



# TREKKERS' TRAILS

APRIL 2001

---

On Sat March 17, the Trekkers held their annual general meeting which was preceded by a walk and pot luck. Good turn out and great weather for the walk and lots of good food for the pot luck.

The main business was the election of our new executive as follows:

**President: Keith Peters**

**1<sup>st</sup> Vice President: Millie Seitz**

**Treasurer: Phil Sturges**

**Trail Blazers: Kathleen Charland with Allison Zarate and Carol Hurst assisting**

**Social Convenors: Phyllis and Chuck May**

**Publicity Chairperson: Jean Elder**

**Newsletter: Sylvia Fisher**

**Historian Lance Bard, Secretary Myrna O'Neil and Membership Secretary Ann Olsthoorn retain their positions.**



**Trekkers 2001-2002 Executive**

## President's Comments

By  
Keith Peters

The March 17<sup>th</sup> meeting filled the Club executive with a slate of new faces. Welcome to this new group and a hearty thank you to the outgoing members for a great job well done! We must all realize that the new executive will only be working to implement the club activities and will continue to rely on the support of the membership to accomplish the goals set. We continue to count on the strong support that members have provided in the past.

In this respect members can expect to be hearing from our now 1<sup>st</sup> Vice President Millie Seitz, in the foreseeable future when she starts the search for the volunteers necessary to run the July Triple and Marathon Events. As well at the VAA AGM our club volunteered to host the 2002 VAA AGM, which has been reserved being held at the St Albert Inn on April 13<sup>th</sup> of 2002. Additionally the Trekkers have agreed to handle the registrations for the CVF Convention to be held in Alberta next year, details of this will follow when provided by the organizing committee.

As the spring brings us into a new and we hope, exciting year, I look forward to enjoying with you the joys of Volkspport activities.

## New Members

We would like to welcome our new members: **Evelyn Carson, Dale and Mary Decker, Sheri Derby, Cecilia Hollman and Johanna and Willem Snoek, Margo Wesolowski** and **Donna Wilson**.

When you see them on the trails introduce yourself and get to know them!

We also welcome back after a year's absent **Sheron Pickard and Charalene Denton, Judy Heximer**. Great to have you back in the fold!

**Ann**, our Membership Secretary reports that there are still lots of you who have not as yet renewed your membership, for those of you who have not renewed, you will find enclosed with this newsletter, a orange renewal form. Please fill it out and send to **Ann** (her address is on the form) or to **PO Box 146, 3-11 Bellerose Drive, St Albert, T8N 5C9**

**Ann** also reports that we have 121 memberships representing 170 walkers, 43 memberships from St Albert, 46 from Edmonton and 32 from other communities. We also have 17 new memberships including one from Calgary.

A short notice submitted by Grace Newman:

“ I was contacted by Terry Usher of 13 Grosvenor Blvd, St Albert, Phone 458-1787 who is looking for the Feb 2001 edition of the “Walking” magazine.

She can be contacted at the above mentioned phone number.

## Calendar of Events Corrections

Please note the following corrections in our event calendar;

Page 13...Gibbons' walk is set for Sat June 16, not June 17 as stated.

Same time, same place

Page 18...Aug 7-Tues evening guided walk. Because of the World Games being held at the Kinsmen Sport Centre that day, the walk will start at Dawson Park, north side of river (near Dawson Bridge, north of 90<sup>th</sup> Street. Same time as in event calendar).

Page 20...Alberta Majesty Walks in Kananaskis Sept 1, 2,3 are under the direction of the Calgary Volkssport Club NOT St Albert Trekkers.

Page 26...May 26 Gwynne Volksmarch...time should read 8:00 am to 1:00 pm

---

### Report from VAA AGM held March 31, 2001, in Medicine Hat

The Medicine Hat Volkssport Club hosted the VAA AGM, and did a terrific job! Wonderful walks, both sanctioned and YREs, were walked by many. A delicious buffet dinner put on by the Robertson Memorial Legion was enjoyed by about 50 volkssporters in attendance from across the Province of Alberta, with even two volkssporters from North Battleford.

Enthusiastic President, Wayne Kennedy, and his good wife, from VAA's new club, "Town of Hinton Hikers Volkssport Club", came armed with pens, pins, several brochures, to help promote Hinton, their new Club and the triathlon to be held in Hinton, June 30 and July 1st, in Hinton. All walkers are invited to attend these events.

VAA members in charge of T-shirts promoting the 2002 CVF Convention in Medicine Hat, were popular sale items. (T-shirts can be made available, for \$10.00, upon request.) Mark your calendars to attend this CVF Convention for 3, 4, 5 May, 2002, in Medicine Hat. Further details will be forthcoming.

Re: VAA Home Page: Check it out at [www.albertavolkssport.ca](http://www.albertavolkssport.ca). This is quite an interesting and informative web site.

