

ILLINOIS TREKKERS FOOTNOTES

NO. 2017-09

October 2017



President: Diane Prost; email diaprost@sisna.com; phone (618)726-7030

Vice President: Trudy Duffman; email trudyduffman@yahoo.com (618) 670-6920

Secretary: Vickie Ridgeway; email ridgeway410@msn.com; phone (618)416-5533

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

A Message from our President

President's Message

Fall has finally arrived with weather and views perfect for walking. There are many opportunities to walk this fall. The next traditional walk will be A Walking Experience in Lebanon, IL hosted by the Lebanon Cedar Cruisers on October 7, 2017. Then the Gateway Milers will have the Salt Lick Point Land and Water Reserve Walk on October 14, 2017. The next Illinois Trekkers traditional walk will be the Fall Afternoon Walk at King's House Retreat on October 15, 2017. Read the article in this edition of the Footnotes about the Fall Afternoon Walk at King's House Retreat. The Mid-America Conference will be held in Evansville, Indiana on October 27 to 29, 2017. If you're unable to travel to the Mid-America Conference, the St. Louis Stuttgart Volksmarch Club will have a traditional walk on October 28, 2017. The Bellefontaine Cemetery and Arboretum Walk is always a favorite walk of many walkers.

Three Mile Thursdays will continue in October by walking the St. Clair Square Mall Walk YRE on October 12th, 19th & 26th. Registration will be at 6:15. The walk will begin at 6:30 pm.

Trekkin Tuesdays will continue in October with the registration time for Trekkin Tuesdays at 9:00 am with the walk starting at 9:15 am. On September 19th the Trekkin Tuesday's group walk walked the new 5k route at the Shrine. We discovered areas of the Shrine that we didn't know existed. The new route has eliminated the killer hills that we have climbed so many times in the past. The beautiful views are still on the walk without the big hills. Thank you to Jackie McKay for developing the new trail for the walk.

Please plan to attend the October 5, 2017 club meeting @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. We will be discussing the

Mid America Conference, the Soup Walk on November 4, 2017 and the Way of Lights Walk scheduled for November 14, 2017. If you are willing to be an officer in 2018, please come to the meeting and volunteer. 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.

Next Traditional Event

Fall Afternoon Walk at King's House Retreat Belleville's Hidden Treasure

Back by popular demand, the Illinois Trekkers invite you to the King's House Retreat nestled on 47 quiet, wooded acres in Belleville, Illinois. King's House Retreat is sponsored by the Missionary Oblates of Mary Immaculate. It's a place that is beloved by people who've gone but not know by many people. Originally the Albert Hoeffken farm was known as the Five Hills Farm. The farm was purchased and in 1951 King's House Retreat was opened. The grey stone building is the original farm house. The center is the primary Catholic retreat for the Metro East and nearby dioceses, including St. Louis, Springfield and Cape Girardeau.

The walk will take you through the 47 shaded acres of an unknown forest in Belleville. The trails cross the beautiful natural settings and pass stations with sculptures with scriptures. The walk will go through a walking stone labyrinth, something borrowed from the European church design tradition, and the beautiful gardens. The 10k continues in the quiet neighborhood and on the nature trail. There is a 5k

and 10k walk. The walk is unsuitable for wheel-chairs and strollers. Please no pets allowed. Please join the Illinois Trekkers on October 15, 2017 at the Fall Afternoon Walk at King's House Retreat to discover Belleville's hidden treasure. King's House Retreat is located at 700 North 66th Street; Belleville, IL. Start between 12:00 noon. and 2:00 pm. Walkers must be finished by 5:00 p.m. Contact Diane Prost for questions or more information. Cell phone 256 527-3377 or email diaprost@sisna.com.

