

TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

March 2005

President's Notes

There was something magical about our Christmas Lights Walk. It was a lovely warm winter evening with lots of delicious Christmas goodies to enjoy along with the mulled apple juice. Coach driver Barry did an excellent job of maneuvering the coach to various places near the trail to take advantage of the best light displays.

It was wonderful to see so many Trekkers out for the New Year's Day luncheon. This year the luncheon was held at the Presbyterian Church Hall. Our thanks to Nancy for reserving the hall for our use.

Dave ably looked after the winter walks. According to all reports, everyone had a great time, in spite of some icy places on the trails. Thank you to Mike for doing a great job of flagging the trails.

If you subscribe to the Volkssport Canada Newsletter, you will have noticed the various articles regarding the benefits of walking. Along with reducing the risk of developing Cardiovascular Disease, regular walking reduces the risk of Diabetes and may even prevent Parkinson's Disease. With that in mind, I hope to see you out for our walk on March 19. Register for the walk at the St. Albert Minor Baseball Association Clubhouse at 2 PM. After the walk there will be a potluck dinner followed by our Annual General Meeting. I'll see you there!

Happy Trails,
Phyllis May, President

Editor's Notes

My wife Janet and her new Seeing Eye dog are starting to settle in and we hope to be out on the trails soon. Extra activities are always good for a young dog, and after a

long winter all three of us need the exercise.

We hope to see you on the trails this spring!

Gordon Brandly

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the

January, February, March 2005 issue of *Volkssport Canada*:

Member Profile: Pat Sturges

Pat first became aware of Volkssporting in 1985. It was at that time the St. Albert Trekkers club was being formed. Pat was a founding member of the Trekkers.

Pat was actively involved and volunteered wherever needed. She held the position of Secretary of the Trekkers from 1991 to 1995. While holding that position, she also produced the newsletter for a few years and was Membership Secretary as well. She volunteered to work on the Event Calendar in 1994 and 1995.

One of her favourite jobs was manning the registration table, which she did for many years as she got to know all the people (members or not) who came to the events. She was also part of the 1994 convention committee when St. Albert hosted the Canadian Volkssport Federation convention.

Pat was involved in the planning of some of the trails we have used and still use. She and husband Phil hosted the Trekkers An-

nual Barbecue for many years. We all looked forward to the Barbecue at the Sturges' residence, enjoying their beautiful back yard!

Pat was one of the first to volunteer for the VAA bingos and casinos and is still always ready to help whenever needed.

As her husband Phil remarked, "Lots of work but lots of good times too."

Our thanks to you Pat, for your contributions to the Trekkers and to Volkssporting in Alberta.



From the VAA President's Desk

From Volkssport Association of Alberta President Myrna O'Neil:

Looking Back...

We look back on 2004 as a year of sorrow and of success for the St. Albert Trekker Volkssport Club. We remember the club members no longer with the Trekkers and know that the vacant past presidency since August is a tribute to Keith.

But it is also a year of success, since newcomer packages were distributed at an unprecedented rate, event statistics showed an increase of over 160 participants, and the Trekker World Walking Day total of 72

walkers is the highest number for a single event in Alberta in 2004.

Would you like to know where the Trekkers stand in the YRE totals for last year?

The top three YRE totals:

St. Albert YRE Sanction # 131:	605	participants
Cardston YRE Sanction # 144:	505	
Medicine Hat YRE Sanction # 74:	458	

Those of you who were at Grande Cache for Alberta Majesty will have memories of spectacular scenery, unbelievable cloud formations, exciting new trails, and the

biggest barbecue for a September long weekend ever.

I am sure Phyllis joins me in thanking the volunteer crew who worked the bingo on January 31. We contributed \$451.02 to the pool that afternoon. Many hours of work for little pay, ☺ but cheerfully and well done. My sincere thanks to all.

Looking At Now...

Volume 4 of the Volkssport Voice is available. Our thanks to Bob for another attractive, informative issue. We appreciate the hours of work required to put together all the information under those neat headings.

