

# ILLINOIS TREKKERS FOOTNOTES

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**President:** Trudy Duffman; email [trudyduffman@yahoo.com](mailto:trudyduffman@yahoo.com); phone (618) 670-6920

**Vice President:** Nikki Wilcoxon, email [njwilcoxen@aol.com](mailto:njwilcoxen@aol.com); phone (618) 973-3825

**Secretary:** Leonard Wojtysiak; email [lpw466@gmail.com](mailto:lpw466@gmail.com); phone (618) 530-3211

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

## A Message from our President



As I write this article the Illinois Governor has moved the state into Phase 4 of the COVID-19 restrictions. We can walk as groups less than 50, should have face covered and practice social distancing. Remember, covering your face protects those around you. This is a two-way street—cover your face to protect others and they should cover theirs to protect you. He has recommended that we wear them even on trails when walking or biking due to the proximity of people on the two-way trails. That is a decision each of you must make at the time you walk or ride. Some communities seem to be enforcing wearing a mask, so research the community you live in or plan to walk/ride in. St Louis city and county have placed a mandatory mask requirement effective July 3. Compliance is an individual responsibility. You are encouraged to continue walking the local YRE's but keep distance between walkers on the trail. The Illinois Trekkers Board has determined that it is permissible to walk local events, keep a listing of events walked, distance, and date so you can stamp your IVV Record Books later. Remember at that time you will need to fill out a log sheet, start card, and remittance for the walk (cash, check, or Trekker Bucks or YRE cou-

pons). Watch the Illinois Trekkers website [www.illinois-trekkers.org](http://www.illinois-trekkers.org) and the Weekly News Alert for additional information (currently the Walk Alert is on hold as we have not scheduled any group events).

Please keep all our friends and their families in your thoughts and prayers. It is a great time to pick up the telephone and check on one another.

*Submitted by Trudy Duffman  
President, Illinois Trekkers Volkssport Club*

### Membership Meeting

**The July general membership meeting is scheduled for July 8, 2020 at the Senior Center, 7 Drive, Shiloh, IL 62269. Meeting 6:30pm. Mask required during the meeting. Hand sanitizer will be provided. No food or drink please. A special thank you to Shiloh for allowing us to meet in the Senior Center with the normal fee waived.**



## Keep on Trekkin'

### BRAEUTIGAM ORCHARDS WALK

August 15, 2020

Just a month and a half until we can walk a different trail. It was 2012 when we did this walk last. What a wonderful time we had! I hope we will enjoy this event just as much.

This is a walk you might like to bring your kids and their kids because there is a lot to see and do besides the walk. There are animals and farm machinery to check out. Fresh vegetables and bake goods for sale. I believe they will have coffee to wash down any "energy pills" you might want to eat before the walk starts.

The walk will be two 5 kilometers loops. Loop one will be in and around the farm so the walking will be uneven on farm lanes and on the edges of the fields. Loop two will be on the road and through a subdivision so strollers and wheelchairs could be used on this loop.

This is a group walk so the trail will not be marked but if you have a group that wants to walk together, we will work with you to make that happen. In fact, it might be the best to keep the group(s) smaller.

We will have a fast group and a slow group leader to accommodate most walkers that wish to walk at more their normal speed.

Of course, face masks will be required. We will have some available for those of us that forget ours at home. You just do not know where I have been or who I have been with so for your own safety wear your face mask!

*Submitted by Leonard Wojtysiak*

### 3-Mile Thursday Evening Walks

3-Mile Thursday Evening Walks are currently being scheduled by Diane Prost. Check the calendar for locations. Registration is 5:45pm. Start is 6:00pm.

## 40<sup>th</sup> Challenge is Ready Keep Tabs on Your Walking!

**This article appeared in the April 2020 Footnotes. It is being reprinted so everyone knows to keep accurate account of the events you complete, so when we do reconvene as a group, you can provide your completed event categories to Dee Wojtysiak.**

The challenge brochure is available for any **CLUB MEMBER** that wants to participate. We have made it so everyone can be a winner! The brochure is on our website or one of the club officers will have copies.

