

ILLINOIS TREKKERS FOOTNOTES

NO. 2017-04

June 2017



President: Diane Prost; email diaprost@sisna.com; phone (618)726-7030

Vice President: Trudy Duffman; email trudyduffman@yahoo.com (618) 670-6920

Secretary: Vickie Ridgeway; email ridgeway410@msn.com; phone (618)416-5533

Treasurer: Dee Wojtysiak; email drw488@gmail.com; phone (618)530-3325

A Message from our President

President's Message

June brings a new event for the Illinois Trekkers. The Illinois Trekkers will host a swim event on June 17, 2017. The swim event will be held at the Edwardsville YMCA, 1200 Esic Drive, Edwardsville, IL. Everyone is invited to swim or walk 300 meters between 2:00 pm and 4:00 pm. This will give everyone the chance to cool off after our traditional walk event that morning. The traditional walk is the Maryville Town Walk which starts between 9:00am and 11:00am at the CMT YMCA, 1 Town Center Drive, Maryville, Illinois.

Three Mile Thursdays will continue in June by walking the Millstadt YRE on June 8th, 15th, 22nd & 29th. Registration will be at 6:15 at the Village Park Shelter No. 1, 112 West Gooding Street, Millstadt, Illinois. The walk will begin at 6:30 pm.

On May 30, 2017 Trekkin' Tuesday start time will change to registration at 8:45 am with the walk starting at 9:00 am. The walk will be the Springfield YRE on May 30th. During June the registration for Trekkin' Tuesday will be 8:45 am with the walk starting at 9:00 am. The time was changed due to the warmer temperatures this time of year.

The St. Louis-Stuttgart Club will have a traditional walk on May 27, 2017 at Wilmore Park Pavilion Number 1 located at 6499 Jamieson Avenue (entrance located on Hampton Avenue north of Gra-vois). Start between 8:00 am and 12:00 noon.

The Lebanon Cedar Cruisers will present a traditional walk on June 24, 2017. The Old Chain of Rocks Bridge Walk starts from the Chain of Rocks Road on Chouteau Island, Madison, Illinois. Walkers may start between 8:00 am and 9:00 am.

A big thank you goes to Jackie McKay who has volunteered to be the POC for the Way of Lights Walk

and the POC for the Shrine YRE. Please volunteer to help Jackie with the Way of Lights Walk. Helpful hints to make the Illinois Trekkers' website more user friendly. On the computer choose events from the menu on the left side of the page. On the calendar place your cursor over the date. A new pop up menu will appear with more information. To see the brochure, click on that option. On a smart phone choose events from menu. Blue dots will appear on dates that have a scheduled event. More information will display below the calendar. Come to the club meeting for more helpful hints.

Please plan to attend the June 1, 2017 club meeting. We will be discussing the AVA Bylaws changes and voting on these changes at our club meeting. The club will also be deciding who to vote for President and officers of the AVA. Sue Bacon, our delegate to the Convention will be voting for us at the convention in Billings, Montana. The next meeting will be June 1, 2017 @ 6:30 pm in the Conference Room at the Fairview Heights Library. The Fairview Heights Library is located at 10017 Bunkum Road, Fairview Heights, IL. When you reach 10017 Bunkum Road turn right onto Library Drive and continue to the library parking lot behind the library. Enter through the door on the lower level at back of library.

Submitted by Diane Prost

President, Illinois Trekkers Volkssport Club



Upcoming Walks

The Illinois Trekkers do not have any traditional walking events scheduled for the month of May. However, sister clubs have events scheduled during the month.

May 27 – Willmore Park Traditional Event, St Louis, MO – St Louis-Stuttgart Volksmarch Club

WALK MARYVILLE AND SWIM EDWARDSVILLE

Our Illinois Trekkers' Traditional Event on June 17, 2017 will include 2 events. Our first event of the day will be a town walk in Maryville, IL using the Madison County Trails and city streets. On the 5k walk from the YMCA, we will travel the city streets to Bobby's Ice Cream Parlor. How convenient is that...getting your 5k (3.1 miles) exercise and a treat, too! (Opens at 11:30 am) On weekend evenings, you can find all kinds of entertainment at Bobby's, from antique cars to music. On the 10k walk, we will enjoy the scenery of Drost Park and accompanying lake, some historical buildings (Old Fireman's Station, now the Historical Museum), stop by Bobby's for Ice Cream and go to Fred Winter's Park before returning to the Maryville YMCA start point. There is plenty of parking. Maryville Township is also hosting a fishing derby that day at Drost Park, so we may see someone catch "the really big one". Just be aware of surroundings when you are by the lake so as not to get "hooked".

