

ILLINOIS TREKKERS FOOTNOTES

NO. 2021-Vol 6

June 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.

If you have been fully vaccinated for COVID-19, the state of Illinois will return to a new normal on June 11, 2021. It is recommended if you are at high risk of illness, to continue practicing safe measures. Please be safe and protect those who are most vulnerable to the illness.

The AVA is celebrating another convention this year. We will meet in Madison, WI and the planning committee has some great walks, social activities and training sessions planned. You can still register for the convention. This is a day's drive from our area, so plan to attend. Meet walkers from all over the United States. See who the leaders are of the AVA. Here is your opportunity to share ideas for walking with others.

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.

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

Membership Meeting

The June general membership meeting is scheduled for June 10, 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. 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.

DIANE GEBHARDT'S VOLKSMARCH STORY

Having spent years as a pre-school mom, a band parent, a football mom, etc., I was looking for a hobby or such which would be MINE. I was not interested in competition—just being active, seeing things, being with friends. A fellow teacher told me about these walks which were set up in scenic and/or historic places. This idea sounded interesting.

Thus, in April of 1990 my next-door neighbor, Linda Badger, and I took our instruction sheet in hand and went on our first volksmarch. That was a good decision; while we were both teaching, we continued to explore the sites around our area on weekends and during the summer. On these volksmarches, I met Norma and Jim Jones who were in charge of the Traveling Trekkers. Thanks to them and their expertise, I took several bus trips in Illinois.

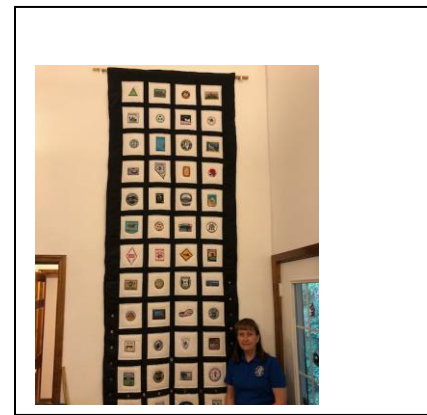
When I retired from teaching, those trips were longer. In 2002 Carol Gendron and I walked up the Crazy Horse monument. That same year Helen Radosovich and I went to Michigan, walked across the Mackinac Bridge (with thousands of other people) and stayed on Mackinaw Island. That was my first and only 13K volksmarch! Helen and I also did an East Coast trip visiting many lighthouses and eating fresh lobster and fresh blueberries.

For several years I collected the “awards” from volksmarches—patches, suncatchers, Christmas ornaments, coffee mugs, etc. After I had MANY patches, I decided I wanted to display them. It was hard to choose from among hundreds of them. Ultimately, I picked patches from special walks or those with unusual shapes. I whip-stitched 48 patches on 9” x 9” white fabric squares, and a friend put them together into a lovely wall hanging.

When my husband retired, we started going to FL for a few months each year. Diane Prost introduced me to Volks South, a group led by Doug and Jackie from New York, which meets once a week in FL to enjoy YREs together. Sometimes my husband and I were joined by Diane and her husband Tim when they were also in FL.

When asked to pick my favorite walks, that was very difficult. I have enjoyed Eckert’s Apple Orchard many times; the Shrine of Our Lady of the Snows is always inspirational; Lake Louise in Canada was very beautiful. I have now walked in all 50 states; I have seen so many things which you miss when you cross the USA just traveling on interstate highways.

In closing I want to say thank you to those of you who are serving and have served as officers of clubs, as POCs, as regional and national directors to make volksmarches possible for all of us. Your time and effort are sincerely appreciated. Long love volksmarching; let’s continue to walk, talk, and eat!



