

# TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

April 2007

## President's Corner

Spring has sprung and the Winter Exercise program is over so now we can look forward to some great summer walks.

With our new Executive in place, I would like to thank all the people who served on the Executive last year and so willingly volunteered to stay for another year. Special thanks to our Trail Blazers, Willem and Johanna for a job well done for the past four years and to Dagmar who served 6 years as Vice President - you will be missed. A special welcome to our new members who have volunteered to fill positions on the Executive.

January 1st. we had 61 walkers to start the New Year off right. Everyone enjoyed the luncheon at the St. Albert Inn.

January 20th. there were 42 walkers and 7 skiers who made this a successful event.

Our 1st. 20th. CVF Anniversary Walk with the theme 'Winter Walk Celebration' occurred on Feb. 17th. with 42 walkers receiving the special stamp.

Our St. Patrick Day walk held on March 17th. We had a turnout of 61 walkers with some green evident! Hope everyone enjoyed the new facilities, the St. Albert Community hall where we had a great pot luck followed by the Annual General Meeting with 44 people in attendance.

If this is any indication of how walker turnout is going to be, we are in for a busy and exciting summer.

By the time you read this newsletter we will be enjoying the VAA Convention in beautiful Fort Saskatchewan on April 28th. and 29th. I encourage you to attend the AGM.

As we look ahead, our next big walk on May 12th. - 'World Walking Day' which is the CVF 20th. Anniversary event, with a group YRE walk in the afternoon.

The next CVF 20th. Anniversary walk is on June 9th. in Morinville. After the famous 'Double Toonie' lunch there will be a walk in Cardiff. The purpose of this walk is for participation of other Clubs in the area to join us and an invitation has been extended to the Waskahagain Trail Association. We are waiting for their reply.

Keep your Event Calendar handy so you can see all the interesting walks available to enjoy. Do not forget our Mountain Majesty Walk in Jasper, Labour Day Weekend in Sept and you should be thinking of making arrangements for accommodation.

It was decided at our last Executive meeting to send the Trekkers Trails to everyone with e-mail. If this becomes a problem for you, let us know so we can make other arrangements for you. We must be looking for ways to save money in order to keep our costs in line. The advantage here is, you will receive the Trekkers Trails sooner than waiting for the mail service.

Any suggestion or comments please do not hesitate to contact me at

[luscombe@telusplanet.net](mailto:luscombe@telusplanet.net) or 475-7211.

Focus on Walking.

Dave Luscombe  
Club President.

## Member Achievements

Congratulations to the following Trekkers whose achievements were published in the Jan, Feb, Mar 2007 issue of *Volkssport Canada*:

### Events

Myrna O'Neil	1600
Kathleen Parr	1600
Helen Rousseau	1250
Jim Rousseau	1250
Patricia Sturges	900
Evelyn Rogers	900
Sylvia Fisher	800
Phyllis May	750
Stella Melnychuk	750
Mitch Melnychuk	750
Charles May	650
Michael Alberti	575
Peter Van Bostelen	500
Sonja Van Bostelen	500
Wayne Donner	450
Johanna Snoek	450
Duane Spurrier	450
Willem Snoek	375
Ann Appelman	350
Iris Campbell	300
Dave Luscombe	225
Olga Footz	225
David Hall	200
Shirley Powell	50
Richard St Arnaud	30
Fraser Spears	10
Jake Schepian	10

### Distance

Myrna O'Neil	30000
Michael Alberti	16000
Mitch Melnychuk	16000
Stella Melnychuk	16000
Patricia Sturges	12000
Phyllis May	9000

Sylvia Fisher	9000
Peter VanBostelen	6000
Sonja VanBostelen	6000
Johanna Snoek	5500
Willem Snoek	5000
Duane Spurrier	5000
Ann Appelman	4500
Iris Campbell	4500
Dave Luscombe	2500
David Hall	2500
Olga Footz	2500
Shirley Powell	500
Sara McEwan	500

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Mail cheque payable to:

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Ottawa, ON  
K1P 5W7



What a colourful place for a rest!

## New Members

Please welcome the following new members to our club:

Angel Joly

Ange Ready

Sharon Pomeroy all of Edmonton

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

Just a gentle reminder that membership renewals must be paid by June 30 to continue receiving this newsletter.

