

# ILLINOIS TREKKERS FOOTNOTES

NO. 2020-Vol 1

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## A Message from our President



As I write this article, I can only hope that winter is almost over. Spring should be around the corner and with it will come showers, flowers, and unfortunately, a few thunderstorms. Being in the Midwest, please watch the weather before heading out on a trail.

This year the club will celebrate its 40<sup>th</sup> Anniversary. Events are in the planning stages for the year, as well as, the big celebration. Watch the Illinois Trekkers website [www.illinois-trekkers.org](http://www.illinois-trekkers.org) and the Weekly News Alert for additional information.

Hope to see you on the trail.

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

## Keep on Trekkin'

Next traditional event will be a Traveling Guided Walk at Carlyle, IL on Saturday, May 9, 2020. This event will have a 30-minute registration from 9:30 – 10:00am at the Dam East Spillway Shelter #1. Walkers will go around the Carlyle Lake Spillway, across the Dean Bridge, and up the dam levee with breathtaking views of Carlyle Lake. The 10k trail will also give walkers the opportunity to see the community. A Traveling Guided Walk should not discourage anyone who wants to participate in the event. Individuals who walk at a fast pace can leave as a group provided there is a leader and a sweeper to ensure everyone is safe and returns to the finish point. Slower walkers are certainly welcome, and no one will be left behind. The slow pace sweeper will walk at the back of the group to ensure that everyone is feeling fine and has no emergencies. If you are a walker that needs to stop periodically while walking, that is fine. We are walking to have fun, see new sights, make new friends and enjoy walking and talking with everyone. Mark your calendars and plan to attend this event. For more information on the event checkout the Illinois Trekkers website at [www.illinois-trekkers.org](http://www.illinois-trekkers.org). The POC for the event is Darleen Kraemer.

### 3-Mile Thursday Evening Walks

3-Mile Thursday Evening Walks will begin in April. Registration at 5:45pm; Walk 6:00pm.

April 9	Downtown Belleville
April 16	Glen Carbon Library
April 23	Edwardsville YMCA
April 30	Maryville YMCA

## 40<sup>th</sup> Challenge is Ready

The challenge brochure is available for any **CLUB MEMBER** that wants to participate. We have made it so everyone can be a winner! The brochure is on our website or one of the club officers will have copies.

We built in three levels to allow you to complete one level and receive a gift or complete the second and third levels to receive a gift for each level.

Level one – cap/visor

Level two – fanny pack

Level three – club shirt

**BUT WAIT:** **NON-CLUB MEMBERS** can participate as well. They will receive a free event coupon for each 20 walks completed in the challenge, much like last year.

Because this is an Illinois Trekker challenge the major part of the walks must be our club events but there are lines that can be stamped with any Greater STL event. So, Gateway, Lebanon Cruisers, Trekker, and STL Walkers stamps can be used.

Even the Sunflower Sod Stompers event in St. Charles.

Events can be a bike, swim, or walk so do the one you like the most to fill in a lot of the lines.

If you are one of our walkers that try to do 100 (or more) walks per year we even have that covered. After the first challenge brochure is filled start a second one and after each 20 events you will receive a free event coupon (much like last year with 19). Then start a third etc.

The idea is to enjoy yourself, get some exercise, and be reward all at the same time. **GO TREKKERS!**

*Submitted by: Leonard Wojtysiak*

## AVA National Walking Week

The AVA is promoting Heart Health by encouraging clubs to walk one or more events during April 1 – 7, 2020. Emphasis is on the word “WALKING” instead of volksmarching or volkswalking. The idea is to spread the word throughout our communities that we are a ‘walking club’ and help recruit new walkers and club members. The Illinois Trekkers will have a group walk scheduled on each of the seven days. Check the monthly calendar or the website for the locations. This is an opportunity for us

to wear our club shirts or AVA apparel and help spread the word.

***Congratulations to DeAnne & Gordon Brown on the completion of walking in all 50 States!***

**Deepest Sympathy – The club extends its deepest sympathy to long time club member Helen Knopik in the passing of her husband Andy. Andy and Helen were members of the Illinois Trekkers and the St Louis-Stuttgart clubs. They were active as POC’s of the YRE at Cahokia Mounds and helped our walkers enjoy hot Russian tea at the Way of Lights event over the years. The club will recognize Andy at our 40<sup>th</sup> Anniversary Walk and Picnic scheduled for Saturday, October 17 at Cahokia Mounds. If you have photos or memorabilia of the Knopik’s, please get them to Trudy Duffman by the October club meeting.**

## 40<sup>th</sup> Anniversary Club Shirts

Be sure to get your order for one or more shirts into Dee Wojtysiak by April 1. You should have received an email with an order form. If you need additional information regarding the shirts, contact Dee at [drw488@gmail.com](mailto:drw488@gmail.com).