Submitted by Diane Prost

SCAVENGER HUNT WALK

Thanks to the many volunteers who made the Scavenger Hunt Walking event a success. The weather was beautiful, the Melvin Price Memorial Park was ideal for a scavenger hunt, and donations of prizes topped off a fun walking event. A special thank you to Sue Bacon for organizing the Girl Scouts and to Nikki Wilcoxon for registering 65 girls and their parents/sponsors. A total of 125 participants enjoyed the day. Another successful Illinois Trekkers event.

Submitted by Trudy Duffman

SAVE THE DATE FOR FUTURE EVENTS

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

Oct 5 – Club Meeting, Fairview Heights Library (Thursday, 6:30pm)
Oct 7 – Traditional Event, Lebanon, IL (8:30-11am)
Oct 10 – Group 5k/10k Litchfield, IL (Tuesday, 9:00am)
Oct 12 – 3-Mile Thursday, St Clair Square Mall, (6:15pm)
Oct 14 – Traditional Event, Valmeyer/Salt Lick, IL (Saturday, 9:00am – 12Noon)
Oct 15 – Traditional Event, King's House Retreat, Belleville, IL (SUNDAY, 12 Noon – 2:00pm)
Oct 17 – Group 5k/10k Belleville East YMCA, Belleville, IL (Tuesday, 9:00am)
Oct 19 – 3-Mile Thursday, St Clair Square Mall (6:15pm)
Oct 21 – Group 5k/10k Hannibal YRE, Hannibal, MO (Saturday, 11:00am)
Oct 24 – Group 5k/10k Fenton YRE, Fenton, MO (Tuesday, 9:00am)
Oct 26 – 3-Mile Thursday, St Clair Square Mall (6:15pm)
Oct 28 – Traditional Event, Bellefontaine Cemetery, St Louis, MO (Saturday, 8:00am – 12 Noon)
Oct 27 – 29 Mid-America Regional Conference, Evansville, IN

MILLSTADT CHRISTMAS WALK

The Illinois Trekkers Millstadt Christmas Party Walk and Lunch will be held in Millstadt, IL. The walk will start at 10:00am at the Village Park Shelter, 112 W. Gooding Street. Do NOT go to the IGA Store. Lunch will follow at approximately 12 Noon at Smokin' K's BBQ, 548 E. Washington Street, Millstadt, IL. More information in the next issue of the Footnotes.

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!



Group walk in O'Fallon IL.



New Baden Traditional Event. Long time walking friends joined the group.





Scavenger Hunt Walk, Swansea, IL.

Photos courtesy of Trudy Duffman

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.

Submit Articles to:

Trudy Duffman at trudyduffman@yahoo.com by the 25th of each month.

Get Walking, Jogging or Biking in West Belleville on Local Trails

By Suzanne Koziatek
Contributing Writer

West Belleville is connected to everything, even without cars.

Thanks to a growing network of trails, we can walk, run or bike throughout the city and farther afield – to parks, shopping, Southwestern Illinois College and even to Scott Air Force Base.

The network includes the MetroBikeLink Trail, which runs along MetroLink's path, as well as the city of Belleville's own trail system.

Earlier this summer, the MetroBikeLink trail got extended from its previous eastern endpoint at Southwestern Illinois College to the Shiloh-Scott MetroLink station.

