

TREKKERS' TRAILS

February 2004

President's Notes

So 2003 has taken its frigid path down the trail leaving us with memories of pleasant walks enjoyed by all throughout the year. The 2004 New Years Volksmarch went off as scheduled in a city covered with a new fallen snow that gave everything a nice clean fresh look but was not deep enough to be any problem. The temperature was on the edge of bitter and if you faced the wind for any period of time it was "icy", but 29 stalwarts registered and stamped for the walk. The pot-luck lunch which followed made the cold walk less bothersome and everyone there enjoyed the usual great spread put on by club contributors even to the point of cleaning up the Chocolate Mousse dessert in that large bowl to leave only a few crumbs to indicate it had been chocolate. Socially the conversations that went with the meal made it a tremendously successful event on total. One thing that is notable about the Trekkers is that the "box" events are always great and turn out to be enjoyable social occasions that make everything memorable. Makes one proud to be a member of such a great club. Hopefully the same spirit continues on so the successors in

office will find it equally pleasant and eminently manageable.

I would like to take this opportunity to thank Sylvia Fisher for her tremendous support and devoted spirit put into being our Editor-In-Chief of newsletter for the 3 years she has done it. It was a great job Sylvia and we truly appreciate what you have done. The reason I do this here is because this will probably be the last one she puts out for the club before being replaced in March at the elections.

Let me end with a sincere wish for all to have and enjoy a bountiful 2004 with every trail a happy one leading to a pleasant end.

Keith Peters, President.



Jan 1, 2004

"Fun, Fitness & Friendship"

PLEASE NOTE:

Helen Rousseau is our new Care and Concern Person. Please let Helen know of anyone who is ill or in hospital, etc. For more information, please call Helen at Phone/Fax Number 939-2394.

If you wish, Birthday and Anniversary Cards may be brought to the walks for all to sign.

V.P. Phyllis May

Trekkers' Trails-Dec 2003
Correction on Octoberfest column
On the list of people to thank the
Second "Phyllis May" should have
read "Anita Thomas."

NEW MEMBERS

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

David Hall - Sherwood Park

Len Gierach - St Albert

Marilyn Dahdona - Edmonton

Membership Renewal - It's that time again! Membership renewal!

For those of you who receive your newsletter via snail mail, enclosed with this issue is a bright pink renewal slip for your convenience. Fees are still \$5.00 for single and family rate is \$10.00. Please fill it out and send with appropriate fee to:

St Albert Trekkers Volkssport Club
Membership Secretary
Box 146, 3 - 11 Bellerose Drive
St Albert, AB T8L 3P3

just a thought.....

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

Congratulations are in order for the following Trekkers whose achievements were published in the Jan, Feb & Mar 2004 issue of *Volkssport Canada*.

Events

Richard Parr	2400
Myrna O'Neil	1300
Helen Rousseau	1000
Jim Rousseau	1000
Phil Sturges	900
Pat Sturges	750
Sylvia Fisher	650

Distance

Myrna O'Neil	25000
Mary Sinclair	15000
Phil Sturges	13000
Helen Rousseau	12000
Jim Rousseau	12000
Pat Sturges	10000
Sylvia Fisher	8000
Phyllis May	5500
Chuck May	4500
Perry Sokolan	1500
Duane Spurrier	1500
Peter VanBostelen	1500
Sonja VanBostelen	1500

"Keep on Trekkin"



The following letter appeared in the Jan 7/2004 issue of the *St Albert Gazette*.
I thought it a worthy item to be included in this newsletter for all to read.

Gazette calendar provided a great New Year

THANK YOU FOR providing local organizations, such as St. Albert Trekkers Volkssport Club, space in your community calendar. Because of your paper, I had the following New Year's Day adventure.

My legs are still recovering from Jan. 1, but a few numbed fingertips and weary limbs are a minor price to pay for the reward of accomplishing a 10-km recreational walk in -18°C.

Starting late, I went solo. I could go at my own pace, reflect along the way and stop whenever I needed to for blood circulation exercises. The footprints of

TO THE EDITOR

those who had forged ahead relieved me from time to time from the necessity of constantly consulting the directions for the specific course.

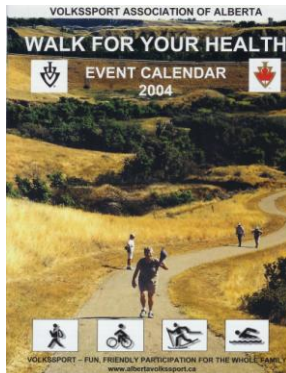
Highlights of this home-grown eco-tour included spotting a squirrel at Grandin Pond, a dozen pigeons underneath the Perron Street bridge and dozens of diverse shapes and sizes of uniquely attired humans with tools and machinery moving snow from place to place outside their homes.

Losing my way a few times gave me a new appreciation for St. Albert street signs as well as a stroll into quaint and unique residential streets in my community I would not have otherwise discovered.

When I finally caught up to the rest of the trekkers, it was time for a windup feast, new friendships and plenty of stories.

Thanks to the *Gazette* and the club for an incredible kick start to 2004.

**L. Gierach
St. Albert**



Check out our new Event Calendar for all upcoming walks. Our next big event is the Spring Equinox walk/potluck/ AGM on March 20 at which time we will be electing a new executive for the 2004-2005 year. A potluck supper will follow the walk. Come one, come all to enjoy the great food & great company of your fellow Trekkers. Please bring your own cutlery & dishes and drinks other than tea & coffee which will be supplied by our Social Committee. **I also request that you please include the recipe of the dish that you are bringing so it can be included in our "Trekkers Treats" recipe collection.**

Other upcoming events include.....

