

ILLINOIS TREKKERS FOOTNOTES

NO. 2008-03

April 2008

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

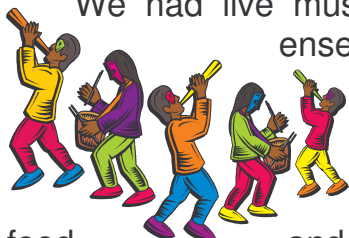
Directors-at-Large
Shirley Martin
Mark Kruep
Mary Monett

Philharmonic Walk Recap

(Packy and Sue Botula)

The forecast called for rain but didn't happen, only a few sprinkles early in the day. For the most part it was a great day for a walk, weather wise. Philharmonic Hall was beautifully decorated for St. Patrick's Day. The parade went by one block away.

We had live music from a variety of ensembles from 8:00 a.m. until 3:00 p.m. including a 23 – piece German Band. We had food and drinks for sale throughout the day. We had a good trail and plenty of help from the Trekkers to mark the trail and man the event. Thank you all for being there. We sold six “New Walker” packets to people who were interested in the notion of “Fun, Fitness, and Fellowship.” Those who were there had a great time. We had 75 walkers.



Tick Removal

As we get out into the countryside again this year this first I read reminder Ticks and easy end Lime the other end.



we throw in person report about a about ticks. cause pain trouble on the and serious disease—like Disease—on

This is worth keeping handy.

I had a pediatrician tell me what she believes is the best way to remove a tick. This is great, because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc. Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20), the tick will come out on it's own and be stuck to the cotton ball when you lift it away. This technique has worked every time I've used it (and in KY, that was frequently), and it's much less traumatic for the patient and easier for me. Unless someone is allergic to soap, I can't see that this would be damaging in any way. I even had my doctor's wife call me for advice because she had one stuck to her back and she couldn't reach it with tweezers. She used this method and immediately called me back to say, "It worked!"

Dee's Trail Notes

Our first 2008 walk has happened and what an entertaining day it was. This was a good example of a social walk for everyone to eat and listen to some great music and spend time talking to the other walkers.

While in California, Leonard and I have been walking numerous YREs. All the walks have been new and fresh making each walk interesting. In many walk boxes I have found brochures dated 2006 or even old. The trail instructions are outdated. For example, the trail instructions said there were no sidewalks and we were walking on a sidewalk. In the Start Points the name of the café was

incorrect. This is a good lesson for as a club, be sure to take a second look as a new walker. We wonder why we do not when the product we are producing is outdated and inaccurate.

Quote from Sir Peter Ustinov

"It is our responsibilities, not ourselves, that we should take seriously."

***Get to Know Your Officers:
Vice-President Steve Koluch***

My first Volksmarch we somewhere near Stuttgart in 1978 while I was in Germany with the Army. I became a member and assistant treasurer of the Heidelberg International Wanderung Club. The club won the "largest group" for just about every volksmarch in southern Germany. I got in with a group that liked to schedule and route their volksmarching trip like military operations in an attempt to get to as many walks as possible in a single weekend, sometimes heading out at 3:30 in the morning. With a couple of marathons and a 20 K or a couple of 10K's, we exceeded 100K's twice. There were

several weekends we got 5 walks in. I was a lot younger then. And single.

On arriving in the St Louis area, my first stateside Volksmarch was walking around Scott's runway on a hot dry day in the early 80's. I still remember the F-4 squadron from Lambert doing "touch and go" landings all morning. No wonder the golfers on the Cardinal Creek course were wearing ear plugs.

Hilda and I first joined the Illinois Trekkers after moving to Illinois in 1988. I've been a board member and was chairman of the Belleville Oktoberfest VM for several years.

Being more than fully employed at Scott AFB, my time for walking has been quite limited over the last few years. I participate in the Sky Warn weather spotter program as well as various other aspects of amateur radio. I'm also the Vice-President/President-Elect of Belleville Sister Cities. And to keep me on the streets at night, I run a couple of marathons a year.

WEBSITES

HQ AVA – <http://ava.org/>

Illinois Trekkers –

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

Minutes of the Illinois Trekkers Volkssport Club Meeting Minutes March 6, 2008

CALL TO ORDER TIME: 7:00 P.M. BY Dee Wojtysiak.

