



TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

April 2009

President's Notes

The New Year started with our annual walk and brunch at the St Albert Inn. The temperature was below -20°C so officially the walk did not proceed and everyone's books were stamped and asked to make the walk up at another time. Some hardy walkers said "not for us" and out they went and walked the route anyway! Twenty-four people signed in and enjoyed the great brunch.

On January 24th 10 walkers showed up for the walk from the Kingswood Park Shelter. Again we had temperatures well below acceptable levels.

The annual potluck and General meeting was once again held at the SAMBA facility in St Albert. It was a great day for walking and the trails were okay but lots of ice and water was present under the bridges. Thirty-two people signed in for the walk. We enjoyed a great meal!

The annual meeting followed. We thanked Sylvia and Clara for their work with the executive and welcomed the new members: David and Vicky Robinson and Joan Redman -- more on this elsewhere in the newsletter.

A very special thank-you to Sylvia Fisher who has been a Trekker since the club was founded and has contributed so much to Volkssport. Sylvia has decided to re-locate to Nova Scotia and join a club

there. We will miss your commitment and enthusiasm here, Sylvia, but we wish you well in your new adventures.

In addition to these four events this year, the club has instigated a twice weekly group YRE. Thank you to Lou Arsenault for coordinating the Thursday afternoon walks and to Sharon Pomeroy for the Saturday afternoon co-ordination. They have had mixed attendance. If the weather was reasonable, attendance was good and if the weather was terrible, then attendance was down.

The Trekker's executive team will be meeting in June. At that time we will be deciding what changes to make for 2010. For example, should we add new YREs or events? If you have any suggestions for changes in walks or new walks you would like to see, let us know before mid June.

At the time of writing the snow is melting big time and the trails are starting to clear—time for us to get out and enjoy the trails. After such a long cold winter walking this spring will be more fun than normal.

Hope to see you all on the trails soon.

David Hall, President

New Members

Please welcome the following new members of our club:

Darlaine & Gary Mahoney, Edmonton

Marg & Gerry Mazer, St. Albert

Neil Mikalonis, St. Albert

Annette Murray, Edmonton

Jean Peters, Edmonton

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

Trekkers 2009/2010 Executive

President:	David Hall
Past President:	Dave Luscombe
Vice President:	Duane Spurrier
Second Vice President:	Janet Brandly
Secretary:	Sharon Pomeroy
Treasurer:	Peter Van Bostelen
Trail Blazer (Marking):	Sara McEwan
Trail Blazer (Pre-walking):	Sonja Van Bostelen
Membership:	Kathy Parr
Social:	Dagmar Lietz and Rose Ramsum
Care and Concern:	Helen Rousseau
Newsletter:	Joan Redman
Historian:	David and Vicky Robinson
Web Master:	Gordon Brandly

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the January February March 2009 issue of *Volkssport Canada*:

Events		Distance	
Billie Collins	900	Mary Sinclair	25,000 km
Bob Collins	900	Kathleen Parr	21,000 km
Sonja Van Bostelen	700	Billie Collins	20,000 km
Johanna Snoek	600	Bob Collins	20,000 km
Willem Snoek	575	Peter Van Bostelen	8,000 km
Iris Campbell	475	Sonja Van Bostelen	8,000 km
Dave Luscombe	400	Iris Campbell	7,500 km
Mary Sinclair	275	Johanna Snoek	7,500 km
Sharon Pomeroy	125	Willem Snoek	7,000 km
Myrtle Reinholt	100	Olga Footz	3,000 km
Lou Arsenault	75	Sharon Pomeroy	1,500 km
Colleen Gray	50	Myrtle Reinholt	1,500 km
Henrietta Moes	30	Colleen Gray	500 km
Pearl Lavelee	10		

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Canadian Volkssport Federation
PO Box 2668, Station "D",
Ottawa, ON K1P 5W7

Upcoming Events

Volkssport Association of Alberta Annual General Meeting – Camrose, May 25th

This is a weekend event. In addition to the annual meeting, three walks have been scheduled. Come and join in all or as many events as you have time for. If you haven't walked the trails in Camrose, you are in for a treat.

Note: Deadline for taking advantage of the reduced meal price is April 15th (for details see pages 9 & 12 of the 2009 Event Calendar).

Never Too Late!

The **2009 CVF Convention** this year is being held May 22 – 24 in North Bay, Ontario on the beautiful shores of Lake Nipissing. There is a lot to celebrate when it comes to the natural and cultural history of the Nipissing and North Bay area. Reward yourself and book a last minute flight or car pool with some friends and head east to attend! Details and information for the Convention can be found at www.gatewaywalkers.ca.

World Walking Day

Let's help get the whole world walking! Meet in Sherwood Park on May 9th (*page 13 of the Event Calendar*).

National Walking Day

This is another special walking event -- to encourage all Canadians to walk. Two walks are taking place in Sherwood Park on May 16th (*page 13 of the Event Calendar*). **Invite your friends!**

Litter Clean-up

May 23 – St. Albert Inn - 9: 30 am Registration; 10 am Start

Help keep St. Albert's river valley trails beautiful. Meet at the St. Albert Inn for the annual trail litter clean-up.

Note: This event *replaces* the Group YRE walk previously scheduled for Sept. 19 (listed on page 21 of the 2009 Calendar). The **START LOCATION** has been moved to the St. Albert Inn, 156 St. Albert Rd.

Calendar Amendments

CVF Alberta Director Weekend - The date, previously scheduled for the August long weekend (see page 18 of 2009 Event Calendar), will be changing due to a conflict with the International Air Show being held in Cold Lake. Details are forthcoming.

