

ILLINOIS TREKKERS FOOTNOTES

NO. 2017-08

September 2017



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Treasurer: Dee Wojtysiak; email drw488@gmail.com; phone (618)530-3325

A Message from our President

August had some wonderful weather for walking for the four traditional walks & all the Three Mile Thursday walks. Only one Trekkin Tuesday walk had a rain delay with beautiful weather for all the walks. Thank you to everyone who worked to make the Germantown 50th Anniversary Spassfest Volksmarch a successful walk. Please go to the Germantown Spassfest 2017 Facebook page to see pictures from the walk at the following website https://www.facebook.com/pg/Germantown-SPASSFEST-215635045393/photos/?ref=page_internal

Thank you to all the walkers who came out to walk in Germantown.

There are many good walks still to come in September. The next traditional walk will be A September Stroll in New Baden on September 9, 2017. The next Illinois Trekkers traditional walk will be the Scavenger Hunt Walk on September 23, 2017. Read the article in this edition of the Footnotes about the Scavenger Hunt Walk.

This past Thursday Three Mile Thursday was at the Jefferson Barracks YRE where walkers saw beautiful views of the Mississippi River and more deer than we could count. Three Mile Thursdays will continue in September by walking A Walk in "Old Town" Glen Carbon YRE on September 14th, 21st & 28th. Registration will be at 6:15. The walk will begin at 6:30 pm. **Please note registration will be at the Glen Carbon Library & the walk will start from the Library.**

Trekkin Tuesdays will continue in September. In September & October the registration time for Trekkin Tuesdays will be 9:00 am with the walk starting at 9:15 am.

Please plan to attend the September 7, 2017 club meeting @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. We will be discussing the

Mid America Conference and the Way of Lights Walk scheduled for November 14, 2017. 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 the lower level at back of library.

Submitted by Diane Prost

President, Illinois Trekkers Volkssport Club



Next Traditional Event

The next Illinois Trekkers Traditional walking event is scheduled for Saturday, September 23, 2017 in Swansea, IL. It will be a Scavenger Hunt walk with fun for all ages. We will start the event at the Melvin Price Memorial Park, Pavilion #2, 1500 Caseyville Avenue, Swansea, IL. Registration will be between 8:00am and 11:00am with a finish of no later than 2:00pm.

There will be two loops for the walkers. It is recommended that everyone walk in the park for the first 5k. This is where trinkets and treasures will be hidden along the walking trail on both sides of the park. Since we have the pleasure of having the Girl Scouts participate with us at this event, the first 5k will actually be two loops around the park on the walking trail/bike trail. This is to ensure the safety of our young walkers. On the first loop walkers can collect trinkets. The second loop they can view the many memorials that depict veterans and other persons of recognition. The second 5k loop will be mostly residential with some inclines. Due to the lack of sidewalks on most streets, walkers will need to use caution while enjoying the second 5k loop. This will be a fun day, so mark your calendars now and plan to attend.

Trudy Duffman is the POC of this event and is asking for donations of prizes to make the event more fun. Suggestions include \$5 or \$10 gift cards, cash to be used for cash prizes, and other items such as coffee cups, candles, etc. Your generosity is greatly appreciated. Items can be brought to the September meeting or Trudy will gladly pick them up if you give her a call at 618-670-6920.

Submitted by: Trudy Duffman

SAVE THE DATE FOR FUTURE EVENTS

September 23 – Swansea, IL Scavenger Hunt

October 15 – Belleville, IL King's House Retreat (SUNDAY PM)

November 4 – O'Fallon, IL Soup Walk

November 14 – Way of Lights, Shrine, Belleville

**December 2 – Millstadt, IL Trekkers Group
YRE Walk/Christmas party**

December 31 – New Year's Eve Walk/Dinner

Keep on Trekkin'

Upcoming "Trekkin" Dates for your Calendar

Sept 2 – Group 5k/10k O'Fallon, IL (Saturday, 9:00am)

Sept 5 – Group 5k/10k Downtown St Louis (Tuesday, 9:00am)

Sept 7 – Club Meeting, Fairview Heights Library (Thursday, 6:30pm)

Sept 9 – Traditional Event, New Baden, IL (8:30-11am)

