

**OFFICERS:**

**PRESIDENT:**

LOIS LA FLEUR

**VICE-**

**PRESIDENT:**

ROSALIE MAUL

**TREASURER:**

CINDY STUCKY

**SECRETARY:**

ANN MATTINGLY

**DIRECTORS:**

PAUL GROOM

GORDON BROWN

MARK MACKAY

**OUR NEXT  
MEETING**

**14 Jan 6:30pm**

**Papa Vito's**

**Restaurant**

**318 E. Washington  
Belleville IL**

**Gateway  
Milers mem-  
bership forms  
on our website  
and at our next  
walk.**

**WEBSITE:  
Gatewaymil-  
ers.org**

**LIKE US!!!**



# NEWSLETTER End of Year 2019

## *From our Past President*

2019 has been another good year for the Gateway Milers Club. We have managed to keep up a walking schedule on almost every Saturday all year. A few inclement weather days have proved challenging, but I'm always amazed how hardy some of you are to adverse elements. At most walks many of us use this as an opportunity to have lunch and get in some extra socializing time. As always, our club is open to all, and all participants are encouraged to join us in all our activities.

In addition to our weekly walks at existing 'year-round' events we put on traditional events that require a lot more effort and volunteers to make them great events. We have continued to strive to have unique experiences in these traditional walks. We started out the year with the Mardi-Gras walk in Belleville, then the 'Bunny Hop' walk in O'Fallon, IL in conjunction with the local merchants. In May we moved to Missouri for our Cliff Cave Park Walk. In September we were back in Illinois for our Highland Silver Lake Walk. In October we had our 'Fiends and Phantom Walk' in the Cherokee Street historic section of St. Louis. Finally we had Raptor Walk at the World Bird Sanctuary in Eureka Mo.; we had over 200 Boy and Girl Scouts join us for this walk.

As I end my time as President of the club I wish to express my appreciation to all the volunteers that have helped make it very easy for me to be President (and actually do all the work). Many of our members and walking participants are not aware of all the work that goes into making the club work. We keep up a website, put out a weekly update, keep meeting minutes, order and store supplies for the walks, put walks on meet-ups, sanction walks with the National AVA office, keep all the financial records and send and make payments. I'm sure I am missing many of the things that need to get done especially all the work that is done by the POCs (Point of Contact) or people that develop the walks and all the volunteers that help at the walks. Thank you all again for all you do.

As we go forward into 2020, Lois will be our new President. She is one of the founding members of our club, has been the club Secretary and took care of ordering and storing club supplies, doing our club newsletter as well as all sorts of miscellaneous items to make the club function. I have complete confidence that Lois will do a fantastic job and hope all of us will help her continue to make this a great and fun club.

Bill Badger

## **WELCOME TO 2020!!!!**

As your new president I am excited to continue making our club the very best in providing all of you great walks but most important the times we spend together be meaningful. It didn't take much time for me to realize that walking is great and the hours or so I spend with my walking friends on Saturday make is the best day of the week. I started Volkssporting back in the 80s (I know that long ago) in California. What a great state to start walking because I would never of had the opportunities to explore all over California without being part of a walking club. I took many years off from doing Saturday walks with a club while raising my daughter. When I got back into walking again 7 or so years ago I was so happy getting the benefits of being part of a club again.

As Bill mentioned it is a team that makes our club and we have a great team. But the officers and directors need your help. We are always looking for new places to walk and since we come from so many different neighborhoods you may have a great place to walk that we aren't aware of but would love to explore. And when it comes time for one of our major walks its always fun to volunteer which allows you to meet so many of our walkers.

The next pages shows some of our walks and trips for 2020. We have many more on our list, we are just finalizing start points and permission to use pavilions (many of our start points don't allow us to reserve a start point well in advance). After those pages is a review of the walks we have done since our last newsletter. It's always great to reminisce about what we have done this past year.

If you want to reach out to us just send an email to: [gatewaymilers@gmail.com](mailto:gatewaymilers@gmail.com). If you want to send an email to me my email address is: [fleurs1106@gmail.com](mailto:fleurs1106@gmail.com).

See you on the trail.

