

## GATEWAY MILERS CLUB MEETING MINUTES November 7, 2017

[gatewaymilers@gmail.com](mailto:gatewaymilers@gmail.com)

website: [gatewaymilers.org](http://gatewaymilers.org)

**President: Bill Badger**

**Vice-President: Rosalie Maul**

**Treasurer: Cindy Stucky**

**Secretary: Lois La Fleur - fleurs1106@gmail.com**

**Directors: Deb Kruep, Carol Reznicek, and Ann Mattingly**

**Members:** We have 86 club members!

**Treasurer:** We have a balance of: \$7,279.42

**Purchases of Signs Update:** Deb Kruep researched and purchased the following signs for our club: two Walker Crossing signs; one Caution walker's sign and one Parking sign. The total price was \$380. The signs look great and we will use them so much for our walks.

**Nominating Committee Recommendations:** Paul Gorom has accepted the Director Position. Thank you so much Paul. Our exiting Director is Carol Reznicek who has been a director for two years. We thank Carol for all her support in growing our new club. You will see Carol at our Dec Giving Walk since she is the POC. This is her 2<sup>nd</sup> year with this walk and she puts so much time and effort in making this walk special.

**Election of 2018 Officers and Director:** The following officers have agreed to stay on for another term: Bill Badger – President; Rosalie Maul – Vice President; Cindy Stucky – Treasurer; Lois La Fleur – Secretary. Our Directors for 2018 are: Deb Kruep, Ann Mattingly, and Paul Gorom.

**Girl Scouts Updates:** On Sunday 5 November we partnered with a local Girl Scout Troop for a 5K walk in Belleville IL. The Girl Scout troop did all the work to put on the walk and the Gateway Milers brought desserts plus made the soups and breads for the walkers. We had 222 pre-register and 180 hardy walkers show with only a few getting the severe rain at the end of the walk. \$222 was donated to the Labor and Industry Museum for opening up the museum on a Sunday and conducting tours for our walkers.

**Membership Forms for 2018:** Lois La Fleur will update the membership forms for 2018, have them posted on our website, send an email out to all our members with the 2018 membership form attached, and print out the form for our 2 December Giving Walk in Edwardsville.

### **Reports for Recent Walks:**

- **Sept 30<sup>th</sup>, Breakfast in a Bag Walk** POC Lois La Fleur – 56 walkers including Girl Scouts and their families enjoyed a crisp morning walk ending in a fabulous breakfast. The girls and the adults loved the breakfast concept of making their own meal. It's always great to have your walkers stay behind and join in great conversations. Thanks all for attending.
- **Oct 14<sup>th</sup>, Salt Lick Reserves – Valmeyer:** POC: Deb Kruep and Cindy Stucky – Well we brought the walk back and our walkers had a great time. Thanks to Cindy and Tom for setting up several options for those not wanting to tackle the hills. It was a beautiful day followed by lunch and delicious desserts! Thanks to all the Milers who help set up, bake, take down the trail, and of course volunteer for the start/finish and sales table. We have a great team!!

### **Updates on Upcoming Walks and Adventures:**

- **Nov 11<sup>th</sup>, World Bird Sanctuary** - POC Deb Kruep: This is a favorite from last year and we are looking forward to exploring the area again. We expect some of our Illinois Girl Scouts and some Boy Scouts to attend.
- **Dec 2<sup>nd</sup>, The Giving Walk, Edwardsville** – POC Carol Reznicek: Our Start Location is the Pavilion outside the Edwardsville Library. The 5K walk will take you around Edwardsville and through the Holiday `..... Extra time for shopping is allowed. The Miler Messenger has listed for the past several weeks about walkers buying inexpensive gifts to hand out as we do the walk. Each gift will have a Gateway Milers Business Card attached. Lunch is after the walk at the Bull and Bear Restaurant in Edwardsville.

## **Traditional Walks for 2018**

- Feb 23<sup>rd</sup>, Mardi Gras Walk Belleville IL POCs: Deb and Mark Kruep, and Mark Mackey
  - Mar 10, Bunny Hop Walk Moose Lodge O'Fallon IL POCs: Regina Gorom and Rosalie Maul
  - Apr 14-15, Cape Girardeau Trip, multi-walks event plus swim: POC Deb Kruep
  - Apr 28<sup>th</sup>, Jefferson City MO, Inmates and Ice Cream Trip: POC Deb Kruep
  - May 19<sup>th</sup>, Maplewood MO: POCs: Cindy and Tom Stucky
  - Jun 16<sup>th</sup>, Schorr Lake Vineyards Waterloo: POC Carol Reznicek
  - July 14<sup>th</sup>, OPEN
  - Oct 13<sup>th</sup>, Pere Marquette POCs: Bill and Linda Badger
- \*\* Possible other walks:

## **Year Round Events (YREs):**

- **NEW YRE this year:** Oakland Historic District-Belleville POC: Rosalie Maul –Belleville Downtown YMCA
- Edwardsville POCs: Linda and Bill Badger; Kimmswick MO (starts back up 1 Apr) POCs: Cindy and Tom Stucky; and O'Fallon IL POC: Lois La Fleur; Katy Bike Trail; POCs: Debra Kruep and Missy McBride
- All YREs are listed on the AVA website under the Event section.
- **NOTE:** This will be our last year with the Kimmswick YRE so we suggest you do a nice fall foliage walk. Also, in 2018 we will add the University City walk as an YRE.

## **ITEMS FROM THE FLOOR:**

The Cape Girardeau multi-events weekend will be hosted by several metro east clubs. The Gateway Milers will send out information later on which event we will host and we will need volunteers. The swim portion will be at the Auburn Hotel which is our host hotel.

Deb Kruep briefed us on the newest program from AVA. It's called: 401k Invest in Your Health. It is AVA's first virtual online program. You can track kilometers, steps or both. You can also sync your steps to a tracking device i.e. fitbit etc. The link to join will be posted 15 Dec on the AVA website and the program begins January 1 2018.

**NEXT MEETING:** Our next meeting is **Jan 9th at Fortel's Pizza Restaurant**. Meet at 6:15 if you would like to order food. Meeting will start at 6:30pm.

*From all of us we thank you for a great year of walks and look forward to spending time with you in 2018.*

Lois La Fleur  
Gateway Milers Secretary