

TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

September 2004

President's Notes

We celebrated the 20th Anniversary Walk from Rousseau's Farm with a delicious lunch and Anniversary Cake afterward. The cool, rainy weather didn't dampen the enthusiasm of anyone as Piper Bill Pritchard helped keep our spirits lifted. Many thanks to Jim and Helen Rousseau for hosting this walk once again.



Visiting clubs from Medicine Hat, Barhead, Wetaskiwin and Fox Creek enjoyed all the festivities as the Trekkers celebrated the 20th year of the Triathlon and Marathon. Seen on the trail were Ron and Angela Pitts from Nanaimo, and Mike Alberti

from Cold Lake. Many thanks to all the volunteers who worked the checkpoints and registration desk for these two events. The great cooks of our club outdid themselves again, as the barbecue was outstanding. Our sincere thanks to Ann and Joe Appelman for hosting the barbecue.

The 15th Anniversary of the Alberta Majesty Walks, hosted by the Trekkers at Grande Cache, was just wonderful. There was a good turnout, and everyone liked the great trails and magnificent scenery. A gourmet barbecue was enjoyed by all on Sunday evening. Thank you to Trailmasters Willem and Johanna Snoek, and Social Convenor Ann Appelman, and all volunteers for helping to make this event so successful.

Happy Trails,
Phyllis May, President

Editor's Notes

Well, once again I've received many great contributions for the newsletter—please keep them coming. ☺ My thanks to everyone who contributed to this issue.

On a personal note, Janet and I enjoyed a brief visit to Fox Creek in September,

where we were hosted by Evelyn and Richard Rogers of the Fox Creek Wilderness Volkssport Club. Evelyn is a member of the Town of Fox Creek's Library Board, which had organized a Health Fair. Janet is a Physiotherapist, and was invited by

Evelyn on behalf of the Board to speak about proper warm-up and stretching techniques before and after a walk, and how to prevent injuries.

Although we weren't able to stay for the walk afterward as we had originally planned, we were very glad to help out and glad to have a chance to see Fox Creek!

In Memoriam

It is with sadness that we must announce the passing of several Trekkers and family members of Trekkers.

Keith Peters

On August 25, 2004 Keith Peters passed away at the age of 69 after a long fight with lung disease. Keith was a member of the St. Albert Trekkers since 1996. Since then he has held the positions of Vice President in 2000 and President from 2001 to March 2004. He was Past President starting in March of this year.

As well as his interests in the Trekkers, Keith was involved in Karad Aquatics and also loved to play golf.

A Memorial Walk was held in his honour on August 24 starting at the St. Albert Inn. 59 walkers participated.

Keith leaves his wife Jean, son Brett, daughters Valerie and Susanne, and nine grandchildren. Our deepest sympathy goes out to all the family.

Other Members and Family Members

Our heartfelt sympathies also go out to the families of:

Julie Chalifoux, whose husband Louis passed away July 27, 2004.

Vivian Rousseau, whose husband Maurice passed away June 29, 2004.

Nancy Johnston, whose husband Robert passed away July 9, 2004. Nancy asked us to pass the following message along:

The Johnston family would like to express their sincere thanks and appreciation to all who sent flowers, memorial donations, cards, food, kind words of support and condolences throughout this difficult time. Your compassion and kindness has meant the world to us.

Nancy, Heather and Laura Johnston



KEITH PETERS
1934 - 2004

Care and Concern

To help support Trekkers in times of need, the club has created an executive position entitled "Care and Concern", ably filled by Helen Rousseau. If you know of a club member who'd appreciate receiving a sym-

pathy or "Get Well" card from the club, contact:

Helen Rousseau
Box 3148
Morinville AB T8R 1S1
Phone: 939-2394

CVF AGM in Vancouver

The Canadian Volkssport Federation held their Annual General Meeting in Vancouver in May.

Several Trekkers received awards this year:

CVF 15 Year Service Award

Grace Newman Phil Sturges
Bob Collins Bill Hughes
Wayne Donner

CVF 8 year Service Award

Richard Parr Sylvia Fisher
Jim Rousseau Helen Rousseau
Evelyn Rogers

Our congratulations to them and our thanks to the volunteers who brought our

display to the AGM and staffed our table there.



Several of our loyal volunteers running our table at the AGM.

