

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

Upcoming walks this quarter:
October 7, 21 & 27-29, November 18 & 24,
December 2 & 16
See Page 3

MID-FLORIDA MILERS NEWSLETTER

Comments from the President

by Cathy Metherell, President

Thank you, Giving Back, a Pink Tree, and a Challenge.

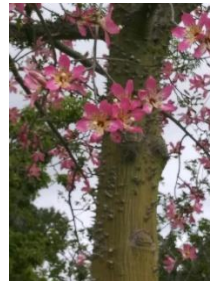
First, I would like to thank you to all who have renewed your membership. To our new members, welcome to the trail. Next time you are at one of our walks, come by and introduce yourself to me. Autumn weather should make for nice walking, with little less humidity and heat.

As most of you know, Walk Around Florida 31 was held last year in Lake County Florida. The cities of Eustis, Leesburg, Mount Dora and Tavares welcomed walkers to enjoy walks along the lakes. For that reason, it would be nice if the club could give back to the people of Lake County. If you are able, please donate non-perishable food items and children's books from age 1 to 18 at all of our walks through December 2. Some items to consider donating are spices, tea bags, coffee, boxed milk, tuna, crackers, can opener and disposable pans. Another thing would be cake mix, frosting, cooking oil and cake decorations so a parent can make a child's birthday cake. Please don't donate any items which are within six months of their expiration date. The items will be donated to the charitable organization Lake Cares located in Mount Dora which has been working with needy families since 2009.

You should have received my email concerning the AVA "Big Give" and Walk Around Florida 32 (WAF 32) in St Petersburg from October 27-29. If you did not receive the email, please let me know (mcbmetherell@aol.com).

The AVA "Big Give" began on September 13 and runs through October 31. The "Big Give" is the annual AVA fundraiser in which the AVA goal is to raise \$90,000. Request you consider donating. If you would like to donate by mail, you may send your donation check to the AVA National Office, 1008 S. Alamo Street, San Antonio TX 78210, now through October 31, 2023. If you would like to donate online now, please visit <http://www.ava.org>.

Look for more information about WAF 32 in the Routes and Trails section of this newsletter.



Have you seen a tree with pink blooming flowers lately? This deciduous tree is called Floss Silk Tree which is native to Brazil and Argentina and grows to 60 inches. Scientific names are *Ceiba speciosa* and *Chorisia speciosa*. Flowers are lily-like and bloom in the fall and winter. Large brown seed pods contain seeds encased in floss. The floss is used to stuff pillows and packaging. The trunk has large thorns that keep animals from damaging the bark. Young trees have a green trunk that turns brown with age. You can see this tree along most of Mid-Florida Milers walks in central and south Florida.

In closing, I would like to challenge you all to take pictures along any Mid-Florida Milers walk between now and December 17. There will be three categories. One category is a nature photo to include a blooming tree or shrub. The second category is some type of structure like a statue, water fountain or a building. The third category includes any walkers you see along the route and

you also can include yourself. Deadline to send your entry is December 17, 2023. There will be prizes awarded at the walk on January 1, 2024. Send your photos to mcbmetherell@aol.com or text them to 407.375.2387.

I look forward to seeing your photos. With the holiday season almost here, I wish you the best and hope to see you out on the trail.

Membership Report by Dave Piatt, Membership Chairperson

As of 9/26/23 we have 46 memberships and 68 members. This compares to 50 memberships and 77 members at the same time last year.

The numbers are down a little from last year. It is not clear why they are down. We have completed our yearly membership renewal drive. We have had some people not renew due to health and changing interests. We have a couple of memberships who will likely renew when they get back into town. We also have 8 memberships who have decided not to renew.

On the positive side we have been getting new members because of the increased publicity that Veronica Palacios has generated for us. I also would not be surprised to see some new members deciding to join us now that we are just beginning to feel the first hints of fall. It makes walking a lot more appealing than having to walk in the heat of the summer.

The following are the new members who have joined us since June:

Patricia Greenberg Jacquelyn and Dwight Bryan
 Gary Elvis & Kristy Clemons Mindy Sherwood
 Issa Gaytan & Jose Luis Pinzon

If you see them on one of our walks, be sure to welcome them to our group.

