

# TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

April 2011

## President's Notes

In my 25 years of living in Edmonton this winter seemed like the longest to me! Part of it was the cold, snow and ice and coupled with some knee issues it meant way too much time indoors versus time out on the trails. But since April arrived it feels like spring also has arrived and I am sure we will see a great turn out at our April and May walks as folks want to get out and enjoy walking.

Considering the conditions, the turn out for the walks in January, February and March were quite good. We had a great potluck and AGM at the United Church in St. Albert. Thirty-one walkers enjoyed the walk prior to the meal. Parts of the trail were icy but the food after made up for the effort.

Now that we are coming into the heart of the walking season there are many exciting walks coming up soon. Be sure to check the calendar or online at <http://www.trekkerswalks.ca/Upcoming-Walks.php> Once we are into May there are walks almost every Tuesday night and Saturday. It will be a great opportunity for us to wear off those extra pounds from winter!

Regarding out of town walks we have a large number of Trekkers attending the walks in Victoria in mid April and quite a few attending the Whistler walks in June. Both events will be a lot of fun and an opportunity to meet walkers from across the country.

And of course the big out of town event which is just down the road in Red Deer takes place April 29<sup>th</sup> to May 1<sup>st</sup>. This is the Alberta AGM where there are a number of great walks established, two great meals planned and of course a meeting to talk about Volkssporting across Alberta. The Wetaskiwin club is sponsoring this year's event and plan on it being a winner! Hope to see you there.

The other out of town event I will touch on is the American AGM and walks in Iowa on June 18 – 26. I still hope to go but have not made any firm plans.

See you on the trails.

*David Hall, President*

## New Members

Please welcome the following new members of our club:

David and Sheila Erickson, St. Albert  
Martha Miller, St. Albert

Sherry Nixey, St. Albert

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

## Member Achievements

Congratulations to the following Trekkers whose achievements were published in the Jan Feb March 2011 issue of *Volkssport Canada*:

### Events

Serge Lavallee	10
Pearl Lavallee	50
Joy Tomek	100
Susanne Forbrich	125
Aubrey Robson	150
Joyce Robson	150
Lou Arsenaault	350
Dave Luscombe	550
Iris Campbell	650
Sonja Van Bostelen	900
Myrna O'Neil	2,000

### Distance

Pearl Lavallee	500 km
Joy Tomek	1,000 km
Aubrey Robson	1,500 km
Joyce Robson	1,500 km
Lou Arsenaault	5,000 km
Edward Bator	5,500 km
Iris Campbell	10,000 km
David Hall	10,000 km
Peter Van Bolstelen	12,000 km
Sonja Van Bolstelen	12,000 km
Myrna O'Neil	<b>Cycling - 25,000 km</b>

### RECORD BOOKS

To receive your awards, mail your completed record books to:

Lea Tocher, 450 Rouge Rd, WINNIPEG MB  
R3K 1K4.

*Make sure your name, home address and e-mail address are on the front of all record books.*

Want to keep up with all the Volkssporting news in Canada? Why not subscribe to *Volkssport Canada*? \$15.00 a year will get you four jam-packed issues full of all the latest adventures in Canada's Volkssporting world. Send a cheque or money order to:

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

## Web Master Report

All 2011 Events can be found on the web site at <http://www.trekkerswalks.ca/Upcoming-Walks.php>  
We realize these are in the calendar but often it is handier to click on the computer and see when and where the next walk is scheduled. Speaking of the calendar, if you want an electronic copy it is also on the web site on the same page as above.

For the last year we have been planning to add Trekkers history to the web site. Finally we are making this happen and each week a bit more

information is added. So go to the new history section <http://www.trekkerswalks.ca/Club-History.php> to check out the information and re-visit it weekly to check on progress.