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the July, August, September 2004 issue of *Volkssport Canada*:

Events

Richard Parr	2,500
Kathleen Parr	1,150
Ann Appelman	225
Ann Appelman	200
Johanna Snoek	200
Wilhelmus Snoek	200
Ann Appelman	175
Johanna Snoek	175

Wilhelmus Snoek	175
Peter van Hees	175
Duane Spurrier	150
Lois Spurrier	50
Perry Sokolan	30

Distance

Richard Parr	55,000 km
Kathleen Parr	13,000 km
Joan Rudyk	7,500 km (bike)
Ann Appelman	2,500 km
Johanna Snoek	2,500 km
Wilhelmus Snoek	2,500 km
Perry Sokolan	2,500 km

Johanna Snoek	2,000 km
Wilhelmus Snoek	2,000 km
Duane Spurrier	2,000 km
Peter van Hees	2,000 km
Lois Spurrier	500 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 Volkssport Federation
PO Box 2668, Station D
Ottawa, ON K1P 5W7

New Members

Welcome to the following new members to our club:

Wendy Buck of St. Albert
Iris Campbell of Edmonton
Mary Coutts of Edmonton

Sara McEwan of Edmonton
Phyllis Wright of St. Albert

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

Congratulations!

Kudos to those who walked the entire Marathon on July 25, 2004:

Duane Spurrier	Bob Duncan
Rita Hoffart	Dianne Duncan
Willem Snoek	Johanna Snoek
Ann Appelman	Evelyn Rogers
Lance Bard (who ran the course)	

Well done!



Olga and Wally Footz celebrated their 50th wedding anniversary in June 2004.



Our very own entertainer Olga, belting out a few songs.



Our congratulations to all of you!

Haggard Hiker Award

The Haggard Hiker statue came from Africa and was donated to the Hinton Hikers Volkssport Club. It was originally awarded to local businesses that helped to support the Hinton Hikers. The Hinton Club decided this year to award the statue to the Alberta Volkssporter that had the most kilometres. This year it was presented to

Richard Parr as the walker with the most accumulated distance, to date 56,000 km.

Richard started Volkssmarching in 1984 in Germany, and has continued to date, minus a 3-year hiatus due to ill health. He originally started running Volkssmarchs with his commander in the armed forces; "you *will* keep up with me." He returned

from Europe in 1988 with over 23,000 km from completing over 200 marathons, 9 ultra marathons (100 km), along with various longer distances including two Paris to Brussels runs—283 km in 4 days! He has since had to discontinue running as he injured his knees and now just walks, like the rest of us, usually completing 2,000 km annually.

Next year the Haggard Hiker will be awarded to the Albertan with the most kilometres accumulated within that calendar year. So get out there and get walking!



Wayne Kennedy presents Richard with his personal certificate (the trophy remains on display at the Hinton Information Centre).

Member Profile: Grace Newman

Grace has been involved with Volkssport since 1989 when Barb Harvey, whom Grace had met through the St. Albert Nordic Ski Club, introduced her to Volkssport.

It didn't take long for Grace to become involved in both personal achievement and volunteer service. By July 1991, Grace had walked 1,500 km and was the publicity coordinator for the St. Albert Trekkers. This was followed by two years (1993 - 1994) when Grace held the position of Vice President for the Trekkers, as well as CVF Alberta Director. She has also served on the nominating committee for executive members.

Grace chaired the convention committee for the CVF 8th Annual AGM, hosted by the Volkssport Association of Alberta in 1994. It was during this time (1994 - 1995) that Grace also took on the position of VAA Casino Chairperson and has been a willing volunteer (along with her husband Gord) for bingo and casinos, often as alter-

nate manager (1996 - 2002) ever since. During 1995, when she was VAA Vice President, Grace planned, organized and led the 240 km sanctioned walk from Jasper to Lake Louise.

It was during Grace's presidency (1996 - 1998) that the VAA's Tuesday Evening Walks were started. By 1998, Grace was the contact person, organizer and host for ten evening walks. For the next two years, these walks were shared with other VAA executive, resulting in Grace being responsible for five evening events during 1999 - 2000 and four in 2001. (By then she had walked 21,000 km and participated in 750 events.) Grace also held the position of materials manager from 1997 to 1998. Grace held a third important position as a CVF Alberta Director from 1996 to 1998.

As Past President (1999 - 2002), Grace hosted evening walks, chaired the VAA committee for publicity, and the committee for the annual Event Calendar. She was in

charge of the registration/membership committee for the CVF 16th Annual AGM in 2002, held in Medicine Hat.

