

ILLINOIS TREKKERS FOOTNOTES

NO. 2009-03

April 2009

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

Directors-at-Large
Mark Kruep
Cindy Stucky
Robin Latdrick

Carpool Corner

5/17/09

Highland, Illinois

We have two seats available.

Caravaners are always welcome.

We will be leaving from the U of I Extension on Route 13 at 7:45am. Contact debmarkkruep@yahoo.com

In the Shrine Parade!!!

Yeah!!! We finally got the invitation!! The Shrine Circus Parade will be held on Friday May 29th at 7:30pm here in Belleville. This is a BIG deal since it is by invitation only. The entry form must be back to the by May 6th so they know where to place us in the lineup based on how "big" our group will be.

It seems they have two themes: Circus Day and Summer Fun



Dee's Trail Notes

Spring is springing. Let's go outside to walk and enjoy the beautiful day and listen to the birds. Spring show us that we can all start anew blooming with our favorite activities.

This may sound a little corny but let's enjoy our time to the fullest. As you all know one of my favorite times is walking and I hope to meet you on the trail.

In March the **Mid America Regional Meeting Weekend** was held at Evansville, IN. The event was planned with a walk each day, one swim, 2 social evenings and a RD meeting. Mark and Deb Kruep, Gary and Carol Staley, Leonard and Dee Wojtysiak participated in the weekend events. Friday evening was a Meet and Greet Social renewing old friendship and meeting new friends. Saturday evening included a delicious buffet and a speaker. Don Vartanian talked about the history of starting the AVA. The starting of 1 club and then 3 clubs and then the IVV required having at least 5 clubs. AVA was founded in 1976 with 5 clubs. Look at us now! 320 active clubs in the United States. Two of our members were lucky; Mark Kruep and Leonard Wojtysiak won attendance prizes.



I am asking newer members to provide information about themselves for our "Get to Know" articles. This month the Footnotes is featuring 3 of our members. Take a moment to say "Hi" and met these members when on the trail. I know I have enjoyed learning more about these members. If anyone would like to be featured in this article, please let me know.

Get to Know AVA Candidates

This year is the election of AVA officers and Regional Directors. The April/May 2009 American Wanderer has an article about the candidates presenting their ideas. The articles start on Section B3. Mid America Region's candidate is David Bradley from Champaign, IL. Be an informed walker and review the article.

2009 Service Awards



This year the Service Awards were presented at Mid America Regional Meeting and not at the Convention. The Convention Program will list all people receiving Service Awards. The

Illinois Trekkers has 2 members receiving the Meritorious Service Award and 12 members receiving the Certificate of Service Award.



The Meritorious Service Award was presented to Billy Herring and Leonard Wojtysiak. The Certificate of Service Award was presented to Sharon Betts, Susan Botula, Betty Boyd, Charles Dasho, Donna Dasho, Roy Gray, Bruce Kirk, Hilda Koluch, Debra Kruep, Mark Kruep, Shirley Martin and Shirley Renner. Congratulations to each of you. Thank you for your support to the Illinois Trekkers club.

GET UP AND GO

It's that time of year again! As I write this, I think spring is finally here to stay! The sun is shining as I look out my office window wishing I was outside. I am ready to Get Up and Go! We will be doing just that on Saturday May 9th at Belleville West High School. This will be our second year working with the Get Up and Go Campaign. This campaign is a thirty-day challenge to get people motivated to get active. The kick-off was the last Saturday in March at the SWIC Campus. The end of the campaign will be the May 9th event. This is a pretty fun filled day. Last year there was a climbing wall, cooking demonstrations, St Louis Blues players, The Race for Character run, and lots of info booths from bone density testing to chiropractic and health spas. Why don't you come out and join us. Mark and I will be manning the booth from 9:00am -1:00pm. Help is always appreciated.

Don't think that this kind of event does not get our message across. Just last weekend at the Anniversary Walk we had two new walkers. They had bought new walker packets last May at this event and finally managed to make it to their first walk last Saturday in Glen Carbon. I had to shake their hand to congratulate them. They walked **20K!!** I do believe they will return to experience what the Trekkers is all about. Please come out and share your experiences. The people at this venue are looking for an opportunity to Get Up and Go! Let's give it to them!

National Physical Fitness and Sports Month Patch

May is National Physical Fitness and Sports month. AVA offers a patch for the club to sell at the May walks. This year the Illinois Trekker has a Year Round walk being held at Maryville YMCA on May 16. Since this is the only May walk, patches have not been ordered. If you are collecting these patches every year, check with another club at their May walk.