We built in three levels to allow you to complete one level and receive a gift or complete the second and third levels to receive a gift for each level.

- Level one – cap/visor
- Level two – fanny pack
- Level three – club shirt

Because this is an Illinois Trekker challenge a major part of the walks must be our club events but there are lines that can be stamped with any Greater STL event. So, Gateway, Lebanon Cruisers, Trekker, and STL Walkers stamps can be used. Even the Sunflower Sod Stompers event in St. Charles.

Events can be a bike, swim or walk so do the one you like the most to fill in a lot of the lines.

If you are one of our walkers that try to do 100 (or more) walks per year we even have that covered. After the first challenge brochure is filled start a second one and after each 20 events you will receive a free event coupon (much like last year with 19). Then start a third, etc.

The idea is to enjoy yourself, get some exercise, and be rewarded all at the same time. GO TREKKERS!

*Submitted by Leonard Wojtysiak*

**The Shrine Restaurant has closed permanently. The Way of Lights event is currently on hold until after the July 13 administrative meet at the Shrine.**

## 40<sup>th</sup> Anniversary Apparel

Last chance to order 40<sup>th</sup> Anniversary club shirts, hats, and visors. I have fanny packs available. Some members have requested an additional shirt. Anyone that wants an additional item or did not order the first time, now is the time to do it.

The cost for each item is:

Shirt \$35.00 for small to extra-large. (Larger sizes are available at a different cost.)

Visor \$17.60

Hat \$16.65

Fanny pack \$16.00

Many members have received their items, so if you like to see them just ask. I will be placing the order **July 15**. I do ask for payment for the items ordered.

When completing the 40 Challenge program, the money will be refunded. Make the check payable to Illinois Trekkers, and mail to P.O. Box 603, O'Fallon, IL 62269. If you have any questions, please feel free to ask. My email is [drw48@icloud.com](mailto:drw48@icloud.com) and my phone number is 618 530 3325.

*Submitted by Dee Wojtysiak*

## AVA Headquarters

**The AVA is open on a limited staff during the week. If you need to contact them, do not forget it is important to keep the Mid-America Regional Director apprised of club or AVA issues. Bob has been very diligent about sending AVA updates and meeting information to us. I try to ensure that everyone sees his latest information.**

## St Charles YRE

**The start point for the St Charles YRE, Comfort Inn & Suites, 1400 S. Fifth Street, is closed due to Covid-19. Unfortunately, the start box is inside the hotel. It is a beautiful walk and the restaurants are open for business. Most of the shops are slowly opening too. Please consider walking this event and mark your books in pencil. When the hotel reopens (scheduled for August 1), you can stamp your books and send appropriate fees to the Sunflower Sod Stompers in Topeka, KS.**

## St Clair Square Mall

**The Mall is now open for business 11:00am – 7:00pm M – S and 12:00pm – 6:00pm Sunday. Face masks are required, and social distancing is encouraged. THE MALL WILL ALLOW ENTRANCE 30 MINUTES PRIOR TO SCHEDULED OPENING TIMES. DO NOT ENTER THE MALL BEFORE THAT TIME, EVEN IF THE DOORS ARE UNLOCKED. YOU WILL BE ASKED TO LEAVE BY SECURITY PERSONNEL.**

## 40<sup>th</sup> Anniversary Walk & Picnic

**The 40<sup>th</sup> Anniversary Walk & Picnic is scheduled for Saturday, October 17 at Cahokia Mounds. The grounds have reopened but unfortunately, the Interpretive Center and Pavilion are closed. There are no staff members to coordinate our event. I plan to visit the Mounds and scope out alternative start points (section of the Pavilion). I will keep everyone informed of the progress and a brochure will be distributed as soon as plans can be finalized. (Interpretive Center is still closed even though we are in Phase 4).**

*Submitted by Trudy Duffman*

## FOOTNOTES NEWSLETTER

The Footnotes newsletter will be published monthly. This is your newsletter, so everyone is encouraged to write an article or two to share with fellow walkers. Articles can be about new walks, health and fitness, dog tales from the trail, or other ideas. Send the articles to Trudy Duffman, [trudyduffman@yahoo.com](mailto:trudyduffman@yahoo.com) or bring to the monthly meetings prior to the next issue. Thank you for your support of the Illinois Trekkers.

