

OFFICERS:**PRESIDENT:****BILL BADGER****VICE-****PRESIDENT:****ROSALIE MAUL****TREASURER:****CINDY STUCKY****SECRETARY:****LOIS LA FLEUR****DIRECTORS:****DEB KRUEP****CAROL REZNICEK****ANN MATTINGLY****OUR NEXT
MEETING****11 Jul 6:30pm
FORTEL'S PIZZA
10716 Lincoln Trail**

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

**911 Walk Reg-
istration
Forms will be
at the
Meeting.**

LIKE US!!!

NEWSLETTER

Summer 2017

Summer is here in St. Louis and we can pretty much expect hot and humid walks. But it shouldn't deter us, we just need to bring water and expect our clothes to be sweaty. We, as a club, plan to do something every weekend. Those of us who have been participating in our walks have a good time, exchange interesting conversation, and normally, for those who wish to participate, go out to eat together after the walk. Everyone is welcome to join us. Sometimes we walk one of the St. Louis year round events, or if one of the other clubs is having a walk we will pick a time for the Gateway Milers to meet for a group walk. We have some great events for walks that our club is putting on. On Saturday, Aug 5th we have a walk in University City that goes through the 'Delmar Loop' and Washington University. On Saturday Aug 26 we have the 'Boulevard' walk in Belleville. This walk takes us through interesting areas in Belleville that many people don't know exist. On September 11th we have our March to the Arch. On October 14, we have the Valmeyer Walk, this walk has a flat option and for the those willing to do some serious hiking up hills, there is an option that offers spectacular views 400 feet above the Mississippi flood plain. The last major walk for the year that the Gateway Milers is having is the World Bird Sanctuary on November 11. For those of you who haven't been there, it is one of the gems of the St. Louis region. Please look at our website 'gatewaymilers.org' for a list of our current events and walk times. Our weekly 'Miler Messages' gives the up-to-date listing of things the Milers have going on.

We had 13 of our Club members go to our National Convention in Billings Montana and participate in the walking events. An enjoyable experience and some special sights were seen by all. A special thanks to Rosalie Maul, our Vice-President, who attended the meetings and voted the clubs recommendations for items affecting the national AVA organization.

Our club exists to provide exercise, good fellowship, and interesting experiences. Best of Health and Happiness to all. --- Bill

Bill Badger, President



Saturday, August 5
9:00 to Noon
Trinity Presbyterian Church
6800 Washington Ave.
University City, MO

Walk through University Heights, an early 1900's upper middle class planned subdivision and historic Parkview, an "Urban Oasis" now on the National Register of Historic Places. Visit beautiful Washington University, site of the 1904 Olympics and several recent presidential and vice-presidential debates. Finish by strolling along the famous "Delmar Loop" with its many restaurants, specialty shops, the St Louis Walk of Fame and a statue of Rock N Roll icon Chuck Berry.



Saturday, August 26
8:00 to 10:00a.m.
Signal Hill Lutheran Church
8100 W. Main St
Belleville, IL

The Signal Hill Neighborhood, located high above the bluffs overlooking the Mississippi River, is a little-known gem- part of the greater St Louis metropolitan area. Plotted as a planned community in 1904, construction of the beautifully maintained bluff-top homes draw their unmistakable, elegant, antebellum style from the use of building materials recycled from the St Louis World's Fair. The streets are divided by landscaped, broad, grassy medians, which remain to this day, adding grandeur to the tree-lined boulevard. Some of the earliest Signal Hill homes display elements of the Victorian era.

Calling All Volunteers!

***For University City walk
contact DeAnne Brown:
deeebee333@gmail.com***

***For The Boulevard walk
contact Lois La Fleur:
fleurs1106@gmail.com***

MONDAY, SEPTEMBER 11TH, 2017

9/11/17

The March to the Arch is a 21-mile memorial walk that begins in West County and concludes at the base of the Gateway Arch.

March TO THE Arch

WALK FOR FREEDOM
WALK FOR AMERICA
WALK TO HONOR THEIR MEMORIES

Join us as we commemorate the victims of 9/11

Come one come all! It's time to register for the 9/11 March to the Arch. We will again be joining Bo Drochelman on this patriotic walk to the St Louis Arch. You can choose to walk 34K, 10K, or 5K. The 34K starts in Chesterfield at the Schnucks shopping center at 9:11 AM on Monday, September 11, 2017. You can join the walk at the 10K point at the History Museum at Forest Park. Estimated time to sign in is 3:00 PM, leaving about 3:30 pm. Parking is free. We will meet our 5K walkers at Tegler Hall on the SLU campus about 4:30 PM and leave by 5:00 PM. Street parking and a parking garage are available but as it's a weekday, fees apply. As last year, t-shirts, flags and bus transportation back to your start point are free. This is a group walk. Books will be stamped at the 10K and 5K start points. Police will again escort the walkers at busy intersections. Bo does not expect as many walkers as last year so the timing will be more exact this year.

