



# Trekkers' Trails

The Newsletter of The St Albert Trekkers Volkssport Club

July 2008



CVF Convention, Wolfville, NS - May 23 6 25 - 2008

## From Your President

Here we are in the middle of the walk season already! How time flies. Our executive has come together and I believe we are working very well together. Everyone is very dedicated to doing a great job so it should be an exciting year.

The YRE counts are up from last year.

Most of this is due to the group YRE program that as started this past year. Thanks to Sharon and now Lou for helping co-ordinate these walks. Our goal has been to have at least one organized walk in the Edmonton area every week all year round, except in inclement weather. Lou is now leading the Thursday night group YRE's

and we will see how they go this summer and decide whether to continue them another year.

A lot of work has gone into planning the 2009 walk schedule. The number of YRE's and events will be increased next year. I will report on this in the next newsletter.

I have just recently heard of the passing of one of our long term Volkssporters - Jim Rousseau. Jim loved Volkssport and we will miss him dearly. Our condolences go out to Helen and family.

The club has continued to have good success at attracting new walkers. This has allowed us to keep our membership up. It will continue to be a focus of the executive team.

Most of you will have received your Trekkers club T-shirt. Many thanks to Dave Luscombe who found a local place to supply them and at such a good price the club was able to pay the whole cost of the t-shirt. Perhaps we will try to order one each year, likely subsidized in the future, partially not fully.

Beth Millar has offered to work on our web site. She is busy working with Gord Brandly on this project. Hopefully we will have a world class site there in the coming months.

Lorna has designed a Volkssport Club business card. All members can have some. The purpose is to hand them out to other walkers on the trails to attract new members. If you would like some, see Lorna Allen.

One of the biggest jobs in the club is pre-walking and marking the trails. Sara has taken this on with a vengeance this year. She is working to develop a team of pre-walkers/markers as this task is the biggest obstacle to club growth. She has done a great job of developing this team and should enable the club to grow going forward. Great work Sara.

I am amazed at what a great club we have. You should all be proud.

David

## **New Members**

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Please welcome the following new members to our club -

Beth Millar, Joe Somback, Percy Tomita & family & Ursula Tauscher from St Albert,

Joan Hickey, Lynn McCartney and Stig Nielson, Stephen Hawker & family, Tracy Knott, and Hennrietta Moes from Edmonton,

Phyllis Huhtala from Red Deer and Marion Bulmer, Judy Bogdan-Ihasz and Judy Ottmeier all from Sherwood Park.

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

## Member Achievements

Congratulations to the following Trekkers whose achievements were published in the Apr. May, June 2008 issue of "Volkssport Canada"

Events		Distance	
Helen Rousseau	1300	Mitch Melnychuk	18000
Jim Rousseau	1300	Stella Melnuchuk	18000
Robert Davis	900	Millie Seitz	12000
Millie Seitz	750	Robert Davis	11000
Sonja VanBostelen	600	Peter VanBostelen	7500
Marlene Kubbernus	525	Sonja VanBostelen	7500
Ann Appelman	475	Iris Campbell	6500
Iris Campbell	400	Marlene Kubbernus	6000
David Hall	350	Nancy Johnson	6000
Erna Wack	250	Ann Appelman	5500
John Mifsud	125	Erna Wack	3500
Jennie Ruim	10	Vivian Rousseau	1500
		John Mifsud	1000
		Sharon Pomeroy	1000

### VOLKSSPORT CANADA

#### Canada's Newsletter for Volkssport

Volkssport Canada, the quarterly publication of the Canadian Volkssport Federation, keeps everyone informed of what is happening in the wonderful world of Canadian Volkssport. Copies are sent to subscribers for an annual subscription fee of \$15.00 CDN to addresses in Canada and \$20.00 USD to American and other foreign addresses.

Included in the newsletter are write-ups and photographs of special events, President's Message and other submissions by Canadian Volkssporters, CVF clubs, the CVF Executive and Board of Directors. You will also find all the CVF 'contact' names, addresses, telephone/fax numbers, email addresses, etc. CVF clubs are listed, also current weekly Volkssport events. Important updates, additions and corrections to previously published information are also included. It is a great source of information and a publication to be proud of. The Editor of Volkssport Canada is an experienced Volkssporter himself and CVF Past President, Lionel Conrod.

To subscribe, print a copy of this page and snail-mail to the address below:  
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Volkssport Canada, the official newsletter of the Canadian Volkssport Federation (CVF), is published four times per year to report on the latest developments and events pertaining to Volkssport in Canada.