The next event for the Illinois Trekkers includes a Swim or Volksswim. This will be held at the Edwardsville YMCA during "Open Swim" hours of 2-4pm. Lifeguards provided by the YMCA for those a little nervous about getting in the water. We will have Trekker helpers in each pool to acknowledge participation in 300km event. One can swim laps or just walk the required lengths of the pool to get credit for this event. Participants with a YMCA membership, whether Edwardsville or Gateway Region just pay \$3 for the event. Nonmembers of a YMCA will be charged \$6 at the desk. This is the first time in the area for such an event for many

years; first time for Edwardsville, IL. Fun fact: Did you know a local Edwardsville student participated in the Olympics? It has, been a few years ago; but was the son of a former Illinois Trekker!

Submitted by Vickie Ridgeway

Keep on Trekkin'

Upcoming "Trekkin" Dates for your Calendar

May 25: 3-Mile Thursday Evening Walk – Richland Creek, Belleville, IL – 6:15pm registration with walk at 6:30pm

May 30: Trekkin' Tuesday – Springfield, IL – **8:45am registration with walk at 9:00am**

June 1: Kick-Off Walk – Belleville IL new start location for the YRE. Meet at Balance Coffee and Tea, 732 S. Illinois Street at 8:45am and walk at 9:00am. Come out and support the club's new YRE start point and trail.

June 1: Club Meeting-Fairview Heights Library Conference Room, 10017 Bunkum Road, Fairview Heights, IL-6:30pm. Bring snacks of your choosing for refreshments.

June 3: Group 5k/10k Walk – St Charles, MO YRE, Comfort Suites, 1400 S. 5th Street, St. Charles, MO. Register 8:45am Walk 9:00am.

June 6: Trekkin' Tuesday – Forest Park Register 8:45am and Walk at 9:00am.

June 8; 15; 22; & 29 3-Mile Thursdays in Millstadt, IL. Meet at the Park, 112 W. Gooding Street at 6:15pm to register. Walk starts at 6:30pm.

June 10: Group 5k/10k – Hartford, IL Register at 9:00am and Walk at 9:15am.

June 13: Trekkin' Tuesday – Millstadt, IL, IGA, 625 Washington Street Register at 8:45am and Walk at 9:00am.

June 20: Trekkin' Tuesday – Kirkwood Library, 140 E. Jefferson, Kirkwood, MO Register at 9:00am and Walk at 9:15am.

June 24: Traditional Walk-Chain of Rocks. **Start times 8 – 9am ONLY!**

June 27: Trekkin' Tuesday – Edwardsville Library, 112 S. Kansas Street Register at 9:00am and Walk at 9:15am.

**PLEASE NOTE:
THE NEW START POINT FOR THE
DOWNTOWN, HISTORIC DISTRICTS,
AND
RICHLAND CREEK GREENWAY YRE
WILL CHANGE EFFECTIVE
THURSDAY, JUNE 1, 2017!!**

**SOME OF THE 5k AND 10k YRE WILL
STAY THE SAME AND SOME AREAS
WILL CHANGE - HOPE YOU WILL
COME OUT STARTING IN JUNE AND
CHECK OUT THE NEW WALK AND
THE NEW START POINT!**

**THE NEW START POINT WILL BE:
BALANCE COFFEE AND TEA
723 S. ILLINOIS STREET (HWY 159)
(TRAIN DEPOT) 618-641-9900**

HOURS ARE:

