

ILLINOIS TREKKERS FOOTNOTES

NO. 2019-04

May / June 2019



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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



First Guided Traditional Event

SAVE THE DATE!

AUGUST 17, 2019

**Bonnie Café
824 N Main Street
Nashville, IL 62223**

POC Diane Prost

Brochure is complete, the trails have been selected and all we need now are worker volunteers and of course walkers on the day of the event.

It is nice to see so many walkers out at the volk-marching events scheduled in the area. The Illinois Trekkers continue to offer walks on Tuesday mornings (new start time), Thursday evening 3-Mile strolls, and Saturday group walks when there are no traditional events scheduled in the local area. It is great to see new faces at the group walks. At a recent walk in Glen Carbon we had two ladies join us from St. Louis. They were fun to walk with and interesting to visit with during the walk. They joined us for lunch at the Wooden Nickle and everyone had a fantastic day. We certainly hope to see them again on the trail.

It is now time to break out the insect repellent especially on the Thursday evening walks. And don't forget to bring water to hydrate with since it seems to have gotten hot quickly and of course we have the Midwest humidity to appreciate as we walk. Check the Illinois Trekkers Website www.illinois-trekkers.org for more information about these walks. Hope to see you on the trail.

*Submitted by Trudy Duffman
President, Illinois Trekkers Volkssport Club*

Keep on Trekkin'

Check the Illinois Trekkers website for all the scheduled walking events—www.illinois-trekkers.org.

3-Mile Thursday Evening Walks

3-Mile Thursday Evening Walks will register at 5:45pm and the walk will start promptly at 6:00pm. Please be on time.

June 13	O'Fallon Parks YRE
June 20	Shrine YRE
June 27	Glen Carbon YRE (Library)



ways great for the soul (maybe not so great for the shoe sole)!

FOOTNOTES NEWSLETTER

Deepest Sympathy is extended to Susan Hodgson in the passing of her Mother.

We extend our condolences to all the club members of the St. Louis-Stuttgart Volksmarch Club in the passing of their Club President, Harrison Billy.

The Footnotes newsletter will be published monthly. This is your newsletter so everyone is encouraged to write an article or two to share with fellow walkers. Articles can be about new walks, health and fitness, dog tales from the trail, or other ideas. Send the articles to Trudy Duffman, trudyduffman@yahoo.com or bring to the monthly meetings prior to the next issue. Thank you for your support of the Illinois Trekkers.

Member Awards – TAW (June 2019)

Events

525km

Thomas Stucky

There were numerous awards listed as previously missed by the TAW from Jan 2018 – May 2019. Congratulations to everyone on the successful completion of so many footsteps over lots of terrain, some dry, some wet, some icy but al-

WEBSITE

Please check our club website for times and places of Trekkin' Tuesdays, 3-Mile Thursdays, and Saturday group walks. The website is currently updated routinely by Diane Prost. Thank you Diane for doing a fantastic job!



AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

AVA's Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



COME WALK WITH US!



Walkers resting in front of the Veteran's Memorial on the Maryville YRE trail on Tuesday, April 9, 2019.

Walkers enjoying the Bunny Hop Traditional event in O'Fallon, IL on Saturday, April 13, 2019.

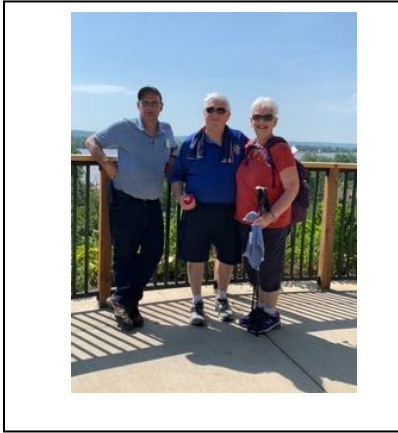




Walkers enjoying the day in Columbia, IL on Tuesday, April 16, 2019.

Even the rain didn't stop these walkers from kicking off the new Seasonal event in Mascoutah, IL on Saturday, April 27, 2019.





Walkers at the lookout at Cliff Cave Park in South St Louis—a traditional event hosted by the Gateway Milers on Saturday, May 18, 2019. What a beautiful walk.