Sept 11 – March to the Arch, St Louis, MO (Monday)

Sept 12 – Group 5k/10k Maryville, IL (Tuesday, 9:00am)

Sept 14 – 3-Mile Thursday, Glen Carbon Library, (6:15pm)

Sept 16 – Group 5k/10k Litchfield, IL (Saturday, 9:00am)

Sept 19 – Group 5k/10k Shrine, Belleville, IL (Tuesday, 9:00am)

Sept 21 – 3-Mile Thursday, Glen Carbon Library (6:15pm)

Sept 23– Traditional 5k/10k Scavenger Hunt Walk, Swansea, IL (Saturday, 8-11am)

Sept 26 – Group 5k/10k Belleville Oakland/YMCA (Tuesday, 9:00am)

Sept 28 – 3-Mile Thursday, Glen Carbon Library (6:15pm)

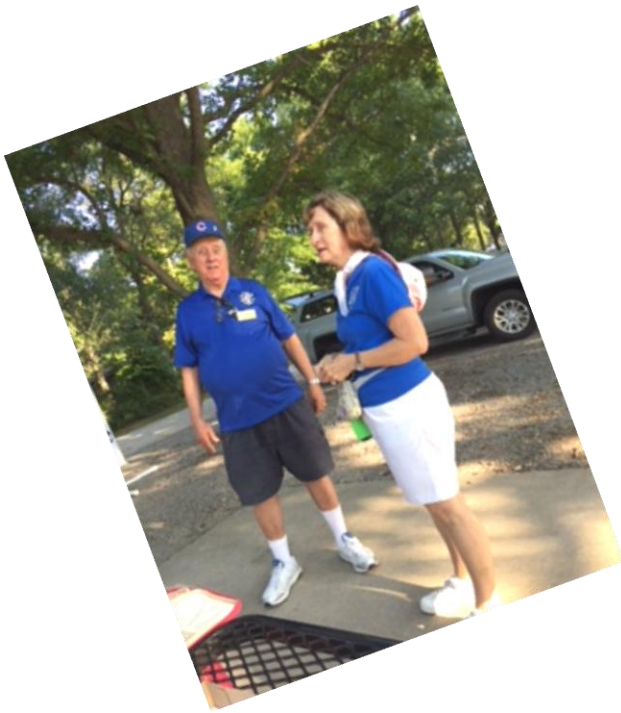
Sept 30 – Group 5k/10k Jefferson Barracks Park (Saturday, 9:00am)

WEBSITE

Please check our club website for times and places of Trekkin' Tuesdays, 3-Mile Thursdays, and Saturday group walks. The website is currently undergoing a makeover and you will be pleased with the updates that Diane Prost has added to the site. Want to volunteer to help support this Site, just contact Diane Prost at diaprost@sisna.com.

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COME WALK WITH US!



Fun in Germantown on August 19, 2017. Look who joined us—our long time walking friends Jack & Shirley.



Getting ready to head out on the beautiful walk in Tower Grove Park courtesy of the St Louis-Stuttgart Volksmarch Club.



3-Mile Thursday evening walks fun at the Belleville East YMCA walk. What a way to end the day with friends and exercise.

Photos courtesy of Trudy Duffman



Getting ready to walk in the beautiful Signal Hill area of West Belleville on August 26, 2017 courtesy of the Gateway Milers.

Photo courtesy of Bruce Kirk.

MID-AMERICA REGIONAL CONFERENCE

The 2017 Mid-America Regional Conference will be held in Evansville, IN on Friday, October 27, Saturday, October 28 & Sunday, October 29. The River City Ramblers are sponsoring the conference this year. There are three sanctioned walking events planned—Friday, October 27 will be in Wesselman Park; Saturday, October 28 walkers will drive to Newburgh, IN where they will start walking at the Newburgh Locks and Dam and continue on a trail along the Ohio River and into the historic downtown; Sunday, October 29 walkers will walk in Burdette Park and stroll through the campus of the University of Southern Indiana.

There will be a Meet & Greet on Friday night. This will be a Bring Your Own Bottle event. This is a time to socialize and get to know members of other clubs in the Mid-America Region. For those not familiar with the region, it includes clubs in Illinois, Indiana, Kentucky, Michigan and Ohio.