**M-TH 6 am- 6 pm, Fri 6 am-9 pm, Sat 8
am-4pm, Sun 9 am-3 pm**

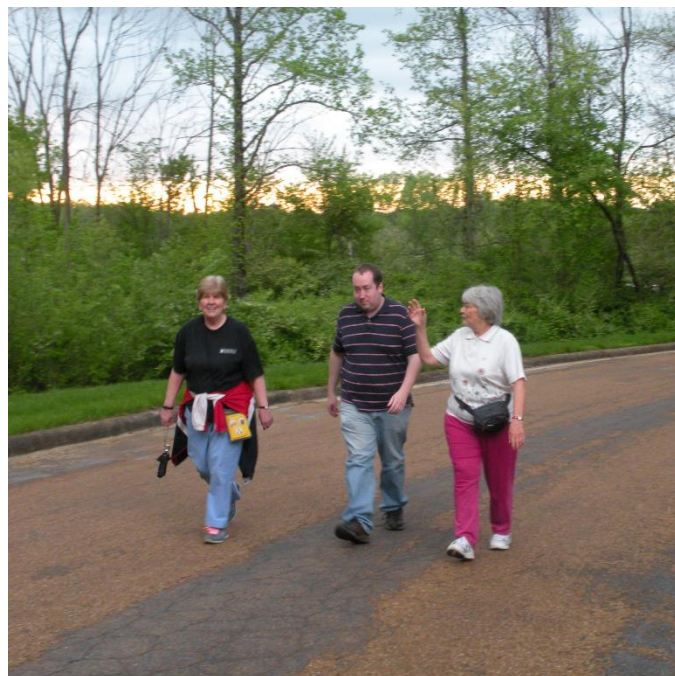
**"Delicious coffee and tea brews, delicious
breakfasts and snacks, and a great atmos-
phere in the early 20th century depot."**

**Great place to start and end a WALK in
Belleville: Downtown, Historic Districts,
and Richland Creek Greenway!**

WEBSITE

Please check our club website for times and
places of Trekkin' Tuesdays, 3-Mile
Thursdays, and Saturday group walks.
The website is currently undergoing a
makeover and you will be pleased with the
updates that Diane Prost has added to the
site. Want to volunteer to help support this

Site, just contact Diane Prost at diaprost@sisna.com.



**Footnotes Editor: Trudy Duffman submit
articles by the 25th of each month.
trudyduff-man@yahoo.com**

618-670-6920

2017 YREs

Belleville Historic District & Richland Creek Greenway (Walk)

St. Elizabeth Hospital, 211 S. 3rd Street, Belleville, IL

POC: Nikki Wilcoxon, 618-973-3825

Belleville - YMCA (Walk/Bike)

YMCA, 2627 Carlyle Ave., East Belleville, IL

POC: "Packy"/Susan Botula, 618-236-9521

Belleville - National Shrine of Our Lady of the Snows (Walk)

Shrine Motel, 451 S. De Mazenod Dr., Belleville, IL

POC: Diane Prost (Interim) 256-527-3377

Fairview Heights – St. Clair Square Mall (Walk)

Schnuck's, 625 Lincoln Highway, Fairview Heights IL

POC: Trudy Duffman, 618-670-6920

Glen Carbon – Old Town (Walk)

Casey's General Store, 70 S. Main St, Glen Carbon IL

POC: Susan Hodgson, 618-416-5533

Maryville - CMT YMCA (Walk/Bike)

YMCA, 1 Town Center Dr., Maryville, IL

POC: Vickie Ridgeway, 618-792-3881

Millstadt – Village & Nature Park (Walk)

IGA Store, 625 East Washington Street, Millstadt, IL

POC: Jackie McKay, 618-616-1330

St Louis – Fenton, Mo (Walk)

Riverchase of Fenton Recreation Center, 990 Horan Street, Fenton, MO. 63026

POC: Cindy/Tom Stucky, 314-270-3100

2014 YREs

Belleville "Richland Creek" Greenway (Walk)

St. Elizabeth Hospital, 211 S. 3rd Street, Belleville, IL.

Contact: (618) 277-0830

Belleville - YMCA (Walk/Bike)

it's NEVER too late...

...Put the "volks" in your "march" with the Illinois Trekkers, a metro east walking group. Based on the German tradition of volksmarch or "people's walk," members meet for regular noncompetitive walking events all over the region. They also participate in walks across the country organized by various chapters of the American Volkssport Association. They may do a walk at a local park, or a historic downtown area or on Belleville's system of trails.

