

ILLINOIS TREKKERS FOOTNOTES

NO. 2008-05

June 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

19 Trekkers and a Stranger

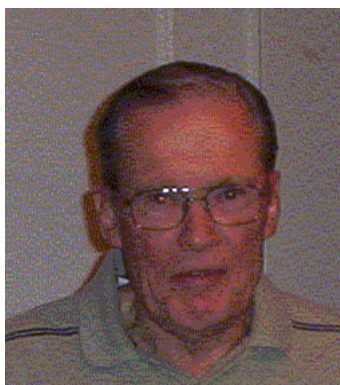
(Tom Boyd)

A hardy group of Trekkers, 19 strong, gathered at 6:45 a.m. on May 10th to do the Richland Creek YRE re-opening. We were pleasantly surprised to be joined by Wendy Becker and her husband from Omaha, Nebraska, who were in town visiting and who had come by to do the walk, unaware that a group walk was scheduled. They were amazed at the number who were walking and quickly joined our group. Wendy and her husband were quickly taken under the wing of Debbie and Mark who walked with them and provided a running commentary on Belleville. After the group had complete the walk a number of walkers adjourned to the St. Louis Bread Company for a late breakfast and socializing. If you didn't make it you missed a really great morning.

Get to Know Your Officers:

Treasurer: Jack McKeon

I was born, raised and educated in East St. Louis, IL. I earned a BS degree in Accounting from Southern Illinois University. After working for an East St. Louis CPA firm for six years, I decided to go into Civil Service and worked in St. Louis for the Army for one year before transferring to Scott Air Force Base and working in base and



headquarters Accounting and Finance Offices. After 30 years of Civil Service, I retired for six months before going to work part time in the Security Department at Sears. Eighteen months later I returned to Scott Air Force Base as a contractor thinking the contract would be for one year and it is now in the eighth year.

Shirley and I joined the Illinois Trekkers in April 1991. We were married February 14, 1993, in Las Vegas. We were not very active in the Club until January 2003 when we became responsible for the Our Lady of the Snows Shrine walk. Since then, Shirley was Secretary for one year and I was a Director for two years before being elected Treasurer. In addition to walking in the area, last year we visited my son in Minneapolis, MN, and did the walk in the Mall of America. We also visit Tunica at least once a year and enjoy doing the nature walk near one of the casinos. We plan to visit my daughter and her husband in Kansas City, MO, and walk in the area. We also want to see their 1965 Dodge, an award winning show car.

Certificates Presented

(Tom Boyd)

An AVA "Certificate of Appreciation" was presented to Gary Hopfinger, Director of Belleville Parks and Recreation, on 23 May by Tom Boyd. Gary, who is retiring 31 May after 38 years with the Parks and Recreation has been a strong supporter of the Trekkers over the past 10+ years and will be missed.

Also presented to Gary at the same time was the AVA "Certificate of Service" awarded to the Belleville Parks and Recreation Department by last year's AVA Awards Committee.

Have you seen . . .

Have you seen the Southwestern Electric Cooperative magazine? The article is promoting volkssporting as a noncompetitive physical fitness, friendship, and fun walking event. The article explains that walkers choose their starting time, distance and pace. Volkssporting promotes physical fitness and good health by providing safe exercise in a stress-free environment. This article will be available for review at the June meeting. The national AVA office is responsible for this walking article.

IVV AWARDS

Members accomplishing an award that appeared in The American Wander, April/May 2008 issue. Congratulations to each one.

Hilda Koluch	100 Events
Stephen Koluch	225 Events
William Badger	425 Events
Linda Badger	500 Events
Hilda Koluch	1000 KM Distance
Stephen Koluch	3000 KM Distance
Diane Gebhardt	3000 KM Distance
Linda Badger	5000 KM Distance

Dee's Trail Notes

Last issue I set a goal to walk at least one 10K walk each week. For the month of May, I have complete 7 walks. I almost made 2 walks a week. How are you doing? The Illinois Trekkers have 3 walks calendared for June 7, 21, and 28. I



bet you can find another walk in St. Louis for the 4th walk or plan to walk a Year Round Check Illinois-Trekkers.org website for the locations and details of each walk. Is now the

time to become an active walker by talking to friends, family, or co-workers to walk with you?

October is

National Volkssporting Month

(Patch designed by Dorm Batson, NW Region)

We have just finished May, the National Physical Fitness & Sports Month But soon you'll be hearing about October – national Volkssport Month. Below is a picture of the patch that will be available during that month.



“Footnotes” is a monthly (except January) publication of the Illinois Trekkers Volkssport Club

FOOTNOTES SUBMISSIONS

Send articles and/or comments to “Footnotes” via email to wilburclark@att.net

WEBSITES

HQ AVA – <http://ava.org/>

Illinois Trekkers –

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

Illinois Trekkers Volkssport Club Meeting Minutes May 1, 2008

CALL TO ORDER: 7:00 by Dee Wojtysiak

VISITORS: none

NEW MEMBERS: none

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

Corrections: none Motion: mark Kruep; Second: Betty Boyd

TREASURER'S REPORT: Jack McKeon- Balance as of April 30, 2008 \$3239.73 Motion: Gary Staley Second: S
Martin

PRESIDENT'S REPORT:

Tales from the trail: Challenge everyone to walk at least one walk per week. Planning meeting for June or July. AVA looking for volunteers for schools and walkers from other countries.

Family fun, fitness and friendship:

STANDING COMMITTEE REPORTS:

Services and Properties: Wil Clark - negotiated 15% off the new storage fee rate.

Publicity: Debbie Kruep - Sunrise walk promo sent in to News-Democrat. Look on the Get up and Go Site for our logo and events.

Special Activities: Shirley Martin - no report

AD HOC COMMITTEE REPORTS:

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

Footnotes: Wil and Carol Clark. -

Club Points Manager: Dee Wojtysiak -no report.

Website News: no report

Data Base Admin: Gary Staley- no report

OLD BUSINESS:

Physical Fitness Patches: Thanks 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) Richland Creek Breakfast Walk May 10: Register 6:45am. at St. Elizabeth hospital. Walk 7:00am.

(2) 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: Register at Hardees 6:45am Walk at 7:00 am.

NEW BUSINESS & ITEMS FROM THE FLOOR:

ATTENDANCE DRAWING: Wil Clark

NEXT MEETING: Thursday, June 5, 2008 at 7pm

ADJOURNMENT: Motion: Shirley Renner; Second: Wil Clark;
Meeting adjourned 7:40 p.m.

Submitted by Debbie Kruep
Secretary Illinois Trekkers



June - July Events

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

July 3 – 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: June 5, 2008 at PSOP

June Meeting: July 3, 2008



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