The VAA will hold a Bingo at the Campbell Park Bingo Association in St. Albert, Tuesday afternoon, May 29, 2001. If you can volunteer your services, call Myrna O'Neil at 459-7836. The VAA will also be responsible for a Casino to be held Saturday/Sunday, Sept. 22 & 23, 2001 at the same place. Volunteers are required for this function, as well. *(Myrna O'Neil wishes to be replaced in her role of Fund-Raising Co-ordinator. Is there anyone out there who would like a challenging position, and would like to help to raise funds through Bingo and Casino projects, to promote volkssporting in Alberta? Please contact Myrna O'Neil, VAA President Bob Duncan at 780-797-3810, or Secretary Stella Melnychuk at 475-6250.)*

19 May 2001 - National Walking Day in Wainwright -- Mark this Long Weekend Event on your calendar.

At this VAA AGM, Jock Archer advised that if you travel to Europe and plan to volksmarch, you MUST take your own books from Canada, as the foreign-purchased books will not be accepted by CVF.

Re: VAA re-election of Officers: President Bob Duncan and Secretary Stella Melnychuk, will each stand for another two years.



Grace Newman presenting Richard Parr & Bruce O'Neil (Club president 1993 & 1994) with their Past-president pins at Trekkers Annual General Meeting Sat March 17



Specialty Volkssport CVF/VAA supplies are available from **Phil Sturges** Phone **459-5054**. Record books are rumored to be on the rise again but until he receives official notification, his present stock is still \$6.00. Those close to finishing a book would be well advised to pick up new ones before the price increase.

The IVV Embroidered Patch is no longer available and Phil has a supply of the VAA provincial pin at \$2.00 each.



Pictured at left:

Bob Duncan with Bob Collins and Phil Sturges who were recipients of IVV awards presented at the walk on Sat April 21.

56 people turned out for this walk on a beautiful sunny day!

April and the grass is green and there are flowers everywhere.

Obviously this isn't Edmonton.

Tree covered mountains and a sparkling blue ocean.

Obviously this isn't even Alberta.

A thousand walkers from all over the world-- Britain, Germany, Japan, Norway, Sweden and the list just goes on.

There is only one place in Canada this could be,

**The International Blossom Walks in Victoria.**

All of this is what keeps me coming back. I have returned every year since I first went in 1999.

This is the only place I have found close to the camaraderie, that I enjoyed so much when I started walking in Europe.

With so many people from the global walking community it is a good opportunity to meet people you haven't seen in years. As well as a chance to see familiar faces. Although there were fewer people from the Edmonton area this year than last, Bob & Diane Duncan, Chuck & Phyllis May, Bonnie Swarbrick, Marion Buday, Richard Parr and myself, represented the local clubs. As well as Margaret & Craig Cunningham, who just moved to BC, in January. They are enjoying their new home in Westbank and were glad to get a chance to catch up on what is happening in Edmonton.

The walks themselves are always enjoyable. Not only is the scenery wonderful, such a nice break from the brown fields around here. But when was the last time you started a walk with a thousand other people, the Mayor's Friendship walk on Friday is your chance. Afterwards there is a meet and greet where you can renew old acquaintances or make new ones. On both Saturday & Sunday it is not as crowded, as the walks start between 6:30am and 1:00pm and you have your choice of distances (10, 20 or 42 km). Local entertainment is provided during the afternoons with a buffet supper and dance on Saturday night. The walks are very well run with a lot of volunteers to keep things running smoothly. As a matter of fact everyone involved with putting the walk on was very helpful and friendly.

Whether you just want to enjoy the 3 events and the entertainment, or try to squeeze in as many year round events as possible (there are eleven in and around Victoria in April). We managed to cram in 6 YRE as well as the 3 Blossom walks. There is much more to do than can be packed into a three day weekend. Next year we're going for a whole week.

Submitted by Kathleen Charland



Blossom Walks – Victoria BC



They make them BIG in BC

## **Adventures in Ottawa** **CVF Convention April 6 -8, 2001**

We flew to Ottawa on April 5<sup>th</sup>, checked in the Westin Hotel to live in luxury for 4 nights. The next day being a nice crisp morning, we went on a group walk. Stopped in front of the Prime Minister's residence at 24 Sussex Drive. Lo and behold, there stood a soberfaced RCMP behind a wrought iron fence so we asked him

"Can we visit the PM?" he said "No, he is away"

Next question "Can we go 'potti' in his house?" he said "No" and proceeded to direct us to the public washrooms near Rideau Hall, home of the Governor General of Canada.

Next question "Do they ever let you out from behind those iron bars?"

He then started to laugh with us and allowed us to take a photo. A delightful walk.



The Meet & Greet was Friday evening...time to renew old friendships and make new ones.

Sat & Sun brought walks, meetings and good food, some 350 registered for the convention.

