

ILLINOIS TREKKERS FOOTNOTES

NO. 2008-04

May 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

About our Members



Glad to hear that Eugenie Hanson and Betty Boyd are back home after each had a short stay in the hospital

We wish condolences to the family of Retired USAF CMS Milton L. Haberman. He was 88.

BiState Walk

Our next regular walk will be held at Cahokia Mounds, Collinsville, IL on May 17, 2008. Look at our web site www.illinois-trekkers.org under events for complete details. This walk has 4 special events, American Authors, Cemetery Stroll, Native American and Railroad Heritage. Social time will be available after the walk, picnic tables and food.

Get to Know Your Officers:

Secretary Deb Kruep

You know the face... the one that appears when you say you want to go walk! It was New Years Eve 2005, the temperature was about 55 degrees. A couple of days earlier I had spotted a small article about a "Volksmarch" in the newspaper. I had no clue what a volksmarch was, much less how long a 5k or 10k was. What I did know was my daughter had just married in the summer and now lived in Omaha, and my son was in college and never home. Time to move on.... I was very involved in school, scouts, and activities my children were involved in. You know the soccer mom. That was me! Now, I started to have time on my hands. What would I like to do? This walk thing interested me. I thought it would be something my husband and I could do together, and that brings me to THE FACE. Oh

well, I guess I'll just forget about that idea. The walk started at 1pm. About 1:05 my husband says, "Do you still want to go to that walk thing?" Twenty minutes later we are out the door and cautiously walking up to a garage full of strangers. We only did a 5k that day. It felt like a huge burden had been lifted from my shoulders! I couldn't remember the last time I had been outside just walking with no timeframe looming over my head. This was what I had been looking for! It was nice to actually have a conversation with my husband about anything that caught our eye along the way. I was sold. After the walk I asked him if he liked it. He said it was OK. For Mark, that is as close as you get to yes. We started out with only a few walks here and there, but after a vacation to Virginia that summer we were hooked. We are now on walk #93 and look forward to walking until we are 93!

IVV AWARDS

This is a list of members that accomplished an award that appeared in The American Wander, February/March 2008 issue. Congratulations to each one.

Debra Kruep	75 Events
Mark Kruep	75 Events
Cindy Stucky	100 Events
John McKeon	125 Events
Diane Gebhardt	325 Events
Billy Herring	10000 KM Distance
Susan Botula	30000 KM Distance
Charles Botula III	30000 KM Distance

Dee's Trail Notes

Spring is in the air and walking every weekend is back on the activity list. Walking in the spring is a pleasant time to see nature refresh and start a new cycle. My goal this spring is to start walking at least one 10k walk a week and hopefully some

weeks I will be walking two 10k walks. What is your spring goal? Whenever a regular walk is not scheduled talk to friends or family or co worker or walking partner and complete a Year Round walk. If you missed the Shrine Group YR walk, now is the time. We are fortunate to have so many YR walks in our area (Shrine, Richland Creek, Belleville YMCA, Glen Carbon and other Illinois club's YR) and the St Louis area. I found that walking in the fresh air actually relieves the stress and invigorates me.

Get Up and Go

St. Clair County has initiated a campaign to encourage its residents to be active. As we all know our lives in today's world most of us to sit at desk during the day. Many of us become sedentary with our lifestyles. There are many reasons we can all attribute to this situation, TV, sit down jobs, even air conditioning. Today's children are the first generation that is not expected to live longer than their parents.



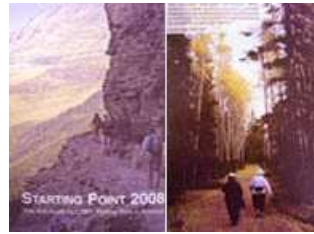
St. Clair County is making a concentrated effort to combat this problem by creating the "Get Up and Go" campaign. This campaign kicked off March 29, 2008 on the SWIC campus. The event's honorary chairman, Craig Virgin, gave an inspiring invitation for everyone attending to get active, then led a 1 mile walk around the campus. The Illinois-Trekkers were invited to set up an information table. Mark and I talked with many people during the afternoon. Volkporting was a new word to some but many had walked before. Some had walked but stopped after the felt they had done "all the walks" in the area. Some people were surprised to know we were still around. I assured them we were alive and kicking. One lady had walked at Eckert's once when she was a child.

The event was smaller than I imagined but this campaign is still in its infancy. Mark Peters, the chairman seems to really want to make this work. I have been working with him, and he is excited. Illinois Trekkers is now linked with their

site. All of our events will be publicized on the campaigns site. Please check it out at www.getupgo.info or you can go to the www.belleville.net site and click on the St. Clair County Health and Fitness Challenge. You may also join to participate in the challenge on the www.getupgo.info site.

