

TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

June 2005



President's Notes

Never let it be said that the St. Albert Trekkers do not have any fun! The Mad Hatters Walk on Saturday May 14 was just that—a lot of fun. 41 participants registered for the walk and most took part in the Mad Hatter theme. A delicious lunch followed the walk at the Glaewyn Clubhouse. Thank you to Sylvia for reserving the Glaewyn Clubhouse for our use.

We look forward to the walk from Rousseau's Farm on June 11. This year marks the 21st year Jim and Helen have hosted this walk. Following the walk, a Double Toonie lunch will be served, and after the lunch we will continue with a walk at Cardiff, a short drive from the farm.

Remember our Summer Solstice Walk from Government House on June 21. This is a very nice walk along the river and through

Old Glenora. Of course, the highlight of the summer will be the Triathlon on July 23, followed by the barbecue at Ann and Joe Appelman's residence. This will be the third year that Ann and Joe have hosted this barbecue. Look forward to a very enjoyable evening in their beautiful back

yard. Oh, and don't forget the Marathon on July 24!

Happy Trails,
Phyllis May, President

[Editor's Note: The newsletter went out too late for some of this information to be useful, which is my fault, not Phyllis'.]

Editor's Notes

New Web Site!

Last year I mentioned to several members that I would like to create a Web site for the St. Albert Trekkers.



My plan was to create a small site, with just enough information for Google users and other Web surfers to find out more about the Trekkers. I also mentioned that it would take a while, since I'd be doing it as a low-priority volunteer job. Everyone thought it was a good idea, so fast forward to over a year later...

Well, I was right about how long it would take, but now it's finally done! If you're interested in taking a look, you'll find it at:

<http://www.members.shaw.ca/stalberttrekkers/>

I'd be happy to hear your suggestions for changes or improvements—just send them to the e-mail address on the Web site's home page or on the last page of this newsletter.

Corrections

In the last newsletter, we forgot to mention that Helen Heyworth is also a valued Telephone Assistant volunteer.



The 50th Wedding Anniversary congratulations should have gone out to *Flo* and Gordon Miller (not "Pat and Gordon Miller").

Gordon Brandly

Member Achievements

Kudos to Duane Spurrier, who completed the 42 km Marathon in Victoria BC on April 16. Duane is ready for our Marathon on July 24.



Congratulations to the following Trekkers whose achievements were published in the April, May, June 2005 issue of *Volkssport Canada*:

Events

Kathleen Parr 1,300

Helen Rousseau	1,100
Jim Rousseau	1,100
Mitch Melnychuk	650
Stella Melnychuk	650
Peter Van Bostelen	275
Sonja Van Bostelen	275
Peter Van Bostelen	250
Sonja Van Bostelen	250

Distance

Mitch Melnychuk	14,000 km
Stella Melnychuk	14,000 km

Phil Sturges	14,000 km
Eileen Fedor	4,000 km
Peter Van Bostelen	3,500 km
Sonja Van Bostelen	3,500 km
Peter Van Bostelen	3,000 km
Sonja Van Bostelen	3,000 km

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 PO Box 2668, Station D
 Ottawa, ON K1P 5W7

New Members

Welcome to the following new members of our club:

Therese Gervais of Morinville
 Bob Gillespie of Edmonton
 Clara Rosenow of Edmonton

Millie & Stan Scheuerman of Barrhead

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

A Mad, Mad, Mad Walk!

Here are some of the strange sights seen at the Mad Hatter's Walk on May 14:



Flowers, anyone?



If you look closely, you can see that someone needed a little extra medication today!



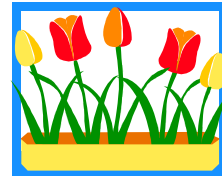
Our Trekkers fashion models—at home on any runway or park trail!



No jokes about the walk being "just ducky!"



Our brave crew on a rather windy day.



News Tidbits

New Volunteer

Welcome to Mary Coutts - our new Assistant Trail Master!

Winners of the Mad Hatters Walk

First Prize: Duane Spurrier
 Second Prize: Dora Van Hees
 Third Prize: Helen Rousseau
 Honourable Mention: Pat Sturges

Congratulations to all!

VAA Introduces Theme Walks

[Though this program has already started, there's still time to get in on the action. -Ed.]

Need a little extra incentive to get out to the walks this summer or just participate for the added fun? The VAA (Volkssport Association of Alberta) is happy to introduce the start of their new award program for 2005.

This is a **special certificate** issued for completing the Ravine and River Theme Walks this year. There are 12 walks in all and certificates will be issued for:

Gold completing the entire series of 12,

Silver for completing 10 - 11 walks, and
Bronze for completing 8 - 9 walks.

The record books will be available at any of the theme walks. Check the Event Schedule: the last line of the heading will mention if it is a theme walk.

The first ravine theme walk will be held on May 17th in Devon registration at 6:30 at Hockey Arena.

The first river theme walk is May 24th at Rundle Park registration at 6:30 in first parking lot past golf course.

The remaining walks are on May 31; June 7, 14, and 28; July 5, 19, and 26; August 2, 9, and 16. Check the Event Schedule for exact locations and times.

New YRE

For those of you who don't get Kathleen's excellent e-mail updates, here's some information on a new Year Round Event:

Lethbridge, AB YRE - Walk
April 23, 2005 – December 31, 2005

SPONSOR	CVF Alberta Director
START POINT	Runners Soul, 2646 South Parkside

Drive, Lethbridge (This business is at the end of a small strip mall, at the corner of Mayor Magrath and South Parkside Drive.)