## Member Awards – TAW (March 2020)

### Events

100

325

850

**John Manfredi**

**Jerry Duffman**

**Trudy Duffman**

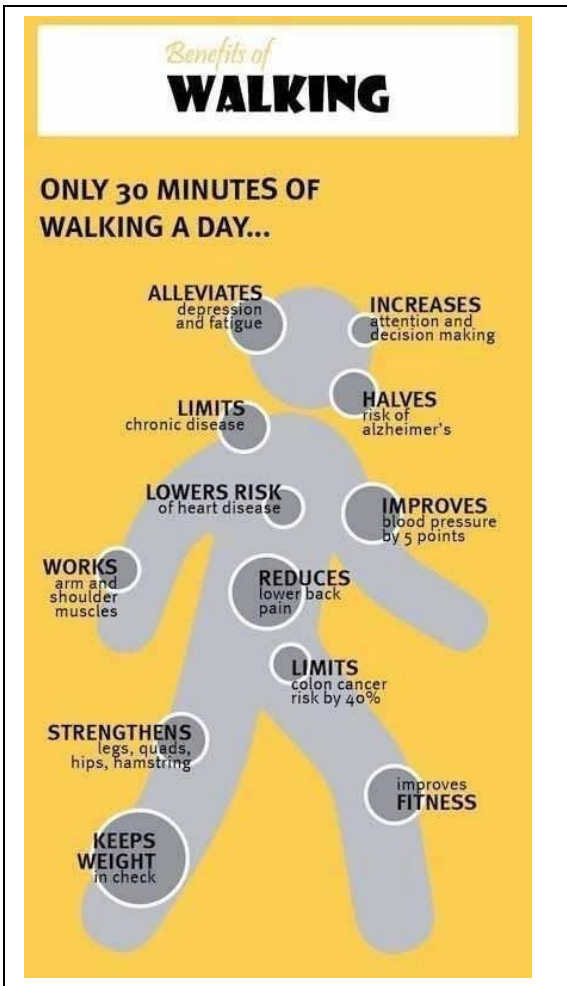
## FOOTNOTES NEWSLETTER

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 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!

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**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.**



**2020 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

# Illinois Trekker Membership Meeting

## February 6, 2020

1. **Call to Order:** 6:34pm per Trudy Duffman, President
2. **Special Guests:** None
3. **New Members:** None
4. **Secretary's Report:** Minutes for January were approved as written.
  - Dee Wojtysiak made the motion & Muriel Barber seconded it. Passed
5. **Treasurer's Report:** Report was approved pending audit.
  - Dianne Prost made the motion & Muriel Barber seconded it. Passed
6. **Committee Reports:**
  - A. Volkssport Committee- Diane Prost, POC
    - Carlyle Walk - May 9
    - Braeutigam Walk – August 15
    - Red Bud – September 26
    - 40<sup>th</sup> Celebration at Cahokia Mounds – October 17
  - B. All POCs need to use our Worker Sign-Up Sheet for each walk and turn it in to Dee.
  - C. Our incentive program is up and running for an exciting 40<sup>th</sup> year of walking.
    - Everyone can participate, club members and non-club members. Please read articles for more information.
7. **Old Business**
  - A. Mid-America Conference – June 19-21.
    - Raffle Basket will have a “RED” theme this year for our 40<sup>th</sup> anniversary. Please have donations turned into Trudy by our June meeting.
  - B. Columbia YRE is open at the Abbey. Check hours of operation for the Abbey prior to walking. Open most days until 2:30 PM.
8. **New Business:**
  - A. Our club will support AVA's National Walk Week, in April, by scheduling a walk for all seven days.
    - STL Walkers will be walking Wednesday, April 1 at Creve Coeur, check their website for more details.
  - B. Motion to change our club fiscal year to the calendar year to match AVA's fiscal year was made by Diane and seconded by Muriel. Passed.
  - C. Andy Knopik passed away February 1. He was a long-time member of our club and was known for making Russian Tea at our Way of Lights walk with his family's help. He will be missed.
  - D. The Big Give is on again and AVA is a part of it. Motion to donate \$100 was made by Diane and seconded by Dee. Passed.
  - E. Tater Tots will be in our area in September. Check out our website for more details as the time approaches.
  - F. Walking Adventures will be in our area in October. Again, check our website as time nears.
9. **President's Report**
  - A. Trudy thanked Leonard and Dee for their help with some club issues while she was recovering.
10. **Items from the Floor:**
  - A. Make sure you use all 4 digits for the year (2020) so it cannot be altered.
11. **Attendance Drawing:** Darleen Kraemer won the door prize.
12. **Next Meeting:** The March 2 meeting will be held at Faith Lutheran Church, 520 E. US-50, O'Fallon IL 62269 at 6:30pm. Please park in back and use the Fellowship Hall door.
13. Meeting adjourned at 7:34pm.

## Report on Year-Round Events:

Belleville Downtown, Historic Districts	Walkers: January= 16	YTD= 16
Columbia	Walkers: January= 0	YTD= 0
East Belleville YMCA	Walkers: January= 11	YTD= 11
	Bike: January= 0	YTD= 0
Edwardsville Parks	Walkers: January= 0	YTD= 0
	Swim: January= 4	YTD= 4
Glen Carbon	Walkers: January=10	YTD= 10
Maryville	Walkers: January= 4	YTD=4
	Bike: January= 0	YTD= 0
O'Fallon	Walkers: January= 9	YTD= 9
Shrine	Walkers: January= 9	YTD= 9
St. Clair Square Mall	Walkers: January 20	YTD=20