

TREKKERS' TRAILS

June 2003

Presidents Notes

Well the year that started off so well with nice weather and strong support for walks has continued through the spring and now into summer. Turnout as follows shows the support members have given walks - April 5th - 35, 10 May - 33, 14 June (Morinville) - 41 and (Cardiff) - 27, now 21 June(Summer Solictice) - 27, even though the weather tried to be miserable and discourage people from attending on this day. It is heartening to see good turnouts at these walks and it continues to illustrate the high spirits and determination of the club members in the pursuit of maintaining good health and enjoying the pleasure and great fellowship of the Volksmarch group of our club. Being able to enjoy the treats at the end of the walks has too been a big part in making them memorable occasions.

Now we look forward to the July 26 and 27th events when it will be possible to walk/bike/swim distances up to the Marathon on the 27th. We can all expect to be hearing from our Vice President Phylis May looking for volunteers to help by providing persons at the registration desk, check points, and the pool. If past years are any indication she will have no serious problems filling the slots necessary to complete these tasks and we all look forward to enjoying a pleasant and fulfilling event(s) on these dates. See you there.

Keith Peters, President
St Albert Trekkers

Congratulations to the following Trekkers whose achievements were published in the April, May June 2003 issue of *Volkssport Canada*.

Events

Myrna O'Neil	1200
Bruce O'Neil	800
Karen Marriott	500
Wayne Donner	350
Arnie Lerch	125
Betty Lerch	125
Eileen Fedor	125
Duane Spurrier	50
Lois Spurrier	10
Perry Soklolan	10

Distance

Wayne Donner	7000
Eileen Fedor	3500
Perry Sokolan	500

Congratulations to you all



Fun, Fitness & Friendship

Congratulations to Myrna O'Neil who is now the Alberta representative to the CVF Board of Directors

March 22 walk, potluck & AGM

We had a good turnout for our walk on a warm sunny Sat afternoon. After a wonderful potluck supper, enjoyed by all who came, we got down to the business of electing our new executive



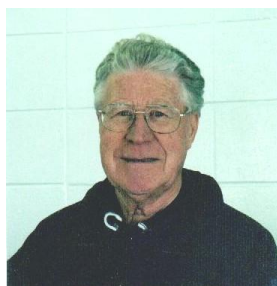
Keith Peters has agreed to stay on for another 1 yr term as President



Phyllis May - 1st Vice President



Dagmar Leitz - 2nd Vice President. As well as her duties as 2nd Vice President, Dagmar is also filling the position of Publicity Chair-person.



Treasurer - Phil Sturges
Phil has also agreed on another 1 yr term



Kathleen Charland - Membership Secretary
When her duties as membership secretary aren't enough to keep her busy Kathleen will be in charge of the Phoning Committee
Kudos to both Kathleen and Dagmar for taking on these extra positions.



Ann Appelman - Social Convener



Trail Blazer - Willem Snoek with the help of his wife Johanna who is in her 2nd year as Historian.

"Why should we be in such desperate haste to succeed, and in such desperate enterprises? If a man does not keep pace with his companions, perhaps it is because he hears a different drummer."

--Henry David Thoreau, Walden

Blossom Walk & Pre-Blossom Walk

By Willem & Johanna Snoek

What better way to forget the brown grass and the snow, then to smell the flowers, view gorgeous blossoming trees and participate in the annual Blossom Walks. We started our adventure with some "pre" pre blossom walks, Evelyn Rogers pointed out all the wonderful walks in BC since we were passing through anyways. So we saw Kelowna (nice trail through the city and along the waterfront), Peachland (pleasant walk along the beach of Okanagan Lake), Hope (a place which shows you all their history in the form of wooden sculptures), Chilliwack (Forget this one! It's all walking circles through neighbourhoods), Cultus Lake (very close to Chilliwack and worth visiting for the beautiful woodland trails). Then it was off to Abbotsford (nice trail through different city parks). Then we found ourselves in Vancouver's famous Stanley Park (breathtaking views of the ocean and city).

