

TREKKERS' TRAILS

February 2002

Presidents Message

By Keith Peters

The 2001 season ended with a Christmas lights walk. Those attending found the route well planned and the weather fresh which made the seasonal treats and hot cider more enjoyable so it was a very pleasant social event.

The club started 2002 on New Year's Day with a brisk and invigorating walk in -21 C weather. The guided walk was led by Kathleen and Richard who, like all the others, when the first 7 kms were completed, displayed an accumulation of frosty breath showing on the hoods and beards. Everyone enjoyed a rest at the start point before starting out on the remaining 3 kms.

A pot luck lunch followed the walk at the Glaewyn Club house. Many people attended with their goodies and a great social time was had .

Members are asked to make sure that the membership chairperson has their correct address. The club has been receiving lots of mail that has been returned because of incorrect addresses. This results in higher postage costs. So at the next walk, take a moment to check the membership list to see if your address is correct.

CVF Convention 2002

COME ONE, COME ALL, to the Canadian Volkssport Federation Annual General Meeting Convention 2002, May 3, 4, 5, 2002, in Medicine Hat. Mark your 2002 calendar for this eventful weekend!

This Convention is being organized by the Volkssport Association of Alberta and its 12 member clubs.

The convention theme is "Light your life to better health through Volkssport". This emphasizes fitness, friendship and the Gas Light logo of Medicine Hat.

In addition to the two convention walks, there will be eight events in the local area. (Map walks all day May 2nd, May 3, May 4, May 5, to Noon on May 6th. There will be a Meet & Greet Night, as well as a Banquet and Dance.

Watch your Walk Registration tables for detailed brochures.

For details, contact:

Grace Newman: gnewman@connect.ab.ca or (780) 458-2592

Millie Seitz: mstz@hotmail.com or (780) 458-7902

Stella Melnychuk: stelmeln@oanet.com or (780) 475-6250

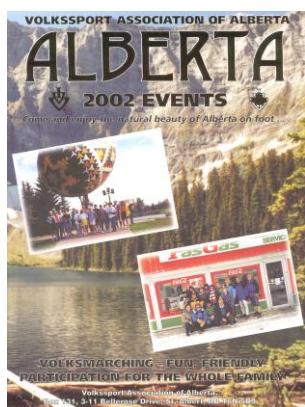


Received from Wayne Kennedy:

Can you please spread this message to all the Volkssport clubs - as many as possible.

1. When coming to Hinton for our walks this season, if you stay at the Crestwood Hotel and show your Volkssport Certification Book and receive at least 10% discount.

2. For our PRE-CANADA-DAY walks, 29th and 30th of June 2002, "Joey's Only Seafood", located in Parks West Mall, will give all Volkssporters a 15% discount on Meals. **SHOW YOUR VOLKSSPORT CERTIFICATION BOOK!!!**



Keep your beautiful 2002 Event calendar handy for all the info on these upcoming events

March 23 - our annual general meeting preceded by a walk and pot luck

April 6 - Volkssport Association of Alberta Annual General Meeting, with walk and dinner

April 7 -10km walk - meet at St Albert Inn

April 13 - Medicine Hat

April 27 - Redwater

April 28 - Calgary

**CVF Convention May 3, 4 & 5
Medicine Hat**

May 7 - Clifford E Lee evening walk

May 12 - Calgary

May 18 - National Walking Day

Membership Renewal

Enclosed with this newsletter are bright orange membership forms. You are encouraged to fill them out and send along with a cheque to:

St Albert Trekkers Volkssport Club
Membership Secretary (Ann Olsthoorn)
#205, 11011 86 Ave
Edmonton, AB T6G 0X1

June 30 is the deadline to have dues paid in order to retain you name on the membership list and to receive all newsletters.

We have 2 new members to add our growing membership list:

Pat McHugh of Edmonton and Perry Sokolan of St Albert.

May they find
Fun, Fitness & Friendship
On the trails

For those of you who may be travelling and wish to do some year rounds, the 2002 Footpaths book can be obtained from Phil (459-5054) at a cost of \$6.00.

Many of you will remember Brenda Key. She was at one time a member of the Trekkers executive; along with Leah did a fantastic job as Social Convenors. Brenda has successfully completed the NAIT Nursing Attendant Course and is employed at the University Hospital. **WAY TO GO BRENDA!**

Condolences go out to Phil & Pat Sturges on their most recent loss. Our thoughts and prayers are with you at this time of sorrow.

