

TREKKERS' TRAILS

March 2003

Presidents Notes

By Keith Peters

The year 2003 is here and it is best to drop this note before the memory of the last two events becomes too far into the past to recall with any degree of accuracy. The December 14th Christmas Lights Walk met the Connelly bus at the Shopping Centre and loaded 36 brave walkers to hit the sights of the season decorations around the city of St Albert. Colin our driver got us around to the start points nicely and was able to be at the pick-up points as planned making the driving portion comfortable and enjoyable to all - especially with the delectable array of festive goodies brought by the walkers which washed well with the cider our social convenor brought.

Not to be outdone, the New Year bestowed on us a brisk, clear morning for the New Years Walk starting from the St Albert Inn. Some 36 Marchers turned out with new faces seen for the first time to enjoy starting the year off right with a pleasant Volksmarche. Following the walk walkers retired to the Glaewyn Estates Club House to enjoy another very pleasant pot-luck lunch which certainly started the new season off in the best way possible. A comment must be made here noting the quality of the repast we have been enjoying at these "pot-luck" events, any better and we will all be putting on pounds. All in all, the St. Albert Trekkers have ended the 2002 season and started the 2003 season with successful, enjoyable events which

hopefully bodes well for the new year before us. See you all on the trails.

New Members

We would like to welcome the following new members to our club:

Janet McLean
Theras Semotiuk
Duane & Lois Spurrier & family

May you all find **"Fun, Fitness & Friendship"** on the trails with us this upcoming walking season.

Ann, our Membership secretary, wishes to remind you all once again that dues are payable by the end of March 2003. Dues remain at \$5.00 for a single membership and \$10.00 for a family. Dues may be sent to Ann at the following address:

St Albert Trekkers Volkssport Club
Membership Secretary (Ann Olsthoorn)
#205, 11011 86 Ave
Edmonton, AB T6G OX1

Or they may be paid at the upcoming walk, potluck and AGM on March 22.

Just a thought...

"Putting your best foot forward at least keeps it out of your mouth"

Congratulations to the following Trekkers whose achievements were published in the Jan/Feb/Mar 2003 issue of "Volkspport Canada" magazine.

Events

Richard Parr	2200
Kathleen Charland	900
Helen Rousseau	900
Jim Rousseau	900
Phil Sturges	850
Joe Hollman	800
Mitch Melnychuk	575
Stella Melnychuk	575
Millie Seitz	550
Evelyn Rogers	525
Denis Aubin	450
Kelly Aubin	425
Chuck May	400
Ann Olsthoorn	325
Nancy Johnston	200
Richard Rogers	125
Lance Bard	100
Sandy Bard	100
Arnie Lerch	100
Johanna Snoek	100
Willem Snoek	100
Peter Van Hees	100
Ann Appelman	50
Peter Van Bostelen	50
Sonja VanBostelen	50

Distance

Joe Hollman	17000
Mitch Melnychuk	11000
Stella Melnychuk	11000
Helen Rousseau	11000
Jim Rousseau	11000
Evelyn Rogers	9000
Kelly Aubin	6500
Denis Aubin	6000
Chuck May	4000
Ann Olsthoorn	3500
Nancy Johnston	3000
Arnie Lerch	1500
Ann Appelman	1000
Peter Van Hees	1000
Johanna Snoek	1000
Willem Snoek	1000
Lance Bard	500

Congratulations also to Sandy Bard & Ann Olsthoorn who have registered 1000 cycling kms

The Blossom Walks now called The Victoria International Walking Festival runs April 18 -20/2003. For more info check their web site www.walkvictoria.ca

Changes in YREs and Clubs

New Club - Lake Isle Pacers Volkssport Club

- * Camrose: 1 YRE, now sponsored by Fox Creek Wilderness Volkssport Club.
- * Cardston: now 2 YRE's starting from Chief Mountain Husky, sponsored by Chinook Country Pacers Volkssport Club.
- * Fort Saskatchewan: only 1 YRE, now sponsored by St. Albert Trekkers, same location.
- * Gibbons: 1 YRE, now sponsored by Lake Isle Pacers Volkssport Club, same location.
- * Sherwood Park: new YRE, sponsored by Lake Isle Pacers Volkssport Club. Lakeland Ridge Esso, 240-590 Baseline Rd. 8:00 a.m. to 8:00 p.m. daily. From Hwy 14 or 21, turn onto Baseline Rd. to Lakeland Ridge Shopping Mall. Park in public areas near start point. Contact; Tom Hannah (780) 417-3036.
- * Stony Plain: now 2 YRE's starting from Safeway, sponsored by Fox Creek Wilderness Volkssport Club.
- * Wainwright: no YRE.

CVF/AGM

The CVF AGM is held from May 9 - 11, 2003 at Fredericton, NB. It is sponsored jointly by the Oromocto Volkssport Club and the New Brunswick Trails Council Inc. Most of you will have made your plans already but if you need more info check out their website: www.sentiernbtrail.com

UPCOMING WALKS

March 22 - St Albert

Equinox walk, potluck and AGM

The potluck and AGM follows the walk and takes place at the Glaewyn clubhouse.

Please bring your own plates and cutlery.

We will be electing our new executive at the AGM following the potluck.

April 5 - St Albert, Lacombe Park

April 12 - Medicine Hat

April 27 - Calgary

VAA - AGM - May 3rd & 4th

May 3rd walk starts at Black Knight Inn.

2929-50 Ave, Red Deer. The dinner and meeting will follow later in the day. Prior registration is required for the dinner.

The walk on May 4th takes place in Innisfail at the day use area of Anthony Henday campground.