We are always looking for ways to improve the web site by adding more and better information. But we need your ideas and suggestions to keep this progression going. **If you have any ideas please pass on to Dave Luscombe or David Hall.**

## MEET YOUR 1911 Executive Committee



Back: Lorna Allen, Sherry Nixey, David & Vicki Robinson, Rose Ramsum, Dagmar Lietz, Sonja & Peter Van Bostelen, Joan Redman  
Sitting: Sharon Tchir, David Hall, Joe Sombach, Dave Luscombe  
Vacationing: Helen Rousseau, Kathy Parr



### Annual General Meeting - March 19<sup>th</sup>

Thirty-one walkers enjoyed a decent day of walking and then were treated to a delicious potluck meal. Many of the recipes were so good that sharing recipes was the theme of the night. After the meal five door prizes were won by excited recipients.

The annual general meeting was next on the agenda. The main topic was who would fill the positions that were coming open, namely:

- ❖ **First Vice President** - Sharon Tchir accepted this position. Sharon has been walking with the Trekkers for about a year and in the last few months been walking *lots!* Like almost every day. Thanks Sharon for volunteering.
- ❖ **Newsletter Editor** - Joan Redman agreed to undertake this for another two years but would really appreciate people sending in more articles for the newsletter. So everyone, try and send Joan at least one article this year.
- ❖ **Historians**- David and Vicki Robinson agreed to take this on for two more years. Hopefully by then the information will be stored on the web site with access to all.
- ❖ **Publicity** - Lorna Allen agreed to do this for another two years but would love to start

working with someone now so they can take over.

- ❖ **Trail Blazer Marking** - Sherry Nixey is a new Trekker but really excited to help out. Sherry volunteered for this position. We will be working out a plan to help train Sherry in this role.
- ❖ **Nominating Committee** - The nominating committee consists of three members – the Past President (Dave Luscombe) and two others at large. No one put their name forward. *If this is something you think you could help with please let Dave Luscombe know.*

### Continuing Executive Committee Members:

*(Term expiring March 2012)*

President: David Hall  
Past President: Dave Luscombe  
Second Vice President: Joe Sombach  
Treasurer: Peter Van Bostelen  
Membership Coordinator: Sonja Van Bostelen  
Trail Blazers Pre-walking: Peter & Sonja Van Bolstelen  
Secretary: Kathy Parr  
Social Convenors: Dagmar Lietz & Rose Ramsum  
Care & Concern: Helen Rousseau  
Membership Committee: Dave Luscombe

Peter Van Bostelen presented the club finances. The club made over \$600 last year. This was great to see since the club spent over a \$1,000 more per year than it received in the previous two years. (No fear

the money was put to good use -- a GSP for marking trails, a BBQ for our socials and 20<sup>th</sup> anniversary t-shirts.)

It was a great meeting and even better meal and walk!

### Telephone Committee



A special thank you to our volunteer telephone committee: Iris Campbell, Marlene Kubbernus and Phyllis Wright

for keeping our non-internet members up-dated on club activities.

## Upcoming Events

Finally the snow is melting, bringing hope for spring and promises of another busy walking season.

Tuesday **River & Ravine Program Evening Guided Walks** are starting soon. Three levels of certificates are awarded for completing these walks focussed around a scenic river or ravine in the Edmonton area. Mark your calendar for:

May 17<sup>th</sup> – Devon

May 24<sup>th</sup> – Ft. Saskatchewan

May 31<sup>st</sup> – Kinsmen Sport Centre

June 7<sup>th</sup> – Rundle Park

June 14<sup>th</sup> – Rainbow Valley Campground

June 21<sup>st</sup> – Government House Park

June 28<sup>th</sup> – St. Albert Place

July 12<sup>th</sup> – Dawson Park

July 19<sup>th</sup> – Petro Can at 51 Ave & 122 St.

July 26<sup>th</sup> – William Hawrelak Park

Aug. 2<sup>nd</sup> – Sir Wilfred Laurier Park

Aug. 9<sup>th</sup> – Mill Creek Swimming Pool

**World Walking Day, May 7<sup>th</sup>** – Lacombe Park Shelter, St. Albert. Special certificates will be issued.

**Walk & Marathon, May 14<sup>th</sup>** – St. Albert Place – Don't let 42 km scare you. Walkers may walk any or all of the distances offered. Enjoy the day.

