

TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

January 2011

President's Notes

Fall and winter saw the club host a number of very fun events. The November annual walk and potluck saw 42 walkers come out and enjoy a snow free walk and great food! The route set up by Peter and Sonja was exceptional. We were able to finally pull off the Christmas lights walk! Last year it was cancelled due to extreme cold and the year before the event turned into a bus ride to see to see the lights. Not this year though as 22 walkers were treated to a great display of lights on Candy Cane Lane and around the Legislative grounds. And the treats were terrific! Then came the annual downtown pedway walk - 21 walkers toured through the downtown pedway system enjoying the beautiful decorations. Many thanks to Sara for coordinating these two walks.

But it does not end there. January 1st saw 30 walkers (compared to 27 in 2010) walk the New Year route through the streets of St Albert and enjoy a New Year's Day Brunch at the Inn. This annual tradition is always special.

We did not schedule group YRE's during December. Cold weather and snow have put a hold on them until we see an improvement in weather.

Now that we are into 2011, the **Trekker YRE's** are now \$2/walk. Or should you wish to participate in the Trekker's prepaid program simple pay Peter Van Bostelen \$25 and this will entitle you to walk the Trekker's YRE's as many times as you want in 2011.

Not many walks scheduled during January, February and March, but the ones we do have

planned are really quite nice. So we hope to see you out at some these events. The March walk/Potluck/AGM is one of the high lights of the whole year so make sure you mark it in your calendar.

Once again I will mention the big out of town events coming up in the spring:

- April 15-17th - Victoria Phoenix walks – These are great as the grass is green and the trees are flowering and it just feels so good to be out walking at these walks.
- April 29 – May 1st - Alberta Annual General Meeting and walks in Red Deer – Again, this allows us to meet up with our friends in walking clubs from around the province.
- May 27-29th - Whistler Canadian Annual General Meeting – This is the Granddad of them all with walkers from right across Canada coming to Whistler.
- June 18-26th - American Volkssport Biennial General Meeting – If you want to see some terrific country and meet people from across the USA this is the one to attend. I am still hoping we can see up to 25 Trekkers making this trek to Iowa to participate in the great Iowa hospitality.

Hope to see you all the trails soon or if this cold weather persists perhaps it will be in West Edmonton Mall walking the YRE there at 8 am in the morning.

Happy New Year!
David Hall, President

New Members

Please welcome our new member Vickie Wilson of St Albert, and welcome back :

Bonnie Guo, Edmonton
Darlane and John Mahoney, Edmonton

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

Member Achievements

Record Books

You may have heard that our record keeper, Lea, has been dealing with a health challenge. We wish Lea well and are happy that she is willing to continue doing the books. Please be patient as they may not get processed quite as quickly as in the past.

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.

Upcoming Events

St. Albert Trekker Potluck and Annual General Meeting, St. Albert United Church
March 19th - 2 pm registration for the walk followed by 5 pm potluck and annual general meeting. Please bring your own plates and utensils. Come out and socialize. Fun for the whole family.

Volkssport Association of Alberta Annual General Meeting, Red Deer – April 29 – May 1st – Registration for the first walk is 5 pm Friday in Lacombe. See page 17 of the Events Calendar for details and page 14 for the registration form. **Note:** Registration deadline is April 20th.

Victoria Phoenix Festival, April 15-17, 2011 in beautiful Victoria, British Columbia: This is a favourite of many of our club members. Ten walks, distances from 5 km to 42 km—great social events! For more information contact:

Web site: www.vvpf.ca

Email: vvpf@telus.net

Phone: 250 598 4316 (David Catrall)

Whistler Mini-Convention - May 27 - 29, 2011
– Whistler has been built in a valley surrounded by mountains, still snowcapped in late May. The five

lakes are different in colors as four of the lakes are glacier fed, while the other one (a bit warmer) gets its water from snow melt. The walks will pass through a variety of settings: village highlights, ritzy houses and hotels, forest trails and lakeside vistas.

Register now to participate in this CVF event, to meet the old friends you’ve made at other conventions, to make new friends from across Canada and to share with them a great Whistler experience. Four websites provide information about this special event:

(http://www3.telus.net/volkssport/walk_vancouver.htm)

(www.walks.ca),

(www.volkssportingbc.ca) or

(www.walkalberta.ca).

American Volkssport 2011 Biennial Convention, Des Moines, Iowa - June 18 – 26th, 2011- The convention has an excellent web site with lots of ideas for a great holiday. Arrive early or stay longer and turn the convention into a truly memorable vacation.

<http://www.ava.org/clubs/ava2011convention/help/2011%20Brochure%20for%20Volkssport.pdf>

Top 5 Attended Events in 2010

1. March St. Albert Potluck - 48
2. Banff Alberta Majesty - Sulphur Mountain Walk - 46
3. October River Valley Oktoberfest – 43
4. November St. Albert Potluck – 42
5. June Morinville Lunch and Walk – 40

Mountain Majesty Patches and Walk Medallions



Phil Sturges has Mountain Majesty patches and walk medallions to give away. If you are interested, e-mail Phil at: psturges@shaw.ca

Trekker Activities

With the mild fall weather, it was a treat to have weekly walks continued well into November.

Leduc – Oct. 16th (hosted by Wetaskiwin Volkssport Walking Club)



Miquelon – Oct. 23rd (hosted by Wetaskiwin Volkssport Walking Club)



Christmas Lights – Dec. 11th



Bundled up warmly, filled with Christmas goodies and spirit, and a crisp evening walk down candy cane lane, then from city hall through downtown to the legislature grounds – what a great way to celebrate the season!

