



# NEWSLETTER Apr/May 2016

## OFFICERS:

### PRESIDENT:

BILL BADGER

### VICE-

### PRESIDENT:

ROSALIE MAUL

### TREASURER:

CINDY STUCKY

### SECRETARY:

LOIS LA FLEUR

### DIRECTORS:

DEB KRUEP

CAROL  
REZNICEK

MARK MACKAY

## OUR NEXT MEETING

**10 May 2016**

**6:15pm**

**FORTEL'S PIZZA**

10716 Lincoln Trail  
Fairview Heights

**Gateway  
Miler T-Shirt  
order forms  
will be at the  
meeting.**

**LIKE US!!!**



The Gateway Milers walking club is off to a great start. For a club that started about a half year ago we have a website, a Facebook page, a weekly electronic update 'Miler Messages', a list of activities for the rest of the year and now a bi-monthly newsletter. We have just completed our first "Traditional" walk, Bloom into Spring, at Sandy's Back Porch in Belleville with Lois as the Point of Contact. She not only had everything organized, but provided us with perfect weather conditions.

I am continuously amazed at how everyone has stepped up and taken on activities to help the club. We are fortunate that many of you have donated items, time and money to helping the club get started. The amount of items needed to put on a walk is a large burden, but everyone came through on coming up with items needed for the first walk. I thank all of you for your help, but won't list people for fear of forgetting someone.

As stated in our original formation meetings, this club is to be a fun activity where we get exercise, and enjoy the social interaction with our fellow members. We do not want a formal organization where most of our time is spent arguing in committee meetings. If someone has a good idea and wants to run with it (within reason), lets charge ahead with it. Please let everyone you know about our club and let's get more people out walking.

Bill Badger, President

IF WE ARE FACING  
*In The Right*  
DIRECTION, ALL  
WE HAVE TO DO IS  
KEEP ON WALKING.

ZEN PROVERB

WWW.VERYBESTQUOTES.COM

## **BLOOM INTO SPRING WALK 16 APR**

As the POC for the Gateway Milers first traditional walk I want to say a heartfelt thank you to everyone for making the Bloom Into Spring walk such a wonderful day. Fifty-Nine walkers had a beautiful day exploring Sandy's Back Porch gardens and the neighborhoods of Belleville. It was wonderful to see so many friends, walkers from different clubs, and a group of new walkers come out and join us.

This is what we are all about...sharing our love of walking by exploring our great area. We hope this will be your start to joining us on many more walks.

We had a great partnership with Sandy, of Sandy's Back Porch, who was so generous in allowing us to be part of her open house.

Lois La Fleur, POC



### **Schorr Lake Winery Walk June 4, 2016**

Schorr Lake Winery and vineyard are located just outside of Waterloo on the edge of peaceful, picturesque Schorr Lake. A quiet wooded area is featured where you can relax on deck and overlook the 6 acre vineyard or the lake. All wines produced at Schorr Lake are estate grown and estate produced. Our walk will begin in the vineyard, traverse through the Vandebrook neighborhood and spill out into Lakeview Park with its 100 acres and three large lakes. After walking you may have a wine tasting and/or sit on the patio and enjoy the view. Water, soda, and beer are also available for purchase. Bring a friend and spend the afternoon. Any member who brings two friends who have never walked with the Gateway Milers will receive a special prize. You may also enter to win a bottle of wine from the vineyard. Enjoy a beautiful walk in Waterloo, relax and have a glass in the afternoon! Deb Kruep, POC

***Calling All Volunteers!***  
***We will need volunteers to work the start and finish table, mark the trail the day before, take down the trail markers at the end of the day. If you've never work one of these positions will certainly work with you. You get to meet so many great people volunteering. If interested please let Deb Kruep know. You may email her at: [debmarkkruep1@yahoo.com](mailto:debmarkkruep1@yahoo.com)***