Many Volkssporters have lasting memories of tours by Newman's Travel Services Ltd. that included walks in Germany, coast to coast Ireland in 1993, Scotland in 1994, Ireland and the Maritimes in 1996, and the Confederation Bridge in 1997.

To this day Grace continues to serve Volkssport in Alberta. She is currently maintaining the mailing list for the VAA.

She has been honoured with the IVV Eight Year Award, the CVF Fifteen Year Service Award, and received the Phillips Trophy for 1999 - 2000 for contributing to Volkssport in Alberta.

In June 2004, Grace achieved Canada Cup status by completing ten provinces and three territories with walks in Yellowknife and Whitehorse.

Our gratitude and congratulations are extended to Grace for her service to Volkssport and for her personal achievement record.



Grace Newman, enjoying what exactly?

Member Profile: Gertrude Grieve

Gertrude was actively involved on the St. Albert Trekkers Executive starting in 1990, when she held the position of Secretary. In 1991 and 1992 she held the position of Treasurer.

Gertrude was in charge of the Phoning Committee from 1993 to 2002. She was on the Nominating Committee from 1992 to 1996.

Gertrude continues to volunteer wherever needed.

In June 2004 with walks in Whitehorse and Yellowknife, Gertrude achieved Canada Cup status by completing all ten provinces and three territories.

Congratulations, Gertrude!



From the VAA President's Desk

From Volkssport Association of Alberta President Myrna O'Neil:

Looking Back...

Barrhead Walkie Talkie's "Horsin' Around at Horse Creek Ranch", June 18-20

This event was one of the highlights of the summer. Attendance averaged around 40 participants per walk and all had a great time. Many thanks to all the Trekkers, especially Sylvia, Helen, Grace and Johanna for the pictures they contributed to the album for the festival submission.



Lunch break at Horse Creek Ranch: Tom the Donkey wants to share Betty Lerch's sandwich!

Looking At Now...

I have had inquiries about the criteria for CVF volunteer service awards for club members.

CVF guidelines include the following information:

Persons to be honoured

- Officials on the Federation Board and Executive Committee,
- Officials serving at the regional level,
- Persons who have served at the local Club level.

Conditions for the Honouring

- Many years' contribution to the Federation in a continuing and noteworthy manner.

Club presidents submit the names of the candidates on an annual basis to the VAA President, who then sends the written nominations to the CVF President.

Looking Ahead...

The walking season is not over yet! Check your event calendar for some beautiful autumn walks.

There are also 20-year promotional items still available. Wouldn't one of those commemorative key chains make a good stocking stuffer?

Walking for health...

Myrna

From the VAA Fund Raising Co-ordinator's Desk

From Volkssport Association of Alberta Fund Raising Co-ordinator Phyllis May:

Many, many thanks to the following people who volunteered for the Casino on July 9 and 10, 2004:

Arnie and Betty Lerch
Chuck and Phyllis May
Jim and Helen Rousseau

Dave Vauden
Nancy Johnston
Flo Miller
Millie Seitz
Erna Wack
Myrna O'Neil
Gord and Grace Newman
Pat and Phil Surges
Inez and Walter Kraemer (non members)

Irene Miller
Dianne Duncan
Donna Channen
Ann Appelman
John Mifsrud (non member)

Kathy Parr

Spares

Dave Luscombe
Edith Proft and Bessie Kuhn (Barrhead club)
Kathleen Parr (for Stella Melnychuk)

Did You Know?

Volkssport membership has many benefits, and here's another one you might not know about:



The Canadian Volkssport Federation has arranged an Association Discount at

Budget Rent A Car, good for a 15% discount on truck rentals in Canada.

For reservations, call your travel consultant or Budget at 1-800-268-8900. To receive the CVF discount, be sure to mention BCD ID number A182900.

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:

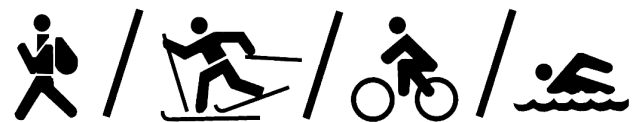
StAlbertTrekking@shaw.ca

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

Gordon Brandly
12147 51 Street NW
Edmonton AB T5W 3G8

address above and tell me which format you prefer (most popular are PDF, Microsoft Word, and plain text formats).

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



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