

ILLINOIS TREKKERS FOOTNOTES

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March 2021



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A Message from our President



As I write this article, I hope you have gotten out to enjoy the unseasonably warm weather. As the temperatures climb, the bike trails will become busier with riders, especially on the weekend. Watch for families and little ones who are just learning to ride. It might be beneficial to step off the trail when some of the little riders are trying to pass you. They are learning to balance themselves and judge distance. Help them out if you can by giving them plenty of clearance when they ride by.

I hope you and your family have been able to enjoy dining out with the lifted restrictions on eating establishments. If dining inside still makes you uncomfortable, warmer weather will make it fun to eat outside again. Please support the local businesses even if it is with takeout food. Do not forget the servers depend on the tips they receive. Thank you for helping our businesses. Please adhere to the establishment rules which may include masks upon entering the facility, masks on while ordering your meal and when visiting but not eating or drinking, and when leaving the establishment. Please be courteous and use common sense. As more people receive their COVID vaccines, hopefully the spread of the disease will lessen to a safer level.

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

Membership Meeting

The March general membership meeting is scheduled for March 11, 2021 at the Senior Center, 7 Park 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'

ONLINE START BOXES [OSB]

Leonard Wojtysiak has been terribly busy tackling the task of creating OSB for Trekker events that have complicated start locations. Both the Maryville YMCA (walk & bike) and the Edwardsville YMCA (walk & swim) have restrictions on access to the facility. The start binders for all four events have been in possession of the POC Vickie Ridgeway. She and Leonard worked together to develop OSB for these events. Again, to sign up through the OSB, you must create a personal account at my.ava.org. You will be asked to establish a credit card on this account and add money in it to be eligible to sign up for walks. This is applicable for all OSB events throughout the United States. Numerous clubs have created OSB for their events due to the restrictions placed on start locations by the COVID pandemic. Please note that the Gateway Milers have their events with OSB options as does the Saint Louis Walkers (formerly the St Louis-Stuttgart Club). Thank you, Leonard.

How I Got Started with Illinois Trekkers

As many know, I love to play golf. In fact, one October Wednesday I was playing at Tamarack Golf Course in Shiloh. One of my fellow golfers, Shirley Martin, and I were playing together, and she asked me if I had any tablecloths for picnic tables. I told her I had a lot of them, but they were for different seasons, Christmas, Halloween, and many other seasons. She asked me if she could borrow them. She had an outing at the Pavilion at Tamarack the next Saturday. She said I could meet her at the Pavilion on Saturday with the tablecloths. I said sure, no problem. Little did I know that Shirley was a member of the Illinois Trekkers. When I got there, I met Shirley and started putting out the tablecloths. There were many other people there. The club was having a walk and a potluck. Shirley asked me to walk with her. We had a wonderful time talking and walking and enjoying the day. Shirley invited me to stay and eat with them. Of course, I do not turn down food, and stayed to eat with them. I was given information about the club and asked if I might be interested in joining. I told her I would think about it. She invited me to the next walk the next month at Eckert's Orchard and we would be meeting in the Pavilion across from where the new market is located now. I walked with Shirley and other people this time. Shirley invited me to attend the meeting in January. I did and Shirley introduced me to everyone. What a great bunch of people. As many of you know, I am also a joiner of clubs and organizations. I became a member in February 2010. Going the extra mile to make people welcome helps to grow membership. Invite someone you are associated with to join you in a Trekker walk. Traditional walks that have themes have an extra appeal. For example, stroll the town of Highland, Craft Festival in Lebanon IL, walk an old golf course at Swansea Clinton Hill Recreation Park, learn about the community of Shiloh and a New Year's Eve Walk in Mascoutah. Bring a friend and walk with them. Get them involved with the walks. Make sure you give them a monthly schedule of our year-round events and walk with them until they are acquainted with more people. If it had not been for Shirley, I would not be an 11-year member. And as Paul Harvey finished his commentary, "And now you know...the rest of the story".

Nikki Wilcoxon, March 2021

AVA Headquarters

The AVA Headquarters has relocated. The new address: American Volkssport Association, 1008 S. Alamo Street, San Antonio, TX 78210. Be sure to use this address in the future if sending IVV Record Books or other correspondence.

AVA Headquarters

The AVA is open on a limited staff during the week. To cut financial spending, the office is CLOSED on Fridays. 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.

**HELP! THE EDITOR
IS STRUGGLING
FOR NEWS!!!**

FOOTNOTES NEWSLETTER

The Footnotes Newsletter is 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 or bring to the monthly meetings prior to the next issue. Thank you for your support of the Illinois Trekkers.