Let's hope for another perfect weather day for this moving walk through St Louis! **Registration deadline is 31 Jul.**

Rosalie Maul, 9/11 Walk POC





20TH AVA BIENNIAL CONVENTION

Stepping Out of Bounds in Billings

The 2017 AVA convention in Billings, MT has come and gone. Conventions are fun! So many friends to re-connect with and new people to meet, walks that are new and challenging! This was my first experience being a delegate at the convention. I attended meetings on Wednesday, Thursday, and Friday afternoons. The scheduled walks were in the morning so we delegates did not miss any good walks. For me, it was a fascinating look inside the AVA business. Most interesting was voting for the election of new officers. As you know, David Bonewitz, was elected President. He guided us on our first walk in Gatlinburg. We felt like we knew him. The awards given to clubs for logo, pictures, newsletters were also exciting especially as our club won in the logo category and Lois LaFleur won in the picture category. Deb Kruep was given a special recognition award for her work with young Volks. The next convention will be in Albany, NY in 2019. Walks will be in NH, MA, and NY. I personally can't wait to go! *Rosalie Maul*

This was my 3rd convention and each one has been a joy!!! Rosalie, my travel mate, and I decided to drive so we could explore new territory. When you travel like this you can't help but realize what a beautiful country we have. We had to stop at Wall Drug Store, The Badlands, wow words can't describe how barren yet different it is, and then checking off a major walk on my bucket list...Crazy Horse! Now I had heard stories about the walk and it was tough, doing it with a major cold set me back, and at one point I turned around. But, the gang was ahead and I just couldn't walk away. Reaching the top and seeing all the people from all ages doing their very best to reach the summit was inspiring. We left Crazy Horse and on to Mount Rushmore another "hope I can get there someday" wish. Next Rapid City Presidential walk which I liked seeing all the president statues at each intersection. And then Devil's Tower was next, how cool, and there is a nice walk around the tower. And ...I got a picture with a buffalo!

— Each convention has pre/post walks and the Convention walks: Buffalo, WY where we had to navigate around/over heavy streams due to previous heavy rains; Little Bighorn Battlefield National Monument, so moving seeing all the gravestones and learning so much history about Custer's Last Stand; Yellowstone RiverWalk in Billings, warm so we were grateful for the shade; The President's Walk/Brewery Tour at night in downtown Billings; Swords Rimrock Park in Billings which provide beautiful views of Billings; Red Lodge MT quaint town and nice restaurants; and Cody WY which we were unable to do. And on the way back a walk in Omaha NE, lovely walk in town and along the water front. And then the wonderful people who put on the event and all the volunteers, thank you so much. So many walkers from so many states to meet with and share stories that you walk away invigorated. Next convention Albany NY 1-8 June 2019. I get to go back to New England and since I'm from Massachusetts you know I'll be there. See you in 2019! *Lois*

Convention Workshop

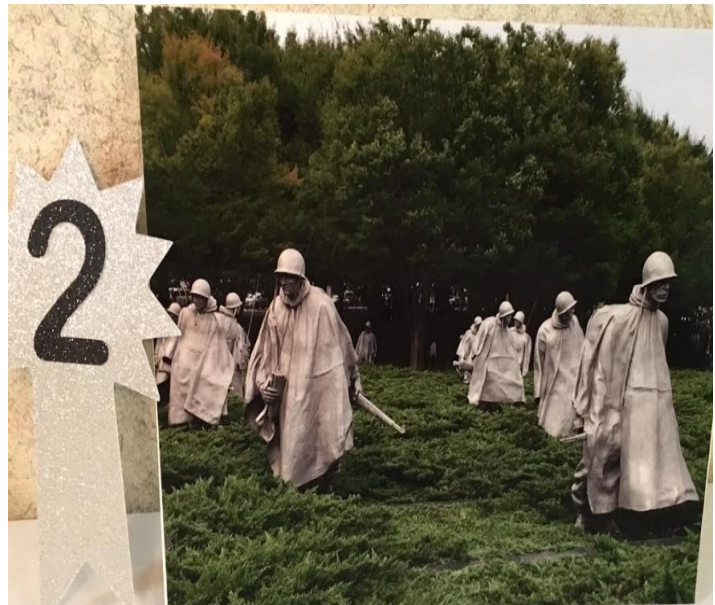
I was asked to give a workshop at the 2017 AVA convention on the topic of working with youth. Titled AVA and Navigators, the workshop covered so many of the things we do here at Gateway Milers. Many clubs are interested in hosting events that will attract Scouts and families. I was honored to be able to share what works for this club. It is always enjoyable to see light bulbs flicker in members' eyes when they think they have learned something they feel might be useful in their home , in return, I learn just as much from them. *Deb Kruep*