There will be a Banquet Dinner on Saturday night at the Western Ribeye and Ribs. Those attending will enjoy dinner, drinks if desired at a cash bar, and a guest speaker. This is always a nice evening to share dinner with friends and relax after a busy day of walking and attending the conference meeting.

There are numerous year round events in the area to keep everyone walking. Try to schedule a couple of these events into your busy weekend. The local clubs will appreciate you walking their events.

The conference meeting will be scheduled on the afternoon of Saturday, October 28. This is an opportunity to listen to the newly elected Mid-America Regional Director speak to us about what is happening in our region, the AVA, and plans for 2018. Remember the Regional Director is now Andy Bacon, a long time dedicated volkssporter and member of the Illinois Trekkers Volkssport Club. It would be wonderful to have a large turnout of club members at the conference to support him and his wife Sue.

Check out the Illinois Trekkers website for more information regarding the individual walks and hotel registration. If you are planning to attend one or more of the events consider registering ahead of time. There is a deadline of October 13 for the dinner reservations on Saturday night.

MID-AMERICA REGIONAL CONFERENCE RAFFLE BASKET

The Illinois Trekkers will donate a basket for the raffle at the conference again this year. The proceeds from the basket raffles will help defray costs for the 2018 conference. Each club is asked to donate a basket to make the event fun and profitable. This year the theme for the Illinois Trekkers is HALLOWEEN. This should be fun. There are so many items to choose from so feel free to donate one or more “goodies” for the basket. Trudy Duffman will collect the donations at the September meeting, the Scavenger Hunt walk, or the October meeting. Your generosity is greatly appreciated.

ILLINOIS TREKKERS MEMBERSHIP MEETING

August 3, 2017

1. **Call to Order** at 6:30pm per Diane Prost, President.
2. **Special Guests:**
3. **New Members:**
4. **Secretary's Report:** Attached to Footnotes. Approved by Bill Malina, 2nd by Muriel Barber.
5. **Treasurer's Report:** Dee Wojtysiak gave the report. S Bacon inquired: Any communications from AVA re: reimbursements for fees paid for additional insurance certificates (Waterloo had 2). Sue states that it is "her understanding that AVA is not going to charge for those certificates now and that anyone who did pay for them, they are going to reimburse." This was announced at the convention, but more follow-up will be needed as there is some confusion as to whether any fee will be charged in the future. Discussion. Dee will follow-up on this matter. Dee notified us that the AVA Financial Report has been filed along with our 990-N e-Postcard with the IRS so that is satisfied for the fiscal year. Trudy Duffman made the motion to approve this report pending audit, Susan Hodgson seconded the report. Nikki Wilcoxon, S Jones and Bill Malina to audit treasurer's books before next meeting.
6. **Committee Reports:**
 - A. **Volkssport Committee:**
 - Individual incentive program: **Tour De Saint Louis**
 - a) 2017 brochures available tonight
 - b) Can be downloaded or printed from Illinois Trekkers' website
 - Completed incentive program –Vickie Ridgeway has turned in her completed program. We now have a total of 9 people who have completed the challenge this year.
 - YREs for 2018
 - All previous YRE's except for Fenton, are to be renewed this next year.
 - Susan Hodgson sent an email out today and awaiting a response from all POC's. Her plan is to have them all sanctioned by the next meeting.
 - a) New
 - O'Fallon YRE already sanctioned
 - Columbia YRE Walk
 - Edwardsville YRE walk-pending
 - Edwardsville YRE Swim-pending
 - Belleville East YMCA YRE Swim-pending
 - b) Renewal
 - Our Lady of the Snows Walk: POC Jackie McKay
 - Downtown, Historic Districts & Richland Creek Greenway Walk: POC Susan Hodgson (Discussion regarding reopening Richland Creek Greenway Walk- Susan Hodgson keeping tabs on this)
 - Belleville YMCA Walk: POCs Packy & Sue Botula
 - Belleville YMCA Bike: POCs Packy & Sue Botula
 - Maryville Walk: POC Vickie Ridgeway
 - Maryville Bike: POC Vickie Ridgeway
 - Glen Carbon Walk: POC Susan Hodgson
 - St. Clair Square Mall Walk: POC Trudy Duffman
 - Millstadt Walk: POC Jackie McKay
 - Soup Walk November 4, 2017 O'Fallon, IL: Trudy Duffman. Susan/Muriel working on bread donations. Otherwise, 3 people have volunteered to purchase bread for the event. Susan to provide map of trails scouted for walk to Trudy.
 - Way of Lights November 14, 2017 POC: Jackie McKay

