

ILLINOIS TREKKERS FOOTNOTES

NO. 2021-Vol 8

August 2021



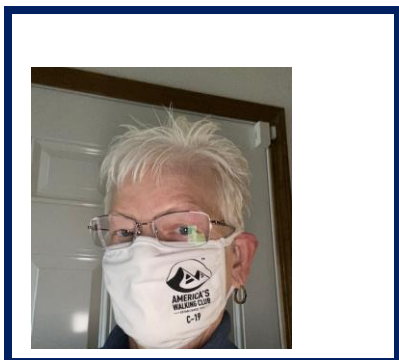
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Treasurer: Dee Wojtysiak; email drw48@icloud.com phone (618) 530-3325

A Message from our President



This newsletter is being written while I have the window open in the office and I am listening to the tree frogs and cicadas. The temperature is so pleasant it is difficult to imagine the calendar reflects August 3, 2021. I am glad so many members are out walking, and I see that Vickie Ridgeway must have gotten the bike riders out last night for what must have been a fantastic ride.

The 22nd Biennial AVA Convention is over. It was held in Madison, WI which is a very beautiful area. A very special thank you to Dee and Leonard Wojtysiak for attending all the scheduled walking events, all of the social events and the general membership meetings. Dee attended a workshop regarding the Online Start Boxes (OSB), and I will ask her to give everyone a summary of it at the membership meeting Thursday evening.

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.

Please continue to practice safety and wear a face mask where required.

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

Membership Meeting

The general membership meeting is scheduled for Thursday, August 5, 2021, in Klucker Hall, 14 Park Drive, Shiloh, IL. The meeting will be held upstairs. 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

AVA CONVENTION

The week of walking was fantastic to say the least! We started in northwest Illinois for the first walk. Galena has a lot of river history and wonderful old homes. This was just the beginning pattern for all the walks. I will not write about each walk, but I need to mention Green Bay, if a person doesn't get enough of Packer football trivia on this walk, they never will.

Of course, one of the things I enjoy is seeing old walking friends and I was not disappointed. Had a chance (or two) to talk to Bob, our regional director. It was nice to discuss issues face-to-face with him. Another old walking friend was Nancy Wittenberg (our new AVA President) and her daughter. Nancy and I had the chance to talk about future AVA items of interest. It is nice to know her thoughts on AVAs future plus her plans for AVA. We are lucky to have her as our new leader! In fact, we have a very good leadership team elected for the next two years.

If you have not driven in Wisconsin, you are missing out on some beautiful scenery. Did I mention that I was "forced" to try new food dishes? Wisconsin has more good food than just cheese!

At the business meetings we elected our AVA officers. The amendment to extend their term of office from two years to four years was pulled by the submitter so no vote was taken. There was a zoom call from the IVV president. He wished AVA well in putting on the Olympiad in 2023. A bit hard to understand an Italian speaking English on a zoom call but he did a good job.

Had a chance to talk to Element 3 Health top leaders of the company. I now have a good handle on how it can help our club. There are about 25,000 members in the St. Louis region that might use our club walks as one of their activities to return to good health. It will require us to stay on top of our data in their database.

I talked to the National Pediatric Cancer Foundation (NPCF) representative also. They would like AVA clubs to have walks to raise money for their cause. They would partner with us to help advertise our walk plus provide advertising materials, etc. They feel it would "amplify your club's impact, gain exposure to new members, and boost member morale while helping children battling cancer." I'm all in for anything that can help children, what do you think?

Overall, a wonderful week!

Submitted by Leonard Wojtysiak

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.

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.

We will discuss this matter at the August meeting. Plan to attend and share your ideas to make the Trekkers even better in 2022.

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

HAPPY BIRTHDAY

A very special happy birthday to Bill Malina. Bill's birthday is August 26. If you would like to send him a greeting card, please mail it to the following address:

**Bill Malina
Trenton Village
970 E. Broadway
Room 126
Trenton, IL 62293**

NEW AVA BOARD OF DIRECTORS

At the General Membership meeting, new AVA leaders were elected for the next two years. The AVA has changed the designation of their positions.

Chair, Nancy Wittenberg chair@ava.org

Vice-Chair, Susan Medlin vice_chair@ava.org

Secretary, Cecilia Miner secretary@ava.org

Treasurer, Ed McCabe treasurer@ava.org

MID-AMERICA REGIONAL DIRECTOR

Robert Buzolich ma_rd@ava.org

MID-AMERICA DEPUTY REGIONAL DIRECTOR

Roberta Allen

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.

Check out the website weekly as Diane posts photographs of walking events. They are fun to look at and certainly reflect good times had by our walkers. She even has a pic of the recent bike ride.

Thank you Diane for spending time on the computer and making our club exciting.

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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.



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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

BELLEVILLE HISTORIC DOWNTOWN

June 5 July 19 YTD 107

BE YMCA – Walkers

June 12 July 0 YTD 73

BE YMCA – Bikers

June 0 July 0 YTD 2

COLUMBIA

June 10 July 10 YTD 75

EDWARDSVILLE PARKS – Walkers

June 23 July 6 YTD 66

EDWARDSVILLE YMCA – Swimmers

June 4 July 5 YTD 22

GLEN CARBON HISTORIC

June 16 July 8 YTD 93

O’FALLON PARKS

June 16 July 18 YTD 81

MARYVILLE CMT YMCA – Walkers

June 11 July 14 YTD 58

MARYVILLE CMT YMCA – Bikers

June 4 July 4 YTD 16

SHRINE

June 25 July 24 YTD 97

ST CLAIR SQUARE MALL

June 1 July 5 YTD 34

JEFFERSON BARRACKS ST LOUIS

June 10 July 20 YTD 91

SPRINGFIELD IL

June 15 July 6 YTD 42

**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