The pre-blossom walks were great and very well organized. The groups are not very large, just 40-60 people, with plenty of time for socializing. After meeting the same participants for an entire week you make a lot of new friends. Alberta was represented by Evelyn Rogers of Fox Creek, Arne and Betty, Richard and Kathy, Phyllis and Chuck and Ann Appelman. The pre-blossom walks included Comox, Courtenay, Cathedral Grove (with giant old trees and a narrow trail to Cameron Lake over the original Port Alberni-Tofino Highway). Yet the ultimate day was Tofino! The exciting drive up the winding road was already worth the trip. It rained here just a little. It poured buckets! It didn't matter at all. Starting with a beautiful boardwalk trail in-between ancient cedar trees covered in lichen and moss, leading to an endless desolate beach with the roaring sounds of the breaking waves, wind and pelting rain.

Next it was off to Nanoose Bay, Namaino (very nice parks with some hills)

and in the afternoon, Lady Smith (very scenic, but very tiring as it went up and down and down and up and after every hill there seemed to be another, well worth all the effort).



Tofino - Pacific Rim Park - April 2003

At long last we came to Victoria for the Blossom Walks or what have been renamed the International Walking Festival. Participants from Alberta were Helen and Jim Rousseau, Ann Appelman, June and Bill Hughes, Evelyn Rogers, Arne and Betty Lerch, Peter and Sonja Van Borstelen. The festival started Thursday evening with a walk highlighting the history of Victoria. The guide had many interesting explanations for the buildings and streets. Friday night was the first blossom walk. We ran alongside a group of German military at a brisk pace and we enjoyed their songs. Saturday and Sunday found us walking 21KM along the ocean front, boardwalks and city streets. The blossom walks were well organized, the trails were marked and easy to follow, dinner was fantastic with an international crowd and the festival had fascinating opening and closing ceremonies. The Blossom Walks were an exciting way to end a fantastic BC adventure.



Johanna Snoek after a 42 Km walk in Victoria

UPCOMING WALKS

- July 3 - Edm evening guided walk
Laurier Park
- July 5 - Hinton map guided walk
- July 6 - Cochrane - Heritage Ranch
- July 8 - Edm evening guided walk
- July 12 - Fox Creek guided walk &
Iosegun Prov Park
- July 13 - Carson-Pegasus Prov Park
Guided walk & Whitecourt guided
Walk
- July 15 - Spruce Grove evening guided walk
- July 19 - Waskahegan guided walk
- July 19 - 2 guided walks in Medicine Hat
- July 20 - Brown-Lowrey Prov Park guided
Walk
- July 22- Ft Sask evening guided walk



July 26 - 27 The Trekkers host their annual bike, walk and swim with BBQ to follow later in the day. Those attending the BBQ please bring a salad/dessert to share, lawn chairs, cutlery, anything you wish to drink other than tea/coffee. 'dogs & 'burgers' will be supplied by the club. Maps to the BBQ location will be given out at the events on Sat, so if you are attending, please remember to pick up one.

On Sun the annual marathon will take place with distances of 12, 21, 30 and 42KM.

This event starts at St Albert Place

Help Needed

You are also reminded that Phyllis May, 1ST Vice President, will need some help with registration, check points, counting swim lanes etc so give her a call (487-3570) or approach her at a walk and volunteer your time to help out with these events.

More info on these and other upcoming events can be found in our new colorful 2003 Event Calender, Check it out!

