

# ILLINOIS TREKKERS FOOTNOTES

NO. 2008-02

March 2008

*President: Dee Wojtysiak*  
*Vice President: Steve Koluch*  
*Secretary: Debbie Kruep*  
*Treasurer: Jack McKeon*  
*IT Database Manager, Gary Staley*

*Directors-at-Large*  
*Shirley Martin*  
*Mark Kruep*  
*Mary Monett*

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## **Get to Know your President:**

Dee Wojtysiak (Each month an officer or director will prepare an article about themselves. I am doing the first article.) I joined the club in January 2000 with my first walk at the Shrine Christmas event in 1999. Four years later at the Shrine Christmas event Leonard proposed. This walk is very special to me. I have served as Edwardsville POC for regular walk and Year Round walk since 2002. I retired August, 2007 working over 40 years in the banking world. I worked as a manager most of my career. I have served as president of the Edwardsville/Glen Carbon Chamber of Commerce, and president of other service clubs. Being with my parents, grandchildren, sons and daughter are important to me. I enjoyed fishing before I started walking. Now my leisure time is spent walking, traveling.

## ***First Trekker Walk of 2008***

***Or***

## ***Be aWare of the Ides of March***

*(Packy and Sue Botula)*

Just a reminder that the first Illinois Trekker walk of the new year will be on Saturday, March 15th, 2008 starting at Philharmonic Hall in Belleville. As in previous years, in addition to a top-notch trail linking historic neighborhoods and parks, there will be live music and food sales throughout the day. This event is always a "real happening". Let's all get the volkssport year off on the right foot with the Belleville Philharmonic Society walk. Plan ahead. Save the date. Mark your calendars. Dust off your walking shoes. March is right around the corner.

## **ATTITUDE**

The longer I live, the more I realize the impact of attitude on Life. Attitude to me is more important than fact.

It is more important than past, than education and money, than circumstances, than failure, than success, than what other people think, say or do. It is more important than appearance, giftedness, or skill. It will make or break a company... a church...a home.

The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the behavior of others...we cannot change the inevitable. The only thing we can do is play the string we have, and that is "Our Own Attitude." I am convinced that life is 10% of what happens to me and 90% of how I react to it. And so it is with you... Each of us controls our own attitudes.

-- Charles Swindel, as quoted by Mark Messier in *The Role of the Official and Sportsmanship in Hockey, in Life*

## ***Dee's Trail Notes***

A planning meeting was held November 27, 2007 with the 2008 officers, directors and POCs. At this meeting we prepared the 2008 calendar of walks and scheduled group YREs. This year the Year Rounds (YR) walks will be with a group planned for a breakfast or sunset time. Check the 2008 calendar of walks for dates and times on the clubs website: <http://www.illinois-trekkers.org/>. The Bylaws and Constitution have been added to the website.

The National Executive Council (NEC) was held on December 1, 2007 in Mason, OH. Leonard & I attended. Graham Faucett, Canadian representative was at this meeting. The council passed a motion that seasonal events can be sanctioned any time during the

year, with sanctioning 90 days prior and brochure approval 60 days prior the event. This will give clubs the opportunity to hold multi-day events or schedule an event for 11 months or less. Four new special events, (Museums, American Gardens, Waterfalls, and Veterans Memorial) were approved for 2009. The AVA Bylaws chairman is our club member, Leonard Wojtysiak.

### ***Club Event Brochures***

Go to the Internet to get your club brochures!

The club is making every effort to capitalize on automation and developing technology. In the beginning we made use of typewriters, cut and paste (literally, and relied on professional designers to put together our brochures.

In the middle years (late 80' through early 00's, we the club mailed to 700-800 homes, club members and non-members alike.

Last year (2007) we began to provide club member who received their newsletter via email their brochures via email, or over the Illinois Trekkers website. Only those who get paper copies of the Footnotes continue to receive club brochures by mail. This has significantly reduced printing and mailing costs, and, if you have a color printer, you receive the brochures in the form the y were designed.

So you can get the first four walks of this year via our website at

<http://www.illinois-trekkers.org/events.html>

### ***Which Wolf?***

An elder Cherokee Native American was teaching his grandchildren about life. He said to them, "A fight is going on inside me...it is a terrible fight and it is between two wolves.

One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other stands for joy, peace, love, hope, sharing serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

This same fight is going on inside you, and inside every other person, too."

They thought about it for a minute and then one child asked his grandfather, "Which wolf will win, grandfather?"

The old Cherokee simply replied..."The one you feed."

### ***Mock Macaroon Cookie Recipe***

Since the Christmas party I have had several requests for the Mock Macaroon Cookie Recipe that I brought. So, here it is:

<b>Ingredients</b>	<b>Nutritional Breakout</b>
1 box angel food cake mix	Approx servings: 50
10 oz shredded coconut	Serving: 2 cookies
½ cup water	Per serving:
	58 calories
Optional ingredients to taste:	2 gm Fat (20%)
Baking coca	1 gm Protein
Coloring	10 gm Carbohydrates
Nuts	Trace dietary fibre
	0 mg Cholesterol
	76 mg Sodium

### **Process**

Preheat oven to 350 degrees

Mix angel food cake mix with shredded coconut

Add water

Add 3-4 tablespoons or cocoa if you want a little chocolate taste

Place parchment paper or foil (dull side up) on a large baking sheet. If using foil spray it with butter-flavored non-stick cooking spray

Drop cookie mixture by slightly rounded measuring teaspoon, 2 inches apart. Note: this stuff gets STICKY!

Bake 10-12 minutes or until slightly golden. Let cookies cool before removing from the foil. They should peel right off.

Store in an airtight container.

### **WEBSITES**

HQ AVA – <http://ava.org/>

Illinois Trekkers –

<http://www.illinois-trekkers.org/events.html>



## March - May Events

Mar 6 – Regular Meeting

**March 7,8,9**, MidAmerica Region Walks/Meeting  
Urbana, IL (Illinois Association in charge of  
this meeting)

**March 15** Belleville Philharmonic  
Packy & Susan Botula

Apr 3 Regular Meeting

May 1 Regular Meeting

## 2008 YREs

Belleville “Richland Creek” Greenway

618-233-6348

Belleville-YMCA (Walk)

618-236-9521

Belleville-YMCA (Bike)

618-236-9521

Glen Carbon “Heritage Trail” (Walk)

618-632-4164

Glen Carbon “Heritage Trail” (Bike)

618-344-0225

National Shrine of Our Lady of the

618-210-0679

Trekker Meeting: March 6,2008 at PSOP

March Meeting: April 3, 2008



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**P. O. Box 25063**  
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