President Diane Prost says walks are held year-round, and there are regular walks on a weekly basis. For more information, visit the Illinois Trekkers' website at illinoistrekkers.org. Or show up for an Illinois Trekkers event such as their June 17 walk/swim. You can register for the walk from 9 a.m. to 11 a.m. at the Collinsville-Maryville-Troy YMCA. Both 5k and 10k walks are available. Participants will later hold a swim at the Edwardsville YMCA. Registration fees are from \$3-\$6, depending on YMCA membership.



"This group has convinced me to keep on walking. On my second walk, we were in downtown St. Louis. I've driven in St. Louis, I've shopped in St. Louis, but after I walked in downtown St. Louis, I felt like I really saw St. Louis.

I've walked in all 50 states and all seven continents – I finished that last year. Antarctica was really interesting to walk – we walked with penguins!

This is how I met my husband – when we got married, we had a wedding walk!"

-Dee Wojtyasiak, O'Fallon

"This is my 40th year. My wife and I started in Germany, we went on a volksmarch. The mud was two feet deep, but we walked with our friends. That's the name of the game – walking with friends. You may have the weight of the world on your shoulders, but then you go and you walk it off. It's great to see the world by foot. You get to see things and learn things, it's part of our quest for lifelong learning."

-Charles "Packy" Botula, Belleville



"My husband and I have walked in Alaska and Hawaii. When we go on vacation in Florida, there are walks we do there.

It's a great way to meet people – you get fellowship as well as friendship and fitness. And you see things walking you would never see from a car."

-Diane Prost, Fairview Heights

"I went to a walk they were doing at Eckerts in the orchards, and I was hooked. It's good exercise, and it keeps you going. We try to set up our walks in different places, here and in Missouri – you never know where we'll be walking."

-Vickie Ridgeway, Maryville



ILLINOIS TREKKERS VOLKSSPORT CLUB MEETING MINUTES May 4, 2017

1. **CALL TO ORDER:** 6:30 p.m. by President, Diane Prost.
2. **GUESTS:**
3. **NEW MEMBERS:** None
4. **SECRETARY'S REPORT :** Trudy made a motion to approve the minutes as corrected. Motion passed.
5. **TREASURER'S REPORT:** Dee reported on February and March. Nikki made a motion to approve the report pending audit. Motion passed.
6. **COMMITTEE REPORTS:**
 - A. **Volkssport Committee:** Diane Prost, Acting chair, reported.
 - 1) Individual incentive program: **Tour De Saint Louis.**
 - a) 2017 brochures available tonight
 - b) Can be downloaded or printed from Illinois Trekkers' website.
 - c) Muriel recognized as 4th person completing program this year thus far.
 - 2) April 29th walk: Packy Botula reported. The walk was canceled that Saturday due to thunderstorms in area. It was rescheduled on Tuesday May 2 for the Tuesday morning walk, and an evening walk for those who could not make it at that time. There were 14 walkers in the morning walk and 4 more in the evening for a total of 20 walkers.
 - 3) Maryville walk/Volksswim event June 17, 2017: Vickie Ridgeway reported. Will need Volunteers to help with walk & swim. Worksheet (Thank you, Trudy!) sent around for both sites. Swim at Edwardsville YMCA: a) Members of any YMCA will be charged \$3.00 for swim event b) Non-YMCA Members will be charged \$6.00 for swim event as YMCA charges \$5.00 for open swim, Illinois trekkers must pay AVA \$0.25 per swimmer for the event.
 - 4) July 22nd walk, Waterloo, IL. Christmas in July. Waterloo has periodic celebrations and proceeds will go to the Life Network this year; the date being set for the 22nd. It was mentioned that the Gateway Milers have a previously sanctioned event for that day – Rolla Bus Trip. It has always been an AVA policy to not schedule another traditional walk a 100-mile radius of another club's traditional walk (Google Maps reports mileage from Waterloo to Rolla as 115 miles). Unfortunately, the Christmas in July date was set and if we wanted to participate, it must be on that date. Notice will be given to Gateway Milers per Diane.
 - 5) Belleville Downtown YRE
 - a) New start point: Balance Coffee and Tea Shop, 723 South Illinois Street, Belleville, IL. Opens at 6am. Saturday and Sunday, opens 8am -9pm.
 - b) A group walk will initiate the walk site on June 1, 2017 at 8:30am.
 - c) New POC will be Susan Hodgson.
 - 6) Soup Walk November 4, 2017 O'Fallon, IL; POC: Trudy Duffman. 1 can soup, 1 can nonperishable for the Food Pantry. Bread has been donated for this walk, already.
 - a) This soup walk trail will then become the NEW O'Fallon YRE walk, sanctioned for the 2018. Nikki Wilcoxen, POC.
 - 7) 50th Anniversary Spassfest Volksmarch in Germantown, IL on August 19, 2017. Diane reporting that the Germantown Historical Society has a shuttle bus that will take walkers to a private Fort tour of Bob Eversgard for a small donation from 10am to 2pm. The fort tour also includes antiques and arrowheads collection. Several other items to check out along the walk: Cooperstown plaque of Red