Bingo Mar 16, 2003

Special thanks to the following people who volunteered their time to help out with the most recent bingo:

Jim & Helen Rousseau
Mitch & Stella Melnychuk
Gord & Grace Newman
Phil & Pat Sturges
Willem & Johanna Snoek
Arne & Betty Larch
Ria Keur for Ann Appelman
Kathy Charland
Terry Semotiuk
Karen Marriott
Myrna O'Neil
Flo Miller
Chuck May

We contributed \$2,793.16 to the pool.
Next Bingo is Friday Oct 17/03
Phyllis May, Bingo Co-ordinator



What did Chuck say when he ran into a fire hydrant in the spring of 2002?



We drove to Gibbons to walk a 10km raring to go on this special day but lo and behold Jim got a case of the blues when he discovered he had on slippers instead of shoes

CVF Convention 2003 - May 9 - 11 - 2003, Fredericton, NB

By Helen & Jim Rousseau

We were off to Fredericton on May 8th and were met at the airport by Ray Mulholland, chairperson in charge of the convention. May 9th and a walk in the longest covered bridge in the world located in Hartland NB. Meet & Greet brought with it pails of mussels - excellent food, meeting with fellow walkers old and new. Approximately 400 walkers invaded the Lord Beaverbrook Hotel including a bus load from New York. Just after retiring at 10:30 pm, the fire alarm rang - heads popped out of room doors wondering what's going on. One of ours came running down the hallway with her suitcase saying "I packed as much as I could". Another comment made by a walker "I must hurry back to my room, my husband is there alone with _____" (Guess who said this?) Hint - a trekker. Clothing attire was hilarious, fire sirens, firemen everywhere but no fire - smoke was detected in the kitchen area.

Early morning President's walk with Meetings and Banquet to follow.

Sunday convention walk brought us across a foot bridge on the St John River and back on another bridge. A very interesting walk. Closing ceremonies with retiring Lionel Conrod and welcoming **Arne Roosen** as our newly elected CVF President. Thanks to Lionel and his wife Lily for a job well done.

On May 12, forty walkers boarded a bus for the Atlantic Canada Footsteps Adventure with tour guide Ray Mulholland and his wife Phyllis. First stop was Charlottetown PEI where we were treated to a lobster dinner. Walked Charlottetown YR the next morning before heading for the ferry and Halifax to walk another YR event.

Down the Cabot Trail to Sydney NS and another walk. On returning from the walk Jim decided to board a bus - walked in only to find approx. 45 teenage girls on board (a

choir in Sydney to perform) A few giggles from our group and on we went to our hotel. Ferry boarding was to be at 3 am next morning but due to cod fishermen stopping all ferry service in NFLD, we were 5 hours late. Boarded the ferry at 8 am in Sydney for a 6½ hr sail to Port Aux Basques. Ray quickly had to change our schedule. Our walk was broken down into 3 segments which allowed us to walk 3 parts of Gros Morne National Park (a World Heritage Site), a great experience which also gave us a stamp to complete our 10 province walk.

Stopped at a corner grocery store - 40 tourists at one time - one lone merchant - phone was ringing - one of our walking friends said "Answer the phone Jim" so he did! Laughter was plenty as Jim told the caller that Joe (didn't know the owner's name) was busy and would call him back. The merchant just kept on selling, a young girl with a full cart of groceries just stood there in awe as if to say "Where are these crazy people from?"

On to Rocky Harbor, passing through Moose Alley at a slow pace. Counted 60 + moose en route

Next morning, great breakfast, tour guide explaining the landscape and history of NFLD; boarded ferry at 5:30 en route to Sydney.

Walked Louisburg after a guided tour of the fort, treated to dinner as well. Pictures at Rita McNeils Tea House en route to Moncton. The last day of a very enlightening tour, we made a stop at the Magnetic Hill on to see the bus backup - uphill in neutral; passengers were speechless. On to Fredericton and the end of a spectacular trip.

Thanks to everyone who contributed stories, pictures and info for this newsletter. Next newsletter should be out approx mid to late Sept. Will be looking for pictures and stories about the Alberta Majesty walks in Medicine Hat on the Sept long weekend.

Sylvia Fisher, Newsletter Editor