A big thank you to all who participated in walks. You are the ones who bring fun and friendship to the program.

Another big thank you to all who volunteer their time and energy towards the planning, publicizing, and conducting of events.

It is impossible to acknowledge all the Trekkers who contributed and are helping with VAA events. VAA thanks go to:

Dave Luscombe for advertising the VAA walks during 2004 and continuing for 2005.

Peter Van Bostelen for looking after Edmonton area VAA YRE boxes.

Mary Sinclair for keeping Leduc such an active YRE.

Former Trekker member Michael Alberti for manning the Cold Lake YRE walk and box.

VAA would also like to thank Trekkers who have offered to serve on VAA committees, and who have attended meetings whenever possible.

Our appreciation is extended to all of you who set up our Tuesday Evening Walks, and to the special efforts of Kathy and Richard who often went ahead to put out the stakes. Thanks to all who brought treats for sharing after the walks.

Thanks too, to Johanna Snoek, Sylvia Fisher, Helen Rousseau and Richard Rogers, who sent in pictures for Events 2005.

Many thanks also to all Trekker volunteers who worked the VAA fundraising events. Your time and efforts have contributed greatly towards publishing our Event Calendar each year.

Looking Ahead...

I have received a message from Ottawa reminding all club presidents and club members to register for the Canadian Volkssport Federation's 2005 Annual General Meeting in Quebec City soon. Also, if you plan to go on the bus tour on May 30 to June 2, again, please register soon. They are now working on filling up the second busload.

Did you notice some changes in the 2005 Event Calendar? There are some trial St. Albert Trekker and VAA group YREs included this year. Remember that you get one event stamp for a YRE for the first half of the year and a second for July 1 to December 31.

There is a new CVF rule: Seasonal walks that occur over June 20 also now qualify for two event stamps.

All VAA walks have a 5- or 6-km route as well as the 10 or 11 km walk during 2005.

Note the two deadlines for Volkssport events when a response is required; the

VAA AGM, April 30 and Alberta Centennial Mountain Majesty, September 3 to 5.

Do you like to write up your walking adventures? Your club newsletter would welcome items. So would the VAA Volkssport Voice Editor, Bob Duncan. I will accept suggestions and items for the Alberta column in Volkssport Canada, too.

Other Ways You Can Help:

The following positions are open for nominations at the VAA AGM, April 30, 2005:

- President
- Sanction Coordinator
- Fund Raising Coordinator

If you are interested in filling one of these positions or if you know of anyone who

would let their name stand, please contact any member of the VAA Executive.

Planning Your Volkssport Year:

We have approval to use Bingo and Casino proceeds to rent a vehicle to take groups of walkers to sanctioned events. Plan to take three or more walking friends to some of our more distant Year Round and Seasonal Walks: Fox Creek, Lake Isle, Cold Lake, Hinton/Jasper, the new Crowsnest Pass and Red Deer YREs, Waterton/Cardston and Medicine Hat. Please contact your club president for details and approval.

Wishing you a year of fun, fitness and friendship,
Myrna

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 January 31, 2005:

Myrna O'Neil (Acting Chairperson in my absence)

Grace and Gord Newman

Jim and Helen Rousseau

Arnie and Betty Lerch

Pat and Phil Sturges

Evelyn and Richard Rogers

Marlene Kubernuss

Duane Spurrier

Kathy Parr

Shirley Powell

Spares

Nancy Johnston

Jean Peters

Bob Davis

\$451.02 was contributed to the pool.

PLEASE NOTE: Our next Bingo is on Monday, May 6 (in the afternoon) and not Monday, May 30.

Did You Know?

Trekkers Working Behind the Scenes

Peter Van Bostelen looks after the Trekker YRE Walk Boxes from the St. Albert Inn and Tim Hortons. He also looks after the VAA YRE Walk Boxes from the Running

Room and the Grant MacEwen Wellness Centre.

Jim and Helen Rousseau look after the YRE Walk Box in Morinville.

Richard and Kathy Parr look after the YRE Walk Box in Fort Saskatchewan.

