



TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

July 2009

President's Notes

I just re-read my article for the April Newsletter where I referred to the melting snow. By now it seems the snow has been long gone so we can't use that excuse for not getting out and walking these days. I find that making time in June for walking is a challenge because of the time consuming job of getting the garden planted and the yard in shape for summer enjoyment.

On June 13th, 51 walkers assembled at the Rousseau Farm for a great morning walk. This gathering marked the 25th year for the Morinville walk. The exceptional hospitality of Helen Rousseau's "double toonie" lunch was enjoyed by all. The only thing missing this year was Jim's welcoming presence. Thank you, Helen for your dedication to Volkssport and the Trekkers. Did we ever choose a hot day for the event! Twenty-six walkers made their way from lunch to Cardiff Park. Sara and her team had reworked the route from the past years. It was great to see the new parts of the trail. What a beautiful area for a walk!

The Trekkers executive met on June 24th to discuss the club plans for 2010. The Trekkers will be hosting the VAA Annual Meeting in April 2010. This event will be hosted at the St Albert Inn. There will be two new walks, a lunch and a dinner plus the Volkssport Alberta Annual General Meeting. Dave Luscombe has volunteered to handle the logistics of the food menu and the room rentals. If

you have any suggestions on this front, please see Dave. Sara McEwan will be developing the two new routes so if you have suggestions for this, please see Sara.

Also in 2010 it is the Trekkers turn to host the Alberta Majesty Walks. This event will be held in Banff over the Labour Day weekend in September. Peter and Sonja Van Bostelen will be working the routes for these walks this summer so if you have any suggestions for this event, please see Peter or Sonja.

The 2010 Athabasca walks will be placed on hold due to the two above mentioned time consuming events.

I want to remind everyone about the Trekkers YREs. We have a great selection of self guided, year round events (YREs) in the Edmonton area. These events are listed in the calendar and on our web site at <http://www.trekkerswalks.ca/YRE-Locations.php>. In fact the walk route directions are now online too. I challenge you to make it a goal this summer to get out and walk all the YREs in the region.

Last but certainly not least we remind Millie Seitz and Richard Parr that we are thinking of them as they each face their tremendous health challenges.

David Hall, President

New Members

Please welcome the following new members of our club:

Vince Bennett & Darlene MacDonald, St. Albert
Tabatha Brubacher, St. Albert
David Gordon, Edmonton
Mary Hough, Edmonton

Elisa Mori-Torres, St. Albert
Ian MacDonald, Westlock
Judy Prowse, Edmonton
John & Gwen Rypien, Edmonton

Joy Tomek, St. Albert

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

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the April, May, June 2009 issue of *Volkssport Canada*:

Events

Lou Arsenaault	100
David Hall	475
Iris Campbell	500
Mitch Melnychuk	800
Stella Melnychuk	800

Distance

Lou Arsenaault	1,000 km
David Hall	7,000 km
Dave Luscombe	5,000 km
Iris Campbell	8,000 km
Mitch Melnychuk	20,000 km
Stella Melnychuk	20,000 km

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

Award Winners

Congratulations to the following Trekkers:

Walk Alberta Certificates: Issued to those completing walks throughout Alberta.



Iris Campbell, 2nd time



Phyllis May, 3rd time

Receiving CVF Merit Awards for Outstanding Volunteer Service:

5-Year Ron Colpitts Award Winners:



Dave Luscombe



Ann Olsthoorn



Arnie Lerch



Betty Lerch

Gordon Brandly & Peter Van Bostelen also earned the 5-year Ron Colpitts Award.

20-Years Outstanding Volunteer Service:



Richard Parr

The Phillips VAA Special Award: for significant contribution to Volkssporting in Alberta



Kathy Parr (Trekker) & Edna McKelvie (Medicine Hat)

Thank You Sylvia

- Myna O'Neil

Sylvia Fisher has been a St. Albert Trekker since the beginning of the Trekkers. At the founding AGM in March 1988, Sylvia volunteered on the first executive as treasurer and took on the role again in 1995. Using her avid interest in photography, she held the position of Trekker historian during 1991-93, 1996-97 and 2005-06. Sylvia also made the best of her computer skills when she enjoyed publishing the Trekkers newsletter, *Trekkers' Trails*, from 2001-04 and during 2007-08.



Cycling has been a big part of her Volkssport activities, including helping to set up the YRE cycle route in St. Albert in 1992. She has been the leader in the cycle program in Alberta ever since, now peddling to complete her 30,000 km cycle book.