"Get to Know"

Kendra Grout and Tom McNutt

Kendra and Tom have rejoined the club in January 2009. However they originally joined The Illinois Trekkers in May 2001 and were members for about three years. Leonard introduced them to the club and volksmarching when they participated in their first walk at Scott Air Force Base in May 2001. They enjoy walking for the health benefits, exploring new areas throughout the country and meeting new people. City walks are preferred in which they can view different aspects of life and famous landmarks, not to mention the quaint shops and cafés. Kendra has 1 daughter Lesley and grandchildren Maiya and Anthony reside near Festus, Missouri. Tom's has 2 daughters; Beth and granddaughter Cassie reside in Panama City Beach,

Florida. His other daughter Julie and grandchildren Brooke and Eli reside in Jacksonville, Florida. Kendra is a retired 35 year educator from Freeburg Elementary School. Tom is a retired Master Chief Petty Officer of the U.S. Navy. Tom enjoys bowling four days a week. Kendra does subbing and tutoring. She also enjoys music and playing her flute. Tom and Kendra are both widowed. They met in Sept. 2000 and were engaged in Aug. 2002. They were both interested in walking and were soon walking together in local parks and neighborhoods. After joining the Illinois Trekkers, they began participating in scheduled and Year-round events and have completed 240 ten-kilometer events, as well as walking in 38 states, including Hawaii. They built a new home on a private lake in west Belleville in Aug. 2003, where they currently reside. Their e-mail address lakesidetrekkers@aol.com indicates their passion for walking and the location of their home.

IVV EVENT AWARDS

Members listed in the April/May 2009 issue of The American Wanderer having accomplished an award for:

Distance (KM)	Event	Bike
Dee Wojtysiak	500	
Gary Staley	850	1000
Leonard Wojtysaik	1250	

Congratulations for completing a new milestone in your walking adventures.

"Get to Know"

Bill and Linda Badger

Bill and Linda have been volksmarching since 1991 when Diane Gebhardt (also an Illinois Trekkers member) convinced them to try it. Actually Diane and Linda started walking together first, and then Bill started and became an avid walker. They rejoined Illinois Trekkers in 2008. Walking really suits them because it is something they can do together, it is something that can do on the spur of the moment, and it gets them into places they would never see ordinarily. They have walked all over the world and enjoy taking the "Starting Point" book with them whenever they travel in the US. With a son in California, and one in Seattle, they have done countless walks in those places. One of the prettiest walks they've taken was in Oregon that took us to and sometimes through 7 different waterfalls. Bill and Linda have been married 41 years and have two adult sons, Greg and Grant. Linda is a retired teacher and Bill is a retired electrical engineer who still works three days a week as a consultant. They have always found the Trekkers to be an extremely friendly group and always welcoming. They hope to become more active.

"Get to Know"

Judy Beckham

Judy joined the Illinois /Trekkers in 2007. Sharon Crowson introduced Judy to walking. Judy enjoys walking for the exercise and being outside. The 2 walks she enjoys the most is the Our Lady of the Shrine and the ice cream walk

in Mascoutah. She is 69 years young with several health issues so the flat walks are easier for her to complete. Judy has three children and six precious grandchildren. My oldest daughter, Barbie lives in Cedar Park, TX. Oldest son, Bo and his family live in Collinsville and my youngest son, Mike, his wife and two dogs live in Alton. She is employed full time at the Wood River Drainage and Levee District for the last 25 years. Her hobbies are genealogy, reading, crocheting and going out to eat with friends. Judy's spare time is spent with Wood River Museum and Visitors Center, St. Anne Altar Society, and the Red Hat Society.

AVA Convention 16th Biennial

(Dee Wojtysiak)

June 22-26, 2009 is the AVA Convention at Richardson, TX. At the May club meeting, the Convention Delegate will have to be decided. Leonard and I will not be attending the Convention. Anyone that plans to go please let me know if you will be the club delegate. This delegate has to be decided at the May meeting to meet the deadline.

At the Convention, a list of Volkssporters that have passed away since the last Convention will be remembered. Please contact me with fellow walkers that are to be included on the remembrance list. My email is drw48@sbcglobe.net or phone 618-632-4164.

Anniversary Walk

Our Anniversary Walk was attended by 84 walkers. Each registered walker received a foldable grocery tote.

Illinois Trekkers Volkssport Club Meeting Minutes April 2, 2009

CALL TO ORDER: 7:00 by Dee Wojtysiak

VISITORS: none

NEW MEMBERS: none

SECRETARY'S REPORT: Debbie Kruep- Attached to the Footnotes.

CORRECTIONS: none Motion: Mary Monet Second: Billy Herring

TREASURER'S REPORT: Jack McKeon- Balance as of March 31, 2009 \$3508.44 Motion: Tom Boyd Second: Gary Staley

PRESIDENT'S REPORT: Mid-America weekend Service awards were presented. David Bradley is candidate for regional director position. Thank you to Phyllis and Wil for their work on Awards Committee. Kudos to Packy for hosting an inviting year round.

