

ILLINOIS TREKKERS FOOTNOTES

NO. 2017-01

March 2017



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Vice President:

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A Message from our President

President's Message

April is fast approaching with many opportunities to walk. Three Mile Thursdays start on April 13th & continue on April 20th & 27th. Three Mile Thursdays in April will be the Shrine of Our Lady of the Snows Walk. Registration will be at 6:15 at the Shrine Hotel of Our Lady of the Snows, 451 S De Maizenod Drive; Belleville, Illinois. The walk will start at 6:30. There are three traditional events in April. The first traditional walk is the Century Homes of Ferguson on April 8, 2017 hosted by the St. Louis Stuttgart Volksmarch Club. The walk starts at the Ferguson Community Center, 1050 Smith Ave; Ferguson, Missouri. Walkers can start any time between 8:00 am and 12:00 noon. On April 22, 2017 Lebanon Cedar Cruisers invite walkers to the Historic Carlinville Walk. Walkers can start between 9:00 am and 12:00 noon. The walk starts at Refuge Coffee House, 242 East Side Square Carlinville, Illinois. Our next traditional walk will be Laderman Park in Belleville. The walk starts at Laderman Park Pavilion #2; 1105 Mascoutah Avenue, Belleville, Illinois. Walkers may start between 9:00 am and 11:00 am. Trekkin Tuesdays continue in April and group walks continue on Saturdays when there is not a traditional walk scheduled.

Thank you to Darleen Kraemer and Louis Krummel, POCs and everyone who worked to help make the Step Into Spring Walk in Fairview Heights a success. 50 walkers came out to walk despite the threat of rain. The walk took walkers to areas of Fairview Heights where many walkers had never been before.

I am sad to inform you of the resignation of Dale Gerlach as Vice President of the Illinois Trekkers, the POC of the Shrine YRE, The POC of the Way of Lights Walk and from the Illinois Trekkers. Dale worked very hard to make the Way of Lights Walk a huge success in November 2016. Dale volunteered and worked very hard at all the events the Illinois Trekkers presented. Dale prewalked and helped develop many trails. Dale walked many walks with his Trekker friends and will be greatly missed. Thank you Dale for everything you have done for the Illinois Trekkers.

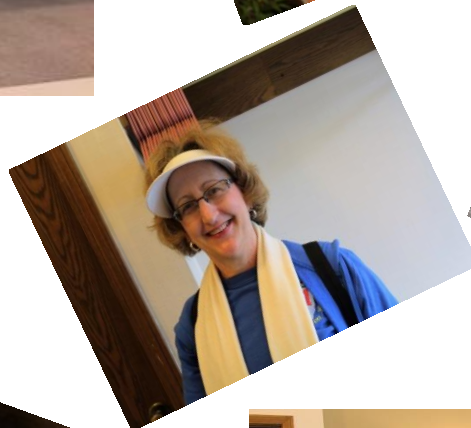
The 20th AVA Biennial Convention is coming June 7th to 9th, 2017 in Billings, Montana. For information about the convention go to <http://2017avaconvention.org/> Make plans and book your room now, because hotel rooms are filling up fast.

Please give your ideas for walks for 2017 and 2018 to any of the officers. Bring your ideas to our next meeting or email to diaprost@sisna.com. Volunteers are needed to be Vice President, to work at traditional walks, to be POC for the Shrine YRE walk, POC for the Way of Lights, POCs for tradi-

tional walks and to be Chairman of the Volkssport Committee.

Please come to our next meeting to help plan future walks and shape the future of the Illinois Trekkers. The next meeting will be April 6, 2017 @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. The Fairview Heights Library is located at 10017 Bunkum Road; Fairview Heights, IL. When you reach 10017 Bunkum Road turn right onto Library Drive and continue to the library parking lot behind the library. Enter through the door on lower level at back of library.

*Submitted by Diane Prost
President, Illinois Trekkers Volkssport Club*



Upcoming Walks

Laderman Park **Belleville, IL**

A Springtime Walk in Belleville

Spring has sprung! Join the Illinois Trekkers on a traditional volksmarch on Saturday April 29. The start location is pavilion #2 in Laderman Park. The address of Laderman Park is 1105 Mascoutah Avenue in Belleville. Start the walk between 9:00 a.m. and 11:00 a.m. and finish by 3:00 p.m. 5k and 10k trails will be available marked with streamers and signs; written instructions and maps will also be provided so getting lost is only a remote possibility. The trail is relatively flat but has a variety of surfaces including sidewalks, paved streets, gravel and a bike trail resulting in a 2B rating. The trail is suitable for strollers with moderate difficulty due to the surfaces. The trail is NOT suitable for wheel chairs. The trail rambles through city parks, historic neighborhoods with brick architecture and portions of the Metrolink bike trail. Restrooms and water are available at the start/finish only. The Trekkers recommend that participants carry water. The event will be conducted in all weather conditions except active thunderstorms. The walk qualifies for a variety of "AVA Special Programs" to include: Walk in a City Park, Walking the USA A-Z, Walk USA- 50 States, Centurion Achievement Program and Walk the USA- Street by Street. **Unfortunately, the "ATM Machine Special Program" proposed by the POC's was not approved by the AVA.** Note: Pets are welcome in Laderman Park but must be kept on a leash and cleaned up after. Every reasonable effort will be made to make the trail safe and interesting. Final-