See Page 7 for Membership Renewal Form

## Thank You

Thanks to the following volunteers who worked the January bingo:

Ann Appelman

Leona Greene

Dave Luscombe

Sara McEwan

Myrna O’Neil

Helen & Jim Rousseau

Johanna & Willem Snoek

Special thanks to Phyllis May for chairing the bingo in my absence

The proceeds from the bingo goes towards covering the costs of running the volkss-marches. We owe these people a special Thank You

Kathy Parr, Fund Raising Coordinator

## New Executive – 2007 - 2008

At our AGM on March 17, we elected some new faces to our executive and welcomed back familiar ones:

President	Dave Luscombe
Past President	Phyllis May
Vice President	<b>David Hall</b>
Secretary	Sara McEwan
Treasurer	Peter VanBostelen
Membership	Kathleen Parr
Trail Master	<b>David Hall</b> (interim)
Historian	<b>Clara Rosenow</b>
Newsletter	Sylvia Fisher
Publicity	<b>Lorna Allen</b>
Social Convenor	<b>Dagmar Lietz &amp; Rose Ramsum</b>

Care & Concern Helen Rousseau

We have a Nominating Committee of Myrna O’Neil, Phyllis May & Millie Seitz and a Telephone Committee with new volunteers Janet Brandly & Phyllis Wright

## CVF Awards

At the recent CVF AGM in Victoria, BC many St Albert Trekkers were the recipients of various awards;

### CVF 5 - Year Ron Colpitts Award

Jean Elder  
Marilyn Keller  
Johanna Snoek

### CVF 15 – year Service Award

Bill Hughes  
Myrna O’Neil  
Richard Parr

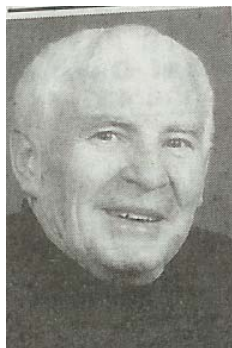
### CVF 10 – Diane Hoskins Award

Sylvia Fisher  
Gertrude Grieve  
Kathleen Parr  
Helen Rousseau  
Jim Rousseau  
Pat Sturges  
Millie Sietz

### CVF 20 – year Service Award

Phil Sturges

## In Memoriam



It is with sadness that we announce the passing of former St Albert Trekker Ted Prout. Before his stroke several years ago, Ted, along with his wife, Marie were active participants in many volksmarches .Our deepest sympathy goes out to his family.

## Walk Location Change

**Date:** Saturday May 26,/07

I have been informed that the **Miquelon Lake Provincial Park** will be closed to the public, until at least June 15<sup>th</sup> to complete renovations which are taking longer than anticipated. This walk will be replaced by a walk in **Wetaskiwin** instead.

**Start Point:** Parking lot at Centennial Drive just off 56 St (Hwy 2A)

**Distance:** 10 KM

**Rating:** 1A

**Registration:** 9:00 am

**Start Time:** 9:30am

**Trail:** Residential streets and asphalt walking trails

**Directions:** From Hwy 2A (56 St) at north end of town turn East onto Centennial Drive and make immediate left turn into parking lot

**Misc:** No washrooms at start point; can use washrooms at hospital 2 – 3kms into walk

## Trekkers Travels

Camino de Santiago Pilgrimage

Sept 6 – Oct 18, 2006

By Ken Tappay

Back in 1996, a CEO of a large company based in Toronto wrote an article in the travel section of the *Globe & Mail* about a 757 km pilgrimage across northern Spain which he endured after having to lay off 150 employees. I was so touched by the story that I clipped out the article and filed it among the many holidays & trips that captivated my interest. Because of Volkssport and my desire to walk, the Camino de Santiago (also known as the Camino Frances) kept haunting my memory and eventually became a dream I wanted to fulfill. Well, if I may put this into a religious context, my dream came true because of what I refer to as my “Holy Trinity” – first thanking the Good Lord for giving me the opportunity to do the pilgrimage, secondly, to give thanks to my soulmate for being so supportive and encouraging and for being an integral part of the spiritual journey; and thirdly, to pay tribute to my fellow peregrine (pilgrim) Marilyn Sapeta for her dedication, desire and commitment in following the path that led to the burial site of the martyred disciple St James (the patron Saint of Spain)

For every pilgrim who attempts walking the Camino and prior to receiving their required credentials (or pilgrims passport), the question is asked “for what reason are you doing the Camino”? i.e. spiritual, religious or other. For me it was many; during the pilgrimage I would be celebrating my 65<sup>th</sup> birthday and rather than sitting on a beach somewhere in the Caribbean I wanted to do something that feeds the

soul. Plus at this stage in my life I felt I had a lot to be thankful for. And deep down inside there were a few personal issues that I hoped God could help me sort out.

The pilgrimage for me began in Roncesvalles, a small hamlet on the Spanish side of the Pyrenees mountains. Here the pilgrims received a special blessing at the 7 PM mass followed by their first introduction to a “peregrine menu” and then the commune accommodations call an “albergue” – today it was 120 bunk beds in one room! Of course, sleep was impossible, not because of excitement to commence the journey but the constant snoring of a giant of a man whom no one cared to shake or wake up.