And the Gateway Milers brought home some awards and recognition.

Deb Kruep was honored with the Ted Ballman Memorial for Youth Award. Deb is the Youth Program Coordinator for the AVA and for our club has worked so hard in incorporating the Girls Scouts from IL and MO into the AVA program. Congratulations!!!

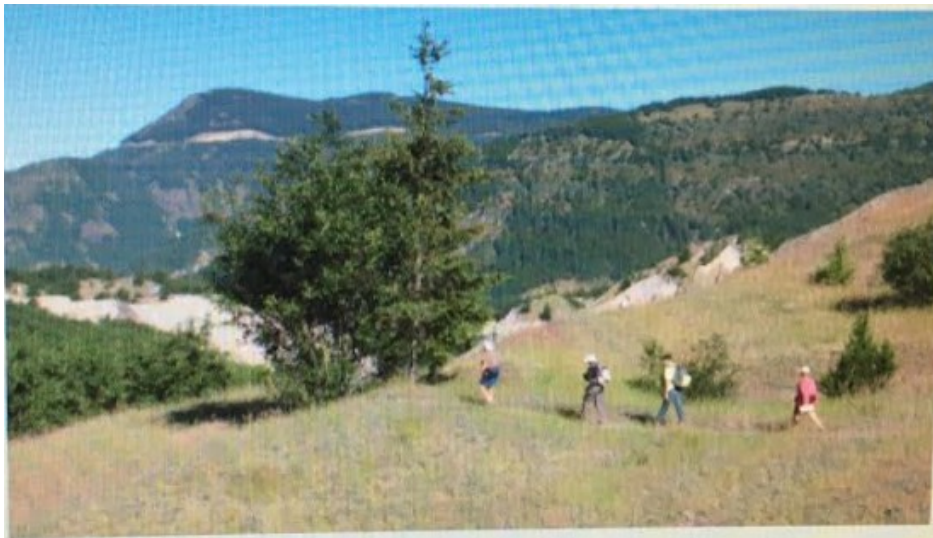


3rd Place for Best Logo



2nd Place Lois La Fleur Photo Contest
Korean War Memorial

[Look what's on the AVA website!!](#)



Submission by Debbie Kruep



Submission by Mark Mackey



Submission by Mark Kruep



Bonnie Carlson and Cindy Stucky
(mom and daughter)

