



# FOOTPRINTS

Member News, Events, Calendar and More!

## MAY 2024

### (NOT SO) CHILLY - CHILI

I just don't know how they do it, but our crack Social Committee made a great event even better. We had a great turnout of over 60 people and everyone looked like they were having a good time. This year's venue was a real winner, with everyone staying warm and no one missing the cold lake breezes from last year. Dave, our Social Chair, the one in the T-shirt (he wanted everyone to appreciate how warm it was!) did a great job of organizing and making sure we had all we needed. Perry, the consummate showman was ready to hand out the Golden Spoon awards, but the Club Treasurer forced him to change to Wooden Spoon (better to stir your chili with!)

There were lots of chilies, regular, veggie, spicy, and also a good number of side dishes. Award winners are shown below, but I'd like to announce our first double winner of the year, Sandy Berg. She took home the Best Side award after winning at the Bocce event! (I heard she might try to sneak into the Kid's Track Meet!). The recipe for Sandy's award-winning Corn Casserole can be found at the end of this section!

Finally, I want to thank Mike McMahon for the great work he does documenting all our Club events. He always manages to get a great group photo, which can sometimes be like herding cats.

### Chilly Chili 2024 Award Winners



#### Honorable Mention Categories

- Best Full-Bodied Chili • **Dean Geers**
- Best Earthy or Mineral Chili • **Jack Zordan/Melissa Nides**
- Best Smokey or Toasty Chili • **Diana Schnell**
- Best Non-Vintage Chili • **Caroll McIntosh**

#### By Popular Demand, Impromptu Award for a Desert

- Banana Cake • **Cappy Johnston**

#### Prize Categories (\$25 Starbucks Gift Card)

- Best Side Dish • **Sandy Berg**
- Hottest Chili, While still being edible • **Julian Gordon**
- Best Non Meat or Vegetarian Chili • **Tami Zylka**
- Best Chili • **Rick Young/Patti Pulkownic**



## CLUB ACTIVITIES

**TUESDAY Morning: 9:15am Highland Park--Northshore Trail. Meet at the Parking Lot just South of Central on St Johns.** Run/Walk and stick around for a pastry and coffee at The Little French Guy, 1791 St John's.

**THURSDAY Morning: 11:30 am Lake Forest College run.** Six miles through Lake Forest. Meet at the college's Sports & Rec Center.

**SATURDAY Morning 8:00am: CLUB RUN: East Lake Forest Train Station.** Weekly club run preceded by announcements. Run or walk 6 miles through Lake Forest. Dogs are welcome.

**SUNDAY Morning 8:00: Canoe Launch, Rtes. 60 & 21.** 4-6 mile runs around the area.

**TRAINING PROGRAMS:** Check with club coach Jenny Spangler on programs and dates [jandmfitness@comcast.net](mailto:jandmfitness@comcast.net)

## ODE TO THE CHILLY CHILI WINNERS

by Judy Friedes-Craig



Chilly chili, who were the winners?

Those of us who ate the dinners.

Actually, for the day, the Best take was Cappy's banana cake.

It's all good, you would think:

Julian's Hot chili made us look for a drink.

Putting out that fire was done with a Side

It's why Sandy's corn casserole is famous club wide.

A Non-meat chili can be full of beans

And Tami's chili demonstrated just what that means.

Now we know chili can be described like a good wine

Jack and Melissa showed an Earthy line,

Dean's Full-bodied made us feel fine.

Carol's Non-vintage was all the rage,

And Diana's Smokey version took the stage.

So, what was the chili that stood above the rest?

Patty and Rick cooked it for us; it was The Best.

### Sandy's Award Winning Recipe

Corn Casserole  
 2 eggs beaten  
 2 sticks butter melted  
 1 c. Sour cream 8oz.  
 8oz. can whole kernal corn  
 with juice  
 1 8oz cream style corn  
 1 pkg Jiffy corn muff. mix

Mix everything together. Bake at 400 degrees for about an hour. Double the recipe for holidays and events like the running club party. Also, it's important not to drain the juice of the corn. It all goes in.





