



TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

June 2006

President's Corner

I am proud to be the President of the St Albert Trekkers, the largest and most accumulating club in Alberta.

I would like to take this opportunity to thank the people who served on last year's executive and so willingly decided to stay on to serve for another term.

I would also like to thank our new members on the Executive for volunteering their services to be part of a club which we take pride in. A special welcome back to Sylvia who is our newsletter editor.

Special thanks to Nancy for a job well done and to all the club members who are not part of the executive but have contributed their time, effort and energy to make our events so successful.

Who would have thought our Spring Equinox walk on March 18th would be such a challenge with a foot of fresh powder. It was interesting to note that the city of St Albert cleaned some of our walkways before doing the city streets. That is what I call good service! Special mention goes out to Phil Sturges and Henk Harks who were able to complete the walk with sheer determination. There were 22 walkers out and 15 stayed to enjoy the potluck.

April 1st turned out to be a beautiful morning just a little on the slippery side. Some people dressed up for April Fool's Day (is this a new trend?) A total of 53 people did the walk. We were treated to a wonderful

luncheon at the O'Neil residence. Thank you Myrna for the great hospitality and it was good to see Bruce. Everyone had a great time – thanks to you both.

Lots of Trekkers travelled to Cardston April 29th and 30th for the VAA Annual Meeting. Congratulations to Phyllis May who is now the Vice President of VAA.

Our scheduled YRE walks did well:

April 25th – Beaumaris Lake – 25 walkers

May 2nd - Wolf Willow – 18 walkers

Watch for more group YRE walks to fill in the slack time.

By the time this newsletter is available, we will be enjoying the famous, fabulous 'Double Toonie Lunch' at the Rousseau farm in Morinville on June 10th.

Check your event calendars or go online @albertavolkssport.ca and click on vaablog to keep up to date on the events.

What a marvellous weekend we had for the 20th annual C.V.F. Convention. I feel sure everyone left Edmonton on a high note after walking the beautiful trails that we have in our city. Our thanks to Richard & Kathy Parr for the many hours they put into mapping out the trails. Marking of the trails started at 5:00am. Next time you see Richard and Kathy, be sure and pass along your appreciation to them.

What can I say about Myrna O'Neil and her committee. They were a pillar of strength during the entire weekend. Many

hours of hard work were put into keeping the events running smoothly. I am proud of all the St Albert Trekkers who volunteered to do the many tasks Myrna had on her list. One of the privileges of being President is that you get to hear the comments from the visitors. I heard nothing but praise for a job well done. Thanks again Myrna and team.

Last but by no means least I would like to close by saying if anyone has any concerns or questions, please do not hesitate to give me a call @ 475-7211.

Have a safe and walk happening summer.

Focus on walking.

Dave Luscombe, President

New Executive 2006 - 2007

Welcome to our new Trekkers Executive

President	Dave Luscombe
Past President	Phyllis May
Vice President	Dagmar Leitz
Secretary	Sara McEwan
Treasurer	Peter VanBostelen
Membership	Kathleen Parr
Trail Master	Willem Snoek
Historian	Johanna Snoek
Newsletter	Sylvia Fisher
Publicity	Dave Luscombe
Care & Concern	Helen Rousseau

We also have a **Telephone Committee** consisting of the following:

Kathleen Parr, Iris Campbell, Sara McEwan, Marlene Kubbernus and Helen Heyworth.

And a **Nominating Committee** with the following: Phyllis Wright, Grace Newman & Myrna O'Neil



Enjoying " food, fun & friendship" at the O'Neil residence after the April 1st walk.

Send Event & Distance books to:

Lea Tocher

· CVF Awards Coordinator

450 Rounge Road

Winnipeg, Man R3K 1K4

Send your email address also in case of questions

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the April, May, June, 2006 issue of *Volkssport Canada*:

Events

Richard Parr	2800
Jim Rousseau	1200

Helen Rousseau	1200
Peter VanBostelen	400
Sonja VanBostelen	400
Ann Appelman	300
Iris Campbell	175
Dave Liscombe	150
David Hall	75

Distance

Helen Rousseau	15000
Peter VanBostelen	5000
Sonja VanBostelen	5000
Ann Appelman	3000
Iris Campbell	2500

Want to keep up with all the Volkssporting news in Canada? Why not subscribe to Volkss-

port 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

Please welcome the following new members to our club:

Irene Grant of Morinville
Gus & Rita Hoffart of St Albert
Rick Picard of Edmonton
Judy Nance of Edmonton
Louise Quayle of Edmonton

Dana Williams & June Kenyon of Edmonton

Joanne Blake of Edmonton
Terry Pithers of Edmonton
Bev Janzen of St Albert

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

VAA Report

I would like to thank all those many volunteers from all the Alberta Clubs that made this CVF AGM such a success.

