MFM Member Milestone Achievements			
Name	City	Events	Distance
Paul Erickson	Maitland	575/600	6000
Cathy Metherell	Orlando		5000
Jerry Vannienwenhove	Lady Lake	1150	

Courtesy The American Wanderer, Mar 2023

YREWalk Monitors	
Celebration	Howard Daughtrey
Maitland	Tom Carter
Orlando Downtown	Jo Anne Cross
Orlando North	John Hunter
Orlando South	Jo Anne 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 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 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

### **2023 IVV OLYMPIAD & IML TEXAS TRAIL ROUNDUP DRAWS OVER 1,000 PARTICIPANTS!**

The 2023 IVV Olympiad and IML Texas Trail Roundup was a huge success! We had 1,021 participants from 23 countries and 42 states! Congratulations to everyone who supported us. Special thanks to the IVV Presidium and IML Board for their guidance and support. We are all now part of the history of the AVA's first IVV Olympiad! This is attestation of what the AVA can accomplish when we all work together as a National Organization! A full report on event participation, financials, marketing, operations, and lessons learned will be presented during the June Regular Membership Meeting. Let's do it again!

## Message from the Secretary of the AVA by Celia Miner Ph. D.

I hereby notify all AVA National Officers, Regional Directors, State Organizations, and AVA Member Clubs of the 2023 American Volkssport Association Regular Membership Meeting and invite you to participate.

On June 14, 2023, 5 p.m. to 8 p.m. Central Daylight Time, the AVA will hold the Regular Membership Meeting required by AVA Bylaws. The meeting will be held remotely, and the purpose will be to elect officers, to receive reports of officers and committees, and to conduct other business that may arise. Each club will appoint a delegate and an alternate.

**Voting Privileges:** Each National Officer, Regional Director, State Organization, and Regular Member Club in good standing forty-five days before the Regular Membership Meeting (April 30, 2023) is entitled to one vote in each election and on each matter submitted to a vote of the members. The Executive Director shall have no vote. Because there is only one candidate for each office, voting for officers shall be by acclamation.

**Delegates and Alternates:** A delegate or designated alternate normally represents each State Organization and Regular Member Club. Because this membership meeting is virtual, the precise means of appointing delegates and alternates will appear in subsequent Checkpoints.

**Proxies:** State Organizations and Regular Member Clubs in good standing may vote by proxy by using a mail ballot option.

Responsibilities: AVA will track delegates, alternates, and proxies and provide the list to the AVA Secretary for credentialing. A club may transfer voting privileges to an alternate only in an emergency. The club should advise the delegate and alternate on voting positions for elections and other business upon which the membership might vote. Delegates should report back to the club they represent on the Regular Membership Meeting.

### **2025 AVA BIENNIAL CONVENTION - WHERE AND WHEN?** by Jerry Wilson, Chair, Convention Committee

The location and dates for the 2025 AVA Biennial Convention remains pending. Unfortunately, no firm proposals to host the convention were submitted. The AVA President and Convention Committee Chair are working with representatives for one location to prepare a proposal. All we can say at the present time is “Stay Tuned!”

Any local club, multiple clubs, or state associations that have considered submitting a proposal to host a convention are encouraged to submit a proposal at this time for hosting the 2025 or 2027 biennial conventions. Please contact either Henry Rosales, AVA President at [henry@AVA.org](mailto:henry@AVA.org), or Jerry Wilson at [Convention@AVA.org](mailto:Convention@AVA.org) to communicate your interest, receive Request for Proposal (RFP) documents, and to request assistance from Jerry Wilson during the proposal preparation period.

Hosting a national convention is a lot of work, beginning with developing a proposal, through planning and delivering the convention experience, but it is well worth the effort in benefiting your walking area, your local clubs and the national organization. Locations considering submitting a proposal can obtain much needed assistance from the National Office, local Sports Commission and Convention Bureau.

### **A GREAT WEEK OF OUTSTANDING WALKS AND WONDERFUL FELLOWSHIP!** by Dan Barnett

My wife, Nancy, and I attended the recent (February 19-26) IVV Olympiad and IML (Internationalar Volkssportverbund and International Marching League). This type of event is held in different countries every two years. This year the event was held in San Antonio, Texas...first time ever in the United States. There were over 1,000 walkers representing 27 countries on hand for the eight walks, two swims and two bicycle events. The Mid-Florida Milers were represented by Leslie Stone, Fred Sheets, Mark Johnson, Nancy and myself.