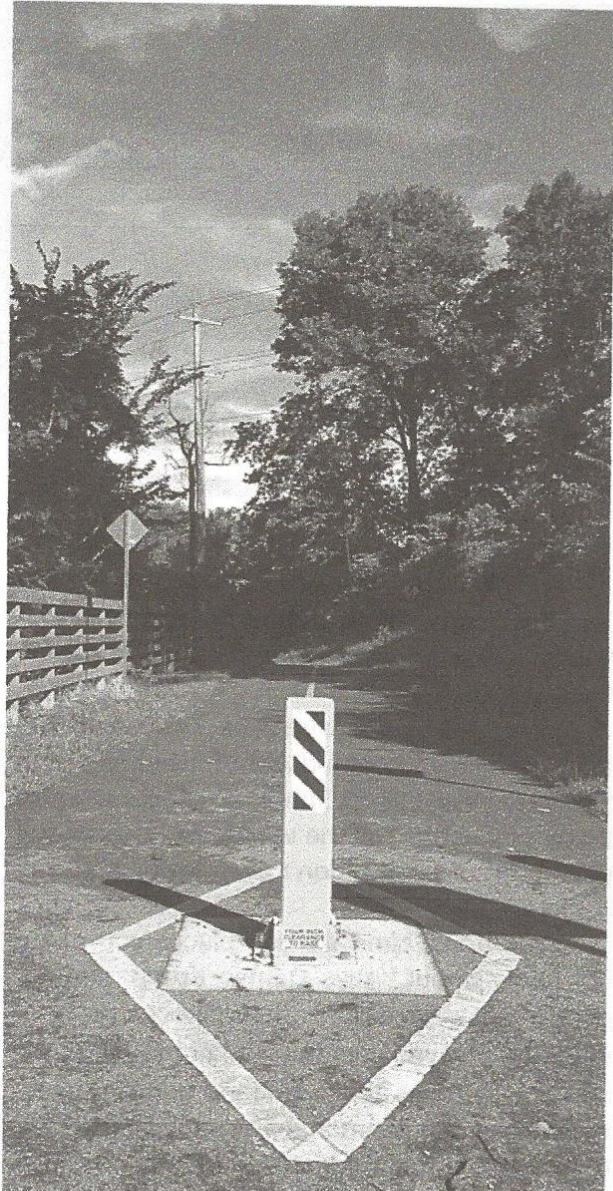
"We had a soft opening around June," says Bill Grogan, managing director of the transit district.

The closest access to west Belleville is at the Memorial Hospital MetroLink station.

Grogan says the trail system has been growing since the '90s, when the MetroLink line was built out to SWIC. He says there haven't been official studies of the use of the trails, but he sees anecdotal evidence everywhere.

"Seems like a lot of them are old guys like me, biking," he says with a laugh.

But cyclists aren't the only ones benefiting from access to trails. The network gets a big thumbs-up from some of the area's most devoted walkers. The Gateway Milers and the Illinois Trekkers are Metro East walking clubs both affiliated with the national American Volkssport Association. They ramble far and wide throughout the southern Illinois, Missouri and beyond. Both have spent plenty of time on



You can set out from here – the entrance to the city's West Belleville Bikeway at Bellevue Park....

Trails - Cont. on page 30

ILLINOIS TREKKERS MEMBERSHIP MEETING

September 7, 2017

1. **Call to Order at 6:35pm per Diane Prost, President.**
2. **Special Guests:**
3. **New Members:**
4. **Secretary's Report:** Attached to Footnotes. Approved by Susan Hodgson. 2nd by Nikki Wilcoxon. Motion passed.
5. **Treasurer's Report:** Dee Wojtysiak. Dee mentioned that AVA will be working with clubs on their insurance certificates, but we (Illinois Trekkers) made the transactions before July 1, 2017 and the new policy and therefore do not qualify for a refund this time. Vickie Ridgeway made the motion to accept the Treasurer's report pending audit. Trudy Duffman 2nd. Motion passed.
6. **Audit Report:** Nikki Wilcoxon, Bill Malina. Bill complimented Dee on her accounting method, easy to follow for audit. Suggestions from Committee to 1. Copy of June 30th Previous End of Year Balance 2. Quarterly Report on CD amount and interest. Bill made the motion to put the monthly treasurer's Report on file pending audit and to accept the audit report with suggestions, Susan Hodgson 2nd. Motion passed.
7. **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
 - c) Completed incentive program-3 completions this month: Muriel Barber, Susan Hodgson and Louis Krummel. Total completions for the year:12.
 - YREs for 2018
 - a) Thank you to Susan Hodgson. Everything is sanctioned for 2018 with exception of Belleville East YMCA YRE Swim. Deadline: September 15, 2018 to be in the Starting Point Book. No contact with Susan Jones, lately, who oversaw this project. Fenton will not be renewed next year; the stamp will be returned at end of the year; the Binder will be utilized at the Columbia YRE.
 - b) Renewals/New Sanctioned Walks
 - Our Lady of the Snows Walk: POC Jackie McKay
 - Downtown, Historic Districts & Richland Creek Greenway Walk: POC Susan Hodgson
 - 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
 - O'Fallon Walk: POC Nikki WilCoxen
 - Columbia Walk: POC Jackie McKay
 - Edwardsville Walk: POC Vickie Ridgeway
 - Edwardsville Swim: POC Vickie Ridgeway
 - Scavenger Hunt Walk on Saturday September 23, 2017: Trudy Duffman. 3 Girl Scout Troops have responded so far with intent to attend the Scavenger Hunt. Discussion re: Trails, Donations. Signup Sheet passed around.
 - Fall Afternoon Walk at King's House Retreat on October 15, 2017: POC: Diane Prost. Trail marking will have to be done at 7am day of walk.

