

# ILLINOIS TREKKERS FOOTNOTES

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November 2021



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

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## A Message from our President



Fall is definitely here, and the scenery is getting colorful. The temperatures are cool in the mornings, very nice during the day and chilly again in the evening. With the switch back to standard time, it is getting dark much earlier. It will probably take all of us a week or two to adjust to the change. Remember you can always walk in the St Clair Square Mall, but a mask is required. Wear supportive shoes when walking on the tile surface. I have heard complaints about foot, leg and back pain following walking on that surface. Try to cushion your step. The Footnotes newsletter will end with the December edition unless someone volunteers to be the editor. I have contacted the Mid-America Regional Director and he informed me that newsletters are no longer mandatory by the AVA. It is each clubs' discretion if they choose to publish a newsletter. The new slate of officers will keep all members informed about club events and functions through the website and weekly Walk Alert.

Volunteers make a successful organization. Let Diane Prost know if you are available to help.

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

## Membership Meeting

**The general membership meeting is scheduled for Thursday, November 11, 2021, in the Shiloh Senior Center, 7 Park Drive, Shiloh, IL. This is the last formal meeting of 2021. 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](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.

## 2022 CLUB OFFICER VACANCIES

The Illinois Trekkers Volkssport Club will elect a slate of officers for 2022 at the November General Membership meeting. There are volunteers for all four officer positions, but anyone can volunteer for one of the positions at the November meeting. Competition is always welcome. 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, this is a list of volunteers for 2022.

President – Diane Prost  
Vice-President – Dale Gerlach  
Treasurer – Vickie Ridgeway  
Secretary – Genine Perschbacher

Other volunteers are needed. Contact Diane Prost if you have a talent or desire to help with the club.

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

## WELCOME TO THE ANNUAL “WAY OF LIGHTS” WALK

**MONDAY, NOVEMBER 22, 2021**

Experience the tradition – bring your family and friends on this most unique volksmarch in the metro-east Illinois area as you walk among over two and a half million miniature lights illuminating trees, figures, and displays that depict the true Christmas story. The walk will pass the Stations of the Cross. The Shrine campus will have all their activities available to walkers. Activities include the Christmas Tree & wreath Displays, Camel, Donkey & Pony Rides, a Petting Zoo, Camel rides (\$6), Carriage Rides (\$65 for 6 people & \$100 for 10 people), Kettle corn & refreshments for purchase. Registration is at National Shrine of Our Lady of the Snows Visitor Center, 442 South De Mazenod Drive, Belleville, Illinois 62223-1095. **Registration will be from 3:30 pm to 6:30 pm.** **Masks are always required for registration and inside buildings. Please bring a flashlight for safety reasons!** Event will take place regardless of weather. Dress appropriate for late fall walking. Restrooms are available at the start point and on the trail. Walkers must be finished by 8:30 pm. Walkers can walk the loop once for a 5k walk or walk the walk two times for 10k.

*Submitted by Diane Prost, Event POC*

## Swansea Clinton Hills Conservation Park Walk

The Clinton Hills event on Saturday, October 16, 2021, was a great success. The venue was beautiful with some challenging hills. The weather was perfect, and attendance was fantastic. Diane Prost and her husband Tim did a superb job selecting two trails on a former golf course. The trails were peaceful and scenic. The homes bordering some of the trails were absolutely amazing. Volunteers marked the trail with a light rain falling. Muriel Barber found an adorable tiny turtle. Your President almost stepped on him as he looked like a leaf on the trail. The rain on her eyeglasses didn't help. The food at Fletcher's Restaurant was a plus. Thank you, Diane and Tim, for a wonderful event. Many commented on it as a “let's do it again walk”!

*Submitted by Trudy Duffman, President*

## WALKING EVENTS!



**Group Walk Downtown St Louis  
Saturday, October 30, 2021**



Traditional Event, Bellefontaine Cemetery  
Sunday, October 31, 2021

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**OPTOUTSIDE GROUP WALK - FRIDAY,  
NOVEMBER 26-O'Fallon YRE-Schnucks patio,  
907 E Hwy 50 – 9:45am registration 10:00am  
walk. WALK BEFORE YOU SHOP!!!**  
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**ILLINOIS TREKKERS  
CHRISTMAS  
WALK/LUNCHEON  
Saturday, December 4, 2021**

The Illinois Trekkers will host a special holiday group walk on Saturday, December 4. Registration will begin at 9:45 am at Schnuck's, 907 E. Hwy 50 in O'Fallon, IL. The normal \$3 fee applies to walkers. Group step off will be at 10:15 am. At the conclusion of the 5k walk, we will gather at Silver Creek Saloon, 2520 Mascoutah Avenue, Belleville, IL for our Christmas lunch and party beginning at 12:00 noon.

No pre-payment is required for this event. Attendees will select their own meals directly from the menu and be responsible for paying their own bill.

After our meal, we will have a short program and end the party with a Christmas game and Christmas gift exchange. Those wishing to participate are to bring a wrapped gift suitable for both genders (unisex) with a value of \$20. Even if you do not want to participate, you will want to stick around for the fun.

