

The Pelican's Potpourri

September/October 2011

Volume 11 Issue 5

Mark Your Calendars! 2011-2012 Tentative Walk Schedule*

- 9/17 Hanna Park walk & picnic
- 10/1 Riverside **YRE**
- 10/15 Fernandina Downtown **YRE**
- 10/28-30 FVA Walk Around Florida at St. Augustine
- 11/5 Ft. Caroline **YRE**
- 11/12 Riverwalk Memorial **YRE**
- 11/18-20 Jekyll Island
- 12/3 Avondale
- 12/17 St. Augustine **YRE 4:00 PM Dinner Walk**

Happy New Year!

- 1/1 New Year's Day** 2012 Neptune Beach **YRE** Sunrise
- 1/14-15 Savannah **YRE**, Beaufort **YRE**, Wormsloe Historic Site **YRE**
- 1/28 UNF
- 2/4 Ft. George
- 2/11 St. Mary's **YRE**
- 2/26 Sunday** Springfield **2:00 PM Early Bird Dinner Walk**
- 3/3 Palatka Ravine Gardens **YRE**
- 3/17 Orange Park
- 3/24 Gainesville **YRE**
- 3/31 San Marco **YRE**
- 4/14 Olde Ortgega
- 4/28 TBD
- 5/5 Ormond Beach **YRE**
- 5/12 Green Cove Springs Walk and Picnic**

*schedule subject to change

FirstCoastTrailForgersWalkingClub.org

The First Coast Trail Forgers - AVA 868
1725 Indian Springs Dr., Jacksonville, FL 32246
www.firstcoasttrailforgerswalkingclub.org

Florida Volkssport Association -FVA website:
www.walkflorida.org
American Volkssport Association -AVA.org



Leadership Notes

Our new season will kick off with our Hanna Park walk and Picnic on Saturday, September 17. The walk has been redesigned and greatly improved by Kristin Raasch, Sharon Scott, and Diana Sherrill. The picnic is free and will provide a good opportunity to catch up with old walk friends and an equally good opportunity to meet new ones, too. So plan to join us on September 17 for a great event to start our best walk season ever!

Before we get into this year's season, I want to reminisce a bit and recall just how far we have come in the use of modern communication technology. When Marie and I first joined FCTF, we volunteered to copy and distribute the bimonthly club newsletter so masterfully prepared by Gloria Merwarth. In the process of which we would burn through about \$24 in postage and a similar amount in copy work. That was about \$300 per year, and in the copy process, we lost all the color in Gloria's fabulous photos. Our newsletter was our primary form of communication then and was absolutely essential for communication (con't on page 2)

The First Coast Trail Forgers Walking Club exists to provide people of average athletic ability opportunities for leisurely, non-competitive walks in scenic and historic areas.

President

Harold Weber
904-704-8402

Vice-President

Kristin Raasch

Secretary

Marie Weber

Treasurer

Sharon Scott

Publicity

Cathy Burch

Communications

Kristin Raasch

Web Master

Gordon Lindblom

Newsletter Editor

Gloria Merwarth

Membership

Diana Sherrill

Linda Leon

Specialties

Diana Sherrill

904-608-4689

Social & Food Services

Kristin Raasch

FVA Representative

Ernest Hamm

Trail Forgers Achievements

EVENTS

Ernest Hamm	10
Jerrine Hamm	10
Gloria Merwarth	800
Mark Merwarth	800

DISTANCE

Mark Merwarth	8000 KM
Gloria Merwarth	8000.

Leadership Notes

(Continued from page 1)

tion with club members. That was just five years ago!

At that time, our fearless past President, Mr. Gordon Lindblom, had the wonderful foresight to think that we needed a website. He realized that this would not be easy to come by, so he proceeded to build one himself. The initial website included some general information about AVA, our Upcoming Walk Schedule for the current season, and a listing of our YREs with descriptions and start points. At the National Convention following the introduction of our website, Gordon won recognition for one of the AVA's best websites. Congratulations one more time, Mr. Lindblom! We are truly thankful.

At the same time, Kristin Raasch started publishing e-mails to most of our members reminding them of upcoming events and reporting on other activities in our club, the Florida Volkspart Association, and the AVA. We quickly learned to rely on Kristin's broadcast emails to know what was going on each and every week. It was a great step forward in timely communication. And Kristin's notes were well written with just the right amount of flair to attract your attention and keep your interest. We had our very own special news reporter and she was good!