May 6 - Clifford E Lee evening walk

May 10 - St Albert guided walk

May 10 - Medicine Hat

May 11 - Calgary guided walk

National Walking Day - May 17

Two walks sponsored by the VAA to be held in Sherwood Park at the Kinsmen Leisure Centre, 2001 Oak St

May 10 - Devon evening guided walk

May 23 - Miquelon Lake evening guided walk

May 24 - Gwynne volksmarch

May 25 - Wetaskwin volksmarch

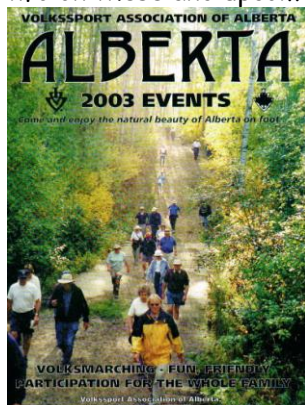
May 26 - Calgary map guided walk

May 27 - Edmonton evening guided walk

May 31 - Thunder Lake Prov Park walk

& Centre of Alberta walk

Check out our 2003 events calendar for complete info on these and upcoming walks.



Trekkers Treats- Our book is a not near completion but please keep those recipes coming to me. There WILL be a book out with all our favorite recipes from our potlucks. And speaking of potlucks, maybe you could all bring along the recipe of the dish that you will be bringing to the March 22 potluck, walk and AGM so they can be included in our first ever *Trekkers Treats*. The following is a sample of what will be in our book:

Kathy's Chewy Hiking Bar

4 cups Cornflakes, slightly crushed

$\frac{1}{2}$ cup dried cranberries, chopped

$\frac{1}{2}$ cup dried apples, chopped

$\frac{1}{2}$ cup dried apricots, chopped

$\frac{1}{2}$ cup sunflower seeds

$\frac{1}{2}$ cup almonds, chopped

In a large heavy saucepan, melt over medium heat:

$\frac{1}{4}$ cup butter

add: 500 grams (118 oz) marshmallows stirring constantly until melted. Remove from heat, add dry ingredients, mix thoroughly and pour into greased 9 x 13 pan. Press down with greased spatula and let cool. Cut into squares. ENJOY

There will also be recipes for those with special dietary needs:

Broccoli Salad (Gluten Free)

4 cups Broccoli, cut up into small pieces

1 cup celery, diced

3 Tbsp pine nuts (yum, yum)

3 Tbsp sunflower seeds

Dressing:

2 Tbsp pickling vinegar

3 Tbsp Miracle Whip, regular

1 Tbsp white sugar



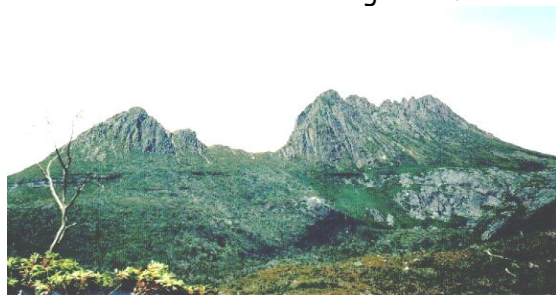
Australia - Land Down Under

The much anticipated trip to Australia to visit my daughter and grandsons is finally realized as my plane leaves Edmonton on Dec 21, 2002 bound for Melbourne, Australia. I am leaving behind a relatively mild (so far) Alberta winter to spend Christmas in Australia where the heat of summer is just beginning.

Christmas Day was quite different as I enjoyed a buffet style dinner outside in the backyard with lots of sunshine and warm breezes. The food consisted of cold meats such as pork, lamb, beef and even turkey. The roast potatoes were my favorite veggie but there were also carrots, broccoli in a cream sauce, green beans with lots of gravy to top it all off. Dessert was a Christmas pudding not unlike what we might have here in Canada.

Although the main focus of this trip was to visit my family whom I hadn't seen in almost five years, I did have some adventures of my own.

I had booked a 3 day hiking trip with *Tasmanian Expeditions*. A group of 11 including 2 guides and 2 Canadians set off to hike in Cradle Mountain - Lake St Clair National Park. This park is in the middle of the Tasmanian Wilderness which, in 1982 was declared a World Heritage Site.



Cradle Mountain

Day 1 of our trip consisted of all meeting at Paddy Pallin's Adventure store in Launceston for a gear check. Our backpacks were all very carefully checked to make sure we had the required equipment. After driving all morning, we finally reach our destination, Cradle Mountain. We got settled in our cabin, our guides prepared lunch and then

we set out for our afternoon hike. This 7 - 8 kms hike on a very well-maintained trail took us to small lakes, waterfalls and through the Ballroom Forest, a temperate rainforest of myrtle and pencil pine. Although the trail was wet and rugged in places, the climb to the top of the ridge was rewarded by magnificent views of the Tasmanian Highlands. Got back to our cabin around 6pm, totally exhausted from the heat and hike. While we relaxed with a cup of coffee and some wildlife watching, our guides made a wonderful dinner for us. Up by 7am the next morning to another beautiful, sunny day for hiking. Today we attempt an ascent of Cradle Mountain, not an easy task.



lunch break before we start our climb

Again our trail is well maintained but rather arduous and takes us across button grass plains and herb meadows and as we climb we again have beautiful views of the highlands. During our lunch break, we were given the option of going for the summit or hiking around the base and up into the "saddle" which is a challenging hike on it's own. Day 3 of our adventure, we are given a choice again, take the more challenging hike up to the gorge or hike around Dove Lake which is relatively flat for the most part. This is a morning hike as after lunch at the visitor centre, we must head back to Launceston where I am to say goodbye to my new friends and catch my flight to Melbourne. We had 3 beautiful sunny hot days, great food prepared by thoughtful, knowledgeable guides and wonderful hiking companions.