

TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

June 2004

President's Notes

As your new President, I look forward to seeing you on the walks, and I hope things will continue to run as smoothly as they have in the past.

It was heart-warming to see so many Trekkers at the AGM in Innisfail, May 1. The weather co-operated, the walks were great, the meeting was informative, and renewing friendships with fellow Volkssporters from around Alberta was a whole lot of fun.

The AGM meetings are a great way to become more informed about Volkssporting and to meet new friends.

World Walking Day—WOW—a picture perfect day! 72 people enjoyed a great walk, and lunch after at Glaewyn Estates was outstanding. Thank you to all who came out and enjoyed the walk, and special thanks to all the volunteers who helped make this day a huge success.

Our next scheduled walk is June 12 in Morinville at Rousseau's Farm. The walk starts at 9:30 AM, followed by a Toonie Lunch, and later a walk in the afternoon at Cardiff. See you there.

Happy Trails,
Phyllis May

Editor's Notes

Hello everyone!

I'm Gordon Brandly, your new newsletter editor. I'm taking over the reins from Sylvia Fisher starting with this issue. Sylvia has always done a very good job producing this newsletter, and I'll try my best to live up to the standard she set.

I've always enjoyed doing 'fit and finish' editing work, such as tweaking the spelling and grammar on a good piece of writing to make it even better. However, I'm a lot weaker at coming up with the words to say in the first place. So, I would certainly

appreciate help from anyone who cares to contribute an article for the newsletter. I'm already off to a good start with several good contributions for this issue in hand as I write this. Since editing is the fun part for me, don't worry about spelling, grammar, and the like—it's getting the words from you in the first place that will help me the most.

The information on how you can contribute articles, letters, etc. is at the end of this newsletter. Thanks for your help!

From the Membership Secretary

Hello,

It is June and that time of year again.

The membership for the Trekkers expired at the beginning of the month. If you want to renew please see me at a walk or send your renewal, including your address, phone number and e-mail to:

St Albert Trekkers Volkssport Club
 Membership Secretary
 Box 146, 3 - 11 Bellerose Drive
 St. Albert, AB T8N 5C9

Hope to hear from you soon,
 Kathleen Parr

The New Executive

Welcome to our new Executive Officers for 2004 – 2005:

President	Phyllis May
Past President	Keith Peters
First Vice President	Dagmar Lietz
Second Vice President	Dave Luscombe
Treasurer	Peter Van Bostelen
Secretary	Nancy Johnston
Membership Secretary	Kathleen Parr
Care and Concern	Helen Rousseau
Trail Blazer Co-ordinator	Johanna and Willem Snoek

Publicity Chairperson	Dagmar Lietz
Historian	Johanna Snoek
Social Convenor	Ann Appelman
Newsletter	Gordon Brandly



The new Executive members for 2004-2005.

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the April, May, June 2004 issue of *Volkssport Canada*:

Events

Kathleen Charland	1100
Evelyn Rogers	650
Marlene Kubbernus	350
Marlene Kubbernus	325
Richard Rogers	200
Sandy Bard	125
Lance Bard	100
Dave Luscombe	30

Sharon Pomeroy 10

Distance

Mitch Melnychuk	13000 km
Stella Melnychuk	13000 km
Evelyn Rogers	11000 km
Marlene Kubbernus	4000 km
Perry Sokolan	2000 km

Keep on Trekkin'!

Want to keep up with all the Volkssporting news in Canada? Why not subscribe to Volkssport Canada? Only \$10.00 a year

will get you 4 jam-packed issues full of all the latest adventures in Canada's Volkssporting world. Send a cheque or money order to:

Canadian Volkspport Federation
PO Box 2668, Station D
Ottawa, ON K1P 5W7

New Members

Welcome to the following new members to our club:

Susanne Forbrich of St. Albert
Betty McKeller of Edmonton
Joyce & Aubrey Robson of Edmonton
Brian & Marilyn Brake of St. Albert

And welcome back to a returning member:
Jessie Wang of Edmonton

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

Congratulations!

Jim and Helen Rousseau were honoured with the Phillips Award at the Volkspport Association of Alberta's Annual General Meeting in Innisfail on May 1.



Myrna O'Neil presents the Phillips Award to Jim and Helen Rousseau in Innisfail.

Myrna re-presented the award to Jim and Helen at the Trekkers potluck on May 8 at the Glaewyn clubhouse. Since Jim and Helen only get to keep the trophy itself for one year, Myrna also presented them with award pins as a permanent keepsake.



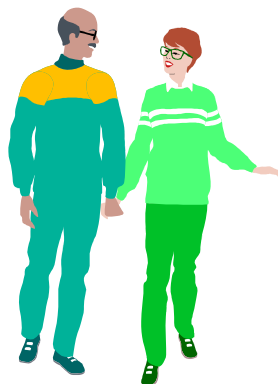
Kathleen Charland will now be known as Kathleen Parr, since she married Richard Parr on March 20, 2004.



Mitch and Stella Melnychuk celebrated their 50th Wedding Anniversary in April.



Our congratulations to all of you!



Member Profile: Phil Sturges

Phil Sturges has been a major contributor to our club and the Volkssport Association of Alberta for many years. Here are a few highlights:

VAA

Secretary: 1990 – 1993

President: 1994 – 1995

Past President: 1996 – 1999

Sanction Co-ordinator: 1992 – 1993

Material Manager: 1999 – 2002

St. Albert Trekkers

Secretary and Membership: 1988

Treasurer: 1989 – 1990

President: 1991 – 1992

Past President: 1993 – 1994

Treasurer (again!): 2001 - 2003

Phil was the recipient of the Phillips Award in 1991, 1994, 1995, and 2000.

