

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

### Upcoming walks this quarter:

January 1, 6 & 20, February 3 & 17, March 2, 16 &  
30

See Page 3

## MID-FLORIDA MILERS NEWSLETTER

### Comments from the President

by Cathy Metherell, President

I would like to say thank you to those of you who gave me food and children's books. They were donated to Lake Care's located in Mount Dora Florida. As you recall, Walk Around Florida 31 was held in Lake County, and because of the hospitality of our host at the hotel, walk locations and restaurant, we wanted to show a way to give back. Lake's Care was recommended to me by a friend who has worked with them in the past. Our club donated 120 pounds of food and 25 children's books. Whoever receives our donations, I hope it helps them to have a nice Christmas.



Seems it was the year for Mid Florida Milers to win awards and prizes at Walk Around Florida 32 in St. Pete. If you have never attended a Walk Around Florida, please consider doing so in the future. Next one will be in Palm Coast, FL.

If you received a gift card for Christmas, I would like to recommend a book titled Grandma Gatewood's Walk. The book is about Emma Gatewood who was the first female through-hiker to hike the Appalachian Trail at the age of 67 and did two more times at the ages of 69 and 76. In addition she also hiked the Oregon Trail. The notoriety she received resulted in more interests in improving the Appalachian Trail. She taught herself about the plants and wildlife that would sustain her along the trail. Upon her death she had 11 children, 24 grandchildren, 30 great

grandchildren and one great, great grandchild. Emma Gatewood was posthumously inducted into the Appalachian Trail Hall of Fame in 2012. I very much enjoyed reading this book.

For those of you attending Walk Around Florida for a while you might remember my husband Allen who did not walk but would tag along with me for the weekend. It is with deep sadness that I lost the man who I love with all my heart and soul on December 16th. Allen really enjoyed talking to fellow walkers and others about everything from topics such as history, physics and astronomy. Allen had a PhD from Cambridge University in England, was a fellow of Christ's College Cambridge, associate dean at Adelphi University Long Island New York and visiting professor at the University of Central Florida. Allen also wrote several books on Physics. Allen made an impression on everyone he met in his 86 years of an amazing life on this earth. I will miss him every day for the rest of my life.

On that note, I hope to see on the trail and let's have a great 2024.

**Sorrow** by Dan Barnett

It is with sadness to inform you on the passing of two of our Mid-Florida Milers (MFM) family. Recently, Allen Metherell, husband to Cathy, and Kent Allingham, husband to Jane and the former MFM Treasurer passed away. Please keep Cathy and Jane in your thoughts and prayers. We will update you once details on their respective funeral arrangements are released.

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

As of 12/16/23 we have 49 memberships and 74 members. This compares to 50 memberships and 77 members at the same time last year.

Our numbers are stable and hopefully we will get a few new walkers as the time for New Year’s resolutions is almost here!

We have had no new members since September.

**Walk Fee Increase to \$4.00** by Dan Barnett, Treasurer

The American Volkssport Association (AVA) Board of Directors has approved to increase walk fees effective January 1, 2024. Please see the article on page 4 of this Newsletter.

The Mid-Florida Milers (MFM) Board of Directors have reviewed the AVA action and agrees with the AVA recommendation of increasing the fee to \$4. Prior to the AVA decision, walk fees have been \$3.00 of which \$1.25 was sent to the AVA and \$1.75 was retained by the MFM for day-to-day club expenses. The fee increase will mean \$2.00 will be retained by the MFM. This is the first fee increase since 2003.

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

The quarter of 1 January through 31 March has many exciting volksmarching events planned. The new year starts with the great walk in Universal City Walk and afterward we will meet for lunch at Miller’s Ale House. Signup here: [Miller's Ale House](#)  
 On 17 February, our club is hosting a traditional event in Christmas at the Orlando Wetlands. If you enjoy nature, this is a great walk for you. There will be another traditional event during this quarter, on 16 March, we are hosting a walk in Casselberry.

I hope to see you at all of our great walks this quarter.

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

# Walk Information

Q1 Mid-Florida Milers Walks		
1 Jan	Universal, Miller's Ale House	8:30-9:15 am
6 Jan	The Villages, Spanish Springs	9:00-9:30 am
20 Jan	Orlando South	8:30-9:15 am
3 Feb	International Drive	8:30-9:15 am
17 Feb	Orlando Wetlands, Christmas	8:30-9:15 am
2 Mar	Winter Park	8:30-9:15 am
16 Mar	Casselberry	8:30-9:15 am
30 Mar	Orlando Downtown	8:30-9:15 am