# Trail Blazer Update

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## SEEKING VOLUNTEERS TO HELP WITH PREPARING WALKS

By the time you arrive for a Trekkers event, a good dozen or so folks have worked on getting things ready for that enjoyable walking experience.

Directions, instructions, calendars, cookies, stamps, flags have all been considered.

The only parts that defy planning are the weather & your decision to come out!

So, here's an invitation to sign up on a roster for St. Albert Trekkers calendar  
Events

Are you interested in either or both of these roles?

**PRE-WALKERS** ~ 2 hours time commitment ~ 3 or 4 walkers walk the route on a selected day in the week prior to a scheduled walk.

**PRE-WALKERS** ensure there are no route problems or changes & the trail is safe  
& accessible. They check route walking directions to see it's up to date.

A walking time is chosen according to walker's availability, usually an afternoon mid-week.

**TRAIL MARKERS** ~ 2 hours time commitment ~ 3 or 4 walkers on the day of a scheduled walk, prior to the registration time.

**MARKERS** follow the directions, mark 5 & 10 k routes with chalk and/or flags. Return for registration, walk stamps & announcements prior to the scheduled walk.

Agreeing to be on a Trail Blazer roster does NOT commit you to walks. You do commit to receiving a message from the club Trail Blazer in advance of each pre-walk or marking date & time. Then, if you are available, you can join in.

Volunteers who pay the walk fee are credited for distance & event.

Not sure if you have what it takes?

Marking clinics will be offered with tips from experienced markers for those who want training or refresher.

If you decide to join the roster, choose your role/s, let me know & I'll keep you posted about  
upcoming events & training.

If you have specific date/s you want to commit to, that's OK as well.

It's your chance to make an individual contribution that benefits the Trekkers, adds distance & events to your books & expands your fitness, fun & friendship. Come on out, at a moderate pace, & do your part while enjoying a sociable small  
group walking experience!

Contact Sara McEwan  
Trekkers Trail Blazer  
Phone 426-7748  
Email saraemc@telus.net

By all reports the Trekkers who attended the CVF Convention in Wolfville, NS enjoyed some great walks. Here are some of their favorites;

### TOP 5 MARITIME WALKS

1. **Halifax - Capitol City/Lighthouse**  
This is a great walk touring the historic part of Halifax including the waterfront and Public Gardens.
2. **May 25<sup>th</sup> Convention Walk, Wolfville**  
Pleasant tour through University gardens, woodland trails and reservoir park and finishing up along the Wolfville harbour.
3. **Dartmouth - Shubie Park route**  
A pleasing stroll, passing ponds, through an older residential area, touring Shubie Park and along an old canal.
4. **Bayfield, NB - Cape Jourmain - Lighthouse**  
Nice views of Confederation Bridge and a beautiful stroll through a nature park.
5. **Annapolis Royal - Lighthouse**  
Very historical walk, through old Fort Anne passing many historical buildings plus a short tour of the waterfront and a nature park.

Richard and Kathy Parr

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#### Maritime Walks

We enjoyed all the Walks very much, but our favorites were: Halifax, the Wolfville YRE, Annapolis Royal, Charlottetown and Cape Jourmain.

Walking through the cities of Halifax and Charlottetown, we enjoyed the stately older homes, with their lovely gardens. Along the boardwalks, incredible views, very nice high rise condos with neat shops and bistros along the way.

Wolfville YRE. Again large Inns and B and B's with beautiful gardens. We liked staying at the Acadia University. From there a short walk to the little shops and pubs downtown. We shopped there.

The Walk through Annapolis Royal was like walking through a picture. Stately older homes with magnificent gardens, all very neat and clean. Of course the highlight was Fort Anne. I could have spent more time there.

Cape Jourmain was a lovely walk through the trees. Parts of the trail offered great views of Confederation Bridge. After the walk, we enjoyed a wonderful lunch in the Visitor Centre.

We have some very pleasant memories of the walks in the Maritimes.

Chuck and Phyllis

These are not in any particular order, just the five that I enjoyed most. I actually enjoyed all the walks except for Blomindin and Eastern Passage.

Cape Split -- in the bush and the view at the end was spectacular!!

Baddeck, Cape Breton -- easy, beautiful

Cape Jourimain, Charlottetown -- saw 6 lighthouses on this walk, beautiful along the water front

Annapolis Royal -- again beautiful, many old houses.

