



# TREKKERS' TRAILS

May 2002

---

## Presidents Message

By Keith Peters

March 23 walk, potluck and AGM...Well spring roared in with a vengeance and the sturdy Trekkers weathered it to complete the walk and attend the AGM. We welcome two new persons as secretary and historian. Myrna O'Neil retires as Secretary with **Gordon Brandy** Taking over that position, and **Johanna Snoek** taking over the position of Historian from Lance Bard. Many thanks to both Myrna and Lance for their great work during their time in office.

The weekend of April 6 & 7 found 50 hardy walkers slugging through 4 -5 cms of fresh snow on Saturday morning. Several stayed to attend the VAA AGM followed by a lovely buffet dinner which was enjoyed by all who attended. Sunday, April 7 was crisp and clear which made the walk very enjoyable for the 27 trekkers who completed the walk in -5C temperature.

Our next club event will be in June but those that attended the CVF AGM in Medicine Hat enjoyed a variety of walks including the Presidents walk and the Convention walk.

## Fun, Fitness & Friendship

That's what it's all about

## Welcome New Members

Avaleigh Crockett, Judith Ferguson, Sonja Van Bostelen, Alan Henry and Sharin Sasges of St Albert and the following from Edmonton: Audrey Groeneveld, Bonnie Guo, Hal Hopkins, Judy Huang and Jessie Wang.

Just a friendly reminder that your dues must be paid by June 30 to keep your name on the membership list and to receive all newsletters.

Cheques may be mailed to :

Ann Olsthoorn Membership Secretary  
#205, 11011 86 Ave

Edmonton, AB T6G OX1

Dues are \$5.00 Single and \$10.00 Family

---

The March 16, 2002 Bingo was another great success thanks to the following people who so generously gave of their time;

Gordon & Grace Newman

Pat & Phil Sturges

Arnie & Betty Lerch

Bruce & Myrna O'Neil

Chuck & Phyllis May

Gertrude Grieve, Flo Miller, Kathy

Charland, Erna Wack, Millie Seitz, Irene

Miller, Ann Appelman and from Gibbons:

Jock & Jean Archer and Val Jones

\$2812.20 was contributed to the March Bingo pool.

Trekkers stories and pictures have made the newspapers again. The *St Albert Gazette* ran a picture in their April 10 edition and the *Saint City News* ran a story and picture in their Feb 20 edition. However, the story in the *Saint City News* has a few errors- for example, it is written that Myrna O'Neil has registered 28,000 km. In fact, Myrna wishes to set the record straight. She is actually working on her 22,000km book.

**Congratulations** to the following trekkers whose achievements were published in the April, May, June 2002 *Volkspport Canada* magazine.

**Events**

Gertrude Grieve	575
Mitch Melnychuk	525
Stella Melnychuk	525
Wayne Donner	300

**Distance**

Gertrude Grieve	10000
Mitch Melnychuk	10000
Stella Melnychuk	10000
Cecilia Hollman	8000
Wayne Donner	6500
Eileen Fedor	3000
Nancy Johnston	2500

Congratulations Folks  
Keep on Trekkin'



**Requested Recipe**

This recipe for Zucchini soup was submitted by Ann Appelman and enjoyed by everyone at our Jan 1 potluck lunch

**Zucchini Soup**

- 1/4 cup chopped onion
- 3 cups chopped zucchini (or more)
- 1 1/4 cups milk or water
- 1 can cream of chicken soup
- 3 Tbsp parsley
- salt & pepper to taste
- 1 heaping tsp of "chicken in a mug"

Saute onion and zucchini in a tbsp of olive oil, add milk or water, soup, parsley, salt & pepper and chicken in a mug. Simmer for 15 mins

Blend in blender or food processor until smooth.

Reheat and serve, garnish with cream and parsley

Remember all these wonderful foods that we have enjoyed at our pot luck lunches. Well how would you like to have them all together in a cook book. Email me - [sylfish@shaw.ca](mailto:sylfish@shaw.ca) if you are interested in such a project.