DATE	Q1 Other Florida Upcoming Traditional Events	REGISTER
20 Jan	First Coast Trail Forgers, Jacksonville, Sheffield Park, 3659 Berlin Road, Jacksonville, Fl. 5/11K walk.	Register 7:30am, walk at 8:00am
3 Feb	First Coast Trail Forgers, Jacksonville, Ribault Club, 11241 Fort George Rd, Jacksonville, Fl. 5/10K walk.	Register 7:30am, walk at 8:00am.
10 Feb	Happy Wanderers, Titusville, 419 S. Hopkins Ave., Titusville, Fl. 5/10K walk.	Registration 9:00am – 10:30am
17 Feb	First Coast Trail Forgers, Neptune Beach, Neptune Beach Elementary, 1515 Florida Blvd., Neptune Beach, Fl. 5/10 walk.	Register 7:30am, walk at 8:00am
2 Mar	Happy Wanderers, Palatka, Quality Inn and Suites, 201 North 1 <sup>st</sup> St., Palatka, Fl. 5/10 walk.	Registration 9:00am – 10:30am
23 Mar	First Coast Trail Forgers, St Augustine, Palencia Park, 355 Palencia Village Dr., St Augustine, Fl. 5/10 walk.	Register 7:30am, walk at 8:00am
	For information on other group walks in Central Florida, please visit (click on) the below club's websites or Facebook pages	
	Happy Wanderers <a href="#">Happy Wanderers Walking Club Webpage</a> <a href="#">Happy Wanderers Facebook Page</a>	
	First Coast Trail Forgers <a href="#">First Coast Trail Forgers Walking Club Webpage</a>	
	Suncoast Sandpipers <a href="#">Suncoast Sandpipers Webpage</a> <a href="#">Suncoast Sandpipers Facebook Page</a>	

MFM Member Milestone Achievements			
Name	City	Events	Distance
Ellen Callahan	DeLand	800	7000
Paul Erickson	Maitland	700	7000
Joan Lanpher	Simpsonville, SC	1350	
James Tompkins	DeLand	750	

Courtesy The American Wanderer, Dec 2023

YREWalk Monitors	
Celebration	Howard Daughtrey
Maitland	TomCarter
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 - 5Online	
The Villages - Lake Sumter Lndg	Jan Van Vlack
The Villages - Spanish Springs	Gerry Vannierwenhove
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

### **\$84,563 RAISED – THE BIG GIVE INDIVIDUAL CAMPAIGN WRAPS UP**

Many thanks to all who contributed online and sent checks for our annual donor campaign, The Big Give. It was fun to watch the individual fundraising challenge unfold in real time on the AVA's peer to peer giving page. This year we have a new winner in the Peer-to-Peer category, none other than Marian DeVaul! We also had several more individuals open a peer-to-peer account this year while others got very creative on ways to encourage families, friends, and club members to donate.

The AVA finished 21 out of 418 organizations during the online giving segment of the campaign. We had approximately 281 duplicated individuals, 85 clubs and nine corporate donors. A final report with more information and winners of the AVA Giving Back prizes will be in the December Checkpoint.

There are several donors who are committed to the success of The Big Give every year. To each of you I express my sincere gratitude for your continued support and prosperity of the AVA. You all are the cornerstone of this great organization! Muchas Gracias!

**AVA Giving Back** – The following 2023 Big Give raffle prizes will be announced in the December Checkpoint. All Big Give individual and club donors have been entered into the drawings.

**Free Sanctioned Traditional Events** — For every 25 clubs that donate, one free Traditional sanctioned event will be raffled.

**2024 Starting Point Books** — For every 50 unique donors, one 2024 Starting Point book will be raffled.

### **Grand Prize**

**2025 Convention Registration** — One club and one individual will be the lucky winners of a free 2025 Convention Registration (travel not included)

## Important Action at AVA Board Meeting by Robert Buzolich, Chari, AVA Special Committee

As some of you may know, or may not have known, I served as the Chairperson of the AVA Club Charges Special Committee. The Committee report was presented in October to the AVA Board of Directors, who did act on the Committee's recommendations. I am providing you with a summary of the Committee report and the Board's action, because it affects your planning for the coming year.

First some background on the charges paid by clubs to the AVA. The current \$1.25 participation fee and \$3 registration fee was implemented in 2003, which was 20 years ago. Since that time, due to inflation, the value of \$3 has increased to \$4.98, and the value of \$1.25 has increased to \$2.08.

Operating expenses have also experienced a similar increase over the same period for the same reason. Yet, we continued to pay the AVA \$1.25. Consequently, since about 2010, the AVA budget has been forecasting an operating loss during non-convention years, which impacts the support provided to the clubs by the National Office, despite The Big Give and budget cuts. This situation is not sustainable for the survival of the AVA. The actions recommended by the committee should have been taken years ago, and simply could no longer be kicked down the road.

