

# ILLINOIS TREKKERS FOOTNOTES

NO. 2021-Vol 5

May 2021



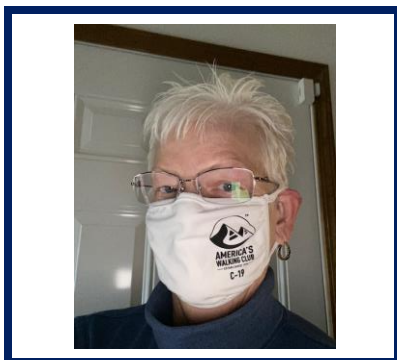
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## A Message from our President



As I write this article, I hope you have gotten out to enjoy the spring weather although the rain seems to continue to fall. Next week looks somewhat challenging in the WEATHER department. Remember the Mall YRE is always available for good exercise and maybe some unplanned shopping. The businesses would love to have you purchase something, I am sure.

As the United States is witnessing more individuals fully vaccinated for COVID-19, mitigation restrictions are beginning to relax. Please be safe and protect those who are most vulnerable to the illness. 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.

There are numerous traditional events on the Saturday schedule soon. Try to walk as many as you can to support sister clubs.

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

## Membership Meeting

**The April general membership meeting is scheduled for May 13, 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. Bring your IVV Record Books for new AVA address labels.**

## 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.**

## Leonard's Walking Story

My story started in 1983 when I was assigned to Ramstein AFB in Germany. After a couple of weeks getting to know my fellow office workers they asked if I would like to join them on a volks-march. Having nothing planned for that Saturday I agreed. Thought it might be a good way to see some of Germany.

We would carpool to the walk and do the 10K together. Over there I might see an old castle or a World War 1 bunker or a World War 2 item around one corner or another. The forest had forest masters, so the woods were like our groomed lawns. Plus, there would be 2 or 3 lunch choices to pick from after the walk, inexpensive and tasted great. I was hooked!

I started jogging the walks and before I know it, I was doing 20K. Not long until I was doing two 20Ks on Saturday and then 2 more on Sunday so I was able to see a lot of that area. Missed not walking with my friends but I could jog the 20K and usually it ended on the 10K trail, so I could catch them at the end, to walk with them for the final K or so. Isn't it great to be young or at least younger?

After returning to the states in 1985, I started doing the walks in this area when I had time. It is fun to look back at my logbooks and see where some years I did over 100 walks and another year maybe only 4. (Was rebuilding my home that year.)

A funny side note, in 1980 I remember seeing Tom and Betty Boyd plus others with a table outside the Base Exchange. That was the year about 20 of them were starting the Illinois Trekkers Club. Of course, I did not know what it was all about, so I just passed by the table. If I had known, I might have been a charter member of the club.

After a lot of years, I realized that if I wanted the walks to continue, I had better chip in and help put the walks on, so I joined the Illinois Trekkers. Almost immediately I took over the treasurer's job and have held just about every job in our club plus state and national positions as well over the years.

Thank you for letting me think back over the many years of fun, remembering many walks, thinking about all the neat people I have had the chance to meet walking, plus all the good food that was eaten before, during, and/or after the walks.

By the way, I met my future wife while doing our walks. She is my current wife of 17 years.

*Submitted by Leonard Wojtysiak*

## Highland Walk

Saturday, May 1, 2021, was a beautiful day for a walk in Highland, Illinois. 53 people walked one or both 5k's in Highland. We had several walkers from Highland and gained two new members!

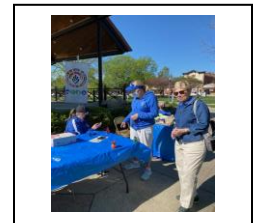
In addition to the walk Bob Buzolich, Regional Director, awarded Scott Billhartz (Treasurer of the Lebanon Cedar Cruisers) a 35<sup>th</sup> Anniversary Award, a Meritorious Award to Bill Malina, President of Lebanon Cedar Cruisers for 25 years, and a Commendation Award to Scott. The Lebanon Cedar Cruisers disbanded late last year due to Bill's health. Highland was one of the Lebanon Cedar Cruisers signature traditional walks.