Summer Solstice Evening Guided Walk - June 23

Addition to the *2009 Event Calendar*

	June 23, 2009 EDMONTON, AB SUMMER SOLSTICE EVENING GUIDED WALK
SPONSOR	St. Albert Trekkers Volkssport Club
CONTACT	David Hall (780) 951-2882 davidhall@telus.net
START POINT	Government House Park
DISTANCE	5 & 10 KM
RATING	1A
REGISTRATION	6:30 PM START 7:00 PM
TRAIL	West end of Edmonton, Old Glenora and part of the river valley. Beautiful walk.
Misc.	Our annual Summer Solstice Walk.
DIRECTIONS	Government House Park is on the north side of the river bank, just west of the junction of Groat and River Rd. From Groat Rd., either north or south, take the River Rd. exit and turn west into the park.
AWARD	IVV Credit only

A Friendly Reminder:

Membership renewals are now due (see details on attached form).

Volkssport Association of Alberta

Many thanks to the following Trekkers for making the January bingo a success:

Ann Appelman
Colleen & David Hall
Leona Green
Dave Luscombe
Sara McEwan
Myrna O'Neil
Helen Rousseau

And the following people for making the March bingo successful:

Ann Appelman
David Hall
Leona Green
Phyllis May
Sara McEwan
Flo Miller
Myrna O'Neil
Rose Ramsum

Next Bingo: Nov. 12, 2009

Next Casino: Jan/Feb/Mar. 2010

The funds from these events enable us to produce the Event Calendar and defray other costs for hosting walks throughout the province. If you are interested in helping at any of these events contact:

Kathleen Parr – Phone: 780-998-1033 or e-mail: walksalot2@shaw.ca

Trailblazer Updates

Hi walkers – here's some of what's been happening over the winter 2008-09 season. If you'd like to get involved with Trailblazing, I'd be pleased to hear from you.

Events:

- December Christmas Lights, City Centre indoor, January, February & March walks were pre-walked and route instructions updated.
- Three routes were not marked when the thermometer dipped below -20°C , the marker safety zone.
- One route was not pre-walked due to illness.
- The Cardiff walk has been extended to a "legal" length.
- A new Oktoberfest 6 km loop has been developed.
- An alternate St Albert *riverside* route was developed for February due to icy conditions on the regular route.
- Walkers were surveyed about the new December City Centre indoor event. The walkers' collective wisdom is not to make it a YRE, but keep it as an annual event.
- A 5 km Candy Cane Lane walk is ready for the 2009 Christmas lights event.

Trailblazer Role Changes – Sonja & Peter Van Bostelen pre-walk all the events, while I prepare route instructions and arrange for markers.

Year Round Event Coordination – Edmonton River Valley, Beaumont, Twin/Brooks, & Hermitage routes have a new look and have been added to our web site. Wolf Willow is partially completed. St. Albert routes are there too. Check out www.trekkerswalks.ca.

Trail Marking - An experienced core group of seven markers is on the roster for 2009. **I need another two or three markers to round out the roster. A training clinic is planned for May 9th, World Walking Day, 8 am @ Lacombe Park.** If I don't hear from you, you'll be hearing from me by e-mail soon, inviting your participation.

Trailblazer 2009 Task List - I have 60 items on my list. There are lots of upcoming changes and additions to existing & new routes for 2009.

The Trekkers' board has approved the purchase of a wrist-band Garmin distance measure device for the club, for which I am very grateful! It fosters all year round walk development, allowing one hand to be free

when preparing walks or extending them and measuring distance. I can hold a clipboard and walk faster on -20°C nights. It saves three plus hours wheeling through snow to create distances on snowy days.

Looking forward to fair weather & trailblazing with & for you!

Best regards from your Trekkers Trailblazer,

Sara McEwan, Phone 780 426-7748 Email saraemc@telus.net

Newsletter Info

Submissions

The next newsletter is scheduled for July 1st. Your assistance in making our newsletter interesting would be greatly appreciated. I would love to receive photos or stories of your walking adventures or any other news items you wish to share with others.

Preferably, forward your submission/ideas by e-mail to: trekkernews@hotmail.com

Or if you prefer, approach me at a walk or give me a call at 780-433-0282.

For those of you travelling to British Columbia this month, *enjoy and bring back lots of photos and memories to share.*

I look forward to receiving your input. See you on the trails!

Joan Redman, Editor

VOLKSSPORTING



Beautiful Scenery



Friendship



Fitness Building



Fun & Laughter



Good Food



Fun, Fitness & Friendship

ST. ALBERT TREKKERS VOLKSSPORT CLUB

MEMBERSHIP APPLICATION OR RENEWAL

DATE: _____

NAME: _____

ADDRESS: _____ CITY: _____

POSTAL CODE: _____ PHONE: _____
HOME CELL BUSINESS

Email address (for newsletter & updates on walks) _____

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

If FAMILY, number of members? (Under 18) _____ (18 or over) _____

MEMBERSHIP FEES for Fiscal Year, April 1 – March 31: SINGLE - \$10.00 or FAMILY - \$15.00

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

WOULD YOU LIKE TO HELP OUT IN MAKING OUR CLUB SUCCESSFUL?
PLEASE CHOOSE WHAT INTERESTS YOU:

Walk Registration _____ Trail Marking _____ Pre-walking Trails _____ Membership _____
Publicity _____ Newsletter _____ Finance _____ Photography _____
Secretary _____ Bingos _____ Casinos _____

INTERESTED IN CARPOOLING? _____