Millie Seitz looks after the YRE Walk Box at the Wolf Willow Husky.

Phil Sturges is responsible for the markers for our Historical Walk.

Flo Miller is responsible for the Newcomer Packages.

Once a year, Grace Newman stuffs and labels envelopes containing the Event Calendar and mails them to all of us.

Marlene Kubernuss and Janet Brandly are our Telephone Assistants.

Dave Luscombe handles publicity for both the VAA and the Trekkers.

Mary Sinclair looks after the VAA Walk Box in Leduc.

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:

StAlbertTrekkers@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

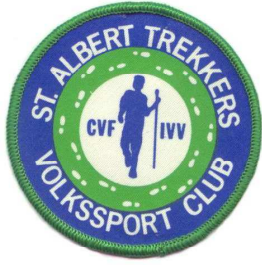
receive your newsletter by e-mail, just send a message to the e-mail address above and tell me which format you prefer (most popular are PDF, Microsoft Word, and plain text formats).

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



Extra! Extra!

On the next two pages are a couple of flyers that were recently created (mostly by Kathleen Parr) to help promote the benefits of club membership and explain where the money for various club fees goes. The club will probably be printing these as promotional flyers in the near future, but in the meantime, feel free to pass these along to anyone who's interested.



ST. ALBERT TREKKERS MEMBERSHIP HAS ITS BENEFITS...

- ✓ *Trekkers' Trails*, the St. Albert Trekkers newsletter, four times a year. Keeps you up to date on members' awards and kudos, club and walking information, and other interesting tidbits.
- ✓ The beautiful St. Albert Trekkers Club Pin to wear on your lapel or hat.
- ✓ Notification of changes to the Event Calendar, either by e-mail or phone. This includes notifications of changes and additional walking events as well as other important non-walk related events.
- ✓ Participation in Trekkers social functions. Every year we have two potlucks, an annual barbecue, New Years luncheon, the famous Rousseau Farm lunch, Oktoberfest, and the Christmas Lights walk—with Christmas goodies! (And you never know what goodies might be on hand after a group walk.)

All for the low annual fee of \$5.00 per person or \$10.00 per family.

To join or for more information, see the Membership Secretary, Kathleen Parr, at any St. Albert or Edmonton area walk, or phone 998-1033 or e-mail walksalot2@shaw.ca. You can also ask for a membership form when you register for a St. Albert Trekkers walk or look in the box when doing a St. Albert Year-Round Event.

See you on the trails!

WHERE DOES YOUR 2 DOLLAR EVENT FEE GO?

The fees collected by the club for each event must pay:

- \$30 to the Canadian Volkssport Federation (CVF) for the event sanction. Each Volkssport event must be authorized by that country's national organization.
- \$8 to the CVF for insurance coverage.
- Expenses for the event itself, such as cookies and photocopies of maps and directions.
- Any surplus funds go toward club barbecues, coffee, updating club photo collections, rental of space for club functions, and other such expenses.

19 participants must pay the event fee just to cover the CVF costs, and a few others must pay to cover other event expenses before the event breaks even.

WHERE DOES YOUR 1 OR 2 DOLLAR YEAR ROUND EVENT FEE GO?

The costs for Year Round Events (YREs) are even higher:

- \$100 to the CVF for the annual YRE sanction.
- \$8 to the CVF for insurance for that YRE.
- Expenses for the YRE such as photocopying, envelopes, the initial purchase of the event's box, stamp pad, etc.

54 paying participants are needed at \$2 each (or 108 at \$1 each) to pay the CVF costs alone. Any excess money again goes toward covering club expenses.

WHERE DOES YOUR 5 DOLLAR ST. ALBERT TREKKERS MEMBERSHIP GO?

Four newsletters a year:

- Printing costs: averages 43 cents per 4-sheet issue.
- Postage: usually 49 cents per mailing, though larger mailouts can cost 80 cents.
- 17 cents per envelope and 14 cents per label.

The majority of membership fees go to cover the newsletter. In fact, only the proceeds from family membership fees are sufficient to cover other expenses.