Cycling season is finally here, get those tires pumped up and get on the trails.

**IF THIS IS TUESDAY THIS MUST BE .  
.. BELGIUM?  
... NO MAKE THAT PORT ALBERNI**  
by Kathleen Charland

Well another year, another Victoria Blossom walks, and as usual it was a wonderful break from our wintry weather, with all the flowers and green grass.

This year we had the added enjoyment of touring the island; with the week leading up to the Blossom walks full of special pre-blossom walks put on by the various Vancouver Island walking clubs.

Richard & I arrived on Friday the 5<sup>th</sup> and as usual, were out to get as many events on this trip as possible so rounded out many days with YRE (Year Round Events). We did a couple of YRE on our way up to Parksville where we stayed for the first 5 days. I'd like to recommend the Brentwood Bay YRE, a good introduction to the island with flowers and seascapes along the route and a chance to start getting used to the hills.

We joined Betty and Arnie Lerch, along with a good crowd of locals for the scheduled walks on Saturday in Nanaimo. Unfortunately the tours expected from Europe and Asia cancelled this year, so numbers were down. But we found everyone we met very friendly, special thanks to Sheila Dawe, the club President, who made us feel very welcome.

Sunday was our chance to tour both Parksville, with a walk through the provincial park, and Qualicum Beach, a nice seaside town, during the two scheduled walks. Monday was a real treat, walking on Long Beach in the Pacific Rim National Park; we were lucky to have beautiful weather, as it can be quite cold and windy there even in the summer.

Although the weather was a bit wet on Tuesday we had a beautiful walk near Port Alberni, through the Cathedral Grove and the Little Qualicum Falls parks. What huge trees!! A large group stopped for lunch at the Coombs Country Market, this is a grass-roofed building where goats graze on the roof in the summer. Tuesday afternoon it was on to Nanoose Bay where our Alberta

group increased to six, when Pat & Phil Sturges joined us for the walk.

Wednesday morning was a challenging walk up to the water reservoir in Ladysmith, complete with rope railings to help up and down the steep parts. This was a crash course for Pat & Phil, the rest of us had had a few extra days to get used to the elevation changes, and unfortunately Pat took a tumble, but luckily she only skinned her elbow. In the afternoon we got to tour the murals in Chemainus during the group walk there and enjoy some ice cream afterwards. We were lucky to have a couple of the locals join us for the YRE in Duncan, so we didn't have to read the map as we were getting pretty tired, and had to drive on to our new accommodations in Victoria afterwards.

Thursday the scheduled walk was in Metchosin, followed by a group lunch, afterwards Dave Nash kindly took a small group to walk the Sooke YRE. Richard & I went on to complete the day with the Colwood YRE, on the old Royal Roads grounds, as we would be unable to do the scheduled post-blossom walk on Monday. We think this is the prettiest walk on the Island, even if we still get lost.

Friday morning we got in some more YRE before the start of the Blossom walks. Where the remainder of the Alberta contingent joined the group to bring the total up to 22, the O'Neils, the Duncans, Millie Seitz & Judy Ferguson, Ed Bator, the Hughes and Marilyn Keller from Wetaskiwin, Evelyn Rogers & friend Sylvia from Fox Creek, and Margaret Attril, Louise Amlin, Karen Taylor and Marilynn Wolgien from Barrhead.

This year the opening ceremonies were moved to the front steps of the BC Legislature Building, where free tours were offered to walkers who were interested before hand. Phil Sturges got to participate in the ceremonies when the cadets came up a few short, Phil was asked to hold one of the flags. As usual the walk was officially opened by the town crier in full dress and led off by a piper and all the dignitaries. The first walk was a bit crowded at the start with over 800 participants but soon thinned out as

the pace increased. A German military marching group, were participating and some of us realized that if we kept up we wouldn't have to wait for lights, (as marching troops have the right of way in Canada) we crossed the intersections when they stopped the traffic. It was a grueling pace and hard to keep up. You have to respect these guys as they were doing the marathons everyday at the same speed.

