

ILLINOIS TREKKERS FOOTNOTES

NO. 2008-08

September 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

Glen Carbon/Maryville Sneak Preview Walk

13 walkers attended the Sneak Preview Walk held at Maryville YMCA on Saturday evening, August 16, 2008. The trail is new, having the



variety of bike trail and residential area in Maryville. The YMCA was accommodating, letting us sit at the table for registration and use the facilities. It took us about 2 hours and 10 minutes to walk. The stop at Bobby's Custard Ice Cream gave us time to enjoy some delicious ice cream with an added bonus. Bobby's had a Mini Cooper car show and music. The weather was perfect for walking and ice cream. This will be a YR walk for 2009.

Get to Know Your Officers:

Shirley Martin, Director at Large:

Well it all started in Dec. 1999, my husband, Howard passed away after fighting cancer for many years and I was a recent widow. I was working full time as a Travel Agent at Scott Air Force Base. I had seen articles on Volkswalking, but I did not know what it was about. Being a widow, I tried to do things by myself and I already had tried line dancing. Well, that was too many steps and I already was a walker.

One day I saw some information about Illinois Trekkers with Tom and Betty Boyd's name and phone

number, so I called. I spoke to both of them and they gave me lots of information about the club, walking and about their upcoming Christmas Party. They convinced me to come so I figured I would try it and if I didn't like it I could always leave. Well, I met Tom and Betty there and many other people. They put me at this table with all these women and Leonard. I had such a good time that night. But before that in Oct. I was invited to do a Volkswalk in St. Louis with another friend, which I really did not quite understand all these books newcomer pack, maps, paying money and lots of people. I am a people person and I liked that. But when we finished that walk at the finish table I had no idea what a finish table was but I heard somebody looking for a Shirley Martin. Wondering what I had done wrong I inquired and was told I won a certificate for a pair of New Balance shoes that I could take this certificate to the store in Clayton and get my pair of shoes. I did and was I ever excited about new walking shoes. I have to tell you this in my first 2-3 years of walking I won 8 certificates for New Balance's shoes.

That is how it all started and I was on my way so from 1999 until a couple of years ago I was a pretty steady walker and loved what I saw and places that I traveled. Now I am on a new venture and that is Golfing. I am able to hit that LITTLE ball straight and far since I got this new driver. I've been Vice President, POC, and Director-at-Large for a couple of years and helped whenever I am available.

I have two grown children, Scott and Traci, and five wonderful and beautiful Grandchildren.

I have met some of the most wonderful people [volkswalking], and some are my best friends.

Dee's Trail Notes

Walking for each us has a different reason or purpose. My reason is to be outdoors enjoying the fresh air and changing skies and beautiful scenery. I also enjoy experiencing town's history, state parks, and festivals. In my opinion, touring a new city on foot offers more detailed views of the city than riding in a bus looking out the window. The trail walks through the interesting parts of the city and I have the opportunity to wave and talk to the local people. Taking with the local people gives me the opportunity to learn more about their city and I have the opportunity to tell them about Volkswalking. An added bonus to this walking

is that studies have shown that walking helps improve my quality of health. What a great way to see our country and our local communities. What is the reason or purpose for Volkswalking? Talk to your friends and neighbors, take them with you. Fun, Fitness, Friendship.

By Popular Demand

Recipe for Cucumber Sandwiches

Ingredients:

1 loaf of small party rye bread
8oz of cream cheese
½ stick of butter
1 pkg of good seasoning dry dressing
2 cucumbers
Fresh Dill for flavor and garnish mix

Directions:

Soften the cream cheese and butter and mix well. Add the good seasoning mix and fresh dill, if you like.

Spread the mix on a slice of party rye and top with a slice of cucumber.

[Ed note: This is Alice Parle's recipe as related by Shirley Martin]

IVV Awards-August/September 2008 TAW

Members listed in the June/ July American Wander issues having accomplished an award are:

Events

Thomas Stucky	75
Debra Kruep	100
Mark Kruep	100
John McKeon	150
Charles Dasho	300
Donna Dasho	300
Dee Wojtysiak	425
Leonard Wojtysiak	1150

Distance

Debra Kruep	1000
Mark Kruep	1000
John McKeon	1500
Charles Dasho	3000
Donna Dasho	3000

Congratulations to each of you.

