



TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

December 2005



Fun at Beaumaris Lake!

President's Notes

In spite of the rainy, windy day, 53 participants enjoyed the Oktoberfest festivities.

The Dragon Boat Club provided the entertainment as they pulled their boats and the pier from the river.

Many thanks to all the volunteers who helped with the registration, checkpoints, setting up and taking down the trails, and baked the wonderful cakes. Special thanks to Ann who did an outstanding job cooking the bratwurst. The fire in the fire pit added a warm touch to the cool day and many cyclists stopped by to warm their hands.

Our Potluck on November 5 was well attended by 47 people. **No snow** made for a

very enjoyable walk. Once again the Potluck was 'over the top.' Bouquets to Jean Peters, Pat Sturges, Flo Miller and Helen Rousseau for looking after everything in the kitchen.

Remember the CVF Convention coming up on May 12, 13 and 14. It will be a great way to meet fellow Volkssporters from across Canada, the USA, and Europe.

Remember too, all of our great winter walks.

I wish you all a very Merry Christmas and peace and good health in the New Year.

Happy Trails,
Phyllis May, President

Editor's Notes

Hello everyone,

I have some sad news to report: due to work commitments I will be unable to continue as newsletter editor once my term is up this spring.

Like many others in Alberta, my job is 'oil patch' related, and the good news is that things are booming for everyone in those industries. The bad news is also that things are booming for everyone in those industries: it means that we're all busier than ever.

I've enjoyed my stint as newsletter editor, and I hope that some day I'll get a chance to take on this rôle again. All of the contributions from you members have made this newsletter a pleasure to put together—something I can't say about the newsletter jobs I've had in the past!

I'd be happy to help the new editor get started; I know many would probably find the computer aspect of this job daunting. I pride myself on helping others learn to use their computers with minimal damage to their health (and their computer!). I hope I

can make that end of it, if not fun, at least not overwhelming.

All good things must come to an end, unfortunately. By the way, mine is not the only term that's up—see the notice below.

Gordon Brandly

Volunteers Needed!

Volunteers are needed to fill positions on the Executive or other areas as required. These positions will be available at the Annual General Meeting in March. Let's work together to make this happen and save the great efforts of others that made the Club what it is today. We need your help; please talk to us. It's greatly appreciated.

Phyllis May - 487-3570

Dave Luscombe - 475-7211

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the October, November, December 2005 issue of *Volkssport Canada*:

Events

Richard Parr	2,700
Kathleen Parr	1,400
Jim Rousseau	1,150
Michael Schlegel	1,000
Phil Sturges	1,000
Patricia Sturges	850

Robert Davis	800
Evelyn Rogers	750
Phyllis May	650
Charles May	600
Arigje Davis	575
Peter Van Bostelen	350
Sonja Van Bostelen	350
Peter Van Bostelen	325
Sonja Van Bostelen	325
Nancy Johnston	300
Peter Van Bostelen	300
Sonja Van Bostelen	300

Nancy Johnston	275
Richard Rogers	275
Duane Spurrier	275
Richard Rogers	250
Peter van Hees	225
Olga Footz	200
Olga Footz	175
Olga Footz	150
Iris Campbell	125
Iris Campbell	100
David Hall	50
Leona Green	30
Susanne Forbrich	10
Leona Green	10
John Northcott	10

Distance

Evelyn Rogers	13,000 km
Patricia Sturges	11,000 km
Robert Davis	10,000 km
Phyllis May	7,500 km

Charles May	6,000 km
Nancy Johnston	4,500 km
Peter Van Bostelen	4,500 km
Sonja Van Bostelen	4,500 km
Peter Van Bostelen	4,000 km
Sonja Van Bostelen	4,000 km
Duane Spurrier	3,500 km
Richard Rogers	3,000 km
Iris Campbell	1,500 km
David Hall	500 km

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

New Members

Welcome to the following new members of our club:

Carol Brandly of Fort Saskatchewan
 Rose Ramsum of Edmonton

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

Appreciations and Congratulations

Our thanks go to Iris Campbell and Sara McEwan for joining up as new members of the Telephone Committee.



Here's a message from Evelyn and Richard Rogers:

Thank you for the many cards, e-mails, phone calls and personal condolences for the loss of our mother, grandmother, great grandmother and great-great grandmother on November 12, 2005.

We are so blessed to be part of this caring organization of Volkssporting, through it having met and knowing all of you. Your kindness gives great warmth when sadness clouds our days.

Sincerely grateful,
 Evelyn and Richard Rogers and families



News (and In the News)

A couple of well-known Trekkers appeared (on behalf of the VAA) in the Fall 2005 edition of the Sturgeon Community Hospital Foundation newsletter:



Phyllis May, fundraising coordinator (l) and Myrna O'Neil, President present a donation towards the new ICU. The Volkssports Association fundraises in the St. Albert area. Many of the volunteers are from the St. Albert Trekkers Volkssport Club.



To all who have received convention booklets: please make the following correction in your 2006 CVF Convention Information Booklet:

On page 3 (centre of the booklet), change Grace Newman's house number to 7 Abel Pl.