Group walk in Glen Carbon, IL on Saturday, May 25, 2019. What a great group of people.



2019 YREs

Belleville Downtown, Historic District & Richland Creek Greenway (Walk)

Balance Coffee and Tea, 732 S. Illinois Street, Belleville, IL 62220

POC: Susan Hodgson, 618-416-5533

East Belleville - YMCA (Walk/Bike)

YMCA, 2627 Carlyle Ave., East Belleville, IL 62221

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

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

Shrine Motel, 451 S. De Mazenod Drive, Belleville, IL 62223

POC: Jackie McKay, 618-616-1330

Columbia – A Walk in Historic Columbia (Walk)

Café on the Abbey, 340 S. Main Street, Columbia, IL 62236

POC: Jackie McKay, 618-616-1330

Edwardsville – YMCA (Walk/Swim)

A Walk to Edwardsville Parks

YMCA, 1200 Esic Drive, Edwardsville, IL 62025

POC: Vickie Ridgeway, 618-792-3881

Fairview Heights – St. Clair Square Mall (Walk)

Walgreen's, 6505 N. Illinois Street, Fairview Heights IL 62208

POC: Trudy Duffman, 618-670-6920

Glen Carbon – Old Town (Walk)

Casey's General Store, 70 W. Main Street, Glen Carbon IL 62034

POC: Susan Hodgson, 618-416-5533

Maryville - CMT YMCA (Walk/Bike)

YMCA, 1 Town Center Drive, Maryville, IL 62062

POC: Vickie Ridgeway, 618-792-3881

O'Fallon – Walk in the Parks (Walk)

Schnuck's Market, 907 E. Hwy 50, O'Fallon, IL 62269

POC: Nikki Wilcoxon, 618-973-3825

Seasonal Walk (04/01/2019-12/31/2019)

Mascoutah, IL

St. Louis Coffee World Coffee Shop, 200 East Main Street, Suite 200, Mascoutah, IL 62258

POC: Susan Jones, 951-818-6662

1. **Call to Order:** 6:30pm per Trudy Duffman, President
2. **Special Guests:** none
3. **New Members:** none
4. **Secretary's Report:** Vickie Ridgeway. Muriel Barber made the motion to approve the minutes from the April meeting as written. Darlene Kraemer 2nd. Motion passed
5. **Treasurer's Report:** given by Dee Wojtysiak, Treasurer. Vickie Ridgeway made the motion to approve the report pending audit. Louis Krummel seconded the motion. Motion passed.
6. **Committee Reports:**
 - A. Volkssport Committee- Diane Prost, POC
 - Redbud Walk Brochure was submitted to Hector/AVA for participation in a contest at the upcoming Convention. Winners will be announced at the Convention.
 - The AVA Publicity Committee and hired Advertising Firm has asked for information on special walks throughout the country that they might be able to advertise. These walks should be of such interest that members from other parts of the country may enjoy. (Illinois Trekkers) Way of Lights was submitted by Andy Bacon, Regional President as were 2 other walks submitted from our region. Only 2 will be chosen for National publication. The winners will be announced at the Convention.
 - Future Traditional Events
 - Nashville
 1. Diane will be making a presentation at a city council meeting about our Illinois Trekker organization. Several points of interest which may be included in the walk include the Mill Ponds, Bonnie's café, an old train depot, the historical society for Washington County, a vintage movie theater which still shows films on the weekends, the Courthouse, and a couple of memorials for fallen soldiers along the route.
 2. We will get the traveling stamp when we sanction our first Guided Walk
 - Chester
 1. Diane has been in contact with a person of interest who remembers getting a patch at each of past walks, our last walk in Chester being in 2008. Several options were provided for start times for the walk.
 2. Vickie Ridgeway made the motion that as a club during our Guided Walk we participate in the Chester Parade which starts at 1100am. This motion is dependent on the feasibility of such walk's route being conducive to the guidelines of our Guided Walk. Report to be given next meeting after conferring with the Parade official and physically checking the route. Muriel Barber 2nd. Motion passed with 1-member abstaining.
 - 3-Mile Thursday Evening Walks
 - Way of Lights Traditional Event – Sue Bacon and Trudy Duffman are going over the contract. First payment: May 10. Illinois Trekkers President is to sign the contract. Plan is to mark the trail the morning of the walk, have lunch, then work the walk.
 - Other issues-Millstadt walk plans in progress.
 - B. Individual Incentive Program 2019 – special non-AVA program for members to participate in local IL/St. Louis area YRE's, Traditional Events attend at least one meeting and work at one sanctioned event. 19 completed requirements for a FREE Walk Coupon. Muriel Barber has turned in a completed program this month, Diane Prost last month, making a total of 2 thus far!
7. **Old Business**
 - A. **Guided Traditional Walks**
Latest Guided Walks information to be reviewed and reported on next month by Trudy Duffman
 - B. **Big Give – current total donations - \$75, 867 with a goal of \$78,000**
8. **New Business:**