*Best Non-Vintage Chili*



*Best Smokey or Toasty Chili*



*Best Earthy of Mineral Chili*



*Best Full-Bodied Chili*



*Best Desert*



*Best Side Dish*



## Chilly Chili 2024 Award Winners



*Hottest, While Still Being Edible, Chili*



*Best Non-Meat of Vegetarian Chili*



*Best Chili*



*Raffle Prize Winner*



*LFLB RC Chilly Chili 2024*



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## RACE RESULTS

### (U of I) ILLINOIS MARATHON

This weekend four Club members completed the Illinois Marathon/ Half-Marathon. Since all four runners had attended the U of I, it was great to run in familiar areas around the Champaign-Urbana Campus. John Brucker, Kent Brucker and David Vargas ran the full marathon. Former Pres, Dan, decided for the warm, humid day, 13.1 miles would be enough! For Kent and David it was their first marathon, so John hung with them the whole race. Congrats to all for a great race!



### RIVER to RIVER

Club members participated in 2 different winning teams in the Southern Illinois 80 mile, 8 person relay.

### GAZELLES

The Gazelles have a history of winning at RtR. Back in the 90's they were consistently first in the Women's Division. This year they went back with a slightly older group of Gazelles and entered the Handicap Division. This talented group of ladies came in First place in their division. Club members on the team were Val Golbus, Laura Kennedy, and our own Club Coach, Jenny Spangler.



### JENNY SPANGLER RACING TEAM

Some of our Club members were part of the JSRT that came in Third overall in the Open Division. They were able to complete the 80 mile course in 7:42, less than 6 minutes per mile. Not bad for running the hilly back roads of Southern Illinois! Steve Clark, Dave Zeisler, & Jim Burgess were on the team.





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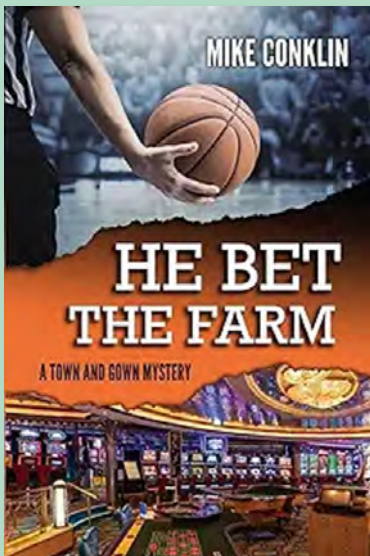
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## “AUSSIE MATT”

Hopefully, a number of you remember Matt Palmer, from Sydney. Matt was a member of the Club a few years back when he was based in the area. Matt has still maintained his membership from almost 10,000 miles away. Laura Kennedy and Geoff Wilson plan to catch up with Matt when they go to run Sydney Marathon in the fall. Matt just completed a Triathlon and came in 6th in his age group. Here is Matt and his kids who were also participating. Good on ya, Mate!



## MIKE CONKLIN RELEASES NEW BOOK



Well Club members, he has done it again. Our prolific author has just released the third book in his Town and Gown series. Always current and topical, this book brings into the mix gambling, specifically betting on sports, along with his small college and small town activities.

In addition to his familiar character and locations, he has added the impact of a casino located on the Ohio River in southern Indiana and its effect peoples' lives. Especially, the effect on his small, Harrison College. There is a lot going on in this book which is an enjoyable and fast read.

But there is more. You will have a chance to attend a reading and book signing right here in LF. Here are the details:

**Date:** May 14 Tuesday

**Time:** 6:00 PM

**At:** Lake Forest Book Store (next to Starbucks.)

In addition to the reading and signing there will be refreshments! Hope to see everyone there to support our Club author.





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## History on the Run

### The Meat Packers- The Armour's

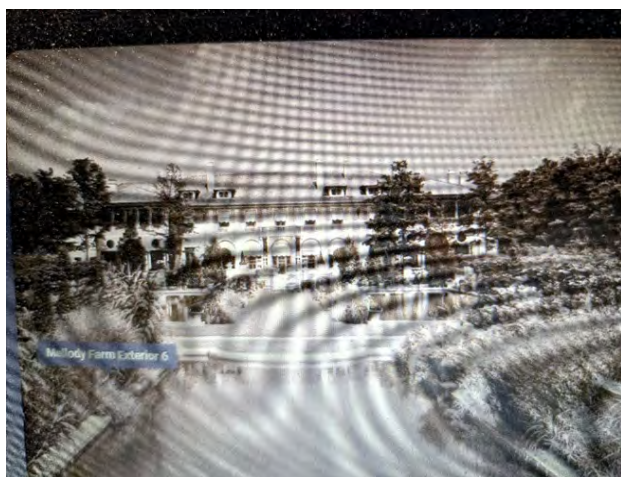
Do you ever run or bike the Middlefork Savanna trail? I know Dan does. I see him running while I'm riding my mountain bike. Do you wonder about the story behind the remnants of that bridge over the railroad tracks near the existing bridge leading to Lake Forest Academy?