*Lois*

## **MEET OUR TEAM**

Photo: Paul Gorom, Bill Badger, Cindy Stucky, Ann Mattingly, Gordon Brown (in Front) Rosalie Maul, Lois La Fleur (missing Mark Mackey)

**President—Lois La Fleur**

**Vice President: Rosalie Maul**

**Treasurer: Cindy Stucky**

**Secretary: Ann Mattingly**

**Director 3rd Year: Paul Gorom**

**Director 2nd Year: Gordon Brown**

**Director 1st Year: Mark Mackey**

**Webmaster/Facebook Page: Tom Stuckey**

**Miler Messenger: Paul Gorom and Mark Mackey**

**Publicity: Linda Badger**

**NOTE: looking for Assistant Webmaster...interested???**



## 2020 WALKS



### University City Year Round Event Kickoff With Ice Carnival

**JAN 18th 2020**

**Start Time: 9:30-11a.m.**

POCs: DeAnne and Gordon Brown

\*\*\* Asking for canned goods donations for church food pantry. Thanks

**Start Location:** Trinity Presbyterian Church  
6800 Washington Ave University City MO

**Entrance:** enter on the Kingsland side; look for the AVA flag by the entrance.

## BUNNY HOP BREAKFAST WALK

**MAR 14th, 2020**

**Start Time:** 9-11 a.m.

**Start Location:** The Masonic Lodge, 122 East State St.  
O'Fallon IL

POCs: Paul and Regina Gorom

Join us for breakfast at the Masonic Lodge, breakfast starts at 7a.m.



The O'Fallon Merchants Association invite you to collect Easter Eggs while on the walk. These eggs are filled with prizes courtesy of the merchants.

## FRENCH LICK INDIANA TRIP APRIL 17-19, 2020

Some of us Milers are planning to spend the weekend in the area of this walk. The Bedford Hiking Club is having a walk Apr 18th in French Lick IN. There is another walk in the area, Spring Mills State Park, that we may also walk. Add to that we found a French Lick Scenic Railway tour, 25 miles, which is part of the Indiana Railway Museum. Prices goes by where you choose to sit on the train.  
<https://frenchlickscenicrailway.org/>

If you are interested in joining us for this weekend please send an email to our Miler address: [gatewaymilers@gmail.com](mailto:gatewaymilers@gmail.com) with the **subject line: French Lick trip**. Transportation would be on your own but we will look at carpooling.

**Hotel:** Some of us have booked rooms already at Spring Mills Inn, there is also a Comfort Suites in French Lick.

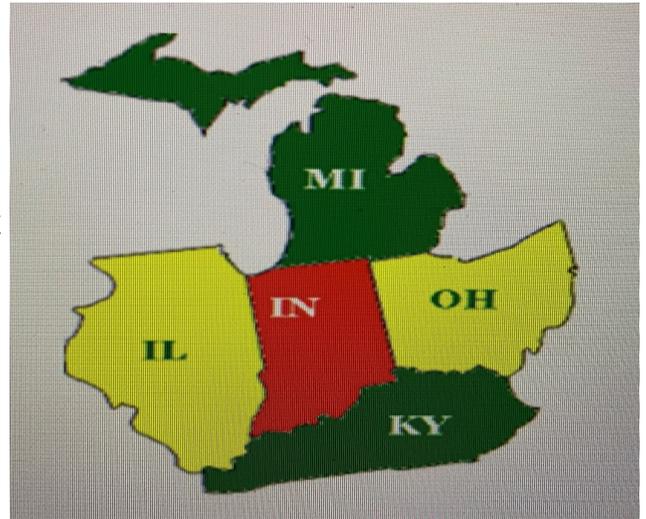
## 2020 WALKS/TRIPS

### MID-AMERICA REGIONAL CONFERENCE DAYTON OHIO JUNE 19-21, 2020

Join us to explore Dayton's rich aviation history, including the Wright Brother's home, gravesite, Wright Bicycle Shop, and much more.

The weekends events are all inclusive to the Marriott at the University of Dayton, with all 3 walks starting at the hotel. The Meet and Greet and Banquet will also be hosted by the Marriott. There will be 3 swim events.

You can do the walks only, sign up for the walks and Meet and Greet, or sign up for everything.



If interest please let us know via the Miler email [gatewaymilers@gmail.com](mailto:gatewaymilers@gmail.com). You would need to do your hotel reservations on your own. Meet and Greet and Banquet information would be sent to the POCs: [OHIOMAC2020@aol.com](mailto:OHIOMAC2020@aol.com)

\*\*\* On a side note I've attended several of the Mid-America conferences and it was great meeting other club members from our neighboring states. *Lois*

### \*\*\*OTHER UPCOMING WALKS FOR 2020

We look forward to offering walks in Clayton, St. Peters, and celebrate our club's **5th Year Anniversary** by doing a walk at The Nature Institute in Godfrey IL. Once we get these walks finalized word will be sent out.