Halifax -- This was a "run" -- but what we saw, if you took the time to look was great. water front, big old masions, university

### **Marilyn Bradley**

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It was hard deciding which ones I liked the best but in no particular order, these are the ones I enjoyed the most.

1. 5km Annapolis Royal Walk because it was a beautiful day with spectacular scenery; a perfect ending to the tour.
2. 5km Cape Jourimain walk because it was a nature trail which is my favourite place to walk.
3. 10 km Charlottetown walk. We walked along the ocean for a good part of the walk and it was a lovely warm evening.
4. 5 km walk St. John,NB. It was foggy but still quite pleasant. I walked with Sara M; we didn't push ourselves too hard, then had time for coffee and a bagel afterwards. Because our bus was leaving at 10am instead of the usual 8am, it was very enjoyable to be able to just relax.
5. Halifax walk through downtown and harbour district because there is so much history in this city.

Judy Zimmel

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We enjoyed our time in the Atlantic walks despite the miner factors of winds and rain-spring weather. Our walks were wonderful and we saw a wide varieties of wonders of the Maritimes-all those lighthouses, the reversing fall, the beautiful houses, the universities, the harbours, the amazing Centennial bridge and the rocks of Peggy's Cove. The beauties of nature was unforgettable- the forever changing tides, the mud flats, the ocean, the winds and the trees. Most of all, I completed my Maritime lighthouse walk program!

I enjoyed each and everyone of my walks. Each walk had it's own special surprises and wonders. I surprised myself that I was able to walk the numbers of kms per day for 10 days! I was a little stiff but never too sore to walk the next walk.

Rose Ramsum

## Walking in Atlantic Canada

Colleen & I attended the CVF Conference in Wolfville, Nova Scotia in May. We extended the trip & walked in all four Atlantic Provinces.

I am going to share with you the six walks I enjoyed the most. Keeping in mind my choices were impacted somewhat by weather. For example, I walked the Eastern Passage Walk, near Halifax, and it poured rain and the wind was almost gale force. I had to change cloths afterwards because my socks and pants were soaked. For that reason this walk could not possibly be on my top six, although it may have been under better weather. My choices, in no particular order, are as follows:

#1 is Gros Morne National Park, Newfoundland. I found out about this walk at the CVF Conference and contacted the local co-ordinator, Bob Day, who was most helpful with this and the Corner Brook walk. The walk meanders through a huge bog on a boardwalk and then on packed trails initially through quite stunted trees. The signs explain that the trees are leaning and stunted in growth because of the wind and the cold. This trail loops around to a beautiful mountain lake, Western Brooke Pond, before taking you back to the starting point.

#2 is Corner Brook, Newfoundland. Corner Brook is a picturesque, small city on a hillside in the Humber Valley. The walk follows a trail beside a creek and around a lake. On route I stopped to chat with some local walkers and they asked me if I was going to walk the trail on the top of Three Bear Mountain. The YRE did not go there, but after I was done, I walked up Hospital Hill to the trail head and walked this trail overlooking the city. It likely added 3 km to my route and it was all up and down but well worth the effort.

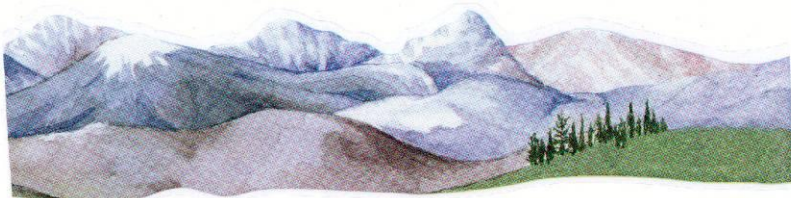
#3 is Fredericton, New Brunswick. Our first trip to Fredericton and we loved the city. This walk is part of the capital cities program. The trail goes along the mighty Saint John River, past downtown & the provincial legislature building. Then on up a long hill, past the University of New Brunswick campus and through Odel Park, a great wilderness area in the middle of the city.

#4 is Saint John, New Brunswick ó The Irving Park Trail. Steve Anderson, the local club president, a super fellow, picked me up at our hotel and gave me a personal tour on this walk. We saw a baby fox and an eagle. Steve is very knowledgeable of the flora & fauna of the area and readily shared that information along the trail. This route goes along the beach on the Bay of Fundy and onto a cliff overlooking the Bay.