Sylvia has also participated in VAA activities. In past years, she was a link with the St. Albert Gazette, helping with picking up and storing the annual event calendar. Many of her photos have been in past event calendars. Sylvia held the position of VAA Historian from 2007 - 08. Check

out the VAA album for 2007 when her goal was to include pictures of every River and Ravine walk that summer.

Other Volkssport goals of Sylvia's include completing the Capital City, Yellowhead and Lighthouse programs. She has a picture of herself in front of every Legislative / government building as she completes the Capital City booklet. Lighthouses have always been one of her hobbies so no doubt she has a comprehensive collection of lighthouse photos, too.

Did you know she specialized in baking muffins for many years? Sylvia loves food preparation, cooking and baking and has collected recipes for many years, especially of muffins, salads, desserts and potluck favorites.

Outdoor activity has always been one of Sylvia's greatest joys, with camping and hiking at the top of the list. Not many Trekkers can relate adventures of the West Coast and Chilkoot trails, both of which Sylvia has trekked, always with her camera.

Other travels for her have included Australia plus a number of cruises. Again, with camera in hand so that she could make up a computer program book of pictures and text for remembering her travels. Historical monuments and places are also targets for her trips and we will be looking for a

publication, with pictures of all her travels, hikes and outdoor adventures.

Sylvia will miss her Alberta Volkssport "family" very much but is looking forward to her new Nova Scotia home near brothers, sisters and cousins, plus

the nearby Volkssport club. I am sure I speak for all her Volkssport friends when I wish her all the best in her new home, travels and future adventures. Sylvia, keep in touch. We look forward to your visits to Alberta.

Upcoming Events

Annual Triathlon/BBQ – July 25 & 26th – Come test your walking/cycling/swimming abilities as much or as little as you feel up to. You do not have to compete in all events. Bring a friend, join in the fun and celebrate at the end a great day with a BBQ hosted by Gailene & John Shaw. See page 17 of the *Event Calendar* for details.

CVF Alberta Director Weekend – Calgary, August 1 - 3rd – Many thanks to the Medicine Hat club for rescuing our weekend (previously scheduled to be held in Cold Lake). **The walk will be now be held in Calgary.** It is hoped the Calgary walks will garner some new walkers and expand interest in forming a club in Calgary. Invite your Calgarian friends and plan to attend.

SATURDAY - August 1, 2009

Start Point: Sandy Beach

Distance: 5 & 10 Km

Rating: 1B

Registration: 12:30 pm

Start: 1:00 pm

Trail: Paved and gravel trails, nice view of the Elbow River, some residential streets and parks

Directions: Take Crowchild Trail SW to 50th Ave SW. Go east on 50th Ave SW to 14A St SW. **START POINT** at corner of 50th Ave SW and 14A St SW. Due to limited parking **CAR POOLING HIGHLY RECOMMENDED**

Award: IVV CREDIT ONLY

SUNDAY – August 2, 2009

Start Point: Bebo Grove, Fishcreek Park (West) -24th St SW

Distance: 5 & 10 Km

Rating: 1B

Registration: 08:30 am

Start: 9:00 am

Trail: Paved and gravel trails,

Directions: Take Anderson Rd east or west to 24th St SW. Go south on 24th St SW to Bebo Grove parking lot.

Award: IVV CREDIT ONLY

BBQ after walk TBD.

MONDAY - August 3, 2009

Start Point: Bow Valley Ranch, Fishcreek Park (East)

Distance: 5 & 10 Km

Rating: 1A

Registration: 08:30 am

Start: 9:00 am

Trail: Paved trails. Nice view of park and Bow River.

Directions: From Deerfoot Trail take exit 243 to Bow Bottom Trail SE to Bow Valley Ranch parking lot.

Award: IVV CREDIT ONLY

For further information contact Dan Weatherbee at 403-526-8104 or dweather@memlane.com. **OR** Pauline Mann at 403-527-9642 or lpmann@shaw.ca

Alberta Majesty 20th Anniversary - September

5 – 7th – The Medicine Hat club is an enthusiastic group and has been very busy this year planning walks for VAA. Four walks are planned for this event with a BBQ following the Saturday walk. Come experience the beauty of southeast Alberta and the warm hospitality of our southern friends. See page 20 of *Event Calendar* for details.