"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 Aug 7, 2008

CALL TO ORDER: 7:00 by Debbie Kruep

VISITORS: none

NEW MEMBERS: Paula Hadel, not a new member but first time to a meeting

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

Corrections: none Motion: Shirley Renner; Second: Shirley Martin

TREASURER'S REPORT: Jack McKeon- Balance as of July 31, 2008 \$3706.05 Motion: Gary Staley Second: M Monet

PRESIDENT'S REPORT: Reminder to make copies of books when sending in to AVA. A semi-truck carrying mail burned in the San Antonio area March 24, destroying many volkssporting books. Deadline to submit topics for NEC meeting is Sept. 9th. Read changes from the 2008 IVV Congress. Boating was approved as an IVV sport.

STANDING COMMITTEE REPORTS:

Awards and Achievements: Phyllis Herring & Wil Clark: Anyone with a suggestion for awards contact Phyllis or Wil.

X Committee: Steve Koluch- absent

Services and Properties: Wil Clark - absent

Publicity: Debbie Kruep - POC's send your event info to Dee or Deb by Sept 1st. Deadline for Tourism book is Sept 15th.

Special Activities: Shirley Martin - Christmas party will be Dec 5th. Cost is \$15.50 per person.

AD HOC COMMITTEE REPORTS:

Refreshments: Shirley Renner - September is Carol Staley.

Footnotes: Wil and Carol Clark- absent

Club Points Manager: Dee Wojtysiak - absent

Website News: All 2008 footnotes are updated and brochures are up to date.

Data Base Admin: Gary Staley- everything is updated.

REPORT ON YEAR ROUND EVENTS (YREs):

Our Lady of the Snows: Jack & Shirley McKeon - 60 walkers for year.

Richland Creek: Tom and Betty Boyd - 49 walkers for year.

Glen Carbon Walk: Dee Wojtysiak - 41 walkers for year.

Glen Carbon Bike: Gary Staley - 31 bikers

Belleville YMCA Walk/Bike: Packy/Sue Botula - 63 walkers - 18 bikers

REPORT ON UPCOMING WALKS:

(1) Glen Carbon (Maryville) group walk August 16th 5:30 pm at the Maryville YMCA. Stopping at Bobby's Frozen custard stand. POC is Gary Staley.

(2) Shrine of our Lady of the Snows group walk August 30th at 7:45 am.

(3) Popeye Walk Chester Sept 6th - Received Awards. Everything is set.

(4) Eckerts Walk Sept 20th -Ready to go. Possible new walk route.

(5) Mascoutah Chili Walk Oct 18th -Award will be a patch not a glass.

(6) Gingerbread Cookie Walk Dec 13th- Bank of Belleville will be the starting point and our sponsor.

Brochure will be ready for sanctioning next week. Changed Cookie Card to A Cookie Bag.

OLD BUSINESS:

(1) Planning meeting results:

a. Start and Finish table procedures.

b. Dues structure (to be discussed at Sept meeting).

c. 2008 YR group walks are on the website and fliers mailed this week.

d. POC's for 2009 regular walks are checking into available dates and new locations.

(2) Mary Monnet gave report on Treasurer's Audit.

NEW BUSINESS:

(1) Carpooling, maybe a section of the newsletter, Discussion next meeting on how to connect people who wish to carpool.

(2) Trip to Branson.

ATTENDANCE DRAWING: Phyllis Herring

NEXT MEETING: Thursday, Sept Aug 4th, 2008 at 7pm

ADJOURNMENT: Motion: Shirley Renner; Second: Mary Monet

Meeting adjourned 7:50 p.m.

Submitted by Debbie Kruep
Secretary Illinois Trekkers

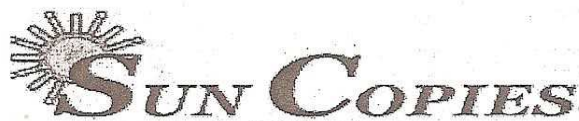
September - November Events\

- Thursday, September 4 – Regular Meeting
- Saturday, September 6th - Popeye, Chester, IL
- Saturday, September 20th - Eckert Orchards, Belleville, IL
- Thursday, October 2nd – Regular Meeting
- Saturday, October 18th - Mascoutah Fall Festival, Mascoutah, IL
- Thursday, November 6th – Regular Meeting
- Tuesday, November 25th - Our Lady of the Snows, Belleville, IL

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: September 4, 2008 at 7:00 p.m. at PSOP



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