STANDING COMMITTEE REPORTS:

Community Committee: Mary Monet- none

Awards and Achievements: Phyllis Herring, Wil Clark- none

Services and Properties: Wil Clark - no report.

Publicity: Debbie Kruep - Continuing media contact list. Hope to complete and send info for the Anniversary Walk. Thanks to Tom & Cindy Stucky and Packy Botula for helping man the booth for the Get Up and Go Kick Off. Get up and Go closing is May 9. Help in the booth is always appreciated.

Special Activities: Shirley Martin - Picnic August 15 at Tamarack in Shiloh.

AD HOC COMMITTEE REPORTS:

Refreshments: April: Phyllis Herring, May: Mark & Debbie Kruep. Openings in Nov & Dec. Sign up w/Darlene Kramer.

Footnotes: Wil and Carol Clark- none

Sandwiches and Anniversary Cake were enjoyed after the walk. We had walkers attend (outside of the local area) from Decatur, IL; Arthur, IL; New Goshen, IN; Lebanon, MO; Springfield, IL; and Rantoul, IL. The weather surprised all us by being sunny with a cool wind. Our thanks to Billy and Phyllis Herring, Mark and Deb Kruep, Robin Latdrick, and Shirley McKeon for all their help. Leonard and I enjoy the day and we thank each of you for coming to help celebrate our anniversary.

Canadian Volkssport Federation Convention

Now is the time to see Canada and also walk. Canadian Volkssport Federation is holding their General Meeting (convention) on May 22-24, 2009 at North Bay, Ontario. Check out Canadian Volkssport website at www.walks.ca/CVF/AGM_2009.html for more details.

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/>

Club Points Manager: Dee Wojtysiak - no report

Website News: Ride sharing is now available on the website, check it out.

Data Base Admin: Gary Staley- 1 new family membership.

REPORT ON YEAR ROUND EVENTS (YREs):

Our Lady of the Snows: Jack & Shirley McKeon -28 walkers for the year.

Richland Creek: Tom and Betty Boyd - 26 walkers for year.

Maryville: Gary Staley - 4 walkers - 9 biker for the year.

Belleville YMCA Walk/Bike: Packy & Sue Botula -29 walkers - 1 biker for the year.

REPORT ON UPCOMING WALKS:

(1) April 11- Anniversary Walk- Everything is set. Need help, please sign up.

(2) May 16- Maryville Group Walk- Registration 8:30-9 am. Walk at 9am. Bring a friend. Bobby's opens at 11am.

(3) May 29-Shriners Parade 7:30 pm. We need a large turnout to pass out flyers.

(4) June 6-Mascoutah Ice Cream Walk/Girl Scout Walk

(5) June is the AVA Convention in Dallas/Fort Worth.

(6) July 10- Betty Boyd Memorial Walk- Each registered team walker should take a piggy home. Order your T-shirt now. Get your team together to walk to support the Betty Boyd Team. You can pre-register.

OLD BUSINESS:

(1) St. Patrick's Parade- Robin Ladtrick and Darlene Kramer walked in the parade and handed out flyers.

(2) Name tags- Look at sample nametag made by Gary Staley. (Tom Stucky)

NEW BUSINESS: None

ATTENDANCE DRAWING: Shirley Martin

NEXT MEETING: Thursday May 7, 2009 7:00 p.m.

ADJOURNMENT: Motion: Mary Monet; Second: Billy Herring

Meeting adjourned 7:55 p.m.

Submitted by Debbie Kruep

Secretary Illinois Trekkers

May - June 2009 Events

- **Thursday, May 7 – Regular Meeting at 7:00 p.m., at Faith Lutheran Church, 520 E. Highway 50, O Fallon IL**
- **Saturday, May 16,** Collinsville-Maryville-Troy YMCA Group YR, Registration 8:30 AM-9:00 AM. Gary Staley
- **Thursday, June 4– Regular Meeting**
June 6 Mascoutah Ice Cream & Girl Scout
Dee Wojtysiak
June 22-26 AVA Convention, Richardson, TX
Walks starting **June 20-28**

2009 YREs

Belleville “Richland Creek” Greenway
618-233-6348

Belleville-YMCA (Walk and Bike)
618-236-9521

CMT YMCA, 1 Town Center Dr,
Maryville, IL (Walk and Bike)
618-344-0225

National Shrine of Our Lady of the
Snows
618-210-0679

Illinois Trekkers
P. O. Box 25063
Scott AFB, IL 62225-0063

ADDRESS CORRECTION REQUE