ly, help with the walk if you are able but be sure to support your club with your participation. Bring a friend or a newcomer to Volkssporting and we'll see you on the trail. Remember it's all about "Fun, Fitness and Friendship".
"See the world by foot"!

Submitted by Packy & Sue Botula, POC's



Keep on Trekkin'

Upcoming "Trekkin" Dates for your Calendar

Apr 6: 6:30 pm Trekkers Meeting, Fairview Heights

Apr 16: Easter

Apr 29: 9 am-11am *Laderman Park Walk, Belleville, IL*

May 4: 6:30 pm Trekkers Meeting, Fairview Heights

Please check our club website for times and places of Trekkin' Tuesdays, 3-Mile Thursdays, and Saturday group walks.

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MILESTONES

CONGRATULATIONS to our members who reached
the following Event and Distance milestones
(published in Apr/May 2017 TAW):

| | |
|-----------------|-----------------|
| Barber, Muriel | 300 Events |
| Barber, Muriel | 1500km Distance |
| Brown, Gordon | 325 Events |
| Brown, Gordon | 350 Events |
| Brown, Gordon | 3000km Distance |
| Brown, DeAnne | 650 Events |
| Brown, DeAnne | 6500km Distance |
| Wojtysiak, Dee | 1000 Events |
| Malina, William | 2500 Events |
| Botula, Charles | 3100 Events |
| Botula, Susan | 3100 Events |



**ONLY THOSE WHO WILL RISK GOING TOO FAR CAN
POSSIBLY FIND OUT HOW FAR ONE CAN GO...KEEP
WALKING!**

Jobanjeet Kaur

Footnotes Editor: Trudy Duffman
Submit articles by the 25th of each
month.

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618-670-6920

ILLINOIS TREKKERS VOLKSSPORT CLUB MEETING MINUTES March 2, 2017

- 1. CALL TO ORDER:** 6:30 p.m. by Vice President, Dale Gerlach. The club then opened by singing "Happy Birthday" to Trudy Duffman whose birthday is today.
- 2. GUESTS:** None
- 3. NEW MEMBERS:** None
- 4. SECRETARY'S REPORT :** Joyce Bevirt made a motion to approve the minutes as corrected.
- 5. TREASURER'S REPORT:** Secretary Vickie Ridgeway read Dee's report - Balance as of February 28, 2017 – Checking, \$2,858.61. Money Market is approximately \$10, 018. Susan Hodgson made a motion to approve at next meeting with quorum and pending audit.
- 6. COMMITTEE REPORTS:**
 - A. Volkssport Committee:** Diane Prost, Acting chair.
 - 1) Individual incentive program: **Tour De Metro East.** Vickie Ridgeway reported.
 - a) 2017 brochures available tonight
 - b) Can be downloaded or printed from Illinois Trekkers' website.
 - 2) Step into Spring-Moody Park: Darleen Kraemer. Programs are ready. Everything is a go! Our first for the year!
 - 3) April 29th walk: Packy and Sue Botula. Program is ready. Thanks to Trudy! Worksheet passed around.
 - 4) Maryville walk/Volksswim event June 17, 2017: Vickie Ridgeway. In the works. Will include ice cream stop. 2 different sanctioned events. Edwardsville Volksswim can start as a seasonal event this year.
 - 5) Soup Walk November 4, 2017 O'Fallon, IL: Susan Hodgson. Event will start at Faith Lutheran Church in O'Fallon, IL. Suggestion to bring 1 can of vegetable beef or chicken noodle soup for the event AND 1 nonperishable item food item for the food pantry. Will discuss more at next meeting.
 - 6) Possible O'Fallon YRE-New for 2018! : Susan Hodgson.
 - B. Special Activities Committee:** Nikki Wilcoxon, Chairwoman.
 - 2) **Refreshments:** Darleen Kraemer, Chair. Muriel Barber provided refreshments (birthday cake for Trudy) this evening.
- 7. OLD BUSINESS:**
 - A. Volkssport Committee Meetings.** These meetings are open to anyone interested in planning walks. Start thinking of ideas for 2017 and 2018 walks
 - B. 2017 Illinois Trekkers' membership forms available online.**
Don't forget to renew your membership
 - C. Three Mile Thursdays Schedule. Walks will start at 6:30 unless further notice given.**
 - 1) April 13, 20, & 27, 2017: Our Lady of the Snows Shrine YRE
 - 2) May 11, 18 & 25, 2017 Richland Creek YRE
 - 3) June 8, 15, 22, & 29, 2017 Millstadt YRE
 - 4) July 13, 20, & 27, 2017 Maryville YRE
 - 5) August 10, 17, 24, 31, 2017 Belleville East YMCA YRE
 - 6) September 14, 21, & 28, 2017 Glen Carbon YRE
 - 7) October 12, 19, 26 St. Clair Mall YRE

Mid-America Conference.