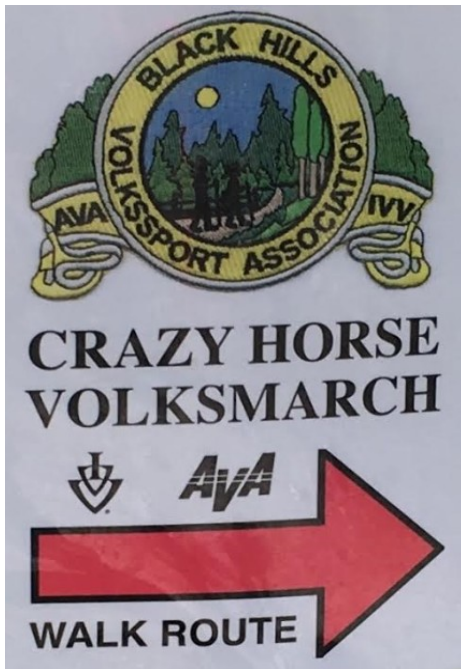


YELLOWSTONE WALK WITH THE LADIES



**Yup ILMO joined us to the
convention**

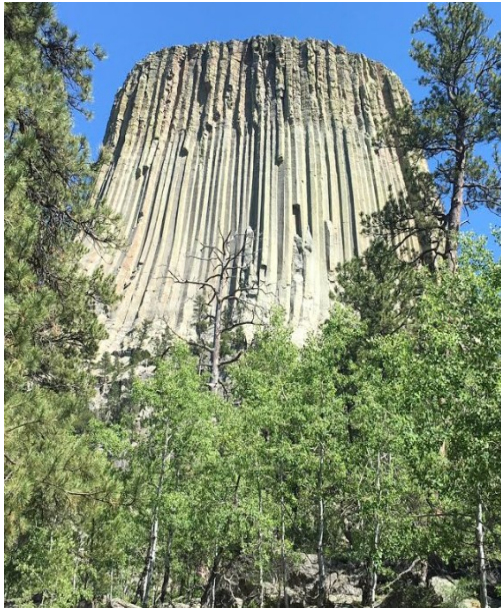




Rapid City Presidential Walk



Devil's Tower—remember the movie?

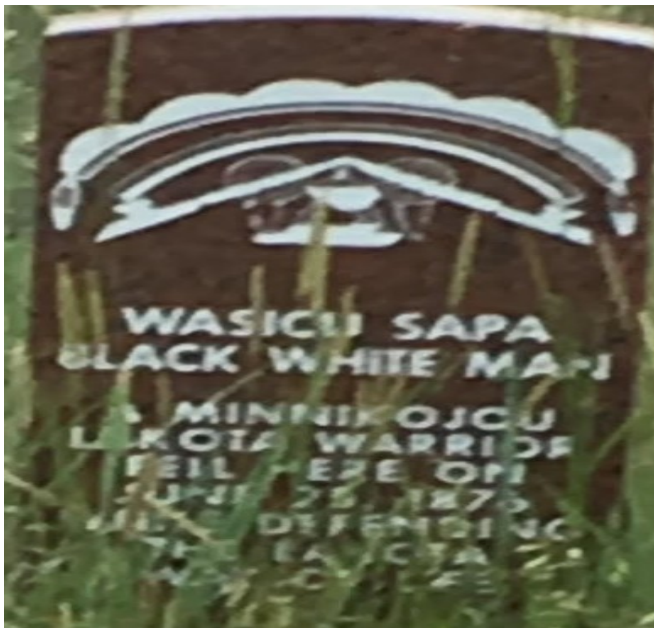
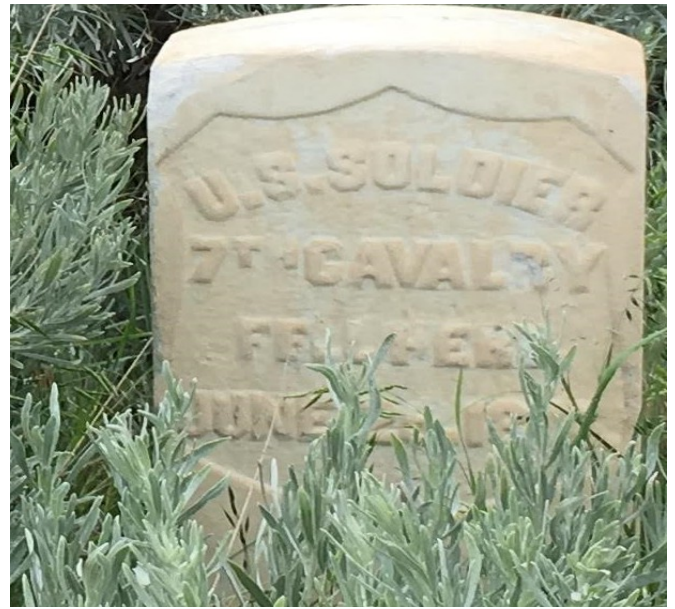


Some different sights along the way. The road closure items really got me.



*Looks like we weren't
the only ones out
there taking photos!!*





THE MEMORIAL

The remains of about 220 soldiers, scouts, and civilians are buried around the base of this memorial.

The white marble headstones scattered over the battlefield denote where the slain troopers were found and originally buried. In 1881 they were reinterred in a single grave on this site.

The officers' remains were removed in 1877 to various cemeteries throughout the country. General Custer was buried at West Point.





Check out the AVA website and see all the walks that are available in New England. The ESCV is already mapping out walks for us to walk pre, during, and post convention. So many of the states to explore what a great area to visit.

See you in 2019 in Albany NY.



CRUISE ALASKA WITH THE NORTHWEST REGION

By Nancy Wittenberg, AVA Vice President

The Northwest region is sponsoring a seven day cruise to SE Alaska next summer and we invite all volkssporters to come along with us. The dates are July 28 to August 4, 2018 round trip from Seattle.