Back to Marie and Harold, we were still licking stamps and applying address

labels to the bimonthly newsletter until we were blue in the face. Well, I finally called Gordon Lindblom and said, "Is there any way we can get our lovely newsletter on our website? Please?" Gordon said, "Sure." We contacted Gloria and figured out the technical logistics and the first, full-color issue of the Pelican's Potpourri on the FCTF website was just gorgeous. You could even determine who was actually in the pictures. Over the next couple of years, we gradually weaned our membership off of the paper so that we are now almost 100% electronic.

Fast forward to 2010 and we were fortunate to have Kevin and Vicki Hoelzer realize that we needed to be on facebook in order to extend our communication to the most rapidly growing group of folks on the internet. After Kevin and Vicki left FCTF, Cathy Burch volunteered to keep our facebook presence going. I am going to partner with Cathy soon in an upcoming column to better explain how to use our facebook group page most effectively. So stay tuned and we'll take another step forward.

In closing, I would like to genuinely thank our electronic pioneers: Mr. Gordon Lindblom for our website, Ms. Kristin Raasch for our week-

How Did Our YREs Do in the 2nd Quarter?

Event	1st Qtr	2nd Qtr
St. Mary's	8	37
Fernandina	4	4
Gainesville	10	0
Atlantic Beach	11	4
Ft. Caroline	11	1
Neptune Beach	31	5
Riverwalk	6	7
Riverside	9	24
San Marco	23	0

Remember, these walks can be done any day of the year. Simply go to the start point, ask for the walk box, register, take the directions and enjoy the walk!

Welcome New Members

A big welcome goes to **Mike & Carol Craig, Fred & Ellen Whitbread and children, Kevin & Stephanie Bullard and Diane Hale.**

We're glad to have you with us. See you on the trail.

ly email communications, and Kevin and Viki Hoelzer and Cathy Burch for our facebook group page. And if you haven't seen the video on Volksmarching on our website, by all means check it out.

See you on the trail,

Harold Weber

Hanna Park Walk and Picnic

Please join us Saturday, September 17 as we start off our fall walking season with a group walk at Hanna Park. Our walk will include a mixture of hiking trails and beach walks plus both a 5K and 10K will be available. We have reworded the walk so that we spend very little time on paved roads. After the walk the club will provide a free picnic for all walkers. On the menu are tacos with all the fixings. A vegetarian option will be available along with water, soft drinks and desserts. Please RSVP to Kristin Raasch so we will know how much food to provide.

We had a wonderful turnout last

year and from the feedback we received everyone enjoyed themselves. We will meet at 8:45 AM to register for the walk. The walk is not suitable for strollers or wheelchairs. Dogs on leash are allowed on the trails and beach. Park admission fee, \$1 per person from 8 AM to 10 AM. \$3 per car after 10 AM. **Start Point/Driving Directions:** Hanna Park, 500 Wonderwood Dr., Jacksonville. From SR9A take Monument Rd. E. turn right onto McCormick Rd. which becomes Mt. Pleasant Rd. then becomes Wonderwood Dr. continue into Hanna Park. Park attendant will give directions to Picnic Shelter #4

Contact: Kristin Raasch 904-221-2021 OR kraasch1725@gmail.com

Walk Around Florida in St. Augustine October 28-30

Join the Happy Wanderers, Mid-Florida Milers and the Suncoast Sandpipers in a weekend of "spirited" walks, fellowship and fun in the nation's oldest city.

Friday afternoon starts with a walk through the streets of St. Augustine and after a bite to eat at one of the many local restaurants, ends with a spooky Ghost Tour. Saturday morning begins with a complimentary hot breakfast for hotel guests followed by a short drive to St. Augustine Beach to wander the residential neighborhoods and check out the beach scene.

For lunch you can check out another local eatery or, to save time, have a Picnic/Box lunch before embarking on the afternoon walk. Following the second walk on Saturday you can enjoy a private Banquet and cocktails (cash

bar) at the Bayview Room. Hotel guests will rise Sunday morning to another complimentary hot breakfast before departing on a drive through the Florida countryside to Palatka and Ravine Gardens.

You MUST pre-register for the Ghost Tour, Picnic/Box Lunch, Award and Saturday Banquet.

Hotel information also on line.