**Opening Ceremony**

Each day had a walking event with varying distance opportunities ranging from 5K to 42K. Nancy chose the shorter distances, and I started the first few days with the 10K walks and then opted for the 21K walks later in the week.

Each of the walks were well laid out and took us by the historical sites in and around the San Antonio area. This included the Alamo, River Walk, San Antonio Japanese Tea Garden, and the four Spanish Missions.

My favorite walk was the 21K walk that took us by the four Spanish Missions. The organizers had buses to take us from the downtown Hotel Headquarters and dropped us off outside of San Antonio. I was able to tour the Missions Espada, San Juan Capistrano, San Jose, and Concepcion before completing the walk, in downtown San Antonio.



While the walks were great, the organizers added an entertainment element to the week. Each day were able to listen to various musicians and musical groups at our walk finish. In addition, one evening we had a Margarita and Taco Walking Trail. This to me was like a scavenger hunt in which we were walking to 11 different businesses. Each of the businesses stamped our Margarita and Taco Walking Trail passport and provided us with a unique item. The items ranged from cupcakes to margaritas. It was a fun evening.

Talking about walks and entertainment, on one of the 21K walks, I ran into Carol and Dennis Romig from the Menhune Marchers in Hawaii. What a treat it was to see them on the walk and complete the walk together. Carol invited Nancy and I to join the Menhune Marchers at Mi Terra Restaurant. What a great time!

After eight walks and two swims, it was time to get back home. Nancy completed 35 K's and I completed 125 K's. We left San Antonio with fond memories!



**Nancy at AVA HQ**



**Walkers with Hemisphere Tower**



**Downtown**



**Mark Johnson in front of WW II Memorial**



**Leslie and Fred**



**Nancy at one of the  
Margarita and  
Taco Trail  
Destinations**



**Walk Finish Point**



## Pictures 2023

These are from the 1Q 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](mailto:dnlcssb@aol.com). Thank You!

### 1 January at Universal



Quinn, Raegan,  
Mitch, Lynda, Nancy



Lynda Raegan, Quinn, Nancy



Lunches

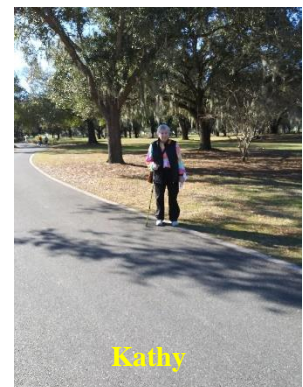
### 7 January The Villages, Spanish Springs



Jeanne, William at Registration

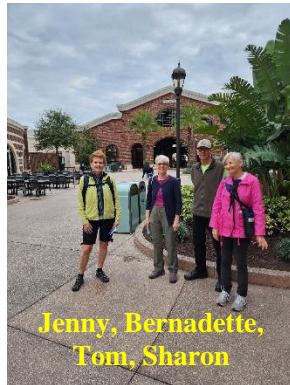


Susan, Kevin at Registration



Kathy

21 January at **Disney Springs**



4 February at **Orlando South**



4 March at **Celebration #2**



18 March at **Maitland**



Registration



Registration



Walkers



**Walk Around Florida 32** **Oct 27-29**  
**4 Walks & a Swim**

**Walk Headquarters**

**COMFORT INN NORTH**

**2260 54<sup>th</sup> Ave. N St. Petersburg FL 33714**

Rooms are \$114.37 a day, including tax & fees for a king or two double bed rooms from Oct 26-Oct 29 (checkout Oct 30). Price includes parking, breakfast & Wi-fi.

***NOTE: LAST DAY TO GET THIS RATE IS SEPTEMBER 27, 2023***

***For online reservations: [choicehotels.com/reservations/groups/WI69P1](http://choicehotels.com/reservations/groups/WI69P1)***

***Or call: 1-877-424-6423 and say "Walk Around Florida"***

Brought to you by the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers walking clubs, members of the American Volkssport Association.

[Facebook.com/walkaroundflorida32](https://www.facebook.com/walkaroundflorida32)

POC: Alice Lawrence [pipers@tampabay.rr.com](mailto:pipers@tampabay.rr.com)