### **Getaway to Gatlinburg**

Gateway Milers invite you to Getaway to Gatlinburg! Sit back and relax as our bus pulls out Wednesday morning and heads south. We will have a picnic lunch and visit Andrew Jackson's home, The Hermitage Plantation. The bus will pull into Pigeon Forge/Gatlinburg in the evening followed by a group dinner. Thursday morning we will venture into the great Smokey Mountains National Park walking along the Little Pigeon River and Sugarland Nature Trail, catching a glimpse of Cataract Falls. Lunch will be on your own with time to explore Pigeon Forge. Dinner will find us in the middle of the feud between the Hatfields and the McCoys! Friday morning you are free to take the shuttle to Gatlinburg and walk the tourist walk with plenty of shopping opportunities! The afternoon will be spent catching a little whitewater as we raft down the upper section of the Pigeon River (optional and no experience needed.) Those not choosing to hit the water will stay in town enjoying the city. There is so much to see and do. Lunch and dinner are on your own. Saturday morning after breakfast those adventurous souls will hop the zipline before we depart. Saying goodbye to the Smokies one last time we hike and follow the Little River trail through the old Historic Elkmont Cabins from the days of the Little River Lumber Company. After a short bus ride, we will have a late lunch in Knoxville and have some time to explore. Those who would like to get in a walk may opt for the Music, Moonshine and Art 5K (not included in price) if time permits. Afterwards the Milers will board the bus overnighiting in Nashville. Sunday morning will be spent getting reacquainted with downtown doing the capital walk, viewing the State Capital, Bicentennial Mall, Ryman Auditorium, Printers Alley, Fort Nashborough, and the Country Music Hall of Fame. We will have lunch at the famous Jack's Flying Pig BBQ on Broadway before coming home. Trip includes, bus transportation, 4 nights lodging, 4 breakfasts, 1 picnic lunch, 1 group dinner buffet, 1 dinner and show, 4 walks, Sunday BBQ lunch, whitewater rafting (optional) and Ziplining (optional). We should arrive home in time for dinner Sunday evening. **All walks included in the price will be in the cool morning hours!** As always we are a walking club and encourage everyone to walk with us, but we know many of our friends do not share our walking abilities. We build our trips so all our friends may participate and will have plenty to see and enjoy! The trip price is based on current prices for 40 travelers and is subject to change. **Questions contact Deb Kruep at [debmarkkruep1@yahoo.com](mailto:debmarkkruep1@yahoo.com)** If we do not have enough to fill the bus, gateway milers will caravan to Gatlinburg. We need just a couple more people to fill the bus!





**March to the Arch September 11, 2016**

Make plans to join Gateway Milers as we March to the Arch! Gateway Milers will be walking the last 10K of this powerful 21 mile walk that begins at the stroke of 9:11 a.m. Sunday 9/11/16 and marches to the St. Louis Arch. We march in moving memory of that fateful day in 2001 where our nation cried and ground zero was born. Let us not forget. Bo Drochelmann felt compelled to make this trek from his porch 21 miles to the arch grounds on the first anniversary of 9/11. He offers these words, " I guarantee, that even though you will start out marching for others, when you are finished, it will have been one of the most moving experiences you have ever had." Gateway Milers will meet at the History Museum where the 10K will join the group or you may walk the entire 21 miles (34K). This is a group walk with plenty of stops for rest if you are not used to walking a 10K. After each walker touches the arch there will be a short ceremony and the singing of America the Beautiful and the National Anthem. Buses will be provided to take you back to your starting point. This walk will be through pre-registration only. All walkers will receive a free T-shirt and American flag to carry on the pilgrimage. You must pre-register by 7/31/16. You will find the registration form on our website. An updated patch is available for purchase on the registration form.

Rosalie Maul, POC



**EVENT AWARDS**

Members listed in the Feb/Mar and Apr/May 2016 issue of *The American Wanderer* having accomplished and award for:

	<u>Events</u>	<u>Distance</u>
Nancy Sperry	200	2000KM
DeAnne Brown	600	6000KM
Rosalie Maul	650	6000KM

Way to go Milers! Congratulations

Compiled by Lois La Fleur



“Explain it to me one more time. Why do you need \$200 walking shoes, but I have to do 5 miles in bare feet?”

**NEWSLETTER SUBMISSIONS**

Send articles and/or comments to” Milers Newsletter” via email to:  
[lois.lafleur@gmail.com](mailto:lois.lafleur@gmail.com)

Editor: Lois La Fleur  
 Cutoff date for Jun Newsletter is: 3 JUN

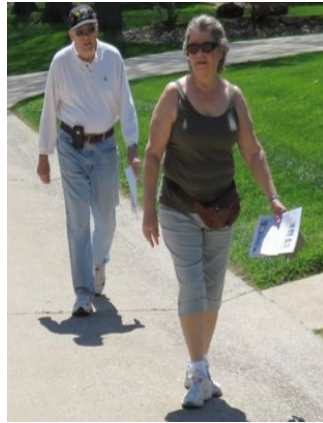
**WEBSITES**

HQ AVA – -----<http://ava.org/>  
**Gateway Milers: [gatewaymilers.org](http://gatewaymilers.org)**

**The Gateway Milers 1st Traditional Walk at Sandy's Back Porch 16 Apr 2016**



**Cindy, Lois, Deb**



**Jack and Shirley**



**Linda and Bill**



**Meet Bonnie one of our  
Daisy Bingo Winners**



**The end of a great day walking and eating!**



**Rosalie leading the group**