**POC's Needed for YRE's**

Susan Hodgson has submitted her resignation as POC of the Historical Downtown Belleville YRE and the Glen Carbon YRE. If you would like to volunteer to be the Point of Contact for one or both of these events, please contact Trudy Duffman at 618-670-6920.

A special thank you to Susan for her dedication to the Illinois Trekkers. She has been the POC of both events, hosted several traditional events, served as club secretary and donated many

hours of service to our organization. We hope to see you on the trail Susan.

**WEBSITE**

Please check our club website for times and places of Trekkin' Tuesdays, 3-Mile Thursdays, and Saturday group walks. The website is currently updated routinely by Diane Prost. Thank you, Diane, for doing a



**YRE TOTALS**

**Belleville Historic Downtown**

June 10  
Qtr 25  
YTD 64

**BE YMCA**

Walk -  
  
June 30  
Qtr 56  
YTD 83

Bike -  
June 2  
Qtr 30  
YTD 33

Columbia  
June 16  
Qtr 16  
YTD 28

Maryville  
Walk -  
June 8  
Qtr 27  
YTD 51

Bike -  
June 6  
Qtr 10  
YTD 14

**St Clair Square Mall**

June 5  
Qtr 5  
YTD 43

**Edwardsville Parks**

Walk -  
  
June 8  
Qtr 25  
YTD 39

Swim -  
June 3  
Qtr 3  
YTD 10

**Glen Carbon Historic**

June 8  
Qtr 19  
YTD 42

**O'Fallon Parks**

June 48  
Qtr 59  
YTD 106

**Shrine**

June 19  
Qtr 47  
YTD 78

**AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.**

**AVA's Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.**



**2020 YREs**

**Belleville Downtown, Historic District & Richland Creek Greenway (Walk) OPEN**

Balance Coffee and Tea, 732 S. Illinois Street, Belleville, IL 62220

POC: Susan Hodgson, 618-416-5533

**East Belleville - YMCA (Walk/Bike) YMCA OPEN – BINDER AT THE DESK.**

YMCA, 2627 Carlyle Ave., East Belleville, IL 62221

POC: “Packy”/Susan Botula, 618-236-9521

**Belleville - National Shrine of Our Lady of the Snows (Walk) Guesthouse CLOSED! POC has binder.**

Shrine Motel, 451 S. De Mazenod Drive, Belleville, IL 62223

POC: Trudy Duffman, 618-670-6920

**Columbia – A Walk in Historic Columbia (Walk) NEW TRAIL AND START POINT SOON!**

Café on the Abbey, 340 S. Main Street, Columbia, IL 62236

POC: Sue Bacon, 571-345-8301

**Edwardsville – YMCA (Walk/Swim) YMCA OPEN LIMITED-POC has the binder!**

**A Walk to Edwardsville Parks**

YMCA, 1200 Esic Drive, Edwardsville, IL 62025

POC: Vickie Ridgeway, 618-792-3881

**Fairview Heights – St. Clair Square Mall (Walk) MALL OPEN-OBSERVE HOURS!**

**Walgreen’s, 6505 N. Illinois Street, Fairview Heights IL 62208**

POC: Trudy Duffman, 618-670-6920

**Glen Carbon – Old Town (Walk) OPEN**

Casey’s General Store, 70 W. Main Street, Glen Carbon IL 62034

POC: Susan Hodgson, 618-416-5533

**Maryville - CMT YMCA (Walk/Bike) YMCA OPEN MEMBERS ONLY-POC has the binder!**

YMCA, 1 Town Center Drive, Maryville, IL 62062

POC: Vickie Ridgeway, 618-792-3881

**O’Fallon – Walk in the Parks (Walk) Customer Service CLOSED-POC has binder!**

Schnuck’s Market, 907 E. Hwy 50, O’Fallon, IL 62269

POC: Nikki Wilcoxon, 618-973-3825