- Soup Walk November 4, 2017 O'Fallon, IL: Trudy Duffman. Trudy will bring worksheet in next meeting. Everything is a Go!
- Way of Lights November 14, 2017 POC: Jackie McKay
 - a) Shrine Church overflow area
 - b) Contract accepted for \$250. No Hot Water will be provided. Brochure will highlight: Bring own food and water to walk.
 - c) Girl Scout patches
 - a. Patches Cost \$2.50 each
 - b. Last Year the Club subsidized the cost of patches to keep total Scout cost at \$5.00 total.
 - c. \$3.00 for registration
 - d. \$2.00 for patch
 - e. Club to pay \$0.50 of patch cost
 - f. Order 200 patches for \$500. Susan Hodgson made a motion to order the 200 patches, and order 50 patches on consignment. Leonard Wojtysiak 2nd. Motion passed.
 - g. Base future patch purchases based on preregistration.
 - h. Dee Wojtysiak made the motion to charge the Girl Scouts \$5.00, charging the club \$0.50 . Vickie Ridgeway 2nd. Motion passed.
- New Year's Eve Walk December 31, 2017: POC Susan Hodgson. Susan reported that the Balance shop owner verified that he will be open until 8pm New Year's Eve. Please support our host by having a cup of coffee/tea with him.
- Next Volkssport Committee meeting September 20, 2017
 - a) Volkssport Committee meeting open to anyone interested in planning 2018 walks
 - b) 3:00 pm
 - c) St. Louis Bread Company in Belleville
 - d) Everyone is welcome to attend
- 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 (Removed from Schedule)
 - 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
 - m) Newly completed Metro bike trail April 21, 2018
 - n) Swansea Centennial Park May 5, 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) Maeystown 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 Wilcoxon, Chairman

Report from Nikki that our Christmas walk will start at 1000, and plan to eat at 1230pm at the SmokinK in Millstadt.

- **Refreshments:** Darleen Kraemer. Trudy has the refreshments for October, Sue Bacon has refreshments for November. Darlene thanked to Susan Hodgson for the refreshments and the delicious chocolate pizza she made this evening.

8. Old Business

A. 50th Anniversary Spassfest Volksmarch in Germantown, IL on August 19, 2017

B. Three Mile Thursdays Schedule

A. September 14, 21 & 28, 2017 Glen Carbon YRE

At this point, we plan to register at 6:15, walk at 6:30pm. Check your Walk Alerts for more detail.

- October 12, 19 & 26, 2017 St. Clair Square Mall YRE

C. Mid-America Conference

- Mid America Conference date is October 27, 28, & 29, 2017 at Evansville Indiana
- Brochure available tonight
- Donations for basket theme Halloween
- Volunteers to work Checkpoint on walks-Leonard & Dee Wojtysiak, Trudy Duffman have volunteered to help work as checkpoints.