#5 is Halifax, Nova Scotia, Point Pleasant Park. Although I walked four walks in the Halifax area, I enjoyed Point Pleasant the most. This park put me in mind of Stanley Park in Vancouver, BC. I missed one trail sign ó I think it must have gotten knocked down ó so I walked 13 km instead of 10 km but did not mind a bit because of the views, especially of the harbour.

#6 is Blomindon Park in Nova Scotia. Due to a storm knocking some trees across the trail it made for some challenging hurdles to climb over or crawl under but this area is a must see in the Wolfville area.

David Hall



**KANANASKIS** ó Aug 30, 31, & Sept 01 ó2008

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**Another great weekend of walking**

**Aug 2- 4 - 2008**

Don't forget coming up is the Nordegg Mountain Majestic Waterfall Tour

All these walks will centre around waterfalls

Sat Aug 2 ó Siffleur Falls ó 11kms

Sun Aug 3 ó Big Horn Canyon ó 10kms

Mon Aug 4 ó Nordegg Heritage Centre ó 10kms

Check the Event Calendar for all the details.

These are walks you don't want to miss!

**Twenty Years of Trekking, 1988 – 2008**  
**Some Historical Highlights**  
**Part Two, 1989 - 1991**

**Trekkers on Their Own,  
1989.**

This was a year of transition when some walks were co-sponsored with the MTTA. The Trekkers first solo event was an inaugural walk, June 3<sup>rd</sup> for their first YRE. A ribbon was given out to each of the seventy-nine participants and a medallion of St. Albert Place, designed by Allan Nuttall was available. A celebration barbecue was held at the Harvey home that evening.

The first Mountain Majesty September long weekend of events were held in Kananaskis with Bob Pass setting up the routes for the walks.

**1990. (Twelve Trekker events scheduled)**

Their first ski was held March 8 and a group Easter Bonnet walk of the YRE was held April 14.

The first Trekker event in Edmonton was held July 15 to commemorate the opening of the Victoria Promenade section of the Heritage Trail.

The annual two day July event of 10 and 20 km walks had a medallion of the loon available for participants, a continuation of the bird series begun by the MTTA.

Mountain Majesty was called the Jasper Jaunt this year with a 10km walk held each day.

October 6 was the date for the first Edmonton river valley walk and bike. 105 walked the 10km route and twenty cycled a 25km route.

**1991 (Nineteen events this year.)**

A Canada Fitness Week guided walk was held May 29<sup>th</sup> with seventy-nine walkers.

This was the first year for the cycle and swim to be added to the annual July event for a trio of activities on the Saturday only. One hundred and ninety-two participants enjoyed the day. The next day, the VAA and the Trekkers co-sponsored a VAA President's walk starting at the Alberta Legislative Grounds.

The Trekkers sponsored the Mountain Majesty walks in Banff this year on the August long weekend. Events included a 10km trail along Lake Minnewanka on August 3, a start at Bow Falls to walk along both sides of the Spray River for a 13km walk the next day, and the last event, a 12km walk to the Ink Pots and back in Johnson Canyon.

Wieners, knockwurst, and near beer were provided at the October 5<sup>th</sup> walk and cycle held in the Emily Murphy Park. One hundred and twenty-eight participated in the 10 and added 20 km walk; sixteen cycled the 25km bike route.

**Submitted by Myrna O'Neil**



It is with sadness that we announce the passing of long time volksmarcher Jim Rousseau.

Jim, with wife Helen always at his side, has been involved in volksmarching for more than 20 years.

Jim and Helen have hosted the famous Loonie and later the Double Toonie lunch at their home in Morinville for many years.

In 1994 they were awarded the Phillips Trophy for their outstanding contributions to volkssporting.

Jim will be greatly missed by all his volksmarching friends. Our deepest sympathy goes out to Helen and all the family.

## Editor's Notes

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Thanks to all of you who submitted your 5 favorite Maritime walks. All great walks! Most of you know that I took an extended holiday after the Convention and traveled all over the Maritimes, visiting UNESCO sites, doing Lighthouse walks, Capital City walks and I totally enjoyed all but my all time favorite has to be the Cape Split hike. I have hiked this trail many times, the first time back in the -80s before it officially became a volkssport walk.

There are lots more exciting walking adventures to come including the Nordegg waterfalls hikes and our walks in beautiful Kananaskis Country Aug 30, 31 and Sept 1<sup>st</sup>. Come out and join in the **“Fun, Fitness & Friendship”** See you on the Trails  
Sylvia ó Newsletter Editor