It would be helpful to know how many people will be attending the walk and/or lunch. Please send a text or email that you will be attending. If you are not planning to walk but would like to join the holiday fun, please send an email to Nikki Wilcoxon at [njwilcoxon@aol.com](mailto:njwilcoxon@aol.com) or text her at 618-973-3825 that you would like to join the group for lunch.

## 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.

**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.

**SAVE THE DATE!**

**FUTURE EVENTS IN DECEMBER**

**BELLEVILLE LUMINARY WALK**

**Saturday, December 11, 2021**

**5:00pm - 9:00pm**

Walk in downtown Belleville and enjoy the neighborhoods on Abend and Garfield as the homeowners line the streets with luminaries. Some of the beautiful historic homes will be open for tours. Dress warm, bring a flashlight and enjoy the beauty.

**WREATHS ACROSS AMERICA!**



**JEFFERSON BARRACKS CEMETERY**

**Saturday, December 18, 2021**

The Illinois Trekkers will plan a group walk starting with registration at Walgreens, 2700 Telegraph Road, Lemay (St Louis), MO. \$3 participation fee. Walkers will drive to the Veteran's Memorial parking lot to walk. Group will meet to help lay wreaths on service members graves. Check the Illinois Trekkers website for time of the event. Contact Sue Bacon at [baconse@google.com](mailto:baconse@google.com) to join the group.



**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**

October 5 YTD 138

### **BE YMCA – Walkers**

October 9 YTD 98

### **BE YMCA – Bikers**

October 9 YTD 23

### **COLUMBIA**

October 8 YTD 111

### **EDWARDSVILLE PARKS – Walkers**

October 6 YTD 90

### **EDWARDSVILLE YMCA – Swimmers**

October 6 YTD 31

### **GLEN CARBON HISTORIC**

October 10 YTD 114

### **O’FALLON PARKS**

October 17 YTD 116

### **MARYVILLE CMT YMCA – Walkers**

October 8 YTD 92

### **MARYVILLE CMT YMCA – Bikers**

October 3 YTD 28

### **SHRINE**

October 1 YTD 110

### **ST CLAIR SQUARE MALL**

October 13 YTD 60

### **JEFFERSON BARRACKS ST LOUIS**

October 12 YTD 124

### **SPRINGFIELD IL**

October 0 YTD 107

\*\*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. 6<sup>th</sup> Street, Springfield, IL 62702

POC: Dee & Leonard Wojtysiak, 618-530-3325

# Illinois Trekker Membership Meeting

## October 9, 2021

1. **Call to Order:** 6:30pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Members:** None.
4. **Secretary's Report:** Minutes for August were approved as written.
  - ✚ Vickie Ridgeway made the motion & Muriel Barber seconded it. Passed.
5. **Treasurer's Report:** Report was approved pending audit.
  - A. Muriel made the motion & Dale Gerlach seconded it. Passed.
6. **Events:**
  - ✚ Clinton Hills Walk – 16 Oct 2021. POC Diane Prost  
Will mark the trail at 9am.
  - ✚ Way of Lights – 22 Nov 2021. POC Diane Prost  
Still working on the details due to COVID
  - ✚ Club Christmas Walk and luncheon - 4 Dec 2021. POC Nikki Wilcoxon  
Walk will start at 10am followed by lunch & gift exchange. Lunch location TBD.
  - ✚ Mascoutah Walk – 31 Dec 2021. POC Susan Jones  
4:30pm registration at Scooter's in Mascoutah, IL  
5pm Walk, 6:30pm Cash Bar, & 7pm, dinner at Mascoutah Steak House restaurant.
  - ✚ 3-Miles Thursday evening walks. Sign-up at 5:45pm, walk at 6pm.  
10/21 & 10/28 at St. Clair Mall, meet in south parking lot.
  - ✚ 10K Bike rides Monday evening. Sign up at 5:30pm, ride at 5:45pm.  
Oct 18 at Belleville East YMCA. This will be the last ride for this year.
7. **Old Business**
  - ✚ Recap of Lebanon Walk.  
We had 40 walkers on the well-marked trail. Thanks goes to Diane Prost and her crew.
  - ✚ We have volunteers for all four officers' positions, but it is not too late to throw your hat into the race.  
Election will be at our next meeting.
  - ✚ Slate for club officers for 2022 are:

Diane Prost	President
Dale Gerlach	Vice-President
Genine Perschbacher	Secretary
Vickie Ridgeway	Treasurer
8. **New Business:**
  - ✚ Need a Footnotes editor, please contact Diane Prost if interested.
9. **Items from the Floor:** December 18 is the date to help lay wreaths at Jefferson Barracks National Cemetery. Contact Trudy Duffman for more information.
10. **Attendance Drawing:** Dee Wojtysiak won the door prize.
11. **Next Meeting:** The next meeting will be November 11; meeting will be held at Shiloh Senior Center at 6:30pm.
12. Meeting adjourned at 7:37pm.