Today's leading businesses are technology, software, social media, microchips etc. and centered in Silicon Valley. But 110 or so years ago very different industries dominated and one of them was centered in the Chicago area and their leaders lived in Lake Forest. If you ever attended a game at the original Comiskey Park before 1971 or an event at the International Amphitheater and the wind was blowing from the stockyards you could smell their business: meat-packing.



Armour and company was the largest of the meat packers, Chicago's biggest business and by 1880 the largest food processor in the world. Primary founder Phillip Danforth Armour first earned money by using unemployed gold miners to build sluices during the California gold rush. With his \$8000 profit he returned to the Midwest and by 1867 started Armour and Company in a plant adjacent to the Union Stockyards that opened in 1865. Armour achieved great efficiency using an assembly line (de-assembly) process which later inspired Henry Ford to adopt it for Model T manufacturing. At one point the Armour plant was the largest in the world. Armour also started using refrigerated cars and by 1900 had the largest fleet in the world with over 12,000 units operating. Armour and company used every part of the hog hence his statement, "everything but the squeal". Armour expanded into soap with Dial soap in 1948. Phillip Danforth Armour was a strike breaking brutal employer but also a philanthropist. In 1893 he donated \$1 million to found the Armour Institute which eventually became the Illinois Institute of Technology. He died in early 1901 and his son J. Ogden Armour took over.

The son continued to grow the company and increased its sales from \$100 million to \$1billion and by the start of WW1 was the second richest man in America. With this wealth he built the Melody Farm (Arthur Heun architect) estate, whose manor house is now owned by Lake Forest Academy. The



gatehouse is the existing Lake Forest Open Lands building off Waukegan road and the 2 mile long driveway needed to cross the existing tracks hence the bridge Armour had built. A staff of 60 servants was needed to keep the estate and gardens functioning. Unfortunately, the post WW1 depression, poor decisions and an unsuccessful attempt to corner the grain market led to bankruptcy and by 1923 he no longer was involved in Armour and Company. Today the company survives as Armour Meats owned by Smithfield Foods, canned Armour Star meats owned by Con-Agra and Dial Soap owned by Henkel.

There are other notable Armour family residences in the area including P.D. Armour III's Tanglely Oaks in Lake Bluff.

*Trivia: Dale Carnegie was the top Armour salesman in the early 20th century and used his experience to write "How To Win Friends and Influence People". Former Canadian Prime Minister Lester Pearson worked at the Armour plant in Chicago.*

## THINGS WE DIDN'T KNOW ABOUT -- Perry Georgopoulos

We are starting a new column this month where we share something about one of our members that we didn't know. This month we are featuring Perry. We all know he is in good shape, has a successful urban planning career, and more impressive, he is co-editor of FOOTPRINTS.

Something you may not know about Perry is that he is also an actor. This is something he has participated in for a while, but recently he had one of his more significant roles in one of his favorite plays.



He just recently played a lead character, Frederick Fellowes, in the British comedy, Noises Off, at Theater D in Deerfield. It was a successful run of eight performances. I meant to mention, it was a very physical play and Perry had to perform the most demanding stunt in the play. Perry, with his trousers down around his ankles, hands apparently stuck to a tax demand and a plate of sardines, hopped up a full flight of stairs, two feet at a time. Don't try this at home! Fortunately, over 50 Club members attended one of his performances and he would like to thank each of you.

So how did he get interested in the theater? Perry started acting in high school involved in several of the Taft H.S. productions. Since then he has had the pleasure to be in a number of shows in and around the North Shore. We look forward to the next opportunity to see him on stage soon.