Routes and Trails Topics by Dan Barnett, Routes and Trails

The quarter of 1 October through 31 December has many exciting volksmarching events planned. On 21 October, our club is hosting a traditional event in Sanford. After walking through historic Sanford, we will be having lunch at Hollenbach’s German Restaurant. Signup here: [Hollenbach's German Restaurant Signup](#)

Over a three-day period (27-29 October), the WAF-32 will be taking place in St. Petersburg. There will be four walks and one swim. Details can be found here: [WAF 32 Flier](#). There are still volunteer opportunities. Please consider volunteering using the following link: [The Spirit of St. Pete Volunteer Signup](#).

| MFM Club Officers/Committees | |
|------------------------------|------------------------|
| President | Cathy Metherell |
| Vice President | Paul Erickson |
| Secretary | Sharon Axelrod |
| Treasurer | Dan Barnett |
| Newsletter | Dan Barnett |
| Membership | Dave Piatt |
| Publicity | Veronica Palacios |
| Routes and Trails | Dan Barnett |
| Operations Support | John Hunter/Tom Carter |
| YRE Coordinator | Jenny Thomas |
| Volunteer Coordinator | Sharon Axelrod |
| Website | Dave Piatt |

Then on 18 November we will be hosting a traditional event in Longwood. It coincides with the Fall craft fair and our walk goes right by it. Lastly, on 16 December we will be having a night guided walk in Celebration where you will be able to see the holiday lights.

Walk Information

| Q4 Mid-Florida Milers Walks | | |
|-----------------------------|--|--------------|
| 7 Oct | The Villages, Lake Sumter | 8:30-9:15 am |
| 21 Oct | Sanford with lunch afterward at Hollenbach's | 8:30-9:15 am |
| 27-29 Oct | WAF 32 in St Petersburg | Various |
| 18 Nov | Longwood | 8:30-9:15 am |
| 24 Nov | Orlando Downtown | 8:30-9:15 am |
| 2 Dec | Orlando North | 8:30-9:15 am |
| 16 Dec | Celebration #1 (Guided Night Walk) | 8:30-9:15 am |

| DATE | Q3 Other Florida Upcoming Traditional Events | REGISTER |
|-----------|---|---------------------------------|
| 7 Oct | First Coast Trail Forgers, Ponte Vedra, 707 Nocatee Center Way, Ponte Vedra, Fl. 6/10K walk. | Register 7:30am, walk at 8:00am |
| 27-29 Oct | WAF 32, St Petersburg, host hotel is Comfort Inn North St Petersburg, 2260 54 th Ave North. Four walks and one swim. | Register is various times. |
| 18 Nov | First Coast Trail Forgers, Jacksonville, Springfield Dog Park, 956 Hubbard St. 5/10K walk. | Register 7:30am, walk at 8:00am |
| 18 Nov | Happy Wanderers, Lake Helen-Cassadaga, 1099 Massachusetts St, Lake Helen. | Registration 8:30am – 10:00am |
| | For information on other group walks in Central Florida, please visit (click on) the below club's websites or Facebook pages | |
| | Happy Wanderers Happy Wanderers Walking Club Webpage Happy Wanderers Facebook Page | |
| | First Coast Trail Forgers First Coast Trail Forgers Walking Club Webpage | |
| | Suncoast Sandpipers Suncoast Sandpipers Webpage Suncoast Sandpipers Facebook Page | |

| MFM Member Milestone Achievements | | | |
|-----------------------------------|------------------|--------|----------|
| Name | City | Events | Distance |
| Dan Barnett | Merritt Island | 2000 | |
| John Hunter | Orlando | 375 | |
| Mike Lanpher | Simpsonville, SC | 1600 | |
| Fred Sheets | Palm Bay | 1350 | |
| Leslie Stone | Ormond Beach | 1500 | 12000 |
| Jenny Thomas | Davenport | 175 | 1500 |

Courtesy The American Wanderer, Sep 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 Vanniemwenhove |
| Winter Park | Michael Kirchner |

Merchandise for Sale:

Short-sleeved 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).

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

THE 2015 BIG GIVE – HOW IT ALL STARTED

In 2015, I (Henry Rosales) was approached by Joanne Forinash who was a former Southwest Regional Director, AVA employee and office volunteer. Joanne was a trailblazer ahead of her times because she was always seeking creative ways to increase revenues for the AVA. One day she approached me with the name of a donor friend who wanted to contribute a substantial amount to the AVA. The only stipulation was that the donor wanted her contribution to be meaningful and have a long-term impact on the AVA. The name of the donor was Charlotte Phillips.