We continued to do YRE as well as the 10km at the Blossom walks everyday. Unfortunately the weather wasn't as good as other years, Sunday was especially bad with the rain and the wind cooling things off. But it just turned out to be a chance to get acclimatized for our return to Edmonton on Monday to a foot of snow. What an awful surprise!

With all the friendly people and great walks we are already planning on returning next year. They are hoping to have even more scheduled post-blossom walks to take us right into the following weekend in Vancouver, Washington.



2 New Year Rounds  
 Yellowknife, NWT – seasonal from May 8 – Sept 15  
 Start – Northern Frontier Visitors Centre  
 4807 – 49<sup>th</sup> St, (306)352-5963 or (613)824-1583  
 Yellowknife, NWT  
 Yorkton, Sask – seasonal from May 1 – Oct 19  
 Start – Patrick Place B & B  
 88 – 5<sup>th</sup> Ave North, Yorkton, Sask  
 (306)621-8656

Check your 2002 Event calender for all the info on these up coming events:

June 1 - Thunder Lake Provincial Park & Centre of Alberta

June 2 - Westlock guided walk  
 Airdrie guided walk

June 4 - Tues evening guided walk - St Albert

June 8 - Morinville & Cardiff - Please note that the walk at Rousseau's farm is followed by the now famous Toonie lunch with the walk at Cardiff following the lunch.

June 9 - Calgary map walk

June 11 - Edmonton guided walk

June 15 - Gibbons

June 18 - Tues evening guided walk - Edmonton

June 21 - summer solstice evening walk

June 22 - Elkwater

June 23 - Calgary

June 25 - Tues evening guided walk - Edmonton

June 29 - 30 - July long weekend

2 walks in Hinton and 2 walks in Switzer Park

Please note that Millie Seitz, 1<sup>st</sup> Vice President will be needing volunteers to help with check points, registration, etc for our own Trekkers July 27<sup>th</sup> bike, walk and swim events.

Phone her at 458-7902 to volunteer your time. Millie won't be around for the actual events but should have everything in place before she leaves for the east coast. Any questions, enquiries can be directed to Dagmar Lietz, 2<sup>nd</sup> Vice President - 939-2482

Just a reminder that our BBQ after the events will be at Pat & Phil Sturges , 5 Garraway Place, please remember to bring your own lawn chairs, cutlery, plates & a salad or dessert to share. Hot dogs and burgers will be supplied by the club. Come out and socialize with your fellow walkers.

## More Presidents Notes

Well the VAA and the CVF AGM's have both come and gone and the Trekkers were well represented at both meetings. At the CVF event it was started out with the flags being paraded in where St Albert City flag was carried in by two Trekkers who were escorted by two others dressed in their new blue vests adorned with their crests. Impressive. The reception hall had tables along the entrance area where a Trekkers table was set up and attended by Trekker ladies for the welcoming periods. Then the Registration tables for the early morning President's walk and the Convention walk were manned by Trekkers from 7am to 9am when the walks departed, as well as for some period of the book stamping from about 10 to 1115 am . In all the club representatives who attended that AGM did a extremely good job and sure made me the proudest president of an Alberta Club there. There are so many to commend that the names would be too long to list so let me simply say that all the Trekkers who attended helped out with tasks in so many ways that our club did a notable job that certainly would make sure that convention delegates will know the ours is one of the best in the land. Thanks for a wonderful showing and the great jobs done. Sincere thanks , Keith Peters



Nancy Johnston, Lynne Zenko & Millie Seitz  
Taking care of the Trekkers booth at the CVF  
convention in Medicine Hat



Is this Chuck May sporting the newest trend in  
footwear for volksmarchers?



**CVF Convention  
May 2002**