Oktoberfest Walks – October 3rd– Enjoy the autumn beauty of Edmonton's river valley! Two walks are scheduled. A delicious bratwurst and sauerkraut lunch will be served between walks. This is a good family event. See page 22 of the *Event Calendar* for details.

Calendar Amendments

CVF Alberta Director Weekend August 1 - 3rd - Due to a conflict with the International Air Show being held in Cold Lake the August long weekend walk **has been moved to Calgary** (see details in the Upcoming Events section above).

Trekker Activities

It has been a busy spring for many Trekkers:

Phoenix Walks – Victoria, April 17 – 19 – Fourteen Trekkers left a snow storm at home only to arrive in beautiful Victoria where the lawns were green and the flowers were so pretty. We enjoyed the walks very much but did miss the mosquitoes! The trail markers did an excellent job of marking trails - they were easy to follow. We are looking forward to returning in 2011. Focus on Walking! - *Dave Luscombe, VAA NE Regional Director*



Pam Luscombe, Leona Green, Evelyn Rogers, Colleen Hall, Irene Miller



Helen with her new friend

VAA General Meeting held in Camrose, April 24 - 26th – Beautiful trails and delicious meals. Thank you to Alda & the Wetaskiwin Club for hosting the weekend. Well done!



Clifford E. Lee Walk, Devon - May 8th



Helen Rousseau, Jenny Yakimchuk, Sonja van Bostelen and Dagmar Lietz

Opening Sylvan Lake Lighthouse Seasonal Walk



Phyllis Huhtala, Sharon Dayman & Lou Arsenault
Proof that Volkssporting is fun, even in the rain.

2009 CVF Convention North Bay, Ontario, - May 22 - 24th – More than 200 Volkssporters from across Canada met to enjoy walking in the beauty of the shores of Lake Nipissing. Included in the group were club members Phyllis May and Myrna O’Neil (5 in all from Alberta). The weather was good but those black flies - OUCH!



Pauline Mann, Evelyn Rogers, Phyllis May, Edna McKelvie, Myrna O’Neil

Morinville/Cardiff Walks, June 13th - Words cannot express our gratitude for Helen Rousseau, who for the 25th year has hosted the Morinville walk. In 1996 Helen hosted a ‘surprise’ lunch following the walk which has since turned into a much anticipated annual event. In 1999 the Cardiff afternoon walk was added to activities. Helen, you are a very special person.



Helen Rousseau



Double Toonie Lunch



Don't forget Bailey!

Trailblazer Updates

Your trailblazers are on the move. Sonja & Peter van Bostelen are touring and walking in Iceland & Britain as this newsletter is going into circulation, departing late May and returning early July. I am travelling September 16th through October 14th in Scotland where I am planning to walk in Glasgow, Ayr, Fife and the West Highlands. In between travel, we back each other up with Trekkers event coordination, route development, pre-walks and marking.

Trekkers Trailblazing resources have partnered with VAA for the Spring and summer. We are pre-walking and marking VAA events, while our fearless Canadian Volkssport Federation leader, Richard Parr, recovers from his surgeries.

Spring marker recruitment went well. Eleven more markers stepped up to assist and six have been trained. Trekkers marking roster call currently circulates to 21 walkers. I am also fortunate to have back-up list of folks to call if I'm in a pinch.

These days, I whittle away at a 2009 'To Do' list. For those of you who can't bear thinking of winter walking SKIP to the next paragraph! For those of you who like to think ahead, Trekkers will walk two 5 km routes on December from the bus: Candy

Cane Lane and Winston Churchill Square to the Legislature for hot cocoa (Joan Redman's suggestion).

Your Trailblazer and the Garmin measuring device are now going steady after a lengthy figuring out process and despite useless manual directions. I can now turn it on, get a distance reading for walks and turn the darn thing off. So far, it gives good readings. However, this year I still use the reliable wheel for confirming changes and new routes.

My appreciations to Trekker walkers for excellent 2009 marking & pre-walking support:

* Kathy Parr * David Hall * Peter van Bostelen *
* Sonja van Bostelen * Ed Bator *
* Helen Lewicki * Judy Prowse * Lou Arsenault *
* Duane Spurrier * Joe Sombach *
* Myrt Reinholt * Willem Snoek *
* Ursula Tauscher * Myrna O'Neil * Phyllis May *
* Lorna Allen * Helen Rousseau *

>>> We never walk alone. <<<

Best regards from your Trekkers Trailblazer,
Sara McEwan
Phone 780 426-7748 E-mail saraemc@telus.net

Newsletter Info

Submissions

Many thanks to those who contributed articles and pictures for the July newsletter.