- a) Shrine submitted contract to club to review to Susan Bacon this morning (Thursday, August 3, 2017)
- b) Use of Shrine Church overflow area – 2 doors for an in and an out.
- c) Shrine plans on charging for use of space-\$250
- d) Shrine may charge in addition for the water for Russian tea & hot chocolate. Current tentative bill for water = \$269.50 for 500 cups (11 containers at \$24.50 each) hot water, and with taxes and tips total = \$343.77. Discussion regarding use of “donated” water. Service contract states that all food and beverages must be supplied by the Shrine Banquet Center. Others must be approved. Nothing confirmed re: water; tabled for later.
- e) Trekkers can finalize walk plan that Shrine lays out for us.
- f) Bette has been named liaison in contract via contact with Committee of Managers.
- g) Ideas discussed re: gifts for Girl Scouts & walkers at check-in after walk. Patches. Finger lights? Candy canes? Requesting ideas, send info to Sue Bacon. Further discussion to be done after more research.
- h) Susan Hodgson to sanction the walk.
- i) Dee Wojtysiak made a motion to pay \$250 for the use of the overflow room/space, no hot water for now, with discussion with Shrine re: items we can bring in. Trudy Duffman 2nd. Motion passed unanimously.
- New Year’s Eve Walk Sunday, December 31, 2017: POC Susan Hodgson
Dinner at 7-10pm at the 4204 Brewing Company Restaurant (4204 W main St, Belleville, IL) in the Party room for 25-30 people (will hold up to 45 people). Cocktails are at 7pm. Contract \$75 down payment with a \$50 gift certificate with promise of purchase of \$200 food; Walk: Balance Coffee and Tea (732 S. Illinois St., Belleville, IL) starting with Registration from 5pm-6pm. Susan made motion for above, Bill Malina 2nd. Susan will now be able to sanction the walk.
- (New YRE for 2018 O’Fallon, IL: Nikki Wilcoxon, POC)
- 50th Anniversary Spassfest Volksmarch in Germantown, IL on August 19, 2017
Worksheet available. Historical Society Volunteer will join the group walk at 0830am for the 1st loop and again later for the 2nd loop to be led by Susan Jones and Vickie Ridgeway. Information includes some historical information about Germantown including a cemetery with the stations of the cross in scripted in German. Diane pointed out that Germantown is Red Schoendienst, former Cardinal player, coach & baseball manager’s home town.
 - a) Germantown Historic Society volunteering to help
 - Historical Society Volunteer at Private fort. There will be a shuttle bus to the fort from 10am to 2pm. It is normally only open during reenactments after people finish walking. Donations suggested.
- Next Volkssport Committee meeting August 9, 2017
 - a) Volkssport Committee meeting open to anyone interested in planning 2018 walks
 - b) 3:00 pm
 - c) St. Louis Bread Company in Belleville
- Tentative Walk Schedule for 2018
 - a) Kickoff O’Fallon YRE Walk January 1, 2018 1:00 pm
 - b) Kickoff Columbia YRE Walk January 6, 2018
 - c) Kickoff Edwardsville YRE Walk January 13, 2018
 - d) Kickoff Belleville Downtown Historic Districts & Richland Creek Greenway Walk January 20, 2018
 - e) Soup Walk in Breese January 27, 2018 POC: Trudy Duffman
 - f) Kickoff Millstadt YRE Walk February 10, 2018
 - g) Kickoff Belleville East YMCA YRE February 17, 2018
 - h) Kickoff Maryville YRE Walk February 24, 2018
 - i) Kickoff Our Lady of the Snows YRE Walk March 3, 2018