The spiritual journey took me 32 days to complete with only two days of rest – one to await the arrival of my wife Lorna half way through the pilgrimage and the other to recuperate from a 24 hr virus that took its toll on many a pilgrim while walking through the “meseta” Every morning was greeted with anticipation as the terrain changed from day to day. Pilgrims would start to stir at 6am each morning; some out the door in the pitch dark with a headlamp or flashlight to help them find the yellow arrows and the other markers that guide the way. Everyone had to be out of the albergue by 8am each day so if you planned to make breakfast in the basic applicable kitchens then you had to rise early. However, in most cases, just down the road a bar would be opened where one could pick up a light breakfast and a café con leche.

For many, what made the Camino so significant was the people you met and shared the journey with. Every day new faces would cross our path, a friendship in-

stantly made, and e-mail addresses exchanged. Often throughout the journey, paths would cross once again and the bond rekindled. For me there were a few pilgrims whom will be engraved upon my heart for the rest of time.

One of the highlights of the pilgrimage was meeting a Canadian family of five from Quebec who were making the journey on two donkeys. While setting in the albergue in the town of Granon, this family not only played their musical instruments at the 1 pm mass but also entertained prior to the communal pilgrim meal as well as performed at the church alter later that evening.

Of course an important day for me on the Camino was walking the highest point of the pilgrimage on my birthday, placing a rock at the base of the Cruz de Ferro at 1500 meters above sea level and then celebrating my 65<sup>th</sup> birthday at the restaurant Casa Marcos with my wife Lorna and friend Marilyn.

Even though one may walk with a fellow pilgrim, one truly walks the Camino alone. There are numerous hours spent putting one foot in front of the other where the time is used to search one's soul. Did I gain anything from walking the Camino or did the journey change me to some degree? My answer is "Yes" but I am sure more will be determined in the days to come.

Upon finishing the pilgrimage to Santiago de Compostella, Lorna and Marilyn flew to Paris for a long weekend to celebrate their participation in doing the Camino. For me, the need to walk to Finisterre, another 90km over 3 days to dip my feet in the ocean was a need and a must. A special

"angel" by the name of Mercedes was planning to do the trek and would enjoy the company. For me, it was the icing on the cake, a truly satisfying and wonderful experience.

Would I ever think of doing the walk again? If I had a teenage grandchild, I'd certainly consider the idea but I doubt Lorna would allow me to be out of touch for more than a week. But in saying that, Lorna and I are planning further pilgrimages or even considering working in a third world country at a mission or the like. Yes, the Camino has certainly made us see the world around us in a different light.

Some notes about the Camino:

- Walking in Sept/Oct was great, especially walking through the vineyards
- Had only 2 days of rain, first 21/2 weeks only had 15 mins of rain
- Never took a camera, for me it was a spiritual journey not a photo shoot, but the scenery as awesome!
- We were the envy of the Camino, had the smallest backpacks of anyone. Many pilgrims ended up sending much of their belongings on to Santiago
- Merrell sneakers were a Godsend, not one blister throughout the 819km
- Great pastry shops throughout Spain, never lost any weight at all!

## Newsletter Info

Help! I need your input! Let me know how I can make your newsletter more interesting and more reader friendly. Do we need a format change? More pictures? Send me a short blurb/photos about your walking adventures as you travel about our province filling up your Walk Alberta booklet.

E-mail photos, stories to me [sylfish@shaw.ca](mailto:sylfish@shaw.ca) or see me at the walks.

I would also encourage both new members and those who have been with us awhile to sign up for the electronic version of this newsletter. Not only will it save the club

money in the form of postage & printing costs but you will see all the photos in color and you will receive it much faster.

Thanks to all of you who contributed to this issue.

*Sylvia Fisher*

Newsletter Editor

# See you on the Trails

## ST. ALBERT TREKKERS VOLKSSPORT CLUB

### MEMBERSHIP APPLICATION OR RENEWAL

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_  
POSTAL CODE: \_\_\_\_\_ PHONE: home \_\_\_\_\_ business \_\_\_\_\_  
Email address (for updates on walks) \_\_\_\_\_

Is this a RENEWAL \_\_\_ or a NEW \_\_\_ application for a single \_\_\_ or a FAMILY \_\_\_ membership?

If FAMILY, number of members? \_\_\_\_\_

MEMBERSHIP FEES for Fiscal Year, April 1 – March 31: SINGLE - \$5.00 FAMILY - \$10.00

Submit this form and fee to: ST. ALBERT TREKKERS VOLKSSPORT CLUB  
Membership Secretary  
Box 146, 3 – 11 Bellerose Drive  
St. Albert, AB, T8N 5C9