Myrna O'Neil – it is a good thing that you are a volunteer, as there is not enough money in the accounts to reimburse you for all the hundreds of hours you have put in to make the 2006 CVF Convention the success that it was.

Thanks to **Phyllis May** and her team, the **2006 Best Walking Festival Award** was won by the VAA. This is a binder beautifully laid out with photographs depicting the Alberta Centennial Mountain walks held Sept 3-5/05 in the Crowsnest Pass area.

The criteria for the CVF Lighthouse Walking Program was altered at the Directors meeting held Sunday April 30 eliminating the requirement for a lighthouse to be or have been associated with the Canadian

Coast Guard. Thus Alberta can now be included with a very nice functional lighthouse in Sylvan Lake. The first Alberta club that comes up with a YRE from there gets of have it included in the CVF lighthouse walking program effective Jan 1/2007.

CVF Awards were presented to the following deserving Alberta recipients:

5 year Ron Colpitts Award:

Margaret Attrill
Dagmar Leitz
Chuck May
Kathleen Par

10 Year Diane Hoskins Award

Irene Millar
Myrna O'Neil
Richard Parr
Evelyn Rogers
Submitted by Richard Parr

VAA President, CVF Director - Alberta

Questions Asked by Newcomers About Yearround Events (YREs)

The Trekker membership list keeps growing! Welcome to all newcomers over the past several months. In the beginning, volkssport walks can seem very confusing as there are different types of walks. Guided walks & volksmarches with marked routes have other walkers on the trail that can answer questions.

With year round events, you are on your own unless you have found a friend to walk with.

How do you begin?

Your Alberta Event Calendar states the start point where you request the “walk” box at the service counter or front desk. This works for all Alberta walks except the following where you can find the box or file folder on your own. The boxes have decals indicating volkssport on them.

Devon: Look on the floor near the lotto island

Edmonton: the Running Room walks: Walk past the service counter, turn right and look on the floor across from the wash-room for a green plastic box.

Leduc: The box is on the admitting desk counter to the extreme right.

West Edmonton Mall: Look under the service desk counter at the open space on the right side

How do I register?

Most start boxes have a registration book near the front of the box where you sign your name, fill in your address and check the column for credit or walking free. For St Albert and Calgary walks, (Except Morinville), look for an envelope with the registration information to be completed on the front. Watch carefully that you have the correct envelope for the walk/bike you are doing. For the Calgary walks, fill in the location of the walk at the top of the envelope. You are required to sign your name for the waiver as all walks are covered under insurance for public liability.

How much are the fees?

All walks are \$2.00 for each event except for:

1. Devon and the West Edmonton Mall year round walks: Pay \$2.00 for the first five times in a year, then pay \$1.00 each time you walk for the rest of the year.
2. Walks sponsored by the Volkssport Association of Alberta. They, too, started a policy several years ago to have the first five times for \$2.00 and subsequent walks \$1.00. These include: Cold Lake, Edmonton MacEwan Centre, Edmonton Running Room x 2 and Leduc.
3. St Albert Trekkers Volkssport Club YREs are \$1.00 at all times. This includes the three walks and cycle in St Albert, plus the Morinville, Edmonton Wolf Willow, Beaumaris Lake, Hermitage Park walks.

Where do I pay the fee?

Most boxes provide envelopes for the fee. Place the fee in the envelope and include on the front your number from the registration line or some other identification to show that you have paid (Unless you have checked off that you are walking for free)

Put your fee directly in the envelope for those clubs who use the envelope for registration. Find the location for completed en-

velopes near the back of the box .For the Wetaskiwin year round walk, please pay the attendant at the front desk.

Do I have the right map ?

Take a few minutes to check your map. Some are for summer or winter routes, (It makes a difference if trails are not snow-plowed!) Devon has a cross country ski route, too. If there is more than one walk in the box, ensure you have the map for the walk you wish to do.

How do I stamp my book?

The stamp will be found in the box. (St Albert Inn as three stamps and Edmonton Running Room as two so make sure you have the correct one for the walk/cycle you are doing)

How often do I stamp my book?

