

# ILLINOIS TREKKERS FOOTNOTES

NO. 2019-05

July 2019



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

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

## A Message from our President



I attended the 21<sup>st</sup> Biennial AVA Convention in Albany, NY representing the Illinois Trekkers. It was a great convention with numerous walks and social activities. They offered workshops on various topics and held General Meetings. Approximately 650 people walked at the events.

The issues voted on at the meeting passed. The new fiscal year will be 01/01 – 12/31. The motion passed to add up to three At-Large Members to the Board. The Board will now consist of the National Officers, Regional Directors, up to three At-Large members and the Executive Director. Positions will be for two consecutive years.

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 Trekkers Website for changes in walk locations if there is a heat advisory. Check the Illinois Trekkers Website [www.illinois-trekkers.org](http://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*

## First Guided Traditional Event

### Guided Nashville Walk

A 5k & 10K guided walk in Nashville, IL will lead walkers past the old train depot, an old movie theatre, the Mill ponds, the Washington County Court House, the Nashville mural & many beautiful homes. The Chaplain that conducts military funerals for soldiers killed in action has converted his yard into a Memorial for all branches of the military & includes the Statue of Liberty. He will have all the flags of the different branches of the military flying for the walk. After walkers complete the first 5k they will return to the Bonnie Café. The 10k walkers will then continue on the guided walk to walk in a large city park with the mill ponds, swimming pool, a Veterans' Memorial & plenty of trees. The walk will then continue on city streets past more beautiful homes & the local radio station. The walk will have a leader & a sweep to make sure no walkers are left behind. Registration will be at the Bonnie Café from 8:30 am to 9:00 am. The Bonnie Café is located next to the Dollar General right before the railroad tracks. The walk will start at 9:00 am.

**SAVE THE DATE!**

**AUGUST 17, 2019**

**Bonnie Café  
824 N Mill 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.**

### Are you “APPY”?

Well I’m not but I do have some very useful apps on my phone. On our last trip an app called MAPS.ME was pointed out to me by Dan Friesen owner of Walking Adventures. As usual I started to say thank you but not really interested. Then he said that it would work without needing internet. Boy, did my ears perk up! Also, I found out I could change it from driving, to walking, or to train mode. Plus, it allows me to “bookmark” the bus or hotel so I can find my way back. I know it works on an android phone but you iPhone people will have to check. It is easy to use but there are a few tricks to get use to so if anyone is interested, I can have a training session at one of our meetings or work it out with you.

Written by: Leonard Wojtysiak

## Keep on Trekin’

Check the Illinois Trekkers website for all the scheduled walking events—[www.illinois-trekkers.org](http://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.

- August 8      Mascoutah Seasonal Event
- August 15    Downtown Belleville YRE
- August 22    Maryville YRE
- August 29    Edwardsville Parks YRE

**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.**

### 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 always great for the soul (maybe not so great for the shoe sole)!**

### FOOTNOTES NEWSLETTER

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](mailto:trudyduffman@yahoo.com) or bring to the monthly meetings prior to the next issue. Thank you for your support of the Illinois Trekkers.

### WEBSITE

**Please check our club website for times and places of Trekin’ 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!**





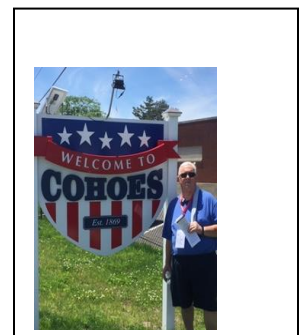
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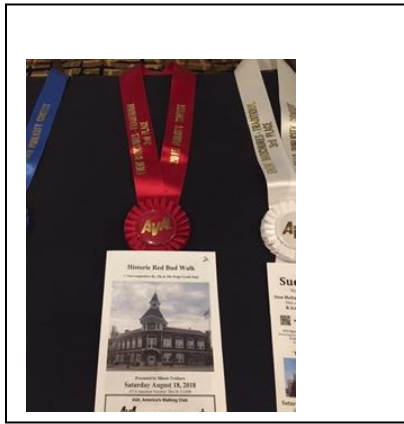
**COME WALK WITH US!**



*Trudy Duffman walking the Erie Canal at the AVA Convention in NY.*

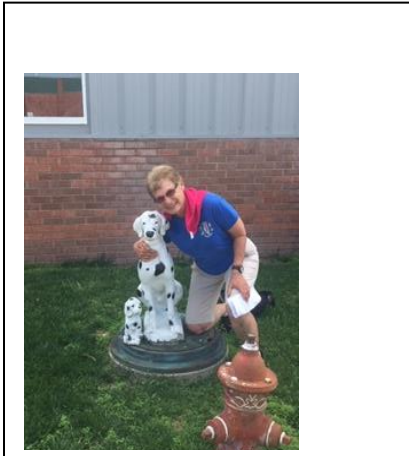
**Jerry Duffman walking at the Convention in the Cohoes/Waterford event.**