Regretfully yours,
Myrna O'Neil



Our condolences go out to the family and friends of member Sheri Derby, who passed away after a 4-year battle with cancer.



Anna McAnally has resigned as Awards Co-ordinator of the Canadian Volkssport Federation. Effective May 12, 2006, Lea Tocher will become the new Awards Co-ordinator. Her mailing address for IVV book redemption is:

Lea Tocher
450 Rouge Road
Winnipeg MB R3K 1K4
204-885-5212
len.tocher@shaw.ca

Club Volunteer Awards

Our president recently had the pleasure of presenting awards to some long-time volunteers. Congratulations to all of you!



To Gertrude Grieve for 13 years of service.

Secretary 1990
Treasurer 1991, 1992
Phone Coordinator 1993 to 2002



To Marlene Kubbernuss for 11 years of service.

Treasurer 1993 to 1994

Telephone Assistant 1997 to 2005



To Jean Elder for 6 years of service.

Publicity 1997 to 2002



To Millie Seitz for 6 years of service.

Vice President 2001 to 2002

Publicity 1994 to 1996

Historian 1998 to 1999

On September 16, 2005 Millie received the Alberta Centennial Medal for Edmonton – St. Albert.



To Ann Olsthoorn for 5 years of service.

Membership 1998 to 2002

From Helen's Kitchen

Many of us have enjoyed some of Helen Rousseau's tasty treats at various Trekkers' functions. Helen has been kind enough to

send some recipes to the newsletter, and I'm going to start with my personal favourite:

Pumpkin Torte ("calorie free", says Helen)

Crust ½ cup melted butter
 ⅓ cup sugar
 2 cups graham crumbs
 Pat into a 9x13-inch cake pan.

Filling 8 oz. Cream cheese — beat.
 Add ¾ cup sugar and 2 eggs (one at a time).
 Pour over crust and bake at 325 °F for 20 minutes.
 Sprinkle ¼ oz. (7 g) unflavoured gelatin over ½ cup water and set aside.

Measure: 14 oz. (398 ml) canned pumpkin
 ½ cup milk
 ½ cup sugar
 3 egg yolks
 1 tsp. cinnamon
 ½ tsp. salt
 Heat and stir over medium heat until boiling and thickened. Remove and stir in softened gelatin until dissolved. Chill until syrupy.

Beat: 3 egg whites and sugar (2 tbsp. per egg white), adding sugar slowly after the whites form soft peaks. Beat until stiff.
 Fold into pumpkin mixture. Pour over cheese layer.
 Serve with whipped cream topping. This recipe freezes well.

The next recipe (with a nice green salad) would make a great main course to serve before diving into that scrumptious dessert

above! (Of course, I do believe in that saying: "Life is uncertain, eat dessert first.")

Layered Meat Loaf

13 ½ oz. (385 ml)	evaporated skim milk
¾ cup	chopped onion
1 cup	dry bread crumbs
1 tsp.	salt
¼ tsp.	pepper
2 lbs.	lean ground beef
10 oz. (6 cups)	medium egg noodles (or macaroni)
2 quarts	boiling water
1 tbsp.	cooking oil
2 tsp.	salt
2	large eggs
⅓ cup	grated Parmesan cheese
25 oz.	canned chunk meatless spaghetti sauce
3 cups	grated Cheddar cheese

Mix first 5 ingredients, add beef and mix well. Pack into a 9x13-inch pan. Bake at 350 °F for 30 to 35 minutes. Drain.

Cook noodles, oil, and salt for 5 to 7 minutes. Combine eggs and Parmesan cheese. Stir. Add to cooked noodles. Mix well. Pour over beef spread, drizzle spaghetti sauce on top. Sprinkle with Cheddar cheese. Return to the oven for 15 to 30 minutes at 350 °F. Enjoy!

Fruit Cocktail Bars

2	eggs
1 ¼ cups	sugar
12 oz.	fruit cocktail (drained, but save the juice)
1 ½ tsp.	baking powder
2 ½ cups	flour
½ tsp.	salt
1 tsp.	vanilla
1 cup	coconut
½ cup	almonds, chopped

Beat eggs well. Add sugar, juice from cocktail, baking powder, flour, salt, and vanilla.

(Continued on next page)

Fold in fruit cocktail, put into a greased 9x13-inch pan. Sprinkle coconut and almonds over batter. Bake at 350 °F for 40 to 45 minutes.

Glaze

¾ cup sugar
½ cup margarine or butter
¼ cup evaporated milk
1 tsp. vanilla

Boil for 2 minutes. Cool and pour over slightly cooled cake (you could make little holes in the cake before glazing it).

Newsletter Info

Submissions

If you have any articles, walking adventures, pictures, notices, or anything else you'd like to see in this newsletter, please submit them 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

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

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



Membership Renewals

It's that time of year again! Those who get the 'dead trees' (paper) version of this issue should also have received a paper renewal slip. Fees are still \$5.00 for single members and \$10.00 for family memberships. Please fill the slip out and mail it with appropriate fee to:

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