



Trekkers' Trails

The Newsletter of The St Albert Trekkers Volkssport Club

Dec 2007



Beautiful colors of the river valley during our Oktoberfest walk on Sept 29

Presidents Corner

We are close to saying -Good-bye to 2007øand -Hello to 2008ø What a great year we have had and we are looking forward to reaching 1,000 event walker on the Christmas lights -Guided, Eating, Walkøevent on December 8th. This will be

a super evening (hope the weather holds out). Phyllis May and Johanna Snoek will be our Trail Blazers. You donøt want to miss out on this evening of fun!

Since our marvelous September long week-end in Jasper, the Fall Equinox was the next big event and the energizer bunny was put to good use that night. It was a great night for walking and we had 41 walkers out including Ethel Hansen, B.C. Director from Nanaimo. I understand our walks are longer than the ones in B.C.!! Our Oktoberfest which was held in September turned out to be another successful day with 51 walkers and 5 cyclists taking part. We had delicious food thanks to Dagmar and her crew and well done trail markings thanks to David, done on his special day. 33 walkers turned up at the St. Albert Community Hall on November 3rd. to enjoy an afternoon of walking and a delicious pot luck supper. Thanks to our volunteers who make our events a success.

I have had the privilege of reading Helene Viel's book "My Canada: Every Step Of The Way" I would recommend that everyone try and read this book. It was interesting to read that when they got to the Alberta border, some members of our club took part in the journey. I only wish I had started earlier in my walking adventures so I could have been a part of the trip. There is a great article in the last CVF newsletter that covers the journey. This is a definite "must read"

A big year is coming up for the St. Albert Trekkers. We will be celebrating our 20th. Anniversary. We are looking for some

New Members

A big welcome to our latest Trekkers . Jennie Ruim of Edmonton

John Pickering, Velma Childs & Zenobia Jaffer of St Albert & Melanie Baillargeon, Todd Hicks & family of Morinville

And returning to the fold - Karen and Terry Semotiuk of Edmonton & Florentine Hartmetz

suggestions as to what we might do to mark this occasion, any suggestions you have would be greatly appreciated. Remember this is "your club" This will be held in conjunction with the Marathon week-end in July

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 call me at 475-7211 or send me an E-mail at Luscombe@telusplanet.net.

Have a Merry Christmas and we will see you on New Year's Day for the first walk of the New Year. There will be a smorg at the St. Albert Inn after the walk for a special price.

Focus on Walking and Membership

Dave Luscombe, Your Club President

Happy Holidays



Member Achievements

Congratulations to the following Trekkers whose achievements were published in the Oct, Nov, Dec 2007 edition of *Volkssport Canada*:

Events

Kathleen Parr	1700
Phil Sturges	1100
Sylvia Fisher	850
Donna Channen	750
June Hughes	700
Sonja VanBostelen	575
Duane Spurrier	500
Iris Campbell	350
David Hall	300
Dave Luscombe	300
Janet Brandly	100
Lois Spurrier	75
Sharon Pomeroy	50
Alda Watchorn	10

Distance

Phil Sturges	16000
Peter VanBostelen	7000
Sonja VanBostelen	7000
Duane Spurrier	5500
Iris Campbell	5500
David Hall	4500
Dave Luscombe	3500
Janet Brandly	1000
Sharon Pomeroy	500
Rick St Arnaud	500



Want to keep up with all that is new in the walking world (well at least Canada) \$15.00 per year is all it takes: Send cheque to:

Volkssport Canada
PO Box 2668, Station dDö
Ottawa, ON K1P 5W7

Membership Fees

Effective Jan 1, 2008 our membership fees will increase as follows:

Single: \$10 – Family: \$15

Trailmaster Update

YRE's and Group YRE's

The YRE's continue to be heavily supported. In the spring we had a number of group YRE's and hope to be able to continue organizing them all winter - weather permitting. There seems to be more interest in Saturday group YRE's versus during the week so most of them will be on Saturday's. Recently we had 10 walkers at a YRE in Millet and 15 for one at Wolf Willow. Watch your email for upcoming walks. I found when I started walking it took me over a year to learn about and try a YRE. So if you know some of the new walkers please help them get out and try some YRE's.

Scheduled Events

The Trekker events continue to be well attended and well organized get together. And there are always willing helpers to pre-walk, mark, etc the trails. Many thanks to you all. I have discovered that some of the newer walkers are confused with the books and various programs and in some cases have completed books but not sent them in for their award. It does take a couple of years for all the various programs and stamps to make sense. So anyone needing help sorting out their books and getting them sent in, see me and I will do my best to make sense of it all. In fact I have some envelopes and stamps in my car so I can even help get them mailed off! And trust me, it will all make sense at some point! Just want to put a plug in for the January 1st walk. It is one that I have not been able to make myself but I hear the meal at the St Albert Inn is terrific and the walk is a winner. It consists of two 5 km loops so there is a chance to warm up if it is cold.

See you on the trails.

David



David Hall receiving his 2nd Walk Alberta certificate. David not only has completed Walk Alberta, but also all the walks in Saskatchewan in 2006 and Walk BC – Keep on Trekkin' David

THE WINNING TREKKER TEAM.