- j) Kickoff Glen Carbon YRE Walk March 10, 2018
- k) Kickoff St. Clair Square YRE Walk March 17, 2018
- l) Alton Historic Homes March 24, 2018
 - 1) Andy Bacon, Regional Director, has asked us (Illinois Trekkers) if we would be interested in joining a multiple club (Windy City Walkers-Chicago, Lebanon Cruisers-Springfield, to name a few) seasonal event and/or traditional walk where a Lincoln-Douglas debate was held in conjunction with the celebration of the Illinois bicentennial.
 - 2) Planning Committee for Illinois Bicentennial Lincoln-Douglas Debate Site Walks Volunteers – Trudy Duffman and Leonard Wojtysiak
- m) Newly completed Metro bike trail April 21, 2018
- n) Swansea Centennial Park May 6, 2018
- o) Memorial walk May 19, 2018 to May 28, 2018
- p) Marissa Coal Festival June 9, 2018 POC: Susan Jones
- q) Red Bud City Walk July 21, 2018
- r) Maestown Historic Walk August 18, 2018
- s) Wood River city walk October 20, 2018
- t) Cahokia Mounds September 15, 2018
- u) Way of Lights November 13, 2018
- v) Christmas 5k Walk and party December 8, 2018
- w) New Year's Eve Walk December 31, 2018
- x) Chester Popeye characters TBD

B. Special Activities Committee: Nikki Wilcoxen, Chairman

- o **Refreshments:** Darleen Kraemer. Vickie Ridgeway provided the refreshments for the evening. Susan Hodgson volunteered to have the refreshments in September.

7. Old Business

- A. July 22nd Waterloo, IL Town Walk “Christmas in July”: Susan Jones
Although it was a “hot one” 108 degrees, and we started early (7 am), we had a good turnout with 34 walkers. Dee and Leonard did our first group walk. The feedback from the Peterstown and the Monroe County Historical Museum were wonderful from both the workers and the walkers. We enjoyed the Christmas music played from the Pavilion during the morning. Positive comments on the cute sayings on the directional signs put out along the route. Life Network of Southern Illinois sent us a thank you note for all the “Christmas gifts” donated during the walk.
- B. Three Mile Thursdays Schedule-Register at 6:15, Walk at 6:30
 - . August 10, 17, 24 & 31, 2017 Belleville East YMCA YRE
 - . September 14, 21 & 28, 2017 Glen Carbon YRE
 - . October 12, 19 & 26, 2017 St. Clair Square Mall YRE
- C. Mid-America Conference
 - . Posted on the Illinois Trekker website now.
 - o Mid America Conference date is October 27, 28, & 29, 2017 at Evansville Indiana
 - o Brochure available tonight
 - o Donations for basket theme Halloween
- D. Traveling Stamp: Sue Bacon- will be getting more info soon to be relayed to the group later
- E. 2017 National Volkssport Month patch
Anyone can order, if you plan on walking in October
- F. Group walk leader at Traditional events
 - o First time at Waterloo Walk
 - o Will have at Germantown- 2 5K loops, can do 1 or both for a 10K

8. Reports on Year-Round Events:

Our Lady of the Snows: Jackie McKay	Walkers: July=5	YTD=56
Belleville Downtown, Historic Districts & Richland Creek		
Greenway: Susan Hodgson	Walkers: July=12	YTD=85
Belleville YMCA Packy & Sue Botula	Walkers: July=2	YTD=61
	Bike: July=0	YTD=6
Fenton: Tom & Cindy Stucky	Walkers: June=4	YTD=16
Maryville: Vickie Ridgeway	Walkers: July=9	YTD=51
	Bike: July=0	YTD=11
Glen Carbon: Susan Hodgson	Walkers: July=7	YTD=85
St. Clair Square Mall: Trudy Duffman	Walkers: July=22	YTD=62
Millstadt: Jackie McKay	Walkers: July=10	YTD=116