**National Walking Weekend, May 21<sup>st</sup>** – Sherwood Park – Two walks are offered. Bring a picnic lunch.

**Lunch with Helen, June 11<sup>th</sup>** – This is a 'not-to-miss' event with a picturesque morning walk through Cardiff Park followed by a 5-minute drive to a fabulous \$5 lunch with Helen and an afternoon walk through the trails and streets of Morinville. Morinville is celebrating its 100<sup>th</sup> birthday in 2011

and have made this walk part of their official celebrations. We are looking for a Great turn-out!

**Triathlon, July 23<sup>th</sup>** - Walk 5, 10, 20, or 30 km; swim 300 m and cycle 30 km (details on page 25 of the Calendar). Participate in all or as many of the events as you feel up to. Bring a friend and join us at 2 pm for a BBQ and an afternoon of fellowship **Note:** This year the BBQ is being held at the Kingswood Park Shelter. *Remember to bring lawn chairs, plates and cutlery, and a salad or dessert to share.*

**Alberta Majesty 22<sup>nd</sup> Anniversary – Kootenay Plains, Sept. 3- 5<sup>th</sup>** – Another spectacular Labour Day weekend is set in Alberta's majestic Rocky Mountains. Enjoy nature's beauty along the David Thompson Highway with walks at Siffleur Falls, Crescent Falls, Nordegg and Crimson Lake. (see page 27 of the calendar).

And don't forget walks with our friends:

- ❖ Barrhead Walkie Talkie Volkssport Club, **June 4<sup>th</sup> – Thunder Lake and Westlock** - Two walks with hot dogs and refreshments served between.
- ❖ Wetaskiwin Volkssport Walking Club, **June 18<sup>th</sup>** – Bring a picnic lunch and enjoy two scenic walks around **Pigeon Lake**.
- ❖ Fox Creek Wilderness Volkssport Club, **Alberta President's Reunion Lunch, July 9<sup>th</sup>** in Stony Plain and on **July 10<sup>th</sup> at Carson-Pegasus Provincial Park and in Town of Whitecourt**.

# Trekker Activities



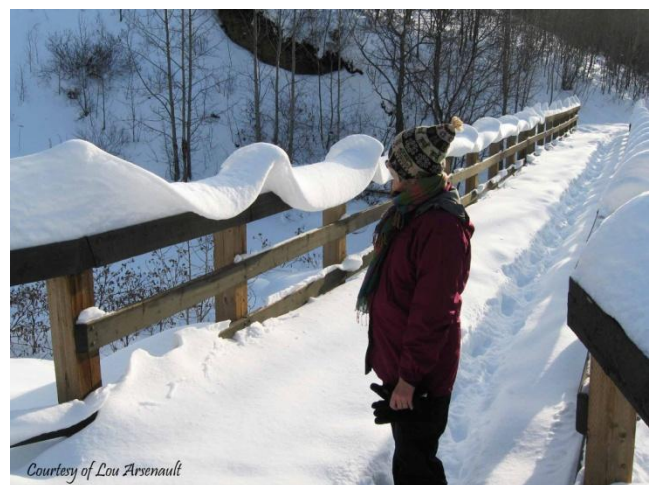
January was a challenge. West Ed Mall was the place to walk – that is if you could navigate the roads to get there!



February temperatures went up before again going down. Wolf Willow, Feb 12<sup>th</sup> was a beautiful day to shake off the shut in blues. Warning step carefully!



Deep freeze temperatures and snow covered ice kept walking a challenge. Bright blue sky on March 5<sup>th</sup> and a brisk walk in St. Albert with friends helped preserve winter sanity.