Keep your calendar open for a weekend with our Missouri clubs. They will have walks **Apr 4-5, 2020** in Monroe, Pike, Ralls, and Shelby counties. Also, **May 23-25, 2020** will include walks in Lincoln, Montgomery, Osage, and Warren county. **The Milers will be the POC for the walk in Lincoln county.** More to follow.



## 21st AVA Biennial Convention Albany NY WALK THRU HISTORY



The 2019 AVA convention in Albany, NY was such a success. Several of us Milers drove to the convention stopping along the way to do other walks. I've asked those that went to the convention to share some of their stories and I've added photos from our travels.

### From Bill and Linda Badger:

We had never been to an AVA Convention before, but, since this one was in Albany, NY, a place we hadn't been before, we decided to go. We did make convention hotel reservations a year in advance, which we are glad we did. Some people waited too long to make reservations and stayed at nearby hotels, but it's more fun to be where all the action is. We decided to drive instead of fly with the hope of doing walks along the route. It turned out that we did walks on the return trip. Our favorite part of the Convention were the walks. Each one was carefully planned and completely different from the others, so every day we were doing something different. One day it lightly rained and the rain actually made the walk more enjoyable, keeping it cool and no sun beating down. We found the people very friendly and helpful. Having people from our own club also added to our enjoyment of the Convention. We didn't do everything together, but it was fun to get together and talk about our experiences and adventures. We had such a good time that, of course, we are going to Madison, Wisconsin for the next one, June 2021. Hope to see you there!

**Photo from the Springfield MA pre-convention walk.**



### From Rosalie Maul:

What I loved about the 2019 AVA Convention was all the walks driving there and driving home. Lois and I did 22 walks in 12 days. To do this we drove to a start point, walked a 5 k, continued to drive to the next start point and walk another 5 k. We walked in Indiana, Ohio, Pennsylvania, Connecticut, Massachusetts, New Hampshire, New York, and Canada. We did more walks in Ohio and Indiana on the way home. We met new friends and old friends. We stayed with Lois's friend in MA and my sister in Buffalo.

All of the walks at the convention in Albany were well organized. The AVA convention never disappoints! We are looking forward to the 2021 convention so much closer, Madison Wisconsin. **Photo from the Presidential Walk in Albany NY**



## DeAnne and Gordon Brown

Gordon and I had three walks before the convention: Zionsville, IN; Yellow Springs, OH; and Williamsville, NY.

The first evening of the convention, all 700 of us walked 3 miles for an ice cream sundae. Who else would be insane enough or crave ice cream so much as to walk that far, other than a Volksmarcher?! That same evening, I met my first convention BFF, Sal the Mule.

We learned a LOT about the Erie Canal. The convention walks exposed us to a lot of history, which we enjoy very much. We also walked the grounds of Civil War battlefields. Just visiting Benedict Arnold's headquarters and seeing firsthand the primitive-to-us fortifications were eye-opening experiences which no one could learn merely from reading. I loved the Dutch influence on Albany because I have some Dutch in my background. I actually sat in a (very large) wooden shoe! We were astounded by the grandiose size and the beauty of the New York State Capitol when we climbed its marble stairs and wandered through the people's mansion.

Ah! Cooperstown! We always wanted to go there and it was better than we thought it would be. The Pomeroy House had amazing stonework. We walked along Lake Otsego which is the headwaters of the great Susquehanna River. Cooperstown even had a lighthouse! And then there was the Baseball Hall of Fame. Wow!

After the convention, we walked Montpelier, VT; Concord, NH; Hartford, CT; New Hope, PA/Lambertville, NJ; Steubenville, OH/Follansbee, WV; and Aberdeen, OH/Maysville, KY. The last three were Border Crossings.

Gordon and I had a great time, renewing acquaintances and meeting new people. Everyone is always so excited and happy to be there. I never want to miss another convention.

## Lois La Fleur

When you get to attend an AVA Convention that is having walks where you grew up you know you have to go. What a fabulous trip to New England with Rosalie as my navigator. We stopped at so many locations doing 5ks and I really filled up my States and Capitol Books.

I got to do several pre-convention walks with my girlfriend from college, the Forest Park pre-convention walk with my nephew and while in Albany I had dinner with a cousin.

All the walks were perfect with weather and scenery. I've been to several conventions so it is great to meet walkers from all over the U.S. many you only know from Facebook. Rosalie and I volunteered for all three days at the convention another great way to give back to the clubs putting on the convention. Those clubs give up time a year out scouting out hotels, restaurants, walk locations, scheduling volunteers, setting up buses etc. our hats off to them.