Thank you to all the Illinois Trekkers that volunteered their time for the Highland Walk. Thank you to all those who came out to enjoy the beautiful day in Highland.

*Submitted by Susan Hodgson*



Susan, Bill, & Bob



Nikki, Diane, & Phyllis

*Photos courtesy of Trudy Duffman*

## 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](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 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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**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

April 27 YTD 79

BE YMCA – Walkers

April 21 YTD 53

BE YMCA – Bikers

April 0 YTD 0

COLUMBIA

April 13 YTD 43

EDWARDSVILLE PARKS – Walkers

April 8 YTD 37

EDWARDSVILLE YMCA – Swimmers

April 4 YTD 9

GLEN CARBON HISTORIC

April 15 YTD 63

O’FALLON PARKS

April 7 YTD 32

MARYVILLE CMT YMCA – Walkers

April 13 YTD 23

MARYVILLE CMT YMCA – Bikers

April 1 YTD 1

SHRINE

April 23 YTD 46

ST CLAIR SQUARE MALL

April 4 YTD 28

JEFFERSON BARRACKS ST LOUIS

April 7 YTD 51

SPRINGFIELD IL

April 2 YTD 10

\*\*Some YTD totals will vary month to month due to OSB registrations!

**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

## April 8, 2021

1. **Call to Order:** 6:32pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Members:** None present.
4. **Secretary's Report:** Minutes for March were approved as written with correction for Vickie Ridge-way's name.
  - A. Nikki Wilcoxon made the motion & Susan Hodgson 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  
Will be in honor of Bill Milina and the Lebanon Cedar Cruisers & what would have been 35<sup>th</sup> year.
  - + Clinton Hills Walk – 18 Sept 2021. POC Diane Prost
  - + Lebanon Walk – 2 Oct 2021. POC Susan Hodgson  
Plan on a different trail this year.
  - + Shiloh Walk – 16 Oct 2021. POC Trudy Duffman
  - + Way of Lights – 22 Nov 2021. POC Diane Prost  
Do not know if we will be allowed to invite Girl Scouts as a group at this time.
  - + Club Christmas Walk - 4 Dec 2021. POC Nikki Wilcoxon  
In the planning stage.
  - + Mascoutah Walk – 31 Dec 2021. POC Susan Jones  
Have a start location picked out.
  - + 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. Dee Wojtysiak wrote about her experience starting to do our walks and joining our club.
    - o Motion was made to accept AVA By-Laws changes needed to comply with Texas Law for non-profit organizations. The two motions passed at the national zoom meeting.
8. **New Business:**
  - + National Walking Week is April 1-7, 2021. Nikki and Susan Jones are POCs for our club.
  - + 17 passports have been turned in at this time.
  - + NO CLUB MEETING in July due our AVA Convention.  
26 June – 3 July are the convention dates.
9. **President's Report**
  - A. As a club, we must remember to fill out injuries' reports. Oh no, more paperwork!  
Club officers and POCs should have the form.
10. **Items from the Floor:**
  - o Motion was made to purchase club pens to use at walks and to give away to promote the club. Susan Hodgson made the motion and Genine Perschbacher seconded it. Passed.
  - + Nikki had us play a Cardinal trivia game which I had 100% (blank that is) but we had a couple of Cardinal baseball fans with a lot of correct answers. Genine Perschbacher was the winner. With Louie Krummel as the runner up. Congratulations to both!
11. **Attendance Drawing:** Darleen Kraemer won the door prize.
12. **Next Meeting:** The next meeting will be May 13; meeting will be held at Shiloh Senior Center at 6:30pm.
13. Meeting adjourned at 7:43pm.