WEBSITE

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

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NATIONAL WALKING WEEK

APRIL 1 – 7, 2021

THE CLUB IS PLANNING A FULL WEEK OF FUN AND EXCITING ACTIVITIES INCLUDING SCHEDULED GROUP WALKS, AN INDIVIDUAL WALKING PROGRAM TO EARN A PRIZE AND CERTIFICATE, PLUS MORE.

KEEP YOUR EYES OPEN FOR THE WEEKLY WALK ALERT AS IT WILL HAVE UPDATED INFORMATION.

NIKKI WILCOXEN AND SUSAN JONES WILL ORCHESTRATE THIS FUN FILLED WEEK FOR ALL TO ENJOY. LET'S GET HEALTHIER TOGETHER AND INVITE NEW WALKERS FROM OUR LOCAL COMMUNITIES.

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.



YRE TOTALS

BELEVILLE HISTORIC DOWNTOWN

February 20 YTD 40

BE YMCA – Walkers

February 0 YTD 20

BE YMCA – Bikers

February 0 YTD 0

COLUMBIA

February 12 YTD 21

EDWARDSVILLE PARKS – Walkers

February 5 YTD 5

EDWARDSVILLE YMCA – Swimmers

February 2 YTD 2

GLEN CARBON HISTORIC

February 7 YTD 14

O’FALLON PARKS

February 1 YTD 2

MARYVILLE CMT YMCA – Walkers

February 2 YTD 8

MARYVILLE CMT YMCA – Bikers

February 0 YTD 0

SHRINE

February 1 YTD 9

ST CLAIR SQUARE MALL

February 4 YTD 19

JEFFERSON BARRACKS ST LOUIS

February 24 YTD 34

SPRINGFIELD IL

February 2 YTD 4

2021 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 OPEN!

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

Columbia Police Department, 1020 N. 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: Dee & Leonard Wojtysiak, 618-530-3325

Jefferson Barracks – Lemay, MO (St Louis) Walk – OPEN

Walgreens, 2700 Telegraph Road, Lemay, MO 63125

POC: Sue Bacon, 571-345-8301

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

Springfield, IL – Capitol Walk – OPEN

Carpenter Street Hotel, 525 N. 6th Street, Springfield, IL 62702

POC: Dee & Leonard Wojtysiak, 618-530-3325

Illinois Trekker Membership Meeting

February 25, 2021

1. **Call to Order:** 6:36pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Member:** None.
4. **Secretary's Report:** Minutes for January were approved as written with correction for POCs for future walks.
A. Nikki Wilcoxon made the motion & Dee Wojtysiak seconded it. Passed
5. **Treasurer's Report:** Report was approved pending audit.
A. Muriel Barber made the motion & Diane Prost seconded it. Passed
6. **Events:**
 - + Highland Walk – 1 May 2021. POC Susan Hodgson
 - + Clinton Hills Walk – 18 Sept 2021. POC Diane Prost
 - + Lebanon Walk – 2 Oct 2021. POC Susan Hodgson
 - + Shiloh Walk – 16 Oct 2021. POC Trudy Duffman
 - + Way of Lights – 22 Nov 2021. POC Diane Prost
 - + Club Christmas Walk - 4 Dec 2021. POC Nikki Wilcoxon
 - + Mascoutah Walk – 31 Dec 2021. POC Susan Jones
 - + 3-Miles Thursday evening walks will start in April. Sign-up at 5:45pm, walk at 6pm.
7. **Old Business**
 - o We have 6 YREs with online start boxes. Physical start boxes are still available for all events.
 - B. Please submit articles for the Footnotes, our editor is running out of ideas.
 - o Asking for club members to write about how they started volksmarching. Send articles to Trudy.
8. **New Business:**
 - + Dee made a motion to accept AVA by-law changes needed by the state of Texas.
 - Leonard Seconded. Passed
 - + National Walking Week is April 1-7, 2021. Nikki is POC for our club.
 - These do not have to be normal sanctioned walks plus AVA wants us to try to get local visitor centers, etc. involved.
 - + Mid-America Regional Meeting via Zoom is scheduled for March 7 at 8pm EST.
 - + AVA is asking for people that want to attend the convention to fill out a survey.
9. **President's Report**
 - A. Gateway Milers have an event on March 20 in Ballwin, MO.
10. **Items from the Floor:**
 - o Betty Mazzotti and Dorothy Weeks have recently passed away. They were both from Springfield, IL, and great supporters of a lot of our events.
11. **Attendance Drawing:** Louis won the door prize.
12. **Next Meeting:** The next meeting will be March 11; meeting will be held at Shiloh Senior Center at 6:30pm.
13. Meeting adjourned at 7:52pm.