

# TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

July 2011

## President's Notes

**Tuesday Night Walks** – What can I say - they are always very, very popular. We have been lucky to have great weather and excellent turn out. Every walk has had 30+ walkers and some even over 40. It is too bad we do not have longer day light hours to keep them going 12 months of the year.

**Cardiff/Morinville** - Once again we had two great walks in mid June and in between the two we had a gourmet lunch! Yes, how often do you have homemade chicken cordon bleu and homemade dessert for a lunch! Helen outdid herself again this year – many, many thanks Helen for hosting this and thanks for agreeing to host us again next year.

**Canadian Annual Convention in Whistler** - The trekkers had great representation at this walk conference. The meeting part of the convention was ably handled by our Vice President, Sharon Tchir. Sharon has an update on the conference elsewhere in the newsletter. Remember to mark next year's conference in your calendar – it will be a big one, in Ottawa.

**Triathlon/BBQ** - The annual Triathlon is just around the corner - July 23<sup>rd</sup>. As in past years it is being based at the Kingswood Park Shelter in St Albert. Remember you can participate in the walk, cycle or swim or any combination of the three. Or just come out and enjoy the BBQ. The format of the BBQ has changed again this year. It will be held right at the end of the Triathlon – starting at 2:00 pm. The club will supply the meat, tea and coffee and if everyone could bring a salad or dessert, lawn chairs, plates and cutlery, we will be all set. Details are on page 25 of the calendar.

**Athabasca** – I want to mention the walks in Athabasca on September 10<sup>th</sup>. We held these walks in 2008 and 2009 and both years proved to be a great success. Do mark them in your calendar.

**Upcoming events** - There are way too many events planned to mention here. Between the Trekkers and other clubs there are walks almost every Tuesday night and Saturday through the summer and well into the fall. The fall high light is always the Alberta Majesty walks and this year they are hosted by the VAA in the Nordegg area. What a great way to see the mountains. So check out the upcoming walks in the calendar or on the web site at

<http://www.trekkerswalks.ca/Upcoming-Walks.php>

**Club Pins** - The Trekkers have a great club pin which is given to each new club member. As our supply is getting low, more have been ordered so as to keep up this nice tradition.

**2012 Plans** - By early August our 2012 events and Year Round Events will be entered into the Volkssport Online Computer system. The Trekkers Executive met in June to go over every event and make some slight changes for 2012. We will be adding one new event on June 30<sup>th</sup> to celebrate the 25<sup>th</sup> Anniversary of the Canadian Volkssporting Federation. We hope to utilize trails not used by the Trekkers in the past. More to come! If you have any suggested changes for 2012, it is not too late to have them incorporated. Please bring them up to me in July. For those of you who walk the year round events, the Trekkers will be taking over the two walks that now start at the 109<sup>th</sup> Street Running Room and Grant McEwan. They will be re-routed to start from the Kinsmen Field House as of January 1<sup>st</sup>, 2012.

Time for me to sign off! Maybe I can walk a 5 km route yet tonight. My goal throughout the summer is to try to walk six 5 km walks a week which means an hour a day walking 6 out of 7 days.

See you on the trails.

*David Hall, President*

## New Members

Please welcome the following new members of our club:

Robin Hedley-Smith, New Sarepta  
Ilona Ryder, Beaumont

Dennis and Wendy Miller, Sturgeon County

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

## Member Achievements

Congratulations to the following Trekkers whose achievements were published in the Apr-May-Jun 2011 issue of *Volkssport Canada*:

### Events

Sharon Tchir	30
Robert Ramsum	50
Lou Arsenaault	375

### Distance

Robert Ramsum	500 km
Lou Arsenaault	6,000 km
Myrna O'Neil	25,000 (bike)

### 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 email 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**

## Award Winners

Congratulations to the following Trekkers:



*Sharon Tchir & Lou Arsenaault achieved Bronze Level in the Alberta Challenge.*



*Myrna O'Neil – Winter Walk Certificate – 650 km*



*Marlene Kubbernaus – Winter Walk Certificate*



**The Phillips Award** is awarded to Volkssporters who have made a major contribution to Volkssporting in Alberta. This year two people were nominated: Pauline Mann from the Volkssport Club of Medicine Hat, and Richard Parr from the St. Albert Trekkers Volkssport Club. As VAA felt both were equally highly qualified for the award, it was decided to name both as winners of the 2011 Phillips Award.

**Richard Parr** started Volkssporting many years ago in Germany. After walking many, many kilometres overseas and many very long distance walks, he relocated to Cold Lake where he just kept on walking. Richard joined St. Albert Trekkers about 1992 and became a very active member of our club. The Summer 2007 CVF newsletter acknowledged Richard for having achieved 60,000 km, and by the summer of 2009 he had taken part in more than 3,300 events.

Over the years Richard has held many executive positions including: TrailBlazer for the Trekkers and for the VAA, VP Trekkers, President Trekkers, VP VAA, President VAA, VP CVF, and Special Program Coordinator CVF. You name it and Richard would do it, even if it meant driving all over the province to set up a walk box, blaze a trail or attend a function.

In 2009 medical problems slowed this Volkssporter down. On a good day he can still walk 10 kms if the air is scent free. We are proud to have Richard as a member of our club and look forward the day when he can again walk his multiple thousands of kilometres per year

Thank you Richard for the many hours you have devoted to the success of the St. Albert Trekkers.

## Annual General Meeting – Whistler, BC

As your vice president, I represented the St. Albert Trekkers at the CVF AGM in May. Among many items of routine business, there were two motions of particular interest to the membership.

First, a motion to allow a **bike event** to be recorded in distance and event walking books (if the person has no bike book) once in the first semester and once in the second semester, was passed. This is helpful for the occasional biker.