D. Presentation of Award from AVA Convention

Tim Prost was presented a Commendable Service Award by Trudy Duffman on behalf of the AVA. He donated one of a kind paintings and wooden objects for the Trekkers 35th Anniversary Celebration.

E. Traveling Stamp: Sue Bacon. No report.

F. Group walk leader at Traditional events

- First time at Waterloo Walk
- Germantown Walk with Tour Guide
- Discussion on future group walks. Poor attendance at these events, but will reconsider in the future.

G. Reports on Year-Round Events:

Our Lady of the Snows: Jackie McKay

Walkers: August=6 YTD=62

Belleville Downtown, Historic Districts & Richland Creek

Greenway: Susan Hodgson

Walkers: August=10 YTD=95

Belleville YMCA Packy & Sue Botula

Walkers: August=28 YTD=89

Bike: August=0 YTD=6

Fenton: Tom & Cindy Stucky

Walkers: YTD=29

Maryville: Vickie Ridgeway

Walkers: August=7 YTD=58

Bike: August=2 YTD=13

Glen Carbon: Susan Hodgson

Walkers: August=10 YTD=95

St. Clair Square Mall: Trudy Duffman

Walkers: August=2 YTD=64

Millstadt: Jackie McKay

Walkers: August=6 YTD=122

9. Opportunities for service:

A. Volunteers to work at traditional events

10. New Business

A. Nominating Committee & Election of Officers

Bill Malina, Muriel Barber, and Nikki Wilcoxon have volunteered for the nominating committee for this year.

B. Meeting Location in 2018

January- Fairview Heights Library. One can come early, have a snack, coffee/tea.

February-Balance Coffee Shop. If this site is acceptable, will again meet in March.

April-December – back at Fairview Heights Library.

- C. Shed Rental \$540/year. Discussion re: alternate sites and prices. Nikki Wilcoxon made motion to continue to use current site for 2018. Vickie Ridgeway 2nd. Motion passed.
- D. AVA School Program, part of the AVA Community Program. AVA still working on details, especially sanctioning discrepancy. Tabled for a later date until we have more input from AVA.
- E. Painted Rocks. Idea presented for setting out along current YRE trails. Advertising with Illinois Trekkers organization website. Trudy requested 3 painted rocks for her Scavenger Hunt.
- F. Friday, November 24, 2017 Opt Outside Walk at 10:00am.
 - 1. Walk Belleville Downtown YRE Walk-start at Balance Coffee Shop.
 - 2. Collect Hats, scarves, gloves and mittens for the Griffin Center in East St. Louis. (Preferably new items). Discussion re: Collection Box
 - 3. Reminder that Santa Claus Parade that same day-more details later re: final time. Check Walk Alert.

11. President's Report

- A. Changing AVA's financial accounting/tax year
 - o Financial/tax year change to same calendar cycle as other reporting. Currently July 1 -June 30.
 - o Work in progress
 - o Sanctioning and statistical reporting year begins January 1st and ends December 31st
- B. Article in News Democrat
 - o Article in West Ender by Suzanne Koziatsek
 - 1. Feature walking trails in West Belleville
 - 2. Will include the "Way of Lights" Walk, Shrine YRE & King's House Retreat Walks

12. Review of AVA Headquarters' Checkpoint – Link available on IL Trekkers website or can have it emailed to you. Check out article: What is a walk box or binder. Discussion re: Informing public/employees location of and education of the walking clubs paraphernalia. This is especially true of remote locations visiting.

13. Items from the Floor

Bill Malina invited Illinois Trekkers to the New Baden walk this Saturday, September 9, 2017. Trudy requesting info for the Footnotes by September 20, 2017. POC changes requested between members. Volunteers solicited.

14. Attendance Drawing

Diane Prost won the attendance prize this evening.

15. Next Meeting: October 5, 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 7door on lower level at back of library.

16. Meeting Adjourned: 7:49pm. Refreshments

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