New Years Day 2011



Welcoming in 2011!



YREs on Oahu, Hawaii

Bev Lang

In December 2010 my husband Al and I had the opportunity to enjoy five of the YRE's on the island of Oahu. Three of the walks took us within walking distance of Waikiki, where we were staying. These included: **Waterfront Parks** which took us through Honolulu city parks with a view of the ocean; **Waikiki Beach** along the seashore and the sandy beaches of Waikiki; and **Diamond Head** to the Diamond Head Crater and the summit of Diamond Head Mountain with a wonderful view of the city of Honolulu and the ocean.

We had a rental car so were able to drive to the other two YREs outside the city. **Kailua** took us through Kailua town and beach and up to Aala



Point, where turtles swim; and **Mililani** took us through the Mililani Ravine Park and the residential neighborhood. We got wet as it rained a couple of times during this walk but the temperature was about 78°F, so we dried out by the time we were finished.

We found that walking the YRE's was a wonderful way to see the Island and enjoy the scenery, the weather and of course the exercise.

The website <http://ava.org/menehunemarchers> has a list and description of eight 10KM walks including the start point for each. All start points can be reached by the bus system.



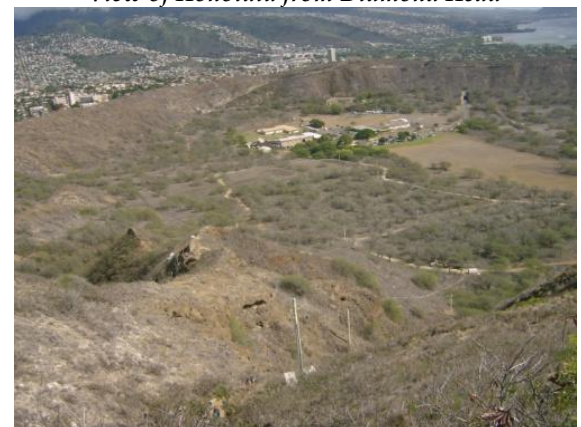
Trail to Diamond Head Summit



View of Honolulu from Diamond Head



Blooming Cactus along the trail



View of the Diamond Head Crater

A Little History

20th Anniversary of Mountain Majesty

In 1989 the first of twenty Mountain Majesty weekends would begin. For at least the first twelve of those weekends two people were very prominent in volunteering their time in selecting the trails for each year. These Trail Masters were Bob and Sandra Pass. As they are no longer members, many of us have never met them so here are introductions in the words of our two VAA historians.

Bob loved hiking in the mountains and thought nothing of spending a whole day pre-walking and leading walks. Sandra would accompany Bob to the mountains and they would use two weeks of their holidays to walk the trails and decide which would be used for each year's walk. They even had a spare trail in case one of their choices was closed because of bears and only once was it necessary to use the spare. They did such a good job that we all began to think of Mountain Majesty as the highlight of the year. He introduced many of us to the joys of mountain hiking and continued with an avid interest in leading the walks until a career change.

The first Mountain Majesty walk was in the Kananaskis, the second in Jasper and the third in Banff. Thereafter they alternated between the three places until 2003 when the Medicine Hat club hosted it in the Cypress Hills for the first time. Up until then St Albert Trekkers had hosted all the walks except 2002 when the Calgary club took on the Kananaskis weekend. The only year that the walks were cancelled was in 2001 when the fire hazard closed Kananaskis. In 2003 Medicine Hat had to map out walks in town as the fire hazard had shut down the Cypress Hills. 2004 saw a new venue when the St Albert Trekkers held the walks in Grande Cache. In 2005 for the first time the VAA hosted the walks in Coleman and Waterton. 2006 saw the walks back in Medicine Hat and they were able to do the planned walks in Elkwater this time. In 2007 and 2008 the walks returned to Jasper and the Kananaskis and were hosted by St Albert Trekkers and the VAA.



Those who walked in the first eight years received a cloth patch for their efforts whereas it has been credit only since then. *The story on the patches is that the 1989 patch was created after the event as everyone had enjoyed the weekend so much so they thought there should be a souvenir. Anyone interested gave \$5 to Rick Shaw, who was the Calgary president at that time and asked him to come up with a design. So it was months after the 1989 walks that they received the patch. From that time on Bob Pass and Phil Sturges designed one for each year trying to make each one a little different.*

The number of walks held has changed over the years from three up until 2005 to four or five walks now offered. There are no statistics on the walks for the third through the sixth weekends. In the sixteen years that there are statistics the most walkers was in 2007 in Jasper with 247 signing in for the three walks. This does not mean there were 247 individuals as it is the sum of the number of walkers for all three walks. The least was 92 in the year 2002 and the walks were held in Kananaskis. Otherwise the average number of walkers for each weekend was about 160.

The data for this report came from the sanction coordinator reports, history books and the Trekkers minutes. Special thanks to Phil and Pat Sturges, Myrna O'Neil, Helen Rouseau and David Robinson for all the background stories, pictures and crests.

Report submitted by Edna McKelvie August 24 2009 (reprinted from 'on the Go' Medicine Hat Volkssport Newsletter CVF #20)



Jasper 2007



Kananaskis 2008



Cyprus Hills 2009



Banff 2010

Experience Mountain Majesty for yourself - Mark your 2011 calendar for September 3 – 5th and explore the David Thompson and Kootenay Plains with friends from across the province. You won't be disappointed!

Newsletter Info

Submissions

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

The next newsletter is scheduled for April. 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