You may stamp your Event book twice a year. Once between Jan 1 – June 30th and

once between July 1 – Dec 31st. There is a + sign on the stamp for the first half of the year. This is removed for the second half of the year. You may stamp your distance book every time you walk the distance specified for that walk. All year round walks are 10 KM except for:

12km –Banff, 11km – Calgary x 2, Canmore, Edmonton Running Room x 2, Medicine Hat x 2, Stony Plain x2 , Sherwood Park and Wetaskiwin.

What are the rules for the 5 KM YREs?

You must walk the 5km route twice to get your 10km stamp. There are several maps to choose from in St Albert but always use the stamp #131 for each 10km stamp. There are also 5km maps for Edmonton Wolf Willow, Fox Creek, and Leduc

Any problems with the map or route? The contact person listed in the event calendar would like to be notified of any problems.

New YRE

Hermitage Park Walk – New YRE

Sponsor: St Albert Trekkers Volkssport Club

Contact: Duane Spurrier (780) 475-8976

Start Point: Sobeys, Clareview Shopping Centre,

137 Ave and Victoria Trail

Distance: 10km

Rating: 2B

Registration: Dawn to dusk. Walk box at Customer

Service desk

Trail: Residential streets into the river valley park

Misc: not stroller friendly

Directions: Travel east on 137 Ave to Victoria Trail.

Turn Right on Victoria Trail, then right turn into Clare-View Shopping Centre.



Thank You

Thank you to the following people who helped with the Bingo on January 30th.

Jean Elder

Betty & Arnie Lerch

Sara McEwan

Myrna O'Neil

Helen & Jim Rousseau

Duane Spurrier

Pat & Phil Sturges

Thank You to the following for working the bingo on May 29/06

Betty & Arnie Lerch

Dave Luscombe

Phyllis May

Myrna O'Neil

Evelyn Rogers

Helen & Jim Rousseau

Willem & Johanna Snoek

Pat Sturges

Your volunteering gives us the money to publish our Event Calendar and pay for the special programs (e.g. Walk Alberta & Ravine & River walks)

Kathleen Parr

Fund Raising Coordinator

Newsletter Info

I am happy to be back as your newsletter editor. This is **your** newsletter – I encourage your input through the submission of photos, humorous incidents while out walking, recipes (yes, I am still collecting recipes as I hope to publish them under the feature heading of “**Trekkers Treats**”) The cookbook is under review at this time so hope to print recipes in the newsletter as space permits.

I am also hoping to have a new regular feature: “**Trekkers Travels**”. As you know Trekkers love to travel and I encourage you to send me a blurb – long or short – on your adventures while travelling.

Just a gentle reminder that if you have not renewed your membership, this will be your **last** newsletter **AND** I know that you won't want to miss any of my new, exciting, jam packed issues so get that cheque in the mail!

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 sylfish@shaw.ca above and tell me which format you prefer.

Last minute memberships – Welcome to Joanne & Rob Milson of Edmonton and Sheri & Rick St. Amund of Sherwood Park I encourage all new members to sign up for the electronic version of the newsletter.

Sylvia Fisher

Newsletter Editor

See you on the trails!

CVF Convention 2006
Shaw Conference Center
Edmonton, AB
May 12 – 14, 2006

Thank You to Volunteers

The Convention Program Booklet listed many businesses, individuals, coordinators of activities, and the convention committee who contributed to the success of the convention. Many others offered to help during the actual event and we wish to acknowledge their helpfulness at this time.

We express our appreciation to:

1. Guest Helpers on the President's Walk Finish Desk:

IVV President Odd Ivar Ruud
AVA President Shirley Lindberg
CVF President Graham Fawcett
VABC President Ethel Hansen
Engelbert Lins

2. Our thanks to Club Presidents' for:

- Providing IVV club banners. (The Friday night display was most impressive.)
- Adding to the tote contents.
- Supporting the silent auction. We have deposited \$1511.00 to date from this successful venture.
- Volunteering your help at the Convention, especially on the walk registration/finish desks.

3. Many thanks to:

- Karen Semotiuk and Mary Coutts who volunteered just before the convention and helped on tables where needed. Karen's help with walk registration and as a greeter/ticket collector for the meet and greet, and banquet, is also greatly appreciated.
- To Bob Davis for being the sweep for the President's and Convention walks.
- To Betty Lerch who carried the first aid kit for the President's and Convention walks (with her cell phone for a contact).