EVENT PRE-REGISTRATION NOW AVAILABLE

www.happywanderersfl.org



Save the Date

Plan now to join us on October 1 for our ever popular Riverside walk. We'll walk along shady tree lined sidewalks through historically significant neighborhoods and scenic parks. You can browse through unique shops or stop for a snack in restaurant at Five Points. Then stroll along the National Heritage St. Johns River.

We plan to meet at the Omni Hotel located at 245 Water St. around 8:45 AM to register for the walk and set out

at 9 AM on either the 5K or 10K route. It's up to you.

Directions: From I-95 **Northbound**—take exit 352B (Forsyth St.). Go about 9 miles to Pearl St. Turn right. Go two blocks to Water St. Turn Left. Hotel on left. From I-95 **Southbound** take left lane exit 353B (West Union St.) Go left toward Riverfront/Sports Complex. Go about .6 mile to Pearl St. Turn right. Go 9 blocks to Water St. Turn left. Hotel is on the left.

Walk With Us in Fernandina Beach

On Saturday, October 15, the Forgers will be joined by the Walkin' Nassau club for our ever popular walk in downtown Fernandina. We'll meet at the Hampton Inn & Suites located 19 S. Second St. around 8:45 AM to register and start the walk at 9 AM.

This walk will captivate you with its variety of architectural styles dating back to the Victorian era. Many of these homes have become bed and breakfast attractions. There are also a number of quaint stores and pubs along the route. We might even elect

to have lunch at O'Kane's Pub on Centre St. if there are enough interested people. Please let Gloria Merwarth know if you like this idea for lunch not later than 10/10 so she can make a reservation.

Stomaglo@juno.com

Directions: From I-95 take exit 373 heading east onto SR 200/A1A into Fernandina Beach. At Centre St. / Atlantic Ave. turn left on Centre St. to Front St. At Front St. turn left. Turn left on Ash St. then left on 2nd St. Hotel on left. Meet in lobby.

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Walks Around The State

10/1 Winter Springs
10/15 Lake Mary
Mid-Florida Milers

10/28-30 WAF
St. Augustine

Event Codes W=Regular Event, NW=Night Walk, GW=Guided Walk, GNW=Guided Night Walk

Club Contacts

Walkin' Nassau
904-206-4413
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DID YOU KNOW? To get you started on your way to a record of personal achievement, you may purchase a New Walker Packet for \$5. This packet includes the first books you will need to start you off on the right (or left) foot.

- First event book: Good for your first 10 events until you earn your first Achievement Award (\$5 value).
- First distance book: Good for your first 500 km (\$5 value).
- Three coupons for free credit at events: so you can go to three events for free and still get the credit stamp in your books (\$9 value).
- A coupon for a free issue of *The American Wanderer* (TAW) (\$4 value).
- An explanation about the record books and how they are processed.
- 10% off your first AVA Specialties order. The total cash value of this packet is \$23. But, you purchase the packet for \$5.

Now that's a bargain and keeping a record of your walks is a great incentive to walk in more places.

DID YOU KNOW? These books are IVV record books. IVV stands for International Volkssport Verband. The books are sold by clubs at each event for \$5 each and are good worldwide. The American Volkssport Association - AVA - is the organization that oversees the clubs in America. You redeem

your books at achievement levels such as 10 events, 30 events, 500 kilometers, 1000 kilometers by sending them into the AVA office located in Texas. You will receive a certificate, patch and hat pin to display your achievement.

Event Record Books are stamped once for each event (no matter how many times you completed the trail).

Distance Record Books are stamped for each completion of the trail with the distance recorded. (Mark and I received credit for 3500 km when we laid out the trail at the Amelia Island Plantation).

At each event, by paying a single credit fee (\$3) you get BOTH books stamped. Also, part of the money goes to the club to keep it running and the other part goes to support the National AVA office.

When you see your book is almost complete, purchase a new one to have on hand. Most clubs have a Specialty chairperson that handles books as well as club T-shirts, etc. Otherwise books can be purchased directly from AVA.

DID YOU KNOW? If you forget your books you can collect your stamps on **INSERT** cards. These cards are available in all YRE boxes as well as at a Regular Event. These inserts can be stapled to the back of the book and included when you send in your books for credit. The AVA keeps your record accomplishment in a computer database and also publishes it in the *American Wanderer*.