9. Opportunities for service:

- A. Volunteers to work at traditional events

10. New Business

- A. Andy Bacon, Trainee. Asking for any questions members may want him to relay for them to AVA.
 - 1. Leonard: Proposals re: AVA-C: Community Walks- Free? Possible conflict of interest with YRE's? These walks still required to be sanctioned for insurance, including walks with schools and school children.
 - 2. Proposal of Log ins of Distance (Walks) Online
 - a. 401K Program
 - 1) Web based
 - 2) Input based "on your Honor"
 - 3) Cost per walker
 - 4) Intent is to reach Tech savvy
 - b. AVA Sanctioned Walks only
- B. Scavenger Hunt – Swansea September 23, 2017. Trudy Duffman reporting. Signup sheet available. Requesting donations for Prizes such as \$10 Gift cards to restaurant, etc. Sue Bacon is helping with Girl Scout participation. \$50 down payment on Pavilion.
- C. Regional Awards
 - Illinois Trekkers nominated 9 people for Recognized Community Support.
 - Diana Prost received a Meritorious Service Award. Posting in AVA.
 - Certificate presented to Diane by Trudy Duffman.
 - Tim Prost
 - Tim donated several water color paintings and wooden boxes to the 35th Anniversary Banquet.
 - Myles Arbeeney- Alpine Shop
 - Sarah Biermann-King's House
 - Kimberly Renth – Memorial Hospital
 - Jenie Renner - Hair Salon
 - Rick Barthel – Freeburg St. Joseph Church Soup Walk

Please let Trudy know of anyone in the community whom has helped the Trekkers this past Year above and beyond the call of duty and is deserving of this acknowledgement. The Next time these nominations will be awarded will be the 2019 convention in New York. As It is hard to remember 18 months back sometimes, it helps to reflect a year at a time to Keep track.

11. Report

- A. Three Mile Thursdays for 2018
 - 1. Repeat same YRE as 2017 schedule
 - 2. Alternate YREs (different YRE each week)
 - 3. Volkssport Committee to collaborate next week

12. Review of AVA Headquarters' Checkpoint – Link available on IL Trekkers website or can have it emailed to you.

13. Items from the Floor

- A. August 24- Three Mile Thursday - Change from Belleville East (SWIC) to Jefferson Barracks.
- B. Illinois Trekker Facebook Page – Susan Jones mentioned that she would like to see an Invitation to our Walks posted each time. Items discussed to include: Interested, Going, Not Going, Picture relating to the walk, something one can share on one's own Facebook page to notify and invite other friends to our walks.
- C. MeetUp.com – Susan Jones suggested that the club consider the possibility of joining. Discussion ensued.

14. Attendance Drawing-Louis Krummel won the drawing this evening.

15. Next Meeting: September 7, 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.

16. MEETING ADJOURNED: 8:07pm

Submitted by Vickie Ridgeway, Illinois Trekkers Secretary

Illinois Trekkers Footnotes Editor: Trudy Duffman
Submit articles no later than the 25th of each month to
trudyduffman@yahoo.com or call 618-670-6920

2017 YREs

Belleville Historic District & Richland Creek Greenway (Walk)

Balance Coffee and Tea, 732 S. Illinois Street, Belleville, IL

POC: Susan Hodgson, 618-416-5533

Belleville - YMCA (Walk/Bike)

YMCA, 2627 Carlyle Ave., East Belleville, IL

POC: "Packy"/Susan Botula, 618-236-9521

Belleville - National Shrine of Our Lady of the Snows (Walk)

Shrine Motel, 451 S. De Mazenod Dr., Belleville, IL

POC: Jackie McKay, 618-616-1330

Fairview Heights – St. Clair Square Mall (Walk)

Schnuck's, 625 Lincoln Highway, Fairview Heights IL

POC: Trudy Duffman, 618-670-6920

Glen Carbon – Old Town (Walk)

Casey's General Store, 70 S. Main St, Glen Carbon IL

POC: Susan Hodgson, 618-416-5533

Maryville - CMT YMCA (Walk/Bike)

YMCA, 1 Town Center Dr., Maryville, IL

POC: Vickie Ridgeway, 618-792-3881

Millstadt – Village & Nature Park (Walk)

IGA Store, 625 East Washington Street, Millstadt, IL

POC: Jackie McKay, 618-616-1330

St Louis – Fenton, Mo (Walk)

Riverchase of Fenton Recreation Center, 990 Horan Street, Fenton, MO. 63026

POC: Cindy/Tom Stucky, 314-270-3100