- Our special thanks, too, to Pat Sturges who spent countless hours before and during the Convention, helping in many areas. Pat helped for several hours on May 11, nearly all day May 12, all day on the 13th, and was the last one out the door on May 14. (As well as sessions before the Convention helping to prepare the totes.)

4. The Volunteers from all Alberta Volkssport Clubs are listed below.

Tribute to these helpers was not given in the convention booklet but was displayed on a poster at the registration table. Our apologies to Marlene Kubbernus whose name was missed on the poster. If the eight convention committee members were added to the names below, there would be a total of seventy-two volunteers.

Jeff Attrill	June Hughes	Patti Prowse
Margaret Attrill	Nancy Johnston	Rose Ramsum
Ed. Bator	Marlene Kubbernus	Joan Redman
Gordon Brandly	Sylvia Kozak	Aubrey Robson
Janet Brandly	Arnie Lerch	Joyce Robson
Iris Campbell	Betty Lerch	Evelyn Rogers
Donna Channen	Dagmar Lietz	Richard Rogers
Bob Collins	Dave Luscombe	Helen Rousseau
Billie Collins	Pauline Mann	Jim Rousseau
Mary Coutts	Chuck May	Mike Schlegel
Ada Davis	Cam McDonald	Millie Seitz
Bob Davis	Sherri McDonald	Karen Semotiuk
Jean Elder	Sara McEwan	Willem Snoek
Sylvia Fisher	Edna McKelvie	Johanna Snoek
Olga Footz	Mitch Melnychuk	Duane Spurrier
Margaret Fraser	Stella Melnychuk	Pat Sturges
Norm Fraser	Flo Miller	Ken Tappay
Gertrude Grieve	Grace Newman	Peter Van Bostelen
David Hall	Glenda Palmer	Sonja Van Bostelen
Henk Harks	KathleenParr	Phyllis Wright
Florentine Hartmetz	Shirley Powell	
Bill Hughes	David Prowse	

With gratitude...

The CVF/FCV Convention 2006 Committee.

ACKNOWLEDGEMENTS

We wish to acknowledge the dedication and cooperation of those stated below who worked so hard to make the convention a success.

CVF/FCV Convention 2006 Committee.

Diane Duncan – Recording Secretary; Session Host; Sales Table Coordinator; T-shirts
Marilyn Keller – Controller
Phyllis May – Coordinator of Convention Registration (envelopes and totes); Coordinator of table centers; Hostess for meetings and work parties; Selected Klondike Kate. Helped set up walk registration desks. (Also, suggested we hold the 2006 Convention in the Edmonton area.)
Irene Miller – Publications, information, computer database, Minutes, gifts, greeter.
Myrna O'Neil – Convention Coordinator; Volunteer Coordinator; Session Host
Richard Parr – Liaison with CVF and Governor General's Office; Volkssport Canada articles, Convention logo design, supplies, Special Walk and Convention Walk routes, President and Convention Walk route markings
Phil Sturges – Consultant; Special Walk Coordinator; Special Walk and President's Walk routes; advertising, pin designing and ordering, entertainment, speakers, invitations, name tag printing, flag parade and much more...

CVF/FCV Convention 2006 Committee Advisors

Bob Duncan – October 2004 – February 2005
Grace Newman – Consultant; Registration Assistant (envelope inspection); Tour Coordinator; President/Convention Walks Start/Finish Desk Coordinator.

CVF/FCV Convention 2006 Supporters

Executive and Directors of the Volkssport Association of Alberta
Presidents and Volunteers of all Alberta Volkssport Clubs
Norman Fraser – Master of Ceremonies, Grace at Meet and Greet.
Kathleen Parr – Silent Auction Coordinator, Menu/program cards, newsletter distribution
Evelyn Rogers – Club Display Table Coordinator
Dave Luscombe (2), Phil Sturges, Bob Davis, Duane Spurrier – Airport Runs.
Helen Rousseau – Piper, Sales Table Coordinator
 Millie Seitz and Nancy Johnston, Evelyn Rogers, Phyllis May – YRE Bus Tour Hosts
 Photographers – Johanna Snoek, Sylvia Fisher and all others who contribute pictures
David Prowse – Blessing for banquet
Sylvia Fisher – Posters and Signs
Van Bostelens and Snoeks – Checkpoint Coordinators
Volunteers who have shared cell phones and cell phone numbers for first aid contact.

PHOTO PAGE



Top left – Presidents Appreciation
April 8/06

Top right – Cardston – April 29/30

Klondike Kate was a big hit at the recent CVF Convention in Edmonton

