

Walkin' Nassau

Volkssport Club

Summer

Volume 2 Issue 2

Walkin' Nassau Volkssport Club
2134B First Ave. Fernandina Beach, FL 32034
www.walkinnassau.org
Florida Volkssport Association-FVA website
www.angelfire.com/planet/fva2247
American Volkssport Association—AVA
www.ava.org



President's Corner



A Walk to Remember



It was a beautiful February day and over 20 walkers ventured out to Little Talbot Island for a morning walk event. Several in the group had never been to the island and everyone was looking forward to seeing it. Little did we know the adventure that awaited us! We started by walking down a tree lined path where we all decided the Indians must have lived and worked. Then several brave souls decided to climb a rather large dune to “see what was on the other side.” At this point several of our fellow walkers came back from the beach saying that we couldn’t go down that way due to the high tide and trees that you would have to climb over.

Well, we decided to check it out ourselves and then after doing so decided “we could do it.” So, 6 ladies including our oldest walker

Barbara (85) with her walking stick (literally a stick she picked up along the way), 1 child (10 years old) and 1 very nice man (Caesar) decided to forge on. And forge we did. After taking off our shoes because of the high tide and waves coming up into the tree level, climbed over several rather large trees with Caesar helping each of us, traveled through some shrubs, and finally went around a young couple (who by the way didn’t really want to be interrupted) before hitting a cleared section of the beach.

But we did it and we had a wonderful time doing it. We laughed about how adventuresome we were and how great of a walk we all had and what a beautiful site it was!

Dyanne Hughes

ARE YOU THE “U” IN VOLUNTEER?

HOW CAN YOU ASSIST OUR CLUB?

VOLUNTEER TODAY!

Our club is made up of all volunteers and would not exist without these helping hands. Are you interested in being on a committee or the board? Do you want to help at an event?

Here is a list of a variety of positions available for volunteers:

- PART TIME WALK COORDINATORS** - on the day of the club walk coordinators get the walk box and encourage walkers to sign in and collect money from credit walkers. They also hand out walk directions. It is not necessary to lead walkers on the walk. Mark and Gloria are our coordinators from November to May but we need volunteers for this position from June to November. *(please let us know if you are interested in this position)*
- ASSISTANT TRAIL MASTER** —helps trail master set up walk trails; establish new walks; sanction

Mark Your Calendars!

Walk Schedule: March through May 2011

6/4	American Beach Club Walk	9:00 AM	Gourmet, Gourmet
6/14	Goffinsville Park Fun Walk	6:00 PM	Schuckers Dinner
7/11	Walkin' through the Summer Meeting	6:30 PM	Café Kaibou
August Summer Hiatus			
9/10	Fun Walk—dinner meeting	6:30 PM	TBD
9/24	St. Mary's, GA Club Walk	9:00 AM	Visitor Center

The Walkin' Nassau Volkssport Club exists to provide people of average athletic ability opportunities for leisurely, non-competitive walks in scenic and historic areas.

President

Dyanne Hughes
904-206-4417
dyhughes@att.net

Vice-President /Public Relations

Natalie Blackwell

Secretary/Member Services

Jane Bailey
904-261-9884
dnjbailey@
mindspring.com

Treasurer

Sue Koufakis

Trail Master

Doug Bailey

Assistant Trailmaster -

**Publicity -
Specialties -
Webmaster**

Dyanne Hughes

Walk Coordinator (May – October)

Newsletter Editor

Gloria Merwarth
stomaglo@juno.com

Dues are \$10/yr. For single and \$15 for couple or family. These dues are renewed July 1 and are good until July 1 of the following year.

Our website is:
www.walkin'nassau.org

Check it frequently for updates as the schedule in Newsletter is subject to change.

President's Corner

regular walks and new YREs through AVA. May also assist with YRE box reconciliation on a quarterly basis.