We have reserved 50 to 60 rooms, double occupancy on the Norwegian Bliss, a new ship that will begin sailing in 2018. Cabins can be inside with no window, an oceanview outside with a window, a balcony cabin or if you want to splurge, a suite. Prices are not firm at this submission. The maximum for an inside cabin will be \$1150 per person up to \$2150 for a balcony cabin double occupancy. We will have a price for a single occupant shortly.

The cruise will stop in Ketchikan and Juneau where there are seasonal walks. A new walk will be sanctioned in Skagway around the town and trail. We will also cruise the Sawyer Glacier and on the way back, stop in Victoria, Canada where you will be able to do the walk that goes by the cruise ship terminal. You can also sign up for any excursions offered at the various ports. We expect to have a place on board to meet and socialize.

While we don't know at this submission what the process will be to pay, we do know that the region will have to submit all names, cabin information and a \$250 deposit per person to the cruise agent by October 28, 2017 in order to hold rooms for this large a group.

At this time if you are interested, you need to send the following to Elisabeth (Buffy) Wittenberg at ewittenberg@wamail.net **as soon as possible** to reserve your place on the list. She will email you other information as soon as it is available.

Names

Address

How many people will be in the cabin.

Whether you want a roommate.

Type of cabin – inside, oceanview, balcony, or suite.

Email address to send further information to.

Best phone number to reach you.

To see more about Norwegian Cruise Lines go to www.ncl.com. For an article on the new ship Norwegian Bliss, go to <https://www.ncl.com/press-releases/norwegian-cruise-line-debut-new-ship-designed-alaska-cruising-2018> .

Edwardsville SIUE Campus Walk

On May 20th, in the midst of a very rainy Spring, the SIUE Campus Walk in Edwardsville was very lucky to have the rain stop at exactly 9 AM when the walk start time began. Fifty-two walkers were happy to put down their umbrellas to walk the two different 5K loops. A few soggy places remained, but comments were very positive about the beauty of the campus with its Gardens area, bike/hiking trails and campus buildings.

The first 5K loop took walkers on an inner loop to see the campus buildings and out to the SIUE Gardens. The first buildings were built in the late 1960's, but additional ones have been added in keeping with the same modern design so it is difficult to distinguish the older buildings from the new. The Gardens were originally designed by the Missouri Botanical Garden in St. Louis and are now maintained by SIUE.

The second 5K loop went out to the SIUE business park, around dorms, around the athletic center, and by the Alumni Center.

SIUE personnel were excited to show off their campus to the Gateway Milers. Thanks to all the brave people who turned out. We were so glad it didn't rain on everybody! POCs Linda and Bill Badger

Lafayette Square and Soulard Walk

Thanks to all the walkers who came out on a beautiful May day to walk with us. Special thanks to all the first time walkers—it was great to see so many new faces! The 5k walkers enjoyed the historic beauty of the “painted ladies” Victorian homes and gorgeous 30 acre Lafayette Park with its greenery, statues and pond. The 11k walkers also strolled through the historic Soulard Market and surrounding red-brick neighborhood homes and unique clubs and restaurants. Many walkers capped their day with lunch at SqWires restaurant, our starting point host. SqWires has offered their site as a starting point in the future and we hope to bring back this special walk in 2019.

POCs Cindy and Tom Stucky



EVENT AWARDS

Members listed in the Feb/Mar, Apr/May and Jun/Jul 2017 issues of The American Wanderer having accomplished and award for:

	<u>EVENTS</u>	<u>DISTANCE</u>
Kim Laurance	10	
Kathy Wald	10	
Victor Wald	10	
Cathy Gregory	300	
Bob Gregory	300	
Gordon Brown	350	3000
DeAnne Brown	650	6500
Tom Stucky	375	
Diane Gebhardt	525	
Deb Kruep	650	
Mark Kruep	650	
Rosalie Maul	750	6500
Bill Badger	1200	12,000
Linda Badger	1250	

NEWSLETTER SUBMISSIONS

Send articles and/or comments to "Milers Newsletter" via email to:
lois.lafleur@gmail.com

Way to go Milers! Congratulations

Editor: Lois La Fleur

Compiled by Lois La Fleur

WEBSITES

HQ AVA – -----<http://ava.org/>

Gateway Milers: gatewaymilers.org

Email Address:

gatewaymilers@gmail.com