Joanne and I frenziedly brainstormed ideas on how we could best make use of the donor funds. Should we pay all club dues for a couple of years? Should we give all members several free walk vouchers and books, or should we reinvest the funds somehow?

During this time, the San Antonio Nonprofit Council invited the AVA to participate in a new fundraising initiative called The Big Give. This individual donor campaign provided an opportunity for large donors to contribute matching funds so individual donor gifts could get doubled when one gave. What if we were able to advise Charlotte that we could double her contribution in just one year and continue the effort for many years?

When Joanne and I met with Charlotte this is exactly what we proposed. Of course, we presented a menu of ideas. She did not like any idea where her funds would be spent and diminish within a year or two. However, she did like the Big Give idea because she could see how her initial investment would grow and have a long-term impact on the organization. The rest was history!

Since 2015, Charlotte's contribution of \$30,000 has yielded \$627,853 for the AVA! Help us keep Charlotte's legacy alive by contributing to The Big Give! You can give online September 20, 6 p.m. through September 21, 6 p.m. or mail your check to the AVA office through October 31, 2023. To donate online, simply go to the AVA website and click on the donate button.

NEW AND IMPROVED TAW IN THE WORKS!

As AVA: America's Walking Club evolves to meet the needs of current and future members, we will be moving to a quarterly, digital version of The American Wanderer in 2024. This will be our outward facing email that you can share with current and prospective members. It will be a great way to encourage participation in our mission of fun, fitness, and friendship.

This digital edition will contain news from the Board of Directors, regions, clubs, and information about upcoming events. The Publicity Committee is working out details, including format, potential

partnerships and sponsorships and other features. If you have ideas that could make this product better, please send them to Susan Fine, Publicity Committee Chair at publicity@ava.org. I thank the Publicity Committee for their recommendations and support.

Also in 2024, we'll be launching a yearbook that will contain members' event and distance milestones, member features, photos and more. It's an exciting time to be a member of America's Walking Club and a good time to recruit your friends, neighbors, and community members.

Please join us in extending our gratitude and appreciation of Donna Seline, AVA Hall of Fame recipient and publisher of the TAW, for her many years of service to the AVA. Send us your stories and photos of Donna to publicity@ava.org The December issue will be dedicated to her.

In Summation:

- The TAW will be an outward-facing, digital communication produced quarterly.
- The yearbook will be a membership benefit and include members' event and distance milestones, member features and more.
- The Checkpoint will continue to be issued monthly and include more business and administrative information.
- The AVA will continue to provide a printed version of the TAW to those who request it, but subscribers will be responsible for postage.
- Going digital gives us the opportunity to seek advertisers and sponsors and bypass strict and arcane postal regulations related to the percentage of advertising.

Q&As:

Was the decision to go digital based on cost? Cost was one factor in the decision to go digital. There are also considerations, such as saving trees and production time. The biggest factor is the ease of sharing the information with prospective members and other interested parties.

I used the TAW to schedule my travel. What will I do now? The TAW will be produced on the same timeline and contain information about upcoming walks just like the paper copy.

I enjoyed seeing my event milestones in print. Why are you taking that out of the TAW? Those achievements will now be listed in the yearbook, which will be a nice keepsake.

The TAW was one of the few benefits of membership. Why are you taking it away? We're not taking the TAW away—we're just revising it. We're also providing a new membership benefit with the yearbook.

Walk Around Florida 32: Spirits are Rising! by Alice Lawrence, John McClellan, Cathy Metherell.

Spirits, both ethereal and natural, are in ascendance in St. Petersburg! Walk Around Florida 32 (WAF32) walks, October 27-29, are abundant with out-of-this-world sights, sometimes creepy wildlife, and nostalgic tributes to those who have gone before.

On Friday afternoon, walking along glittery Tampa Bay, we head to the neighborhoods of the Old Northeast in extravagant preparation for Halloween festivities. Some may feel a tweak of nostalgia as they trek along the streets in all their spectral splendor, remembering past evenings of tricks and treats. Melancholy will fade with a visit to the St. Pete Pier, a landmark offering visual, musical and culinary delights.