Another great walking season it has been!
With fun, fitness, friendship and food
without fail.
So many walks and holidays celebrated
With Canada Day a trek down memory
trail.

Your 2007 club leadership team
Has a message from President Dave
Luscombe í
õMy two years are up and my family
keeps me busy,
I sure wouldn't mind someone else taking
it on.õ

Treasurer Peter Van Bø's term is up too.
Are budget books something you like to
do?
We are not a big business with money
galore
So this really isn't an enormous hard
chore.

Secretary Sara McEwan, is part of this
crew
With two years completed, job open for
you.
A computer is handy for this task
Keeping track of meetings is all we ask.

Newsletter Editor, Sylvia, has so many
things to do
She wouldn't mind if this position were
taken by you.
Collect up items of interest, photos and
fun
Arrange, print and post and you are done.

No one holds the title of Trekker trail
master to date
But what a job has been done for you.
Many faithfully helping Vice-President
David
Setting up routes for each walk to do.

For a new trail master most maps are in
place
Enjoy a stroll as trail is checked before the
date
Find helpers to chalk and/or flag at their
pace.
Take them down, too, for the walk to be
great.

Another good way to join the team
Is position of second vice ó president to
fill
Help with newcomers, information table
And special events, to fit this bill.

You would be joining others on the team-
Hard working Vice-President David Hall
keen
Doing so much for all of us on the
volksmarch scene.
Trekker membership list is kept by
Kathleen.

Refreshments and treats for you and me
Were duties for Rose and Dagmar you see.
Lorna is listed for notification and
publicity
And Clara took pictures of walkers and
scenery.

So, if you would like to be on this happy
crew
Fitness, friendship, food, and fun for you
Contact Dave, (475-7211), Phyllis, (487 ó
3570)
Myrna(459-7836) or Millie (458-7902)
And tell us what you would like to do

Trekkers Positions Open 2008
President
2nd Vice President
Treasurer
Secretary
Trail Master
Newsletter Editor

EVENT AND DISTANCE BOOKS

Free sheets:

1. This sheet is used for the first 5 events that are completed, both Distance and Events are on the same sheet.
2. Present sheet for stamping at every event.
3. Once completed pick up your first *free* Green Event book and a Blue Distance book available for \$7.00 at an event.
4. Attach your free sheets in the first five spots in the appropriate book.

Distance books:

1. Get the distance book stamped and distance noted every time you complete a walk.
2. Walks are registered for certain distances, usually 5 or 10 km. If you do the walk more than once in a day you must use multiples of those numbers. (i.e. If you walk a 10 km twice (20km) stamp your book twice and enter 10 twice under distance.)
3. Blue Distance books hold 500 km if you run out of space in the book ask for a special sheet.

Blue	ó 500 per book	500 km ó 8000 km
Brown	ó 1000 per book	8000 km - 22,000 km
Yellow	ó 3000 in first book	over 22,000 km
	5000 afterwards	

Event books:

1. Get the event book stamped if you do not already have this event stamp.
 - a. Regular events can only be stamped once.
 - b. Year rounds have a $\div\emptyset$ beside the year from January to the end of June and then it is removed. The stamp can be used again in the second half of the year, as it constitutes a new event. (Check after June 30 to make sure the $\div\emptyset$ has been removed, if not, remove it before stamping)
2. The first Green Event book is only for the first 10 events, this includes the 5 free sheet, once these are completed your second Event book is available for \$7.00 and should be filled with 20 event stamps.

Green	- 10/30/50 events	
Purple	ó 25 per book	75 ó 600 events
Salmon	ó 50 per book	600 ó 1500 events
Red	ó 100 per book	over 1500 events

Once a book is completed send it for redemption to the Award Coordinator. Contact your local club for current address. When you receive your first awards you will also receive a passport, which is to be returned with each book as you complete it.

If you forget your books or free sheet ask for an insert page

O ktoberfes t 2007



Happy Birthday David



Pat Sturges enjoying the fall colors



Rose cooking up the Bratwurst



Myrna & Marlene with their River & Ravine certificates, along with Millie



Club Contacts

President	Dave Luscombe	475 - 7211
Past President	Phyllis May	487 - 3570
Vice President	David Hall	951 - 2882 (cell)
Treasurer	Peter Van Bostelen	459 - 6653
Secretary	Sara McEwan	426 - 7748
Membership	Kathleen Parr	998 - 1033
Trail Co-ordinator	David Hall	as above
Historian	Clara Rosenow	457 - 0081
Publicity	Lorna Allen	458 - 2799
Social Convenors	Dagmar Leitz	939 - 2482
	Rose Ramsum	478 - 6862
Newsletter	Sylvia Fisher	458 - 5299
Care & Concern	Helen Rousseau	939 - 2394

St Albert Trekkers 20th Anniversary – 2008

Next year – 2008 – the St Albert Trekkers will celebrate their 20th Anniversary as a club and \$500 has been approved for the nominating committee to spend for this celebration.

The subject of club shirts has come up again and here is something to think about over this long cold winter and perhaps be discussed at our AGM next March

What style of shirt would you be willing to buy? Golf style or regular T-shirt

How much would you be willing to pay Golf style - \$20 - \$40
T-shirt \$15 - \$20