Mid America's 2017 Conference date is October 27, 28, 28 & 29, 2017 in Evansville, Indiana.

8. REPORTS ON YEAR-ROUND EVENTS (YRE'S):

| | | | |
|---|----------|----------------|---------|
| <u>Our Lady of the Snows</u> : Dale Gerlach – | Walkers: | 2 - February; | 4– YTD |
| <u>Richland Creek</u> : Nikki Wilcoxon – | Walkers: | 6– February; | 14 –YTD |
| <u>Belleville YMCA</u> : Packy and Sue Botula – | Walkers: | 7 – February; | 14 –YTD |
| | Bike: | 0 – February; | 0 – YTD |
| <u>Maryville</u> : Vickie Ridgeway - | Walkers: | 5 –February; | 13 -YTD |
| | Bike: | 0 – February; | 0 –YTD |
| <u>Fenton</u> : Tom and Cindy Stucky- | Walkers: | 2 – February; | 2 –YTD |
| <u>Glen Carbon</u> : Susan Hodgson - | Walkers: | 26 - February; | 44-YTD |
| <u>St. Clair Square Mall</u> : Trudy Duffman - | Walkers: | 5 -February; | 18-YTD |
| <u>Millstadt</u> : Jackie McKay | Walkers: | 31 February; | 31-YTD |

9. OPPORTUNITIES FOR SERVICE:

A. **Volunteer to work at traditional events.** Worksheets going around for upcoming events.

B. **Members for Committees: Discussion**

- 1) Need Chairman for Volkssport Committee
- 2) Need Members for Volkssport Committee. Current members include: Mark Ohl, Trudy Duffman, Diane Prost and Muriel Barber.
- 3) Next meeting for the Volkssport Committee will be in April when Diane returns.

10. NEW BUSINESS:

A. **Ava Convention June 7-9, 2017 Billings, MT**

- 1) Convention hotel rooms are totally booked. Check with the hotel, to make sure you still have a reservation there.
 - a)Hotel name changed
 - b)Some reservations were lost
 - c)Hotel direct telephone number is (405)248-7151
- 2) Walks prior to convention start June 3, 2017 include Crazy Horse
- 3) Post-convention walks June 10 & 11, 2017
- 4) Two AVA President Candidates
 - a)David Bonewitz, Southeast Regional Director
 - b)Bob Wright

11. PRESIDENT'S REPORT:

A. The Big Give this year will be May 4, 2017. AVA will be participating again this year.

B. Start thinking about ideas for 2018 walks!

C. Highlights from the recent NEC Meeting January (see New Business)

(not brought up, but in Diane's notes:

- 1) Bike cue sheets will be added to the trailmasters guide
- 2) New program proposed to start January 1, 2018 - Walk Like an Olympian
- 3) First prequel IML event – San Antonio, TX – February 24-26, 2017.

12. REVIEW OF AVA HEADQUARTERS' CHECKPOINT.

Link available on IL Trekkers website or can have it emailed to you.

13. ITEMS FROM THE FLOOR:

- 1) Susan Bacon commented that according to the NEC minutes, there are options for a traveling sanction stamp. She would like to see a Volkssport subcommittee set up to look into guided tour walks. Sue Botula will look into this NEC ruling further and get back to the club with more information.
- 2) Email for our club goes to whom?
- 3) Linda Neu nominated Trudy Duffman and Cliff Terry (Indiana) as co-ESB Beta Testers. Their position identifies good and bad points of the program during their testing to improve the quality of electronic sanctioning.
- 4) Susan Hodgson and Trudy Duffman mentioned that they would like to see a donation to the food pantry at each of the areas traditional walk. This will need further discussion next meeting.
- 5) Thought for the Day: Communication

14. ATTENDANCE DRAWING:

Dale Gerlach won the drawing!

15. NEXT MEETING:

April 6, 2017 @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. The Fairview Heights Library is located at 10017 Bunkum Road; Fairview Heights, IL. When you reach 10017 Bunkum Road, turn right onto Library Drive and continue to the library parking lot behind the library. Enter through the door on lower level at the back of the library.

16. MEETING ADJOURNED: 8:03pm

Submitted by Vickie Ridgeway, Illinois Trekkers Secretary