DISTANCE 10 km, 2 x 5 km
TRAIL Along tree-lined streets and around Henderson Lake Park.
RATING 1A
AWARD IVV Credit only
REGISTRATION Mon., Tue., Wed., Fri.: 10:00 - 5:30
Thursday: 10:00 - 9:00
Saturday: 9:30 - 5:30
MISC Washrooms and parking are available at the Parkside Inn. Park on the north side of the Inn, at the strip mall, or on side streets.
DIRECTION From out of town, take Hwy 3 West and East respectively then: Take the Mayor Magrath turn-off and stay on Mayor Magrath until South Parkside Drive. Left turn to Parkside Inn / Runners Soul (in the strip mall.)
CONTACT Louise Arsenault
(403) 329-2560
LethWalkNTalk@hotmail.com

Trekkers in the Public Eye

Here's an item from Dave Luscombe:

On April 9, 2005, the St. Albert Trekkers were one of thirteen groups to rent a booth at the St. Albert Capital Health Clinic.

The Trekkers very own Janet Brandly was one of the speakers for the day. Her topic was "Physical Fitness and Injury Prevention". Janet had us all out of our chairs, just a-rocking and rolling, during her presentation. Well done, Janet, you did an excellent job of promoting our club. All of the speakers for the day emphasized the health benefits of walking.

A big thank you to all of our club members who manned the booth for the day: Millie Seitz, Shirley Powell, Marlene Kubbernus, Nancy Johnson, and Grace Newman. There was a great deal of interest shown in our club.

Seen at the Trekkers AGM

A few of the sights at our Annual General Meeting in March:



Here's our executive at the AGM, but we're missing Richard, Willem, and Johanna, so...



Here's our executive at a recent Executive Meeting, this time just missing Gordon.



What good is being the newsletter editor if you can't get your wife's picture in your newsletter?



Perhaps a little friendly persuasion going on here?

Mountain Majesty Walks – September 2005

Here's the latest information on the bus and accommodations arranged by the VAA for these Alberta Centennial edition walks:

Alberta Centennial Mountain Majesty Walks
September 3 – 5, 2005

Bus: Book with Myrna O'Neil, 459-7836, mybr@telusplanet.net

Hotel: Book with Grace Newman, 458-2592, newmang@telus.net

Heritage Inn, Pincher Creek – two nights, in Sep 3, out Sep 5, double occupancy (2 peo-

ple), taxes and gratuities: \$45 per person per night.

Breakfast: September 4 and 5, group booking at the Heritage Inn. "The Traditional" – fruit juice, scrambled eggs, bacon or sausage, hash browns, fresh fruit slices, pastries, coffee or tea. Including tax and gratuity per person: \$9.50 per person per day.

Deadline for all reservations: June 15, 2005 (hotel space will be cancelled after that date.)

There's only a few days left!

From the VAA President's Desk

From (newly minted) Volkssport Association of Alberta President Richard Parr:

Historical Event

On Saturday, June 4 at Thunder Lake Provincial Park history was made. **Myrna O'Neil** completed her **1500th event** in the pouring drenching rain, thus completing

the brown event book series, and catapulting her to the exalted red book level.

Congratulations Myrna, it was well earned!

Centre of Alberta Adventure

Everybody that did this route Saturday afternoon, even though it was not raining at the time, completed it covered in mud,

twigs and very wet; due to the extremely numerous mud pits and small lakes in the middle of the trail, and umpteen portages through the brambles. The clouds of mosquitoes made sure that people did not dally long anywhere. The sighting of a black bear on the trail near the start, plus bear tracks along the length of the trail, had people watching the bush a little more closely than usual. Margaret Atrill and her crew did a fantastic job taking care of people and guiding the walkers in and back out of the bush. There was plenty of hot-dogs, juice, water, cookies etc. upon returning from the hike. Congratulations to all the brave souls that completed this memorable adventure.

Due to the condition of the trail system on the Centre of Alberta access route, it has now become too treacherous to use safely. Because of the trail destruction, which created a quagmire for the length of the trail, it has been decided that it is not sanely possible to offer it again as an IVV route for the near future.

Stay tuned for a new venue next year.

Jasper YRE

I have been informed that there are now 4 beautiful routes to choose from when doing the Jasper YRE. Make sure to bring your camera and enjoy nature in the raw.

From the VAA Fund Raising Co-ordinator's Desk

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

Many thanks to the following people who worked the Bingo on Friday, May 6, 2005:

Ann Appelman
 Betty and Arnie Lerch
 Phyllis May
 Flo Miller
 Gord and Grace Newman
 Kathy Parr
 Richard and Evelyn Rogers
 Jim and Helen Rousseau
 Millie Seitz
 Johanna Snoek
 Duane Spurrier

New VAA Executive

Congratulations to all the Trekkers on the Executive of the Volkssport Association of Alberta. The new VAA executive is:

President: Richard Parr
 Past President: Myrna O'Neil
 Secretary: Diane Duncan

Treasurer: Evelyn Rogers
 Historian: Phil Sturges
 Materials Manager: Wayne Donner
 Fund Raising Co-ordinators: Evelyn Rogers
 Kathy Parr

Directors: Betty Lerch
 Bob Collins
 Ken Tappay
 Phyllis May



Being serenaded at the VAA AGM.

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 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

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 some 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 (most popular are PDF, Microsoft Word, and plain text formats).

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



Pay attention—this is important!