Changes to Starting Point 2008

The changes to the Starting Point 2008 are now being posted on the



AVA web. This site is to include a list of late starting seasonals and YREs that did not get in the book. and changes to book. To find these changes go to AVA.org,

Find Walking Events, 2008 Starting Point Changes (under the list of states.)

Saturday, April 12, 2008

National Shrine of

Our Lady of the Snows

Year-Round Event Group Sunset Walk

(Shirley McKeon)

The weather didn't look promising, but 16 brave souls trekked the route. Instead of a beautiful sunset, they viewed cloud cover and experienced occasional misty rain. It was well worth the time for companionship and socializing--some were also able to enjoy the wonderful fare at The Shrine Restaurant. Another great event!

2007 Points

Some members have not picked up their Points earned in 2007. If you have not received your points call Dee at 618-632-4164 or email at drw48@sbcglobal.net.

WEBSITES

HQ AVA – <http://ava.org/>

Illinois Trekkers –

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

Illinois Trekkers Volkssport Club Meeting Minutes April 3, 2008

CALL TO ORDER: 7:05 p.m. by Dee Wojtysiak

VISITORS: none

NEW MEMBERS: none

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

Corrections: none Motion: Shirley Renner; Second: Len Wojtysiak

TREASURER'S REPORT: Jack McKeon- Balance as of March 31,2008 \$3312.33 Motion: Carol Clark; Second: M

PRESIDENT'S REPORT:

Tales from the trail: Attended Mid-America, quite cold but a good turn out in spite of the weather. Many walkers from other areas had to cancel do to weather conditions in their locations.

Family fun, fitness and friendship: The car show and speaker on health for seniors at Mid-America turned the walk series into a great event.

STANDING COMMITTEE REPORTS:

Services and Properties: Wil Clark -nothing to report

Publicity: Debbie Kruep - Sunset walk promo sent in to News-Democrat & O'Fallon. We set up a table at the Get Up and Go Campaign held at SWIC on March 29,2008. Many were interested, gave away a lot of brochures for Mascoutah and Cahokia Mounds. Sold two starting point books.

Special Activities: Shirley Martin - absent

AD HOC COMMITTEE REPORTS:

Refreshments: Shirley Renner - May is Mary Monet & Shirley Renner

Footnotes: Wil and Carol Clark. -Please keep articles coming.

Club Points Manager: Dee Wojtysiak -no report.

Website News: no report

Data Base Admin: Gary Staley-Data base is up to date.

OLD BUSINESS:

Philharmonic Walk: The St. Patrick's day themed walk was the perfect example of our club's commitment to fun, fitness and friendship. Packy and Sue did an excellent job on refreshments and some great entertainment! Special thanks to Sue for all the extra effort put into the fliers and entertainment.

Report on year round events (YREs):

Our Lady of the Snows: Jack & Shirley McKeon - 12 walkers for year.

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

Glen Carbon Walk: Dee Wojtysiak - 9 walkers for year.

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

Belleville YMCA Walk/Bike: Packy/Sue Botula -17 walkers &3 bikers, for year

IVV/AVA News: Tom Boyd-The advisory committee submitted a report, no response at this point.

Starting Point: 6 Starting Point books left, contact Betty Boyd.

REPORT ON UPCOMING EVENTS:

(1) Sunset walk at the Shrine April 12: Dinner at the Shrine Buffet after. Sign up at 5:45, walk at 6:00 pm. Sunset looking over the Arch? We hope!

(3) Richland Creek Breakfast Walk May 10: Register 6:45am. at St. Elizabeth hospital. Walk 7:00am.

(4) Bi-State May 17: This year we host at Cahokia Mounds. This will be the last one. Plan to stay for the picnic.

(5) Glen Carbon Breakfast Walk May 31: Reigster at Hardees 6:45am Walk 7:00am.

NEW BUSINESS & ITEMS FROM THE FLOOR:

ATTENDANCE DRAWING: Wil Clark

NEXT MEETING: Thursday, May 1, 2008 at 7pm

ADJOURNMENT: Motion: Tom Boyd; Second: Wil Clark;
meeting adjourned 8:05 p.m.

Submitted by Debbie Kruep

May - June Events

May 1 - Regular Meeting

May 10 - Group YR Breakfast Walk at Belleville "Richland Creek." Start @ 6:5 a.m. Tom & Betty Boyd

May 17 - Bi-State at Cahokia Mounds
Leonard & Delores Wojtysiak

May 31 - Group YR Breakfast Walk at Hardees, Glen Carbon.
Start @ 6:345 a.m. Delores & Leonard Wojtysiak

June 5 - Regular Meeting

June 7 - Mascoutah Ice Cream Walk. Roy Gray

June 21 - Group YR Breakfast Walk at Belleville YMCA. Stars
@ 6:45 a.m. Packy & Susan Botula

June 28 - Picnic Walk at Tamarack Golf Course. Shirley Martin

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: May 1, 2008 at PSOP

May Meeting: June 5, 2008



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