Submitted by: Diane Gebhardt

3-Mile Thursday Evening Group Walk

O’Fallon, IL

May 6, 2021





Join the Illinois Trekkers as we walk with the Stifel Team from St. Louis, MO. Walkers will meet at the **Shrine Guesthouse, 451 S. DeMazenod Drive, Belleville, IL on Saturday, June 12, 2021, at 8:45am to register. \$3 fee for all walkers.** This will be a regular YRE sanctioned event. Bring your IVV books to stamp as usual. Wear your 2020 Stifel team shirt or the 2021 Komen shirt if you raised \$100 or more for Komen. Survivors wear your beautiful pink shirts to celebrate YOU. If you prefer, you can also wear an Illinois Trekker shirt. We will start the walk as soon as everyone is registered. Bring water to drink. Restrooms will be available inside the Guesthouse. We will take a group photo to have published in the next TAW.

2021 AVA Biennial Convention Madison, WI

Convention dates June 29 (Tuesday) – July 2 (Friday)

Pre-convention events planned June 26 (Saturday) – June 29 (Tuesday)

June 30, July 1 & July 2 – Walking Events, Socials, General Membership Meetings, Workshops and more.

Post-convention event July 3 (Saturday)

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.

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 FANTASTIC job.



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.

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

May 4 YTD 83

BE YMCA – Walkers

May 8 YTD 61

BE YMCA – Bikers

May 2 YTD 2

COLUMBIA

May 12 YTD 55

EDWARDSVILLE PARKS – Walkers

May 0 YTD 37

EDWARDSVILLE YMCA – Swimmers

May 4 YTD 13

GLEN CARBON HISTORIC

May 8 YTD 69

O’FALLON PARKS

May 15 YTD 47

MARYVILLE CMT YMCA – Walkers

May 10 YTD 33

MARYVILLE CMT YMCA – Bikers

May 5 YTD 8

SHRINE

May 2 YTD 48

ST CLAIR SQUARE MALL

May 0 YTD 28

JEFFERSON BARRACKS ST LOUIS

May 10 YTD 61

SPRINGFIELD IL

May 5 YTD 15

**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 – BINDER AT THE DESK!

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 – BINDER AT THE DESK!

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

May 13, 2021

1. **Call to Order:** 6:31pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Members:** None present.
4. **Secretary's Report:** Minutes for April were approved as written.
 - A. Nikki Wilcoxon made the motion & Vickie Ridgeway seconded it. Passed.
5. **Treasurer's Report:** Report was approved pending audit.
 - A. Darleen Kraemer made the motion & Muriel Barber seconded it. Passed.
6. **Events:**
 - + Highland Walk – 1 May 2021. POC Susan Hodgson
Very good walk with 53 attending and a few new members signed up.
 - + 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
Working on the 10K trail
 - + Way of Lights – 22 Nov 2021. POC Diane Prost
 - + Club Christmas Walk and luncheon - 4 Dec 2021. POC Nikki Wilcoxon
 - + Mascoutah Walk – 31 Dec 2021. POC Susan Jones
5 PM Walk & 7 PM Dinner
 - + 3-Miles Thursday evening walks. 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. Leonard Wojtysiak wrote about his experience starting to do our walks and joining our club.
8. **New Business:**
 - + AVA Convention is June 26 – July 3 in Madison, WI.
Leonard has agreed to be the club delegate at the convention.
Motion was made by Vickie to pay the registration fees of \$353 for Leonard at the convention.
Nikki seconded it. Passed
 - + NO CLUB MEETING in July due our AVA Convention.
9. **President's Report**
 - A. A discussion about marking our trails. The last couple of walks were marked with chalk and some of the markers were rubbed off by cars before the walk started. Although this seems like an easy way to mark the trail, it proves to not work very well. The better option for our club would be to use our arrows and ribbons already provided in lieu of purchasing more supplies (as in chalk, for example).
10. **Items from the Floor:** None.
11. **Attendance Drawing:** Muriel Barber won the door prize.
12. **Next Meeting:** The next meeting will be June 10; meeting will be held at Shiloh Senior Center at 6:30pm.
13. Meeting adjourned at 7:33pm.