

ILLINOIS TREKKERS FOOTNOTES

NO. 2021-Vol 9

September 2021



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Secretary: Leonard Wojtysiak; email lpw46@icloud.com; phone (618) 530-3211

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

A Message from our President



Summer has been with us during the month of August. Temperatures and humidity have kept some people off the trail. Fortunately, the St. Clair Square Mall in Fairview Heights, IL is open, and walkers are welcome there. The Thursday evening group has been walking there when the heat index is too high for safe walking outside.

Effective August 30, 2021, Illinois Governor Pritzker is reinstating the mandatory mask wear for indoor events. This will include of monthly meetings. Please practice safe measures as you go about your daily routines. Only you know what is best for you and your loved ones. Continue to follow any guidelines released by the Centers for Disease Control (CDC) or local governments.

Fall must be around the corner. Make plans to get out and walk or bike ride when the weather cools off. There will be several traditional events in October and don't forget the March to the Arch on Saturday, September 11. Wave the American flag and be proud of our country.

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 general membership meeting is scheduled for Thursday, September 9, 2021, in Klucker Hall, 14 Park Drive, Shiloh, IL. The meeting will be held upstairs. Masks required.

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.

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.

Currently we have volunteers for the following positions:

President – Vickie Ridgeway
Vice-President – Dale Gerlach
Treasurer – Mark Ohl
Secretary – Genine Perschbacher

If you would like to vie for one of the above positions, please contact any of the board members. All candidates are welcome.

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

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

A WALK IN LEBANON

The Illinois Trekkers will host a traditional event in Lebanon, IL on Saturday, October 2, 2021.

The local Fall Festival will be held at the same time, and it is a great opportunity to support local vendors and do some early Christmas shopping.

The walk will give everyone the opportunity to see fantastic architecture including Gothic, Italianate, Southern Colonial and more.

Be on the lookout for the Secret Garden and the Mermaid House Inn. You can visit the campus of McKendree University which was founded in 1828 and is the oldest college or university in Illinois.

Purchase food from a vendor or dine at a local restaurant.

This will be a great fall walk. Bring a relative or friend and help make this event successful. Don't forget to contact Diane Prost at [diaprost@sisna.com](mailto:diprost@sisna.com) if you can volunteer and hour or two at the walk or marking the trail.

Submitted by Trudy Duffman/Diane Prost

Bikers Alert

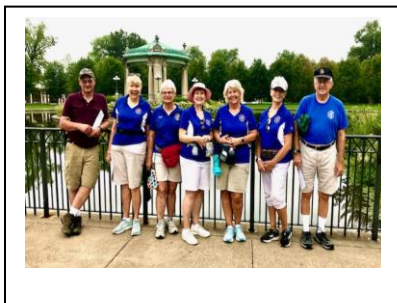
Do you like to ride a bike? Fall is coming and the Illinois Trekkers have two sanctioned bike trails (Maryville YRE & Belleville East YMCA YRE). Vickie Ridgeway and Nikki Wilcoxon have organized group bike riding on these trails. Riders should watch the Illinois Trekkers website for effective dates, times, and locations. Currently the group is meeting the first and third Monday at 6:00pm. Labor Day the group will ride at 10:00 am with registration at Belleville East YMCA. As fall progresses with earlier darkness, these times may have to be altered. See you on the trail.



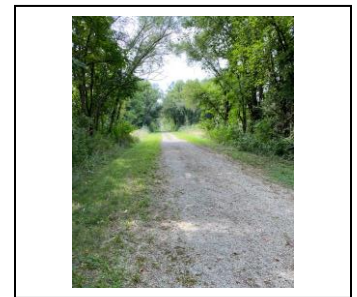
Maryville bike ride

Walking in Small Town USA

Your club president has been in Valley Falls, KS providing care to a family member who had two eye surgeries. While living on the farm is fun, and fairly busy, walking is still an important aspect of my life. So, I drive into the small town of Valley Falls, KS (population 1,000 or less) and walk on the local Doodlebug Trail. This name holds a sentimental value to me as my father called me “doodlebug” when I was born because he said I was little like one. The trail is only a mile in length, through trees and along the Delaware River. Some of the twigs on the trail are moving (e.g., snakes). Most of the week has been three water bottle days with heat index and humidity.



Forest Park group walk St. Louis



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 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.

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.



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.



YRE TOTALS FOR AUGUST, SEPTEMBER AND THE 3RD QUARTER WILL BE ATTACHED TO THE OCTOBER FOOTNOTES.

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 July YTD 69

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 July 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

August 10, 2021

1. **Call to Order:** 6:31pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Members:** Long time members Billy & Phyllis Herring are back in the area and attended our meeting.
4. **Secretary's Report:** Minutes for June were approved as written.
 - A. Billy Herring made the motion & Muriel Barber seconded it. Passed.
5. **Treasurer's Report:** Report was approved pending audit.
 - A. Vickie Ridgeway made the motion & Muriel Barber seconded it. Passed.
6. **Events:**
 - + 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 Wilcoxen
 - + 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. Leonard Wojtysiak gave a report on AVA Convention in Madison, WI.
 - o Only business was new officers were elected.
 - B. Dee Wojtysiak reported on the Online Start Box (OSB) workshop.
 - o They have done a lot of good work but are not open to fixing obvious problems.
 - o They are more interested in moving forward on the project.
8. **New Business:**
 - + Need new club officers for next year. Please step forward to keep the club alive!
 - Diane Prost presented a slate of volunteers for next year.
 - + Robert Buzolich remains our Regional Director and Roberta Allen is our new Deputy Regional Director.
 - + Mid-America Conference will be held in Dayton, OH on 17-19 June 2022. Mark your calendar.
 - + The next AVA Convention will be held in conjunction with the IVV Olympiad plus the IML Texas Roundup. in February 2023. Good time to get away from our winter for a few weeks.
 - + The Big Give is Sept. 23. Darleen Kraemer made motion to donate \$100. Vickie second it. Passed
 - + The club plans to renew all 13 Year-Round Events (YRE) plus add Millstadt and Mascoutah for next year.
9. **Items from the Floor:**
 - + Vickie & Nikki Wilcoxen have started to do group bike events. They plan to bike on first and third Monday at 6 PM. Maryville will be the next group bike event. All are welcome.
 - + New Special Events will be starting in 2022 (and old ones ending) so our POCs need to be aware.
10. **Attendance Drawing:** Phyllis Herring won the door prize.
11. **Next Meeting:** The next meeting will be September 9; meeting will be held at Shiloh Senior Center at 6:30pm.
12. Meeting adjourned at 7:46pm.