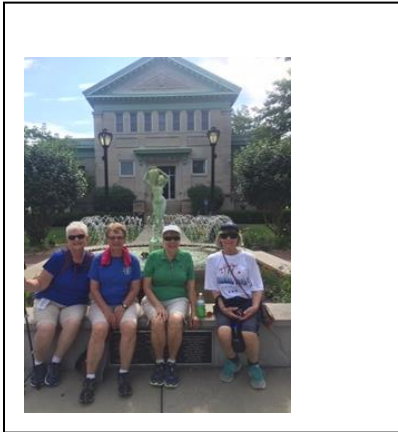




**Illinois Trekkers submission to the Publicity Contest at the Convention. Diane Prost's Red Bud Traditional Event brochure won second place. Congratulations Diane!**

**Muriel Barber loves her dogs. Trekkin' Tuesday walk in Litchfield, IL.**





*Walkers in Litchfield, IL on the  
“square”.*

**Walkers having lunch in Ballpark Village  
prior to the baseball game. Hot day but  
the Cardinals beat the Pirates**



*Photos Courtesy of Trudy Duffman*

**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: Trudy Duffman, 618-670-6920

**Columbia – A Walk in Historic Columbia (Walk)**

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

POC: Trudy Duffman, 618-670-6920

**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

# ILLINOIS TREKKERS MEMBERSHIP MEETING

June 6, 2019

1. **Call to Order:** 6:40 Nikki Wilcoxon, Vice President
2. **Special Guests:** none
3. **New Members:** none
4. **Secretary's Report:** Vickie Ridgeway. Darleen Kraemer made the motion to approve the minutes from the May meeting as written. Leonard Wojtysiak 2<sup>nd</sup>. Motion passed
5. **Treasurer's Report:** given by Dee Wojtysiak, Treasurer. Diane Prost made the motion to approve the report pending audit. Muriel Barber seconded the motion. Motion passed.
6. **Committee Reports:**
  - A. Volkssport Committee- Diane Prost, POC
    - Future Traditional Events
      - **Nashville, IL – Guided Traditional Event** – August 17, 2019. Diane recently attended the Chamber of Commerce meeting – Diane Prost, POC. Our walk is sanctioned.
      - **Chester, IL – Guided Traditional Event** – September 7, 2019. Vickie Ridgeway, POC. Vickie has been in contact with the Parade Chairman. Vickie and Diane Prost went to visit the town, met with the Parade Committee chairmen at the Spinach Can Collectibles store, we introduced ourselves to City officials; and toured the town, taking in the sights of the many Popeye characters seen on the route. Note: Popeye, himself, is not on the route, but by the river at a welcome site. Beautiful place to drive to on your way to or from the walk, with lots of history bits about the town, Also, noted, this will be their 40<sup>th</sup> Anniversary. Banner? We will need a 10K leader and sweep, and Leonard has volunteered to be our leader.
    - **Way of Lights Traditional Event** – Contract Signed by Club President, Trudy Duffman, on 5/10/2019; Initial payment made at that time. The AVA has selected this event to be marketed for free advertising to the club. This is to be announced at the Convention. Thank you, Diane Prost, for submitting the event!
    - **Three Mile Thursdays**-Members attending feel that we should continue these walks even if the numbers are few as it is just nice to walk along with someone, especially for those who are still working during daytime hours.
    - Other issues
      - **Sanctioning of YRE events.** We need to be considering any changes necessary before September's deadline. Question re: Alternating Mascoutah and Millstadt?
      - Diane also submitted last year's Red Bud traditional walk's brochure for a brochure contest at the 2019 Convention.
  - 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. Linda Erlenbush, Trudy Duffman and Vickie Ridgeway have turned in a completed program this month for a total of 5 this year so far.
7. **Old Business**
  - A. Trudy is on her way to the AVA Convention in Albany, NY. She will attend meetings, workshops, and social events as well as scheduled pre-convention walks and convention walks. She will report back to the members at the July 11 meeting.
8. **New Business:**
  - Trudy mentioned at the last meeting she would like to organize **Wandering Wednesday walks** that would allow Illinois Trekkers to commute to walk in locations that are one to three hours from O'Fallon, IL. These walks are available to everyone and carpooling will be available, also. Suggestions for events: St. Charles, MO; Washington, MO; Springfield, IL;

Fulton and Mexico, MO; Creve Coeur, Kirkwood, Richmond Heights, Webster Groves, Mo as well as Hartford, IL. Let's try the **first walk on July 10 in St. Charles, MO**. Contact Trudy Duffman at (618)670-6920 if you would like to walk. We will leave local area at 8:30am.