There is a whole world out there of places to walk and going to a convention really opens up your eyes to what AVA is all about. I really hope you consider going to the next convention 2021 in Madison Wisconsin.



## *PICTURES FROM THE 2019 PRE CONVENTION WALKS*

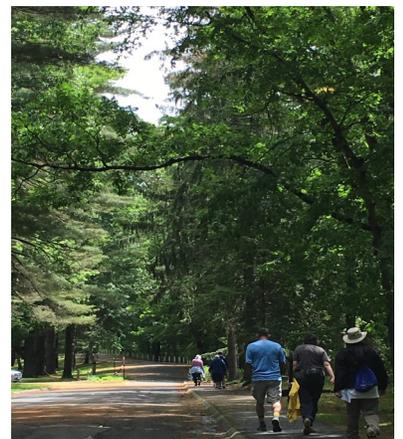
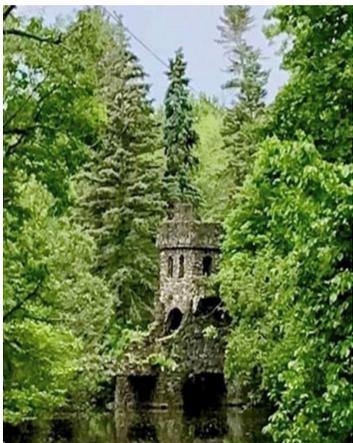
### *PORTSMOUTH NH*



### *DANVERS MA*



### *FOREST PARK—SPRINGFIELD MA*



# 2019 CONVENTION WALKS AROUND ALBANY NY

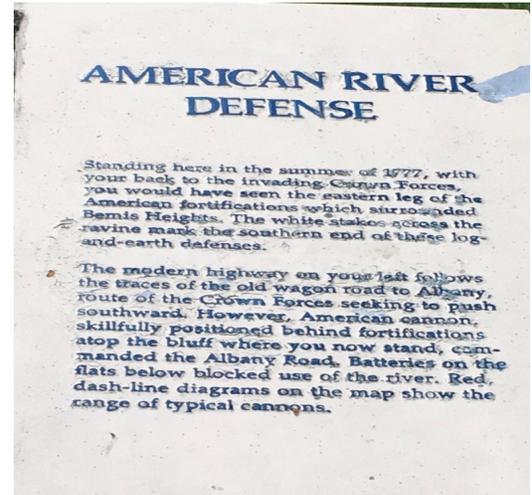
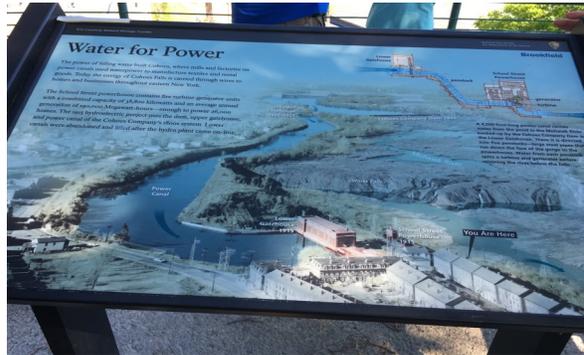
## Arrival day checking in



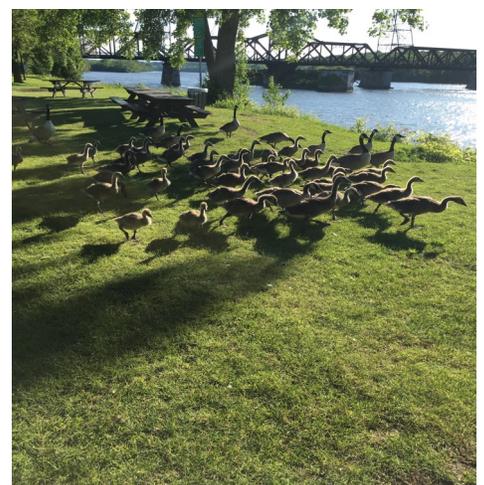
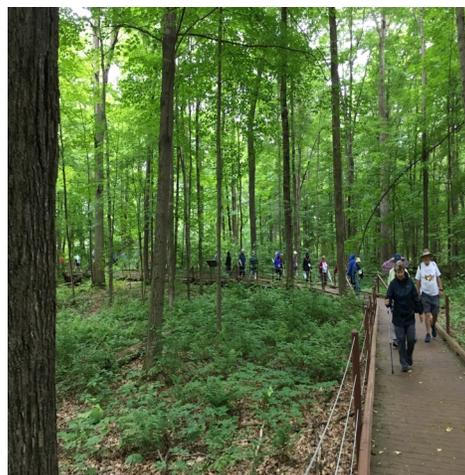
## The gang is here



## 1st we walk for ice cream



The ducks took over the start point and then grouped together and rushed to the water.