Saturday morning takes us to “The Jungle,” a neighborhood in west St. Pete. The Jungle Prada Tavern, feet away from the walk start, originated in 1925 as a speakeasy called The Gangplank. While stories of bootlegging tunnels and secret safes are steeped in myth, the remains of a Tocabago Indian village in the neighboring Sacred Lands are real. The preserve is by the 1528 landing site of Spanish explorer Panfilo de Narvaez and his crew of 300; the landing led to the European inland exploration of North America. With the walk starting from the Sacred Lands, dedicated to “Preserving the Past and Envisioning Tomorrow;” participants will truly step back in time before heading to nearby neighborhoods filled with mansions and quirky homes.

The afternoon walk takes place in War Veteran Memorial Park, which may seem tame in comparison to The Jungle, but is a Memorial Center featuring five plaques with official armed forces flags, a Battlefield Cross, a Sundial, and an Army Tank. The nature trail goes by the Bay Pines National Cemetery

The WAF32 weekend comes to a peaceful end at the Weedon Island Preserve, fittingly known as “A Place to Remember,” home to the Cultural and Natural History Center. Indigenous tribes, bootlegging shootouts, a ‘20s movie lot with a once busy airport, are all part of the preserve’s history, although only dim traces remain in the park grounds and mangrove swamps. After the walk, jump in a kayak to enjoy the paddling trails or visit the center—if only to see the 1,100-year-old pine dugout canoe measuring almost 40 feet!

And so we head home, allowing St. Pete spirits to rest and our bodies to relax, with visions of WAF33 in our heads! For more info on WAF32 walks and social activities, check out the [WAF 32 Flier](#) or contact Alice Lawrence, 727-542-9742, pipers@tampabay.rr.com.

Pictures 2023

These are from the 3Q 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!

1 July at Orlando North



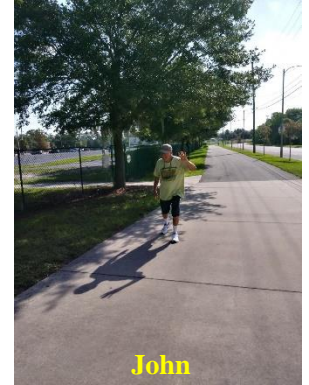
Fred and Leslie



Morgan and Jackie



Veronica and Jorge



John



Susan and Kevin

15 July Creative Village



Registration



Registration



Registration



Registration



Tom, Sharon, Jenny, Paul



Cathy, Sharon, Paul



Dave and Sharon



JoAnne



Pretty Mural

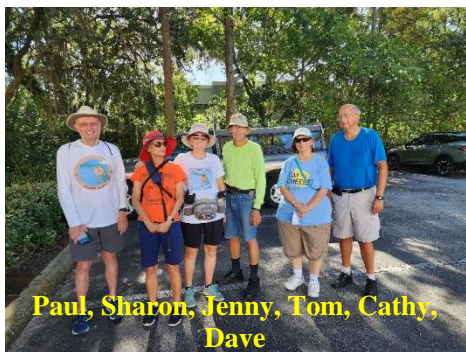


Sign of Orlando



Mural

29 July at Maitland



Paul, Sharon, Jenny, Tom, Cathy, Dave



Jenny, Paul, Tom, Sharon

5 August at Celebration #2



Bernadette, Jackie,
Dwight



Cathy



John, Paul



Rita, Bernadette

19 August at I-Drive



Paul, Sharon, Jenny,
Sharon



Jenny, Sharon

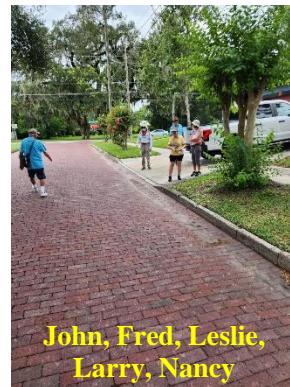
2 September at Orlando South



Larry, Fred, Leslie,
Nancy, JoAnne,
Sharon, Tom, Paul



Larry, Nancy, Sharon,
Tom, Paul



John, Fred, Leslie,
Larry, Nancy

16 September at Disney Springs



Malcolm and Phillips Families



Kevin and Susan

30 September at **Winter Park**