Schoendienst, and German stations of the cross. Other activities include a parade at 5pm, food, beverages.

8) Walk ideas for 2018

- a) Soup Walk in Breese January 25, 2018. POC: Trudy Duffman.
- b) Alton Historic Homes
- c) Marissa Coal Festival
- d) American Legion Freedom Farm
- e) Swansea Centennial Park
- f) Eckert's Orchard
- g) Chester – Statues of Popeye
- h) Red Bud City Walk – Architecture
- i) Way of Lights – Shrine
- j) New Year's Eve Walk
- k) Cahokia Mounds
- l) May 2018 Mayes town Festival
- m) Shakespeare In the Park event with walk
- o) New Belleville Scott Bike Trail

B. Special Activities Committee: Nikki Wilcoxon, Chairwoman.

2) **Refreshments:** Darleen Kraemer, Chair. Diane provided refreshments this evening. Next month (June's meeting) everyone will bring a snack to share.

7. OLD BUSINESS:

A. Volkssport Committee Meetings. These meetings are open to anyone interested in planning walks. Start thinking of ideas for 2017 and 2018 walks

B. 2017 Illinois Trekkers' membership forms available online.
Time to renew your membership.

C. Three Mile Thursdays Schedule. Walks will start at 6:30 unless further notice given. Be there at 6:15 to sign up.

- 1) May 11, 18 & 25, 2017 Richland Creek YRE
- 2) June 8, 15, 22, & 29, 2017 Millstadt YRE
- 3) July 13, 20, & 27, 2017 Maryville YRE
- 4) August 10, 17, 24, 31, 2017 Belleville East YMCA YRE
- 5) September 14, 21, & 28, 2017 Glen Carbon YRE
- 6) October 12, 19, 26 St. Clair Mall YRE

D. Article about Illinois Trekkers.

- a) May 5, 2017 edition
- b) In "Prime Life" section of the Belleville News Democrat

E. Mid-America Conference

- a) Mid America's 2017 Conference date is October 27, 28 & 29, 2017 in Evansville, Indian
- b) Trudy asked that everyone be thinking of ideas for the basket that Illinois Trekkers will be taking to the conference.

F. Traveling Stamp

Handout given to group by Sue Bacon. Discussion of current guidelines. Presented to Volkssport Committee for further development.

G. Group walk leader at Traditional events.

- a) 5K
- b) 10K
- c) 1st trial will be at Waterloo, Christmas in July.