Although Phil has never held the position of Trailmaster, he set up the VAA YREs and is constantly looking for better routes and route changes. He set up the permanently signed St. Albert Trekker Historical Walk with grant money and the co-operation of the City of St. Albert, and to this date repairs and fixes the signs as needed. He set up and looked after the VAA YRE start boxes from 1993 until May of this year. He is also currently collecting information about the history of the VAA. Phil is well known in the community for

his volunteer efforts in many other areas of service in St. Albert.

The City of St. Albert presented a certificate to Phil in April, thanking him for his volunteer efforts for the city. Phil's name will be entered in the Great Book of St. Albert Volunteers, which will be kept on permanent display.

Congratulations, Phil!



Phil Sturges at the May 8 potluck lunch.

From the VAA President's Desk

Looking Back...

VAA, AGM Innisfail, May 1, 2004

Walking around Innisfail brought back many memories of the walk, bike, and

swim long May weekend events sponsored by the Innisfail club from 1988 to 1993.

Pat Nelson of Innisfail contributed to our walk down memory lane on Saturday by lending us her photo album of early

Innisfail Volkssport activities, plus the bag of Scuffle treats, tasty cinnamon roll-ups that we had looked forward to during Innisfail events in the past.

Thank you to Sylvia Fisher and Helen Rousseau for the “old” pictures of Innisfail, Penhold, and Red Deer walks for our history display on Saturday.

Fine weather, excellent walks, good attendance (about 40 participants per walk), guests and newcomers contributed to a most successful weekend of events.

Looking At Now

VAA AGM May 1, Executive Changes

Our thanks to Mike Dunn, VAA Vice-President from 2002 to 2004, Donna Channen, secretary during the past 2 years, and Jock Archer, our historian since 1992. Thank you so much for your patience and dedication, Donna, especially for the days when there were two sets of minutes to record, type up, and distribute.

A warm welcome to Vice-president Pauline Mann from Medicine Hat, and new secretary Dianne Duncan from Wainwright/Lake Isle. Welcome, too, to our historian Phil Sturges who, with Jock, has been compiling VAA history.

Congratulations to Phillips Trophy 2004 recipients Jim and Helen Rousseau. Thank you both for contributing in so many ways to Volkssport in Alberta for the past 20 years.

New Year-Round Walk

Be sure to pick up the blue brochure with all the details for the new YRE at Winfield, Alberta.

When walking in Winfield, stop in at the Smith Hardware Store and say hello to Dan

Doram, our contact for the walk who suggested holding walks in Winfield.

20th Anniversary Promotions

Items are available to purchase during this year of celebration.

See your president, Phyllis May or your Vice-President, Dave Luscombe if you are interested in buying the 20-year baseball cap (\$14.00 each or 2 for \$27.00).

20-year pins are \$2.00 each and “Volksmarchers walk for the health of it” license plates are \$5.00.

Remember to come out for the spring and summer Tuesday evening walks that began with the Devon Club Clifford E. Lee walk on May 4, 2004.

Looking Ahead

Join the Wetaskiwin Club for a change in scenery at the new Mulhurst Bay and Mission Beach walks June 5. Watch for new walkers from Winfield for these events.

Jim and Helen Rousseau host the 20th annual Morinville walk on June 12. Come out and help celebrate this special day with the Toonie Lunch and a second walk at Cardiff in the afternoon.

We are all looking forward to the Barrhead “Horsin’ Around” weekend, June 18 to 20. Margaret has planned many special activities with 20th Anniversary celebrations on the 19th. This weekend is a Walking Festival Event, details to be submitted for the CVF “Best Walking Event” trophy for 2004. (Previous winners include the Dartmouth Club Grand Manan Island walk 2002 and Central Nova Scotia Volkssport Club, Cape Chegnecto and Parrsboro events in 2001.) Bring your camera, energy, and humour to help the

West win the festival award at CVF AGM 2005.

A requirement for the Festival Event is an "A" medal or certificate of participation.

A key chain award will be available for \$3.00.

Walking for the health of it,
Myrna

Newsletter Info

Submissions

If you have any articles, walking adventures, pictures, notices, or anything else you think belongs in this newsletter, please submit it for future issues. I'd prefer to have your submission e-mailed to:

StAlbertTrekks@shaw.ca

but you are also welcome to mail your submission to me at:

Gordon Brandly
12147 51 Street NW
Edmonton AB T5W 3G8

The Newsletter in Electronic Form

Some of you are already receiving your newsletter by e-mail. The e-mail version of this newsletter has several advantages for both you and the club: You get the newsletter a bit faster, you get to see the pictures in colour, and you help save the club a bit of money in printing and postage costs. If you'd like to receive your newsletter by e-mail, just send a message to the e-mail address above and tell me which format you prefer:

Adobe Reader (PDF) format

(Can't get infected with viruses; looks good on any computer with the free Adobe Reader software; doesn't require you to have the same fonts installed as I have.)

Microsoft® Word

(The file e-mailed to you will be compatible with Word 97 or later—I can also produce a file compatible with earlier versions of Word if you need that.)

Plain Text

(No pictures, but much easier for most visually-impaired computer users to read.)

Thanks for your submissions, and see you all on the trails!