Our excellent chauffeurs Bruce & Myrna O'Neil moved us the Chimo Hotel on Monday.

On Wednesday morning we walked with Ole Olson and Helen Viel, a highlight of our trip(Gloucester walk). Back to the hotel and planned the YWCA walk at 2 pm Jim and I, Myrna, Marie and Stella were readying ourselves to do the walk. Marie, being of the senior variety was a little tardy in checking out of her room. (Marie, Bill & June were flying home at 6:20) so as a result we were still at the hotel when the fire alarms rang, elevators closed down, everyone...Out. One cook was outside crying

"My steak is burning" More important was the cold hard fact that I had just left Jim asleep in room 516. I, being the calm controlled person everyone knows me to be quietly asked the desk clerk to phone our room...no answer – After asking the firemen and several others to go to room 516 to get my husband, the head fire chief finally came over to me and quietly told me "Do not worry, it's a false alarm" Me, being calm and accepting his statement as true said "But where is my husband, I want to see him". At this point they allowed me to walk through the lobby to the back of the hotel where the fire escape led. There stood Jim, calm as a cucumber. Jim assumed we had left for our walk so was not concerned about me. Jim said "The fire alarm rang", the maid banged on the door saying "Fire, Get out!" Jim said he put his jacket on and his fanny pack which contained a bottle of water (honestly, that's all) and proceed down the hall. Lo and behold he had no shoes on back to room 516 for them.

The day then proceeded as planned.

Great convention, friends, walks in historic Ottawa

**By Jim and Helen Rousseau**

**"Nothing great was ever achieved without enthusiasm"**

-Ralph Waldo Emerson

### **More Adventures in Ottawa**

**By Stella Melnychuk**

Following the CVF AGM on April 6, 7, 8, in Ottawa, Bill & June Hughes, Jim & Helen Rousseau, Marie Prout, Mitch and I moved from the Westin Hotel to the Chimo Hotel, 15 min. out of the centre of Ottawa. Bruce & Myrna O'Neil had a van, and moved us around Ottawa -- visiting museums and walking YREs!

On the Wednesday afternoon, the Chimo Hotel had a false fire alarm, much to the distress of Helen, who couldn't find Jim, and eventually did. The Hughes left Ottawa, for home, on the Wednesday night, the Rousseaus left on the Thursday night, and Mitch and I were to leave on the night of Good Friday. Not having to get up to the alarm clock as we did for each day of the week before, we decided we would "lie in" Friday morning. At 8:30 a.m. the fire alarm went off again! Mitch quickly dressed, and for some reason I wasn't in such a hurry. My clothes were laid out on the chair opposite the door to the room. I leisurely put on my socks and my panties, when Mitch quickly opened the door -- the fire alarm ringing loudly -- I screaming at him to shut the door, and he not hearing me -- and a 40-ish fellow standing opposite our doorway, looking in my direction -- I'm in shock, and in humiliation, just slithered down behind the chair, having nowhere else to go. Mitch finally closed the door, and commented "Boy, there sure are a lot of guys in the hall just in their shorts!" When I finally got dressed, we headed for the stairs, and were met there by a staff member, who asked that we all returns-- "false alarm" again! I'm sure some 40-ish fellow had a story to tell over the Easter weekend!

## Congratulations

Milestones reached by the following Volksmarchers as published in the newly revamped **Volkssport Canada** magazine - Volume 16, Issue 2 -April, May and June 2001.

Distance (in Kilometers)		Events	
Donna Channan	8000	Donna Channen	575
Cecillia Hollman	7000	Denis Aubin	375
Kathleen Charland	6000	Kelly Aubin	350
Kelly Aubin	5000	Karen Marriott	325
Marie Prout	3500	Edward Bator	200
Edward Bator	2500	Jean Peters	30
Keith Peters	2000	Marion Buday	30
Jean Peters	1000		

## Keep on Trekkin'

### Walking News

Check out your events calendar for all the pertinent info on these upcoming walks:

May 5, St Albert Place - our Annual Spring Partners in Parks walk

May 8, Clifford E Lee Evening Guided Walk

May long weekend - 19, 20 and 21, Wainwright, AB

Because May 19 is National Walking Day, the Wainwright Club is putting on a special meal after the walk at Arm Lake. The charge is \$5.00 and includes dessert and coffee

May 22, Devon Evening Guided Walk

May 25, Miquelon Lake Guided Walk

May 26, Gwynne, AB

May 27, Wetaskwin, AB

Thanks to everyone who contributed stories and pictures. The next newsletter should be out by the end of June. If any of you have anything at all to contribute - articles, pictures, anything, I can be contacted by email [sylfish@home.com](mailto:sylfish@home.com) or material may be dropped off at 5 Glaewyn Ests, St Albert, Phone 458-5299

**“FUN , FITNESS AND FRIENDSHIP”**