- Susan Hodgson's mother, Ruth Elkin, passed away. There will be a Memorial Service on August 17 and donations should be made to a charity of the donor's choice in memory of Ruth. We offer our deepest sympathy to her and the family. Card sent to family for our group's condolences.
- Start Planning for 2020 Club Year:
  - Vickie Ridgeway has asked the club to find a new secretary for the next calendar year, 2020. She has many personal obligations and does not feel she can fill this position past December. Please let any Board Member know if you are interested in serving the club as secretary in 2020.
  - In September, the Committees for the Illinois Trekkers 40<sup>th</sup> Anniversary walk, and Banquet must be organized and ready to begin work on programs and activities. The following committee's will be needed:
    - Banquet Dinner/Awards/Door Prizes – Committee Chair – Diane Prost
    - Walk Event Trail & Brochure
    - Publicity – local publicity to include media coverage with newspaper and possible TV stations; invitations to AVA Executive Director, AVA President, All Regional Directors, etc.-Nikki Wilcoxon
    - Committee to select walk pamphlet for 2020 – 40 walks, award for completion (something commemorative and paid for by the Illinois Trekkers club) – Volkssport Committee with additional volunteers
    - Do we want a patch or coin for the commemoration also?
- AVA Bylaw Amendments – There are several proposals that will be voted on at the convention in Albany. Leonard Wojtysiak will discuss each proposal and the pros/cons as it pertains to the Illinois Trekkers. Members present will vote on each item and that information will be forwarded to Trudy Duffman so she can vote in accordance with the Illinois Trekkers votes. (copy of original proposal will be attached to minutes in permanent record).
  - 1) **Club Votes YES.** Change to calendar year vs fiscal year. Diane Prost made the motion. Vickie Ridgeway 2<sup>nd</sup>. Motion passed.
  - 2) 7.1. **Club Votes NO.** Add up to 3 “at large members” to the Executive Board. Discussion: Increased cost to transport/fly to meetings and company having trouble making ends meet now. Diane Prost made the motion. Dee Wojtysiak 2<sup>nd</sup>. Motion passed.

**If 7.1 passes** at the convention, the AVA Executive Director will be able to nominate his own staff who will report directly to the Ex. Dir. and not to the Ex Board. The rest of these pertain to this clause...
  - 3) 10.1. **Club Votes NO. Executive Director will have the authorization to establish his own committee.** Dee Wojtysiak made the motion. Vickie Ridgeway 2<sup>nd</sup>. Motion passed.
  - 4) 10.2. **Club Votes NO.** Members of Executive Committee would report directly to Executive Director and not to the Executive Board. Diane Prost made the motion. Dee Wojtysiak 2<sup>nd</sup>. Motion passed.
  - 5) 10.3. **Club Votes YES. Consolidate and Reduce Standing Committees.** (May add temporary committees.) Dee Wojtysiak made the motion. Diane Prost 2<sup>nd</sup>. Motion passed.
  - 6) 10.5. **Club Votes NO.** Executive Director will have control of the committees that he/she creates, and members shall report to the executive director and not



the Executive Board. More financial burden on AVA. Diane Prost made the motion. Dee Wojtysiak 2<sup>nd</sup>. Motion passed.

- Other items:
  - No mention was made to change the walking fees.

**9. President's Report**

It is exciting to see the nice weather on walk days and the great number of walkers present at events. Continue to support the Tuesday morning walks, Thursday evening events and Saturday walks as published on the Illinois Trekkers website.

**10. Items from the Floor**

- **Stuttgart Walking Group** sent us some brochures their New Town Walk on June 29, 2019.
- **Stuttgart's President** Harrison Billy has recently passed away. Memorial in Oklahoma, his hometown, pending.
- Dee and Leonard Wojtysiak recently returned from a trip. One of their highlights was a walk to a castle in Luxemburg which included members of a local club (in their shirts!). Dee chose to rest a moment and was joined by another lady from there and although they spoke different languages, were able to communicate and met up with some others who had stopped off to rest. Someone mentioned that they had walked that morning at another walk and there was between 1500 and 2000 walkers at this event. These same people had a walk on a rainy day with 200 people! Amazing!
- Advertising Material to be handed out at our walks discussed.
- Rain and thunderstorms have caused several cancellations and changes to the schedules.

