



TREKKERS' TRAILS

December 2003

President's Notes

The world was right for the club again for the November 1st walk/potluck with only a light covering of snow and reasonable temperatures which made the event enjoyable for those who walked. Though some slippery sections were present, all in all the route was not one that pushed any walker past any point of tolerance and few found any problem finishing to come back to the start point ready to stamp then get on with the pot-luck scheduled to follow. The start point had of necessity been changed to be the SAMBA Clubhouse where the pot-luck was being held due to the originally scheduled site being unavailable. The 41 walkers who walked then enjoyed the truly outstanding supper, and were not disappointed with the event as it happened this year, in no small part due to the effort of the organizers who made it happen.

Once again I think this illustrates only so well just how strong and functional our club is and how well the members by participation and support continue to make it work. Hats off to all.

Of final note it must be mentioned as a reminder and for something members can think about over the next few months, the March AGM will be electing new executive to the following positions: **President, Treasurer, Secretary, and Newsletter Chairperson**. It is also possible that, because First VP Phyllis May has stated her willingness to become president other nominations be made for president,

if called upon and elected, or should no other nominations be made for president, the position of **First VP** might also then have to be filled. Members are requested to consider either volunteering for a position or nominating someone for these positions. As no nominating committee was established at the last meeting we must all be taking a few minutes to be in ready to successfully complete this election process. It would be of considerable benefit if two or three persons with time available would contact myself or Phyllis May and volunteer to be appointed as a nominating committee for this occasion which would truly assist in permitting the forthcoming elections to take place with minimal difficulty. I can be contacted at (780)456-0624 by phone or k_jpeters@shaw.ca on internet.





Thank you to all who helped with the Octoberfest, on September 27, at Dawson Park.

Keith Peters
Ruth Horn
Phyllis May
Bruce & Myrna O'Neil
Jim & Helen Rousseau
David & Vicki Robinson
Pat Sturges
Millie Seitz
Phyllis May
Sonja & Peter Van Bostelen
Nancy Johnston
Olga Footz

A very successful event!
V.P. Phyllis May



Don't forget our New Years Day walk starting at 10 am with registration beginning at 9:30. Following the walk there will be a pot luck lunch at Glaewyn Clubhouse. Please bring your own cutlery and dishes and anything special you may wish to drink. Coffee & tea will be provided by the club. Parking is very limited.

Our new 2004 Event Calender will be out very soon so watch for all details of the remaining January events.

New Members

We welcome the following new members to our club:

David Vaudan & Lene Holgersen both of St Albert

May they find "Fun, Fitness & Friendship" on the trails



Many thanks to all who worked the Bingo on Friday, October 17,2003

Grace and Gord Newman
Jim and Helen Rousseau
Willem and Joanna Snoek
Arnie and Betty Lerch
Richard and Evelyn Rogers
Myrna O'Neil
Jean Peters
Flo Miller
Gertrude Grieve
Ann Appleman
Dave Luscombe
Kathy Charland
Phil Sturges
Phyllis May

We contributed \$1,510.90 to the Pool.
Well Done!
Phyllis May - Bingo Coodinator



Recipe Corner

Remember our wonderful pot luck following the walk on Nov 1?

Here is the recipe for the tasty appetizer that we all enjoyed so much as submitted by Ann Olsthoorn.

Veggie Pizza (appetizer)

2 cans Pillsbury crescent rolls (regular, not jumbo)

1 pkg. (250 gm.) cream cheese, softened

1/4 - 1/2 cup mayonnaise

2 tbsp. Knorr vegetable soup mix

a couple of dashes of pepper

horseradish (optional)

1 cup each chopped broccoli, fresh

mushrooms (not canned), tomatoes

1/2 cup chopped green onion (about 2 small bunches)

1/2 cup chopped green pepper (optional)

2 tbsp. chopped black olives (optional)

Preheat oven to 375 deg. F. Lightly grease 2 cookie sheets. Unroll each package of crescent dough onto a cookie sheet. Bake for 8-10 minutes (check after 8 minutes, as they burn easily) or until lightly browned. Let these cool. Meanwhile stir cream cheese, mayo, soup mix, pepper & horseradish together & let stand at room temp. to soften a bit more. Meanwhile wash & chop all veggies finely (a chopper is highly recommended for this) & mix together.

Loosen dough from bottom of cookie sheets (if it is stuck anywhere), especially the corners. Stir cream cheese mixture again & spread onto dough, spreading it evenly out to the edges with a spatula. Sprinkle veggies on top, spreading them evenly out to the edges & press them down a bit. Cut each pizza into 24 squares (approx. 2" x 2" each). Cover with aluminum foil & chill.

Note: other veggies can be substituted for the ones listed above, if desired

CARD OF THANKS

Thank you all for your prayers, cards, telephone calls, cares and concerns while I was in hospital.

I am feeling much stronger now, and will see you on the trail very soon.

Chuck May



Merry Christmas



Happy New Year