8. REPORTS ON YEAR-ROUND EVENTS (YRE'S):

<u>Our Lady of the Snows</u> : Diane Prost–	Walkers:	23 -	April;	41– YTD
<u>Richland Creek</u> : Nikki Wilcoxon –	Walkers:	5 -	April;	24 –YTD
<u>Belleville YMCA</u> : Packy and Sue Botula –	Walkers:	16 -	April;	44 –YTD
	Bike:	2 -	April;	2 –YTD
<u>Maryville</u> : Vickie Ridgeway -	Walkers:	11 -	April;	29 - YTD
	Bike:	0 –	April;	0 - YTD
<u>Fenton</u> : Tom and Cindy Stucky-	Walkers:	4 -	April;	10-YTD
<u>Glen Carbon</u> : Susan Hodgson	Walkers:	11-	April;	64 -YTD
<u>St. Clair Square Mall</u> : Trudy Duffman -	Walkers:	6 -	April;	29-YTD
<u>Millstadt</u> : Jackie McKay	Walkers:	20 -	April;	68-YTD

9. OPPORTUNITIES FOR SERVICE:

- A. Volunteer to POC for Way of Lights Walk
- B. Volunteer to be POC for the Shrine YRE
- C. Volunteers to work at traditional events
- D. Members for committees
 - 1). Need Chairman for Volkssport committee
 - 2). Need Members for Volkssport committee

10. NEW BUSINESS:

- A. Andy Bacon candidate for Mid-America Regional Director. Packy made a motion to offer group support for Andy. Motion passed.
- B. AVA Convention June 7-9, 2017 Billings, MT
 - 1) Sue and Andy Bacon to represent Illinois Trekkers at Convention
 - 2) Convention hotel rooms are totally booked
 - 3) Check with the hotel, to make sure you still have reservations there.
 - a) Hotel name change
 - b) Some reservations were lost
 - c) Hotel direct telephone number is (406)248-7151.
 - 4) Walks prior to convention start June 3, 2017
 - 5) Post-convention walks June 10 & 11, 2017
 - 6) Two AVA President Candidates
 - a) David Bonewitz, Southeast Regional Director
 - b) Bob Wright Northwest Region
 - 7) Vice President – Nancy Wittenberg, Northwest Region
 - 8) Treasurer
 - a) Bob Morrison
 - b) Candace Purcell
 - 9) Secretary – Sam Korff
- C. Proposed Bylaws Changes

1) Proposed Bylaws Change #1: Change the name of NEC to Board of Directors

a) NEC Recommendation: Recommend approval

b) Illinois Trekkers Board: Recommend approval

2) Proposed Bylaws Change #2: Evaluation of candidates for NEC service

a) NEC Recommendation: Recommend disapproval & refer to the Standards & Evaluation Committee to place this in policy manual

b) Illinois Trekkers Board: Recommend disapproval & agree with NEC

3) Proposed Bylaws Change #3: Separate National & Regional Responsibilities of Directors

a) NEC Recommendation: Recommend disapproval- needs more work from Bylaws committee

b) Illinois Trekkers Board: Recommend disapproval & agree with NEC

4) Proposed Bylaws Change #4: Standing Committees & their orientation

a) NEC Recommendation: Recommend disapproval- needs more work from Bylaws committee

b) Illinois Trekkers Board: Recommend disapproval & agree with NEC

5) Discussion of Bylaws. Recommended capsule will be relayed via email to Susan Bacon after June meeting discussion

11. PRESIDENT'S REPORT:

A. The Big Give this year will be May 4, 2017. AVA will be participating again this year. Can donate individually until midnight May 4, 2017 for matching funds. Illinois Trekkers has donated \$100, same as last year; Dee has already mailed check.

B. Start thinking about ideas for 2018 walks!

12. REVIEW OF AVA HEADQUARTERS' CHECKPOINT.

Link available on IL Trekkers website or can have it emailed to you.

13. ITEMS FROM THE FLOOR:

Discussion brought up by Susan Jones re: inviting Boy Scouts to the Shrine walk as she has a grandson in the Boy Scouts. Sue Bacon mentioned the Navigator program. Further discussion postponed to another time.

14. ATTENDANCE DRAWING:

Muriel won the drawing!

15. NEXT MEETING:

June 1, 2017 @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. The Fairview Heights Library is located at 10017 Bunkum Road; Fairview Heights, IL. When you reach 10017 Bunkum Road, turn right onto Library Drive and continue to the library parking lot behind the library. Enter through the door on lower level at the back of the library.

16. MEETING ADJOURNED: 8pm

Submitted by Vickie Ridgeway, Illinois Trekkers Secretary

Illinois Trekkers Volkssport Club
P. O. Box 603
O'Fallon, IL 62269