

# ILLINOIS TREKKERS FOOTNOTES

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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. We have had some genuinely nice temperatures followed by a few thunderstorms and wind. Watch where you walk as there may be some tree damage. Sidewalks can be damaged if tree roots have grown under them and the trees become uprooted by the wind. We are approaching National Walking Week beginning April 1, 2021. Get your special mask and brochure to record your daily walks from Nikki Wilcoxon. You can walk anywhere you choose. Complete 28k in seven days and receive a special award from the AVA.

Enjoy walking with friends and family. Invite newcomers and maybe they will like what you do and decide to join the Illinois Trekkers. Word of mouth and participation is the best advertisement for the club and the AVA.

Enjoy your Easter holidays and stay safe. Practice safe measures in groups while wearing a mask, social distancing, and frequent handwashing. We will get through this pandemic one day at a time. Thank you for your support in this endeavor.

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

## Membership Meeting

**The April general membership meeting is scheduled for April 8, 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]

**Have you tried the OSB yet? Many of the local walks now have OSB capabilities. Check them out!!!**

**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](http://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.**

**Walking with Dee Wojtysiak**

I started walking with my sister-in-law in 1998. She invited me to walk a traditional walk in Belleville on a Saturday. I was not working that Saturday, so I said yes. After a 5K walk, I was exhausted. But the next walk was to be the Christmas walk at the Shrine. I wanted to see the lights, so I agreed to go with her again. The club was going to have a Christmas party a few weeks later. So, I sign up with my sister-in-law to attend. That was a turning point, I sat with other lady walkers and Leonard. They talked me into going to other walks. This group of ladies were from St Louis so every Friday we would discuss a place to meet so we could drive together to a traditional walk. At that time there were more clubs in our area so we could walk almost every weekend. I would try to schedule my work so I could be off on Saturdays that there was a walk. Had a good time walking with the group and meeting new walkers and exploring new areas where the walks were being held. I lived in Edwardsville and volunteered to be POC of the Glen Carbon YRE walk and the Edwardsville traditional event, which was about 5 years after I started walking. Leonard was president of the Illinois Trekkers, so he came to the house to help me organize the Edwardsville walk. He kept coming back to have dinner together. This led to us being married in 2004 with a wedding walk. My world has opened into international walking trips. But I still love local walks with current friends and meeting new friends.

*Submitted by Dee Wojtyasiak*

The Highland, Illinois Walk has been a yearly tradition for the Lebanon Cedar Cruisers for many years. This traditional walk has not been available for the last few years and, sadly, the Lebanon Cedar Cruisers were deactivated as a club in 2020 due to the health of their president, Bill Malina. 2021 would have been the Cruisers 35<sup>th</sup> Anniversary. Bill is also an Illinois Trekker. In honor of Bill and the Lebanon Cedar Cruisers, we (Illinois Trekkers) will be hosting a walk in Highland this year, May 1, 2021, starting at 8:30 a.m. The first Volksmarch in Highland was 40 years ago!

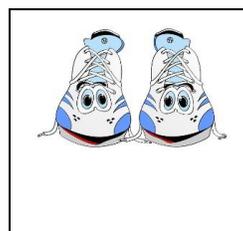
As many of you may know Highland was founded by pioneers from Switzerland. The pioneers were from Sursee, Switzerland and they have shared the title of “Sister City” since 1976. Come and see the historic sites Highland has to offer, enjoy their tree-lined streets and beautiful old homes, and visit their shops and restaurants. Enjoy the beautiful Square, which is our starting point. See if you can find the 13-foot tree sculpture near the fountain! On the walk you may see the Swiss-style City Hall and “Lila’s Garden”. You may also see the Erwin H. Weder Museum, formerly the Schott Brewery in the mid-1800’s, and the Lory Theatre, formerly the Columbus Opera House in the 1900’s, renovated in 2012.

If you are able to volunteer your time to pre-walk the trails, mark the trails, set-up in the morning, take down in the afternoon, and/or work the Start/Finish table please let me know. Contact me by email, [LKCS246@GMAIL.COM](mailto:LKCS246@GMAIL.COM) or call or text me at 618-334-6304.

*Submitted by Susan Hodgson*



**Let's Walk Highland!**



**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 SPECIAL MASK TO WEAR DURING THE WALKS, AND A CERTIFICATE OF ACHIEVEMENT FOLLOWING THE 28K COMPLETION IN SEVEN DAYS.

PLANNED GROUP EVENTS:

Thursday, April 1 3-Mile Thursday Evening Walk Shrine Guesthouse 5:45pm Registration

Saturday, April 3 5k/10k Group Walk – Columbia, IL – 9:45am Registration

Tuesday, April 6 5k/10k Group Walk- BE YMCA - 9:45am Registration

Wednesday, April 7 5k/10k Group Walk – O’Fallon, IL - 9:45am Registration

### 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

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.

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](mailto: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 Trekkin’ 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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**THE TOTALS FOR MARCH AND THE 1<sup>ST</sup> QUARTER WILL BE DISTRIBUTED AT THE APRIL MEETING AND ATTACHED TO THE APRIL MINUTES!**

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. 6<sup>th</sup> Street, Springfield, IL 62702

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

# Illinois Trekker Membership Meeting

## March 11, 2021

1. **Call to Order:** 6:35pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Members:** None present.
4. **Secretary's Report:** Minutes for February were approved as written with correction for POCs for future walks.  
A. Dee Wojtysiak made the motion & Nikki Wilcoxon seconded it. Passed
5. **Treasurer's Report:** Report was approved pending audit.  
A. Muriel Barber made the motion & Nikki 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**
  - A. 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.
    - o Motion was made to accept AVA By-Laws changes needed to comply with Texas Law for non-profit organizations. Club voted to accept these changes last month and assigned Leonard to vote for the club on the ZOOM meeting March 15.
8. **New Business:**
  - + National Walking Week is April 1-7, 2021. Nikki and Susan Jones are POCs for our club.
    - Nikki has been working hard to make this a fun week of walking. So, polish up your walking shoes and be ready to make this a memorable week. Nikki has setup a 28K program for this week so check out the neat brochure she made for more details.
    - Susan Jones has worked on a mask to wear for this event but only 24 are being made so sign up early if you would like to receive one of them.
    - Motion was made for the club to pay Susan for the cost of the masks.
      - Diane Prost made the motion and Vikki Ridgeway seconded it. Passed.
  - + AVA is asking for people that want to attend the convention to fill out a survey.
  - + A big thank you to Susan Jones and John Manfredi for completing an 18-month audit of our club finances. No discrepancies were discovered. Thanks, Delores Wojtysiak, for keeping good financial records for the club.
  - + NO CLUB MEETING in July due our AVA Convention.
9. **President's Report**
  - A. Gateway Milers have an event on March 20 in Ballwin, MO.
10. **Items from the Floor:**
  - o Element3 Health program was discussed. No one at the meeting is aware of the details of this program so we are not sure how it will help us or if it would be more work than its worth.
  - o Leonard reported on using WordPress to post to Facebook.
11. **Attendance Drawing:** Trudy won the door prize.
12. **Next Meeting:** The next meeting will be April 8; meeting will be held at Shiloh Senior Center at 6:30pm.
13. Meeting adjourned at 7:29pm.