

ILLINOIS TREKKERS FOOTNOTES

NO. 2021-Vol 7

July 2021



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A Message from our President



This Footnotes will arrive early as three of the club officers are heading north to Madison, WI to attend the AVA Convention. Some of us will continue to travel for the month of July. This is a unique time to walk in events all over the United States, see new scenery, meet new people, and enjoy what we love to do most—walk.

If you have been fully vaccinated for COVID-19, the state of Illinois no longer requires the wearing of a face mask, practice of social distancing, and most restaurants, clubs and businesses have returned to full capacity. Be aware that most public transportation still requires mitigation as do most medical facilities. 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.

Have a safe 4th of July and enjoy getting out of the house or even out of town.

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

There is no general membership meeting in July. The next meeting is scheduled for August 12, 2021, at the Senior Center, 7 Park Drive, Shiloh, IL 62269. Meeting 6:30pm. 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.

2022 CLUB OFFICER VACANCIES

The Illinois Trekkers Volkssport Club elect's officers each November to serve as club leadership for the following calendar year. This year will be quite unique as all **FOUR POSITIONS WILL BECOME VACANT**. The club needs dedicated individuals who are willing to step up and assume one of the open positions. Do not be afraid to try something new. We all started with little or no experience, but this is a club, and the group support and mentoring is fantastic. All four individuals have served in their current positions for several years, and they need a break from administrative duties. Some of these officers also contribute to other functions for the club including newsletters, weekly walk alerts, and Point of Contact for one or more YRE. The Illinois Trekkers have been walking as a group for 41 years. That speaks volumes for volunteer leadership, guidance, and friendship. Our club was the first Illinois club to be granted membership to the AVA and number 47 in the American Volkssport Association. What an honor.

If volunteers do not come forward to fill these vacancies, the club will need to deactivate from the AVA.

As the AVA has a schedule for clubs to sanction YRE's for the following calendar year (September), we need volunteers to contact Trudy Duffman no later than August 6, 2021, with an intent to commit to designated vacant club officer position. If all four positions are not filled by that date, the club members will be required to vote on deactivation of the Illinois Trekkers at the August 12, 2021, General Membership meeting.

We thank you for walking with the club and want to see it continue for many years to come. Please consider helping to make that happen.

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

3-Mile Thursday Evening Group Walk

O'Fallon, IL

June 3, 2021



John and Susan on the walk.



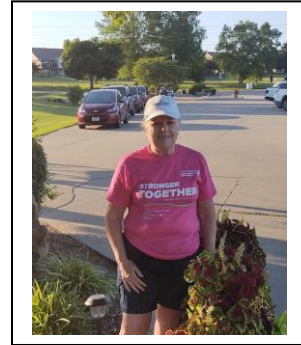
Thursday evening is popular for a stop at the local ice cream shop.

**SUSAN G. KOMEN
VIRTUAL WALK
SHRINE YRE
June 12, 2021**

The Illinois Trekkers joined the Stifel Komen team to celebrate breast cancer SURVIVORS and honor all who have lost their life to the disease. 20 people walked on a very warm morning. The group had a great time and cookies were available to sweeten the event. A large group went to the Roundtable Restaurant in Belleville, IL to eat, socialize and laugh a lot. It is a good thing we were in the enclosed back patio where we could cool off, enjoy cold beverages, and make lots of noise. Let us do this again next year. Two of our member survivors had previous commitments, but we remembered them as we walked.



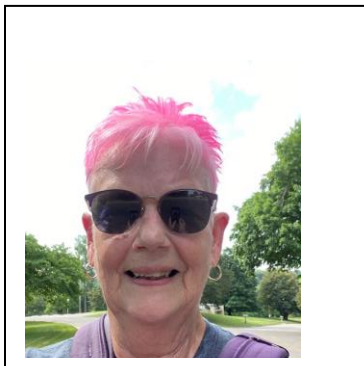
Vickie celebrating her survival. Congratulations!



Nikki celebrating her survival. Congrats!



The group before the walk.



Trudy enjoying the event.



Cookies to help celebrate the event.

**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)



WEBSITE

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.

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.

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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.

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.

JUNE TOTALS WILL BE POSTED IN THE AUGUST FOOTNOTES!!!

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

June 10, 2021

1. **Call to Order:** 6:30pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Members:** None present.
4. **Secretary's Report:** Minutes for May were approved as written.
 - A. Nikki Wilcoxon made the motion & Dee Wojtysiak seconded it. Passed with one amendment.
5. **Treasurer's Report:** Report was approved pending audit.
6. **Events:**
 - + Shiloh Walk – Cancelled
 - + Lebanon Walk – 2 Oct 2021. POC Diane Prost
 - + Clinton Hills Walk – 16 Oct 2021. POC Diane Prost
 - + 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, 6:30pm Cash Bar, & 7 PM Dinner
 - + 3-Miles Thursday evening walks. Sign-up at 5:45pm, walk at 6pm.
7. **Old Business**
 - A. AVA Convention is June 26 – July 3 in Madison, WI.
 - o Asking for club members to write about how they started volksmarching. Send articles to Trudy. Diane Gebhardt wrote about her experience starting to do our walks and joining our club.
8. **New Business:**
 - + NO CLUB MEETING in July due our AVA Convention.
 - + Need to plan for 2022 YRE walks. Please have suggestions ready for our August meeting. Have to be sanctioned by September.
 - + Need members to step up and become our new slate of club officers. It is time to have new officers with fresh ideas to give our current officers a much-needed rest.
9. **President's Report**
 - A. A discussion about marking our trails. Susan Hodgson was terribly upset with the wording in Mays club minutes. She took it very personally, but she was not at our previous meeting, so she did not realize we had talked about the last few walks not just the Highland walk. Vickie Ridgeway suggested a change in wording which has been done.
 - B. POCs need to fill out accident reports and turn them into our club president. This needs to be done no matter what the injured person does. The injured person does not need to be involved.
10. **Items from the Floor:**
 - + Leonard Wojtysiak stated that the club had two AVA flags & stands in our storage unit. The club only needs one, so he suggested we give one to the Saint Louis Walkers. Members agreed.
 - + Nikki asked about Online Start Box (OSB) problems.
 - o Have to put a credit card on AVA's website to pay for the walk.
 - o Cannot pay any other way, like with PayPal, or Apple Pay.
 - o Club gets nothing if a person does not sign back in and complete the "paperwork" and there is no incentive to do this if they do not have logbooks.
 - o Club does not know how many have used the OSB, only how many have completed the paperwork.
 - + Big Give - 23 September 2021.
 - + Trudy's letter of resignation as of 31 Dec was read by Nikki.
11. **Attendance Drawing:** Trudy Duffman won the door prize.
12. **Next Meeting:** The next meeting will be August 12; meeting will be held at Shiloh Senior Center at 6:30pm.
13. Meeting adjourned at 7:48pm.