April 3 - St Albert guided walk

April 17 - Medicine Hat guided walk

April 25 - Calgary guided walk

And the month of May is chocked full of events including the VAA 20th

Anniversary Festival Walk & AGM held in Innisfail

VAA AGM Innisfail, AB. May 1, 2004
Highwayman Motor Inn,
4704 - 42 Ave.
Innisfail, AB
T4G 1P6

A block of rooms has been reserved for our AGM but you must make your reservation before April 17 when unreserved rooms will be released. Phone Don and Min Kim at (403) 227-6001 or Fax: (403) 227-1961.

The cost of the buffet supper is \$12.00 per person, GST included.

Please notify Bob Duncan at (780) 797-3810 or Myrna O'Neil at 459-7836 by April 17 indicating number of people, if you plan to attend the supper.

LOOKING BACK...

Did you know Jim and Helen Rousseau will be hosting the 20th Annual Morinville walk in June this year? Walks are just not the same any more!

Twenty years ago a volksmarch event lasted the weekend with a 10 and 20 km marked route available for both Saturday and Sunday. Registration was held from 8am to 1pm with all walkers in by 5Pm. Figure out how many helpers would have been needed for setting up and taking down the two routes with stakes, arrows and ribbon, having the registration desk "manned" for 18 hours and at least two checkpoints for 16 or more hours. Prizes were given to the oldest walker and for the participant who traveled the longest distance. There was also an award for the club who had the most club members walking.

Believe it or not but the first year of volkssport in Alberta showed attendance of over 100 registrants at a weekend event. Gibbons had the most successful walk in 1985 with 139 participating. St. Albert had walkers from Ontario, Spokane, and Lahr, Germany. (Guess where the folks were from who received the longest distance award.)

Wouldn't it be great if we could celebrate 20 years with a walk of a hundred or more participants! Bring your friends, bring your family and let's participate to celebrate this year.

LOOKING AT NOW...

VAA.

What is it? What does it do? Who is it?
Can I get Involved?

Yes, it is the provincial volkssport association known as the Volkssport Association of Alberta. (VAA) It was formed in 1986 to "promote health, physical fitness and well-being of

residents of Alberta by organizing, promoting and conducting scheduled programs of non-competitive, family oriented, participatory lifetime sports including, but not limited to walking (including jogging and running), bicycling, swimming, cross-country skiing and such other events as may be sanctioned by the International Federation of Popular Sport (IVV) in the province of Alberta."

Other aims and objectives include:

To act as Alberta's official representative with IVV and CVF (the Canadian Volkssport Federation).

To conduct information releases etc. to promote volkssport. (Example: The Event Schedule for each year.)

To raise money to support the program.

The VAA will be holding it's annual AGM May 1st in Innisfail. All volkssport participants are invited to attend. All club members are automatically VAA members with voting privileges.

We think of AGM as the time to establishing a slate of officers for the upcoming year.

Do you know who your VAA executive members are for 2003-2004?

President: Myrna O'Neil, St. Albert
Past President: Bob Duncan, Lake Isle
Vice – President: Mike Dunn, Medicine Hat

Secretary: Donna Channen, Edmonton
Treasurer: Evelyn Rogers, Fox Creek
Sanction Coordinator: Irene Miller, Edmonton

Fundraising Coordinator, Phyllis May, Edmonton

Materials Manager: Wayne Donner, Medicine Hat

Historian: Jock Archer, Gibbons.

Newsletter Editor: Bob Duncan

LOOKING AHEAD...

How to be involved:

1. Come out to walks for the fun, fitness and friendship.
2. Attend the VAA AGM May 1, 2004. (Watch for registration information coming out soon.)
3. Volunteer to serve on the executive. VAA has the positions of Vice-President, Secretary and Treasure open for nominations.
4. Volunteer to help with fundraising. Volunteers are needed for the Bingo at Campbell Park, Thursday afternoon, March 18, 2004.
5. Volunteer to help at the registration desk at the end of the walk. A second person is needed to check off names as walkers have their books stamped and to write in the distance walked.
6. Share your volkssport photos with the executive for pictures in our newsletter, The Volkssport Voice and for the Event Calendar 2005.
7. Write a brief article to send to Bob Duncan for Volkssport Voice.

As you can see, there is something for everyone. (There are all these ways and more to help at your club level, too.) Join fellow walkers and friends for a year of celebrating throughout the province. Walking for the health of it,
Myrna O'Neil



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Only \$10. for 1 yr – all the volkssporting news in Canada

More BIG Events.....

International Walking Festival
(7th Annual Blossom Walks) Victoria, BC
April 16 - 18, 2004

CVF Convention & AGM May long weekend (21, 22, 23) in Vancouver BC

VAA National Walking Day in Sherwood Park & Medicine Hat, AB May 15
And

Something New.... Horsin' Around at Horse Creek Ranch - 3 guided walks, Fri, Sat & Sun June 18, 19, 20. These walks will be guided by Fred & Janice Godberson, president of the Klondike Trail Association. **You don't want to miss them!**

Also included with this newsletter will be a brightly colored registration form with all necessary info. For you folks who get your newsletter emailed, all this info is on Page 13 of our 2004 Event Calendar .

Picture from the Past



May 1994 – Presidents Walk
CVF Convention-St Albert, AB