The next newsletter is scheduled for October 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.

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

Joan Redman, Editor

Trekker Travels



- Johanna Snoek

This was more than a walk. It was an adventure! The friendship between people from different countries and nationalities, the beauty of the mountains and valleys, the peace and solitude – it is all very hard to explain. You have to experience it to truly understand it.

The [Camino de Santiago de Compostela](#) is a collection of old pilgrimage routes which has existed for more than 1,000 years with Santiago as the final destination. The history of Santiago includes the bones of St. James which are buried in the cathedral - too much history here to write about so I will carry on. The French route, which is the most known route (798 km), is the one we walked and lived for five weeks.

September 8, 2008, we flew to Heathrow in London, bussed to Stanstad in London and then flew to Biarritz in France. From here we took a bus to Bayonne where we boarded a train to St. Jean de Port, the starting point. Our travel trip was already an adventure and we hadn't walked a single step on the trail. We received our "Pilgrim Passport" and were now on our way.

The passport was a necessity enabling us to sleep in the alberques (pilgrim hostels) and to prove we had walked the route to Santiago. The first day started with a strenuous hike in 31 °C heat, going up a steep mountain. Holy crap it was tough! Due to a mix up in reservations we ended up in a simple tent. It was pouring rain but at least we were dry and got some rest. Walking over the Pyrenees Mountains for the next three days was absolutely beautiful but tiring from the mist and rain. I ended up with some wonderful blisters and stopped in to see the Red Cross located there for the pilgrims. Normally a simple band aid would take five minutes but not here. These volunteers really cared for your whole body, not just your blisters. After ¾ of an hour, a few hugs and kisses, we were on our way again.

The rest of the trip we enjoyed good weather. Most days we walked 25 km over the historic Roman cobblestone roads,



travel pathways, some steep rocky inclines and earthen tracks. At 8:00 AM we had to be out the alberques and on our way, sometimes needing a flashlight until the majesty of the sunrise lit up our road. During the day we stopped at the bars for a "café con leche" and for a bocadillos or to have some of our French bread with sausage. By about 2:30 PM we found the next alberques to stay for the night. Settled in, we ate a meal and then took in local sightseeing. We either cooked our own meals or we stopped at local bars which supplied pilgrim meals for a modest sum.

Every stop was another adventure, meeting new exciting people and seeing beautiful areas. Far from the distractions and speed of the modern world we found a slower pace and time, perhaps to contemplate the inner journey. The beauty of Pampeloma, Viana, Burgos, the medieval city streets, old Roman bridges, the cathedrals, museums, and monasteries – there was so much to see. Through little villages with rustic Spanish homes, old barns, lots of vineyards with good tasting grapes (I am not saying how we know this, but they were), lots of corn, and sunflower fields all golden yellow -- there was no shortage of sights to see on our walk. We met a shepherd leading his sheep and cows through the village streets – who had the right of way?





Walking gave me a bum knee which forced me to stop and so I had time to volunteer at the Astorgas alberques. This was a very nice experience, different from the walking but a fun part of the adventure. Ann continued on without me to the highest part in the walk, Cruz de Ferro. Trying to connect up again was not as easy as we had hoped because bus connections were sketchy at best -- being dropped off and picked up at what seemed like rotating locations all the time. We were supposed to meet again in Sarria but with eight alberques and missed timing, it did not work out. Placing my name in church books as I went on and thinking Ann was in front of me, we looked for each other for days until one priest took my hand and led me to his church where I recorded my name and date in his book. Ann saw my name later that same day and caught up to me -- finally reunited again!

Three days later we made it to our final destination of Santiago, a beautiful city. We received our compostela and attended the pilgrim mass with thousands of others coming to the end of their own adventure.



Outskirts of Santiago – one day left!

We had enough time to join the 5% of pilgrims who walked to Fisterra. I took three days through eucalyptus, oak and chestnut forests, crossing the high moors and sharing great meals with “pulpo”. The next day we took the bus to Muxia and walked back to Fisterra (a seven-hour walk with only one coffee bar to stop at) and crossed an icy rock-lined stream to make it back.

Five weeks, 885 km and a lifetime of memories later our walk was done and we were headed home.



‘Marker 0.00 km’ in Fisterra – trails are well marked.