January Bingo

The January 10 bingo was a huge success. \$1540 was contributed to the bingo pool. The reason for the great success is the volunteers who gave generously of their time. Many thanks to the following: Myrna & Bruce O'Neil, Grace & Gord Newman, Jock & Jean Archer, Jim & Helen Rousseau, Richard Newman, Diane Dupuis, Lynn McCullough, Ria Kuer, Flo Miller, Bob Davis, Erna Wack, Sara Saxer, Jean Peters and Ann Appleman. The next Bingo is to be held on Mar 16, 2002. Anyone wishing to help with this important fundraising is to contact Myrna at 459-7836 or Grace at 458-2592

Remember????

Last November at the meeting following the pot luck supper the idea of "Car Pooling" was discussed.

Three members - Gertrude Grieve, Flo Miller and Myrna O'Neil volunteered to form a committee to co-ordinate such a venture. We put our heads together and come up with the following "Trial Plan" Members requiring transportation and members offering transportation. Please phone Gertrude at 459-5257. If unable to reach Gertrude phone Flo at 459-7285, if no response at Flo's number, phone Myrna at 459-7836

It is important that you phone the parties in the order listed and that you phone at least 3 - 4 days prior to the walk. If necessary, further changes will be printed in forth coming newsletters.

Words from Millie, 1st Vice President

The Nominating Committee is at work! Donna Wyatt, Helen Heyworth and I are seeking willing persons to fill two positions for a two year term commencing on March 23rd, the day of our Annual Meeting. The positions open are Recording Secretary and Historian. You may expect a phone call or an e-mail asking you to consider doing one of these volunteer jobs. The secretary records and distributes minutes from probably four meetings annually and may need to handle a small amount of correspondence. The historian tries to attend events fairly often armed with a camera to record in picture some evidence that we are a delightful group of people who enjoy outdoor activities! Photos need to be put into an album that we like to see on display at our social occasions. Please do consider volunteering for one or the other positions!

On a different note... The St. Albert Trekkers have a new Year Round Event in the Wolf Willow area of Edmonton. The start point is at the Wolf Willow Corner Store connected with the Husky Gas Station at 6827 - 170 St. The 10 km walk is through attractive residential area primarily. Brenda, the Manager at the store, is very keen about this Volkswalk starting there. She feels there will be interest among the local patrons of the store. For that reason we decided a 5 km route might be good as well and directions for it will be in the box very soon. The Walk Box should be in place at the Corner Store by February 16th. For further information, phone Millie (458-7902) or Phil (459-5054).

Many thanks to all our friends and relatives for your thoughtful support and prayers, hugs, cards, gifts of food and donations to the Cancer Society during the trying days after the loss of both Phil's mother and our grandson. You have all helped us through a very difficult time.
Pat & Phil Sturges & family

Congratulations are in order for the following people whose achievements were published in the latest edition of *Volkspport Canada*

Events

Richard Parr	2000
Myrna O'Neil	1000
Helen & Jim Rousseau	800
Kathleen Charland	700
Sylvia Fisher	575
Arigie Davis	500
Millie Seitz	500
Denis Aubin	425
Karen Marriott	425
Kelly Aubin	400
Cecillia Hollman	400
Evelyn Rogers	400
Marlene Heth	375
Chuck & Phyllis May	300
Nancy Johnson	150
Helen Heyworth	30
Johanna & Willem Snoek	30

Distance

Richard Parr	50000
Myrna O'Neil	21000
Kathleen Charland	8000
Millie Seitz	8000
Robert Davis	7500
Cecillia Hollman	7500
Evelyn Rogers	7500
Arigie Davis	7000
Karen Marriott	6000
Denis & Kelly Aubin	5500
Marlene Heth	4500
Phyllis May	3500
Chuck May	3000
Eileen Fedor	2500
Helen Heyworth	1000
Richard Rogers	1000
Erma Wack	1000
Arnold & Betty Lerch	500

Keep on Trekkin'

The following have reached milestones in cycling:

Sylvia Fisher	15000
Myrna O'Neil	10000
Richard Parr	2500

For only \$10.00 per year gets you 4 issues of *Volkspport Canada*

This is the official newsletter of the Canadian Volkspport Federation and keeps you on top of all the volkspporting news in Canada.

Send \$10 cheque or money order to:

Canadian Volkspport Federation

PO Box 2668, Stn D

Ottawa, Ont K1P 5W7

To start your subscription now!

Thanks to all who have contributed to this edition. Next newsletter should be out in mid to late April.

Sylvia