- SPECIALTIES/MERCHANDISE**—orders, sells and reconciles sales of various specialty items/merchandise such as t-shirts, caps, event and distance books, new walker packets, etc.
- PUBLICITY**—create flyers and promo text for the membership and other outlets like the News Leader.
- CLUB OFFICERS**—every two years we elect new club officers. An officer can serve two terms only. The board meets locally on a regular basis to review the work of the club and plan for future events.

A. President

B. Vice-President/Volunteers

C. Secretary

D. Treasurer

- CHAIRMEN**—The following positions may serve as long as they wish.

Trailmaster

Newsletter editor

YRE Coordinator

Membership

Publicity

Walk Co-ordinator

Can you be the "U" in volunteer for the Walkin' Nassau Club? If so contact

Dyanne Hughes

904-206-4417 or dyhughes@att.net

Jane Bailey

904-261-9884 or dnjbailey@mindspring.com

Dyanne Hughes



AVA Walking Achievements

EVENTS

DISTANCE

Gloria Merwarth	8000 KM
Mark Merwarth	8000

When your event and distance books are completed please send them to AVA for your awards so they can be published in The American Wanderer national newspaper and here in this column so we can brag about your accomplishments.



Welcome New Members

A big welcome goes to **Carolyn Adams and Peggy & John Rubino.**

We're glad to have you with us to share the fun of Volksmarching. See you on the trail!

American Beach Club Walk - June 4

We'll be stepping back into history on June 4. A.L. Lewis, Florida's first black millionaire, wanted a place where black people could go swimming or get together for social events and summer vacations. So he encouraged his friends to build summer homes on Amelia Island on an area that soon became known as American Beach.

We'll meet at 8:45 AM at Gourmet, Gourmet Restaurant located at 1408 Lewis St. to register for the 5 or 10 KM walk. Afterward we might gather at the restaurant for lunch.

That's what this club is all about!

Fun, Fitness, Fellowship and Food!



What Is a Volksmarch?

How well I remember our first volksmarch in Helen, GA, back in 1986! I had read about this sport that started in Germany. Our G's enjoyed it so much on the weekends that they brought it back to America. It is a way to see new places and learn about the history while getting exercise.

So, Mark and I set out on our first 10K walk. I really didn't think I could walk 6.2 miles but I did it! We walked through the quaint little German town and through the woods to a lodge up on a hill. We wandered through the lodge which was the check point and rest stop before returning along a stream to the town.

When we got to the finish Mark mentioned that people were stamping event and distance books.

"This was fun! Do you think we should buy some." he asked.

"Just buy the event books." I replied, frugal person that I am.

We also saw a national newsletter and picked it up. We decided to join the national American Volkssport Association (AVA) so we could find a club in Florida.

When we got our first edition of the newsletter we learned that there was a club in Cocoa and one in Tampa. We lived in Orlando at the time so I wrote to both clubs and 6 months later I got a notice

about a walk in St. Petersburg. So we went and thoroughly enjoyed exploring a new place. Time went on and we journeyed to different venues to explore new places.

At our 17th walk we said "Why aren't we keeping track of our distance?" So we broke down and bought the distance books.

In 1989 we got a notice saying there would be a meeting of walkers in downtown Orlando. The Cocoa club and the Tampa club met with the group that gathered and announced that they would like to see a club form in Orlando. So, of course I volunteered to hold a meeting at the hospital where I worked. The next thing I knew I was the president of the new club, Mid-Florida Milers. I'm proud to say that the club is now 22 years old and going strong.

Volkssmarching has taken us all over this wonderful country of ours. We're proud to say that we have done an AVA walk in all 50 states. We've also taken part in a few walking programs. We walked 20 Civil War Sites and earned our PhD by walking 20 college campuses.

So now you know why we're so proud to be helping Walkin' Nassau get started. We've learned the value of walking for credit and the incentive it brings with it. It also helps the club pay its bills as well as the AVA. Hope to see you on the trail!

Gloria Merwarth

DO YOU HAVE ANY WALK SUGGESTIONS? WALKIN' NASSAU NEEDS WALK IDEAS!