**11. Attendance Drawing:** Diane Prost won the drawing this evening.

**12. Next Meeting:** Thursday, July 11, 2019 in the small conference room at the Fairview Heights Library, 10017 Bunkum Road, Fairview Heights, IL 62208.

**13. Meeting adjourned at 7:40pm.**

**Reports on Year-Round Events:**

Belleville Downtown Historic Districts

Sue Hodgson

Walkers: May=10

YTD=41

Columbia: Jackie McKay

Walkers: May=4

YTD=24

East Belleville YMCA Packy & Sue Botula

Walkers: May=10

YTD=43

Bikers: May=6

YTD=12

Edwardsville Parks: Vickie Ridgeway

Walkers: May=4

YTD=35

Swim: May=3

YTD=12

Glen Carbon: Sue Hodgson

Walkers: May=24

YTD=39

Maryville: Vickie Ridgeway

Walkers: May=25

YTD=46

Bikers: May=6

YTD=12

O'Fallon: Nikki Wilcoxon

Walkers: May=4

YTD=28

Shrine: Jackie McKay

Walkers: May=19

YTD=34

St. Clair Square Mall: Trudy Duffman

Walkers: May=5

YTD=55

# ILLINOIS TREKKERS MEMBERSHIP MEETING

July 11, 2019

1. **Call to Order:** 6:35pm per Trudy Duffman, President
2. **Special Guests:** none
3. **New Members:** none
4. Only two officers were present, so we did not have a quorum.
5. **Secretary's Report:** Minutes were not approved because of lack of quorum. Minutes were discussed and it was decided to change the wording of the Convention votes just for clarity.
6. **Treasurer's Report:** a brief treasurer report was given (info only). No motion.
7. **Committee Reports:**
  - C. Volkssport Committee- Diane Prost, POC
    - o Future Traditional Events
      - August – Nashville. Bonnie Cafe is the start point. August 17
      - September – Chester. September 7. Vickie Ridgeway, POC. Part of the walk will be the parade route with a walking banner.
    - o Other issues.
      - The committee has not met lately so no new information!
8. **Old Business**
  - A. Lebanon Cedar Cruisers
    - o The status of the Lebanon Cedar Cruisers was discussed along with Bill Malina's health. No one at the meeting had any new information but we are all concerned for Bill.
9. **New Business:**
  - AVA Convention
    - o Trudy reported on her AVA Convention adventures.
    - o She liked all the walks that were available during the convention with a max number of walkers reaching around 640 for one walk
    - o All items voted on during the convention passed
    - o A big thank you goes out to Diane Prost for submitting a club brochure and winning an award. It is always good to see our club's name in print at AVA.
  - The Big Give – Annual Fundraiser for the AVA reached over \$81,000
  - The next convention will be in Madison, Wisconsin so if you wanted to go to one of these big affairs this would be an excellent time since it is just up the road. It will be sponsored by the Dairyland Wanderers June 29 – July 3, 2021
  - AVA is taking orders for the October 2019 National Volkssport Month Patch. October is National Volkssport Month. Celebrate by pre-ordering patches using the order form and returning to the National Office. You may mail the form to AVA, 1001 Pat Booker Rd #101, Universal City, TX 78148, or fax to 210-659-1212. You may also place your order by e-mailing the form to Marian@ava.org. The deadline to order these October patches is August 4th. Don't miss this opportunity to offer this collectible patch to walk participants!
  - Unfortunately, Jackie McKay must give up as POC for the YRE Snows Walk and Columbia Walk. So, the club is looking for a new POC. If interested, please let Trudy know. It is easy and fun to look after one of our walks.
10. **President's Report**
  - A. Trudy will be out of town for several weeks. If you need info about the club and/or a club walk please contact one of the other officers.
11. **Items from the Floor:**
  - A. None
12. **Attendance Drawing:** None given
13. **Next Meeting:** The September meeting will be held at Fairview Heights Library, 10017 Bunkum Road, Fairview Heights, IL 62208 on September 5, 2019 at 6:30pm.
14. Meeting adjourned at 7:50pm.

## Reports on Year-Round Events:

Downtown, Historic Districts	Walkers:	June=2	YTD=43
Columbia	Walkers:	June=7	YTD=31
East Belleville YMCA	Walkers:	June=10	YTD=54
	Bike:	June=0	YTD=12
Edwardsville Parks	Walkers:	June=5	YTD=40
	Swim:	June=1	YTD=13
Glen Carbon	Walkers:	June=9	YTD=48
Maryville	Walkers:	June=0	YTD=46
	Bike:	June=7	YTD=19
O'Fallon	Walkers:	June=20	YTD=48
Shrine	Walkers:	June=28	YTD=62
St. Clair Square Mall	Walkers:	June=6	YTD=61