- The St. Clair Square Mall YRE start location is no longer at the Schnuck's in Fairview. They asked that we remove the box. New start location pending approval. Currently the start box is with Muriel Barber (Have Box Will Travel).
- June Group Walks will register at 8:45am and walk at 9:00am.
- Summertime can mean vacation time, convention attendance, etc. If you need to get hold of Trudy Duffman, President, please feel free to contact her by email or text (618-670-6920). Please be patient for follow-up as response may be delayed due to various Wi-Fi capabilities.
- Other items.

9. President's Report

- A. The weather has gotten warmer and spring seems to be here. However, with spring has come the torrential rains, thunderstorms and some flooding. These threats continue for the next few weeks. Beware of where you plan to walk. Some areas may be under water or not accessible.
- B. A special thank you to Dian Prost and Muriel Barber for keeping the walks going while I (Trudy Duffman) have been in downtown St. Louis staying with my son who has been ill. I will continue to stay there until he becomes more mobile and can live independently. Thank you POC's for tolerating the cancellation of scheduled events due to the weather. We will try to schedule walks in the future based on ones that have been cancelled. Let me know if you want to walk more often. I would like to start a casual walking group on Wednesday's beginning in July. We can pick a destination that is further distance and carpool, walk, enjoy lunch and return home. Let me know if you are interested. Thinking about Springfield, Litchfield, Hartford, Washington, MO, St Charles, MO, and even Fulton and Mexico, MO. When the flooding stops, I would love to walk Creve Coeur with a group, also.

10. Items from the Floor

- A. Saturday, May 4 – Stuttgart's Valley of the Flowers Walk in Florissant, MO. Register at 9:45; walk at 10:00.
- B. Reminder to show your appreciation for those holding your YRE' logbooks/box.
- C. Please be patient with our new walk site (Mascoutah) as we (walkers & employees) learn the ins & outs of book location and lingo involved.
- D. The weather has prompted more Mall Walking. Thanks to all for your patience. Come on sunshine!

11. Attendance Drawing: Muriel Barber won the Free Walk.

12. Next Meeting: Thursday, June 6, 2019 in the small conference room at the Fairview Heights Library, 10017 Bunkum Road, Fairview Heights, IL 62208.

13. Meeting adjourned at 7:52pm.

Reports on Year-Round Events:

Belleville Downtown Historic Districts
Sue Hodgson
Columbia: Jackie McKay
East Belleville YMCA Packy & Sue Botula

Edwardsville Parks: Vickie Ridgeway

Glen Carbon: Sue Hodgson
Maryville: Vickie Ridgeway

O'Fallon: Nikki Wilcoxon
Shrine: Jackie McKay
St. Clair Square Mall: Trudy Duffman

Walkers: April=12	YTD=31
Walkers: April=10	YTD=20
Walkers: April=8	YTD=33
Bikers: April=6	YTD=6
Walkers: April=9	YTD=31
Swim: April=3	YTD=9
Walkers: April=5	YTD=15
Walkers: April=5	YTD=21
Bikers: April=6	YTD=6
Walkers: April=2	YTD=24
Walkers: April=6	YTD=24
Walkers: April=11	YTD=50