Walkin' Nassau wants to keep on Walkin' so we need more walks. Do you have ideas for a fun walk OR maybe a great location for a Year Round Event (YRE)? We are looking for walks in local parks, trails or neighborhoods for fun walks. We'd like to discover Nassau County.

We now have 3 YRE's (American Beach, Old Town Fernandina, and the Greenway) but would like to add more. These need to consist of both 5K and 10K walks. Maybe

you know of a great trail we could use for a Year Round Event? All ideas are welcomed and very much appreciated!

Send your suggestions to Gloria Merwarth at stomaglo@juno.com or Dyanne Hughes at dyhughes@att.net



Walks Around The State

Going South for the Summer Meandering the Rivers

6/1 Port Orange 5:30/6 PM
6/25 Ponce Inlet 7 AM
7/15 New Smyrna Bch (Lunar walk)
8 PM

7/30 Edgewater Breakfast 7 AM

For more information:

Happywanderersfl.org

Event Codes *W=Regular Event,* *GW=Club Walk*

CLUB CONTACTS

First Coast Trail Forgers
904-221-2012
kraasch@comcast.net

Happy Wanderers
386-788-4026
marvs717@cfl.rr.com

Mid-Florida Milers
407-695-9181
mflanpher@cfl.rr.com

Suncoast Sandpipers
352-588-9895
pipers@tampabay.rr.com

Pensacola Volksmarch Club
850-457-2763
Beaver2153@bellsouth.net

Meandering Manatees
239-368-1673
Bevmneill@aol.com



"Moving together toward a healthier America"

Walk A-maize-ing Iowa



The American Volkssport Association (AVA) will hold its 17th Biennial Convention in Iowa from June 18-26, 2011. Walking events will start in western Iowa by crossing the Missouri River and end in eastern Iowa by crossing the Mississippi River. The convention hotel will be the Marriott Hotel in downtown Des Moines. The meetings and workshops will be held in Polk County Convention Complex accessible from the Marriott by walking a short distance in the skywalk system.

You are invited to the land of Volkssporting as we **'Move together toward a Healthier America'** sponsored by the Greater Des Moines Volkssport Association. Walk in select areas of the State of Iowa where you will meet and greet old friends and make new ones.

Gloria Merwarth has agreed to be the delegate representing Walkin' Nassau at the convention. Gloria first met Suzy Belle, the Convention mascot, at the 2007 Convention in California and looks forward to seeing her again.

For more information:

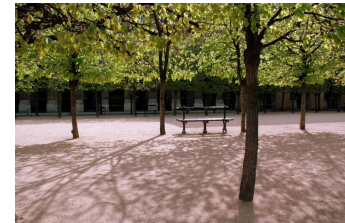
www.ava.org/clubs/ava2011convention/index.asp

Save the Date Goffinsville Park

On June 14 we are planning a fun walk in Goffinsville Park. The walk is on a paved trail in a beautiful Nassau County Park located on the Nassau River. Most islanders don't even know it exists. And now it's time to discover another part of our county.

We'll park in the parking lot and meet at the riverside at 6 PM. After we explore this lovely park we'll drive to Schuckers for dinner. Hope to see you there!

Directions: Take A1A/200 over the Shave Bridge to the first traffic light. **TURN LEFT** on Old Nassauville Rd for about 3.5 miles. Just past Springfield Baptist Church on right **TURN LEFT** on Goffinsville Rd to parking lot.



MEMBERSHIP RENEWAL

MEMBER NAME(S) _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____

E-MAIL _____

ANNUAL DUES: Single \$10 _____ Household \$15 _____

Cell Phone _____

Membership Dues Are Due

Dues are payable by July 1 of each year with membership valid through June 30 of the following year. If you joined after April 1 your membership is good through June 30, 2012. We value your membership and request that you renew at this time to:

- Receive this quarterly newsletter
- Proudly wear your name tag at meetings and events
- Obtain information about walks in Florida
- Enjoy fun and fitness in a friendly atmosphere

Please complete the membership renewal and make check payable to:

Walkin' Nassau
C/O Dyanne Hughes
213B First Ave.
Fernandina Beach, FL 32034