Lou and Sharon discovered "The Beauty of Winter Walks" – Hermitage Park, January 19<sup>th</sup>

## ACCIDENTS HAPPEN



On January 26, 2011, Mitch and I returned home about 9:30 am from our walk at West Edmonton Mall where we usually arrive at between 6:30 - 6:45 am. Because of the rain that morning, our sloped driveway was covered in slick ice, and the car would not go up, but slid sideways. And, of course, Mitch has not driven since his nasty stroke in 2004, but was a passenger. Leaving the car in the laneway, I got out, hung onto the wire fence to walk into the garage to get some gravel and ice-melt, and slowly proceeded to apply the stuff.

Somewhere when I stopped doing that, I returned the two pails to the garage and proceeded down the driveway so that I could drive the car into the garage. Mitch tells me that I slipped and fell, striking my head on the concrete driveway, and became unconscious. I have no memory of that fall. He said I babbled as he helped me up and led me to the driver side of the car. He said I got in and drove the car up the driveway and into the garage, twice suggesting that I drive in a little further so the garage door could be closed. He then apparently helped me out onto the sidewalk and into the house where I took off my shoes and jacket. Of all of this, I have no memory!!

When I "came to", in the house, I was holding a paper towel to the back of my head, which was very bloody. He said he gave me this paper towel in the

garage. Mitch told me that there was a pool of blood on the driveway where I had struck my head. At this time, I realized my pants were wet, and no doubt that happened when I fell on the driveway. Because Mitch cannot hear on the telephone, he suggested I dial 911, which I did. In a matter of minutes, an ambulance was at the front door. Three paramedics came in, and all agreed I had suffered a concussion, and quickly delivered me to the Royal Alex Hospital. In the confusion, Mitch remained behind. He used a magnifying glass to attempt to locate our older son's telephone number, and luckily found him at home. About half an hour after I was lying on a stretcher in the ER hallway, along came Mitch and son Craig. My first question was: "Did you get the car into the garage? He replied, much to my amazement, that I had driven the car into the garage.

I hardly was in ER a couple of hours, when they took me into their care, had a CT scan done and x-rays from pelvis to neck, and those proved o.k. -- no

broken bones. However, after the nurse and doctor cleaned the back of my head, they sewed 13 stitches to close my wounds. And, of course, that was followed by a tetanus shot. No doubt I cut my head on the dirty gravel I had sprinkled on the driveway. The medical folk were most concerned if I was dizzy, headachy, or throwing up -- fortunately, I had none of these symptoms. By 6:15 pm the same day, I was released into the care of my family.

Mitch nightmared for about three weeks or more about this incident -- don't know why! I don't remember, except that I had a very sore spot in the back of my head for a long time. He has been very protective of me on the ice ever since.

So, Walkers, please be careful where you tread in icy conditions. It ain't no fun!

*Stella Melnychuk*

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## TSUNAMI



Colleen and I were enjoying a quiet evening at our condo in Maui. I was watching a TV show and Colleen was doing a puzzle. The TV show was interrupted at about 8:30 pm to say there had been an earthquake in Japan and a tsunami watch had been issued for many places including Hawaii. I called to Colleen to say they have issued a tsunami watch and she thought I was teasing her as we were in Maui the previous year during one. I pointed it out on TV and she said "No, not again!"

Within the hour they had upgraded the situation from a "watch to a warning" which automatically kicked in a high level of emergency response. The Tsunami was to hit Maui but we had six hours to prepare. All low lying areas in the island had to be evacuated and the state wide emergency warning sirens started going off every hour. They were deafening. I suspect it would have been like that in London in WW2 during an air raid. Police cars and

fire trucks ran up and down the streets getting people out.

The TV showed huge waves hitting Japan so it gave you the feeling more was going to happen than it did the prior year where virtually no damage was done from the tsunami. We were in an evacuation zone but since the building we were in was new and we were above the 3rd floor we did not have to evacuate. Some chose to drive up the mountain and spend the night there in their cars and others like us decided to stay in the condo complex. We did not make the final decision until the wee hours of the morning. Once we saw on TV (there was 24-hour coverage on all channels, all regular shows were bumped) that the wave size seemed a lot smaller by the time it got to Midway and Guam, we felt okay with staying put. We were up until about 4 am and by then we saw it was impacting some Maui harbours but not likely to do major damage to our resort so we went to bed.