After reviewing the AVA's sources of funding derived by charges to the clubs, the committee determined the best course of action was to recommend that the AVA Board increase the participant fee payable to the AVA from \$1.25 to \$2 for all participants at all AVA sanctioned events. This was adopted by the Board. Note that the wording of this recommendation refers to "all" participants, which includes the "free walker category." It will be the club's decision how best to cover the cost of "free walkers," who should now be considered guests. This action takes effect on January 1, 2024.

The Committee further recommended that the \$3 registration fee be increased to a "recommended no more than registration fee of \$4." In addition, a \$4 registration fee will be charged to all registrants on the Online Start Box. However, clubs are free to determine their own registration fee for all events not on the Online Start Box, based upon the actual value of the event added by the club and other charges such as park fees. This was adopted by the Board and takes effect on January 1, 2024.

The bottom line for your club's 2024 planning is clubs will be charged \$2 for each participant at your AVA sanctioned events, and the fee for registration through the OSB will be \$4 with \$2 going to the AVA and \$2 going to the club. Clubs may use their discretion to determine registration fees for their events not hosted on the OSB, and to determine how best to come up with the funds to cover the \$2 participation fee for guests, formerly referred to as "free walkers." You may expect additional details and guidance in the November and December editions of the Checkpoint, as well as from your Regional Directors.

# Pictures 2023

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](mailto:dnlcssb@aol.com). Thank You!

## 7 October at The Villages, Lake Sumter



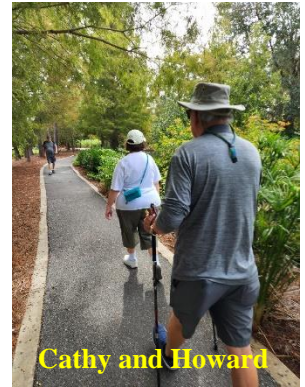
Registration



Certificate of Appreciation for Jan



Registration



Cathy and Howard

## 21 October Sanford



Registration



Hollerbach's German Restaurant



Hollerbach's German Restaurant

27-29 October at WAF 32



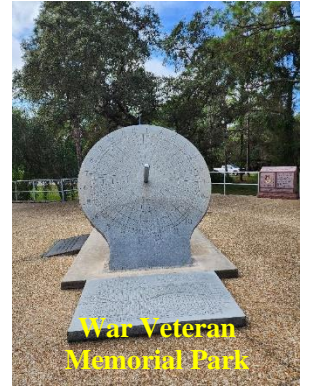
Registration



Registration



WAF 32 Award



War Veteran Memorial Park



War Veteran Memorial Park



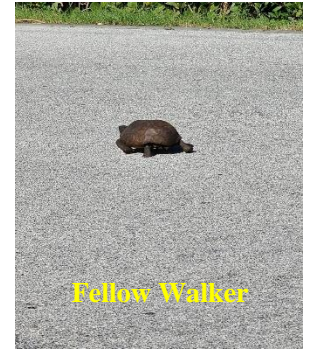
Fred



Jeanne and Fred



Leslie



Fellow Walker



Nancy discussing Volksporting



Joan, Nancy, Dan, Tom and John



Ron



Cathy and John



Bill and Jeanne



Kevin and Susan



Tom, Joan and Mike



Howard

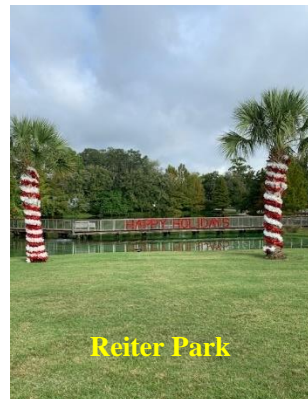
For additional WAF 32 pictures, The Happy Wanderers Walking Club created a nice selection of pictures which can be viewed with the following link: [WAF32](#)

For previous WAF pictures, you use the following link: [WAF](#)

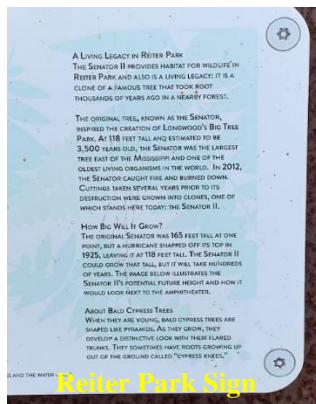
### 18 November at Longwood



Craft Fair



Reiter Park



Reiter Park Sign



The Senator II



24 November at **Orlando Downtown**



JoAnne, Bernadette,  
Jenny, Paul, Sharon



Rita, JoAnne, and Paul



Cathy



2 December at **Orlando North**



Registration



Registration



Registration



Orlando Urban Trail  
Sign



Howard



Art



Art

16 December at Celebration #1



Sharon, Jenny



JoAnne, John, Rita



Sharon, Jenny, Tom,  
Paul