Action Shot: Hopping up the Stairs



## APRIL 8TH SOLAR ECLIPSE

by Eric Matrejek

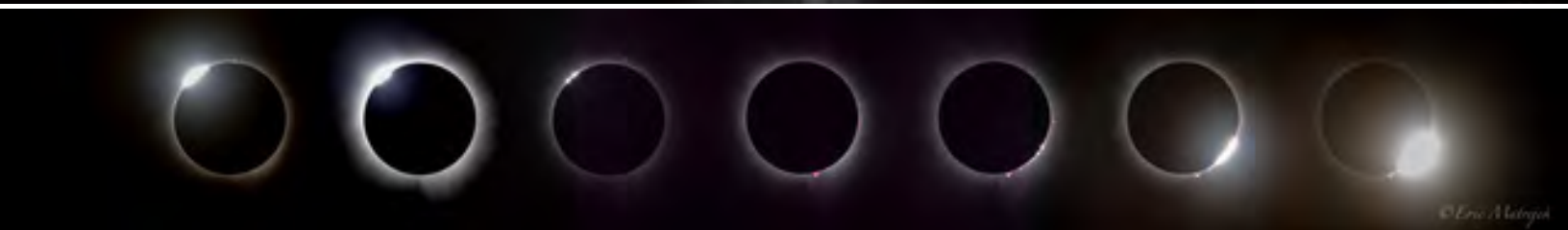
Experiencing the April 8th solar eclipse was unforgettable. The moment the sun disappeared behind the moon, catching us by surprise, filled us all with a collective wonder. At Jefferson College in Hillsboro, MO, we captured stunning photos of the 2017 Total Eclipse, but for the 2024 event, we didn't leave much to chance, heading to a friend's farm near Bloomington, Indiana, for 4 minutes and 2 seconds of Totality.

Photographing eclipses is notoriously tricky. It's impossible to photograph the sun without special filters. Focused through a telephoto lens the magnified Sun quickly destroys the digital sensors, not to mention your retinas. Being in the right place at the right time is crucial, and the fast-paced events surrounding totality demand quick action, changing camera settings and removing and replacing the solar filters at the right moments. From the fleeting moments of the Diamond Ring dissolving into Baily's' Bead, as the Sun's last rays shine through craters and canyon's on the lunar surface, to the delicate solar prominences and the elusive corona, every second counts. Capturing these phenomena requires a range of camera settings, pushing the limits of technology. Four minutes later the process reverses as the Moon reveals the shining Sun as the crescent becomes the full disk of the Sun once again.

The April 8th eclipse didn't disappoint, and even the weather cooperated, making it one of the most majestic eclipses in recent memory. However, astronomers warn that our era of frequent eclipses may be drawing to a close due to shifts in Earth and Moon orbits. But there's still time to prepare for the next North American Total Eclipse on August 23, 2044.

For more eclipse photos from 2024 and 2017, check out my Flickr site: <https://www.flickr.com/photos/ericmatrejekphotography/albums>

**Check back from time to time, I'll be adding a time lapse and different views of the Eclipse.**





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## RT'S FINAL THOUGHTS

*Over the years we have been fortunate to have various sponsors for our Club and some of our activities. This month I would like to highlight some of current sponsors and encourage you to support them. They have all been generous, deserve our support and help us keep the Thanksgiving Day Run a quality event.*



Lake Forest Bank & Trust has been a long time supported of the TDay Run and, at one time, they were the sole sponsor. They are conveniently located for our Club plus we do our Club banking there. They are awesome people to work with.

<https://www.lakeforestbank.com/>



forever om yoga

Forever Om Yoga Studio will be sponsoring the Run for the third time this year. They are a yoga studio for everyone. They have a wide range of classes for the beginner to the experienced. Their owner, Cilla Stoll, is a good friend of the Club. Some of you attended the special 'recovery' class she set up for our group in February. The studio is located on Western Ave in the heart of LF.

<https://www.foreveromyoga.com/>



### Lake Forest Hardware Cards and Gifts

The True Value Hardware store in West Lake Forest is also sponsoring our TDay Run for the third time. They have been very generous at a time when we needed extra support for the run. They are a convenient store to visit for your hardware and gift and cards. Make sure you stop by. Located on Waukegan Road, West LF.

<https://stores.truevalue.com/il/lake-forest/14090/>



### Kiddles Sports Store

There isn't too much that we can say about Kiddles that most of you don't already know. Kiddles has been an ongoing sponsor of the Club since we started. They have always been generous supporting our activities and giving us discounts on our running shoes. Make sure you stop in to see Jay, Denise and the boys.

<https://www.kiddlessports.com/>

**"In running, it doesn't matter whether you come in first, in the middle of the pack or last. You can say, 'I have finished.' There is a lot of satisfaction in that,"**

---Fred Lebow