## CONVENTION WALKS ALBANY and Outer Areas

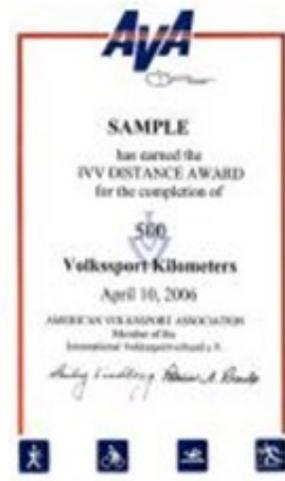


## POST CONVENTION WALK—COOPERSTOWN



WE ONLY DID THE 5K  
SO WE DIDN'T GET TO  
SEE ALL OF THE  
COOPERSTOWN AREA.

WE LEFT COOPERS-  
TOWN AND WENT TO  
NIAGRA FALLS WALK-  
ING ON THE U.S. AND  
THEN THE CANADIAN  
SIDE.



## EVENT AWARDS

Members listed in the issues of *The American Wanderer* having accomplished an award for:

	<u>EVENTS</u>	<u>DISTANCE</u>
Victor Wald	10	
Kathy Wald	10	
Kim Laurance	10	
Gary Oberneufemann	10	
Mary Jane OBern	10	
Tricia Couch	10	
Ben Couch	10	
Regina Gorom	10	500k
Paul Gorom	10	500k
Lynn Keith	225	
Carmelita Stone		3500k
Lois La Fleur	575	4000k
Tom Stucky	525	5000k
Gordon Brown	550	4500k
Diane Gebhart	600	
Deb Kruep	750	7500k
Mark Kruep	700	7000k
Bonny Carlson	700	7000k
Cindy Stucky	700	7000k
Rosalie Maul	850	7500k
DeAnne Brown	850	8000k
Diane Prost	1350	13000k
Bill Badger	1450	14000k
Linda Badger	1500	15000k
Barbara Bueher	2100	

\*\* Current as of : Dec 2019 *The American Wanderer*

\*\*\* Remember to mail in your AVA books once completed. If you need assistance with the process one of our club members can help you out.

CLIFF CAVE PARK WALK THANKS TO CINDY AND TOM STUCKY

Beautiful Location

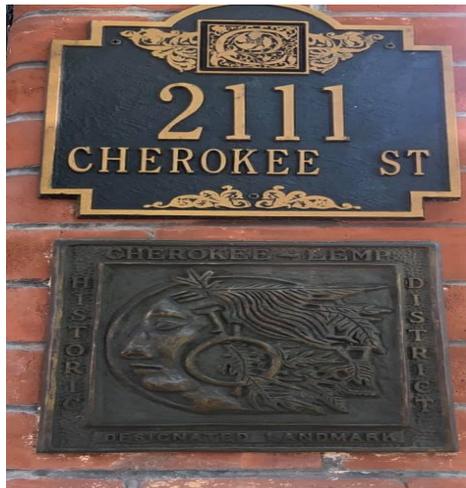
Our Chef Mark Mackey Stucky's Always Get Flooding



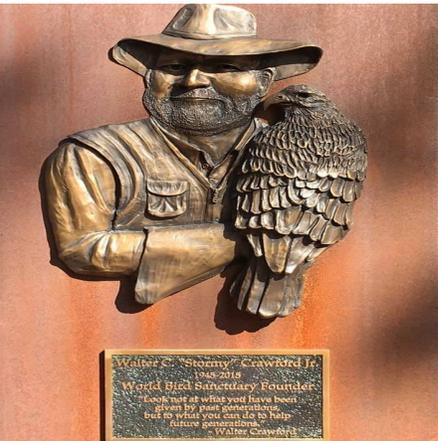
SILVER LAKE PARK HIGHLAND IL THANKS TO LOIS AND ROSALIE



***FIENDS AND PHANTOMS WALK ST. LOUIS MO THANKS DeAnne & Gordon***



***RAPTOR'S WALK at WORLD BIRD SANCTUARY Thanks Deb and Mark Kruep***



## **NEWSLETTER SUBMISSIONS**

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

Editor: Lois La Fleur

### **WEBSITES**

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