ATTENDEES:

VISITORS: none.

NEW MEMBERS: Cindy and Tom Stuckey.

SECRETARY'S REPORT: Debbie Kruep: Minutes are attached to the *Footnotes*.

Corrections: none

Motion: Tom Boyd Second: Leonard Wojtysiak

TREASURER'S REPORT: Jack McKeon. Jan Balance: \$3211.19 Feb Balance: \$2938.89

Motion: Hilda Koluch Second: Shirley McKeon

PRESIDENT'S REPORT:

Tales from the trails: California weather was great, good walks, history, harbor seals, monarch Butterflies, and all new places made it exciting. POCs keep instructions up to date on YREs.

STANDING COMMITTEE REPORTS:

Services and Properties Wil Clark: nothing to report.

Publicity: Debbie Kruep: Philharmonic promo sent in to News-Democrat and O Fallon.

Special Activities: Shirley Martin: Keep June 28th open for Picnic Walk.

AD HOC COMMITTEE REPORTS:

Refreshments: Shirley Renner: All months are filled. April is Carol Clark/Betty Boyd.

Footnotes: Wil and Carol Clark. Should be up soon with new email address.

Club Points Manager: Dee Wojtysiak: no report.

Website News: Website has over 300 hits. Some from other countries.

Data Base Admin: Gary Staley: We have 75 members. Email is helping to save \$ on Footnotes. Please submit email addresses if you have them.

OLD BUSINESS:

Report on year round events (YRE) s

Our Lady of the Snows: Jack and Shirley McKeon: 6 walkers for the year.

Richland Creek: Tom and Betty Boyd: 10 walkers for year.

Glen Carbon Walk: Dee Wojtysiak: 8 walkers for year. Remember three trails.

Glen Carbon Bike: Gary Staley: 3 bikers for year.

Belleville YMCA Walk/Bike: Packy/Sue Botula: 13 walkers & 3 biker for year.

IVV/AVA News: Tom Boyd: There have been no messages from the committee in a week. 9 out of 48 countries are making the rules. Thinking about doing away with the awards program. Committee is split about 50/50 right now.

Starting Pints: 8 Starting Points books left, contact Betty Boyd.

REPORT OF UPCOMING EVENTS:

(1) Belleville Philharmonic Walk - March: 3rd year, lots of music marking trail 3 p.m. Fri. Fliers put up downtown.

(2) Sunset Walk at the Shrine: April 12 Dinner at the Shrine. Buffet after. Sunset looking over the Arch? We hope!

(3) Richland Creek Breakfast Walk - Register 6:45 a.m. Walk: 7:00 a.m.

(4) BiState - May 17: This year we host at Cahokia Mounds. This will be the last one.

(5) Glen Carbon Breakfast Walk - May 31: Registration at Hardee's at 6:45 a.m. Walk 7:00 a.m. Discussion of possibly having egg in a basket breakfast on site.

NEW BUSINESS & ITEMS FROM THE FLOOR

(1) Black Jack Weekend in South Dakota in September.

(2) We will not be doing Global in Sept. due to a show on base.

ATTENDANCE DRAWING: Shirley McKeon

NEXT MEETING: Thursday, April 3rd at 7:00 p.m.

ADJOURNMENT: Motion: Tom Boyd Second: Carol Clark

Meeting adjourned at 8:05 p.m.

**Submitted by: Debbie Kruep
Secretary, Illinois Trekkers**

April - June Events

Apr 3 - Regular Meeting
April 12 - Sunset Walk at the Shrine

May 1 - Regular Meeting
May 17 - Bi-State Jubilee at Cahokia Mounds,
Collinsville
May 31 - Glen Carbon Breakfast Walk

June 5 - Regular Meeting
June 7 - Ice Cream Festival Walk at Mascoutah
June 28 - Picnic Walk

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: April 3, 2008 at PSOP

May Meeting: May 1, 2008



- Business & Corporate Accounts are Offered
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(By map add - just 2 blocks south of Frank Scott Pkwy)
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ADDRESS CORRECTION REQUESTED