I left my cell phone on which I don't usually do at night but this was a special night. Anyway it rang at 9 am with a call from the Edmonton Oilers office!! I quickly said call back later but I was awake and

wanted to go down and see if there was any damage out front. No damage and by noon everything was back to normal at the resort.

Hawaii got off lucky compared to Japan. A couple of hotels did close and may not re-open. Many boats sunk in the harbours and millions of dollars of dock

## Potluck Winners

### Acini De Pepe (Pasta) Salad\*

(pronounced *ah-chee nee dee pay pay*)

1 cup acini de pepe (makes 3 cups cooked)

❖ Cook according to directions.

1 - 14 oz. (398 mL) can crushed pineapple

1 - 8 oz. (227 mL) can tidbits pineapple

1 - 10 oz. (284 mL) can orange sections

❖ Drain fruit and reserve  $\frac{3}{4}$  cup of pineapple juice for dressing.

#### Dressing:

1 egg

1 tbsp cornstarch

$\frac{1}{3}$  cup white sugar

$\frac{3}{4}$  cup pineapple juice

❖ Beat egg; add cornstarch and sugar, then pineapple juice. Cook and stir until mixture thickens. Pour over acini de pepe.

❖ Gently mix in drained fruit and refrigerate salad for 12 to 24 hours.

❖ Just before serving stir in  $\frac{1}{2}$  of a 1 L container of Cool Whip and/or miniature marshmallows.

*Note:* Acini pasta is sold in Italian stores.

Colleen Hall

damage, but no one hurt or killed. They have a great warning system.

So now I have two T-shirts that say *I Survived a Tsunami!*

David Hall

## Vegetarian Casserole

Preheat oven to 450°F

❖ In a large bowl, toss together:

1 large sweet potato, peeled and diced

1 large red bell pepper, seeded & chopped

1 large yellow bell pepper, seeded & chopped

1 medium red onion, chopped

1 medium zucchini, chopped

Several white mushrooms, chopped

2 cups canned chickpeas, drained and rinsed

2 tbsp olive oil

1 tbsp balsamic vinegar

2 tsp minced garlic

1 tsp dried rosemary

$\frac{1}{4}$  tsp each salt & freshly ground black pepper

❖ Spread vegetable mixture in a large roasting pan that has been sprayed with cooking spray. Roast about 25 minutes, stirring once or twice, until vegetable are tender.

❖ Bring **2 cups vegetable broth** to a boil in a medium saucepan. Stir in  **$1\frac{1}{2}$  cups uncooked whole wheat couscous** and **grated zest from 1 lemon**. Remove from heat. Cover and let stand until ready to use.

$\frac{1}{2}$  cup crumbled light feta cheese (2 oz/57 g) or

$\frac{1}{3}$  cup freshly grated Parmesan cheese

$\frac{1}{4}$  cup chopped fresh basil leaves or fresh mint leaves.

❖ To serve, combine hot vegetables, cooked couscous, feta cheese, and fresh basil in a large serving bowl and toss well. Add a bit more freshly ground black pepper to taste, if desired.

❖ Makes 6 main-dish or 8 side-dish servings.

## Newsletter Info

### Submissions

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

The next newsletter is scheduled for July. 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](mailto: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



**St. Albert Trekker ANNUAL MEMBERSHIP is now due** - \$10 for a single; \$15 for a family.  
See attached application form.

# 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  
c/o Sonja Van Bostelen, Membership Co-ordinator  
25 Lincoln Crescent  
St. Albert, AB T8N 3M9

*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? \_\_\_\_\_



*A little boy was watching his grandmother as she applied cold cream to her face. "What are you doing?" he asked. "I am making myself beautiful", replied his grandmother. As he continued watching she starting wiping the cream from her face. He asked, "Why are you doing that? Did you give up?"*

May you enjoy a summer of **"Fun, Fitness and Friendship"** on the trails!