Secondly, the motion to drop the **\$5.00 fee** per member (paid to CVF) from the 2012 budget was defeated (by a vote of 20 to 8). So that fee will continue to be paid.

At the closing ceremonies, Gordon Bell of the 2012 host club, Nepean Nomads, invited us all to gather in Ottawa, May 18 - 21, 2012, for the 25<sup>th</sup>

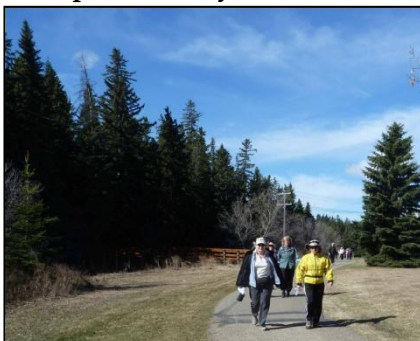
**Anniversary CVF Convention.** Ottawa has many Volkssport walks, so the weekend promises to be lots of fun, with an opportunity to renew old friendships and meet new people from across Canada and the U.S. An added bonus is that the National Capital Tulip Festival is also held on this weekend. Of course, that popular event may mean hotel space will be at a premium. The CVF Convention is being held at Algonquin College and a large block of rooms in the college residence has been set aside. To book a room, call the residence at 1-866-921-5763 and quote group code 49855. A suite consisting of 2 bedrooms (1 double bed each) a bathroom and a kitchenette costs \$84.95 + tax. This sounds like a great deal for 2 singles or 2 couples. To register or to learn more about the convention go to this web site:

<http://www.nepeannomads.com/CVF25THAGM/>

*Sharon Tchir*

# Trekker Activities

## VAA Annual General Meeting, Red Deer – April 29 – May 1<sup>st</sup>



*Thank you to the Wetaskiwin club for hosting another enjoyable weekend. Late snow melt made Lacombe's trail a little tricky in spots but we were well rewarded by its beauty. Red Deer parks are always a treat. What a great way to connect with friends from across the province.*

## Marathon, May 14<sup>th</sup>



*Congratulations to those who walked full and half marathons.  
**Full marathon** walkers were: Ann Appelman, Lou Arsenaault, Iris Campbell, and Peter and Sonja Van Bostelen.  
**Half marathon** walkers (21 km and up -many did 30, 31, and 32 km) were: Niels Breum, Olga Footz, Rita Hoffart, Sherry Nixey, Duane Spurrier, Sharon Tchir, and Gavin Van Kuppeveld.  
 This was a great accomplishment in the wind. In total we had 36 walkers participate in the day's walk.*

## National Walking Weekend, Sherwood Park – May 21<sup>st</sup>



*What can beat a walk with good company, beautiful scenery, and lunch in the park? – Our 6 year old guest who put us to shame by completing a 10 km walk with no complaints and still full of energy!*

## Cardiff/Morinville Walks – June 11<sup>th</sup>



*A walk through Cardiff Park prepared our appetites for another of Helen's fabulous lunches - and what royal treatment we received! To ensure the superior fine quality of her culinary delights, Helen enlisted the service of professional tasters. After lunch, in celebration of Morinville's 100<sup>th</sup> birthday, we were piped through the streets of Morinville.*

## Victoria Phoenix Festival

This is a true account of our adventures at the Victoria Phoenix Festival April 15 to 17, 2011. The following "5" would not tell a lie! - Flo Miller, Myrna O'Neil, Myrtle Reinholt, Nancy Johnston and Helen Rousseau.

April 15<sup>th</sup> - Myrna, Nancy and Helen  
Up at 4 am, what a fright  
Just to catch an early 7:45 WestJet flight.  
Icy roads made escape a MUST  
and Victoria walks seem just.

At 30,000 feet, a cup of tea -  
believe it or not - FREE!  
8:15 Victoria - a beautiful sight.  
No snow and the sky so bright.  
We had a hitch in our git-a-longs,  
but we didn't care.  
We hobbled along to pay our hotel bus fare.

On to Harbor Towers to check into our suite -  
too early to grab a wee sleep.  
Checked our luggage and off we went  
to walk Beacon Hills, a fantastic event.  
With blue heron and peacocks, their tails all aglow.  
Sure beats what we left, the white crispy snow.  
Back to our suite to join Flo & Myrtle, our mates  
Then onto Archie Brownings Centre for our first  
4 pm walk date.

Meet and greet followed the walk.  
You should have heard all the talk.  
A beautiful display of meat and fruit trays,  
earned many a praise.  
And you guessed it - a cash bar, too!  
What did we want to do?  
Many draws for door prizes.  
Myrt's box of candy - a nice surprise.

Five bums from afar, difficult without a car.  
Gail Nash from Sooke, you're the best,  
we do not jest.  
Back to our hot tub for a scrub  
Bed to stay - a long day.

April 16<sup>th</sup> -  
Woke to find Flo and Myrtle on the floor  
Didn't like the holes the chesterfield springs bore.  
Complaint to management -  
got them a private room arrangement.

A memorable reunion of old walking friends!



*A winter escape to apple blossoms and blue sky. Look at those smiling faces - Spinikers' chowder and great honey beer!*

*It was a good party!*



**Disillusioned:** We met a good looking gentleman in the hot tub one night who said he operated an ice cream parlour on the harbour. We went looking and found him at Fisherman's Wharf! He said he would meet us that evening in the hot tub! Next day we approached him and said "You didn't show last night." He said "I got tied up so to offset your disappointment, I will give all five of you lovely ladies a special on a waffle cone filled with ice cream." - \$3 each - wow! **We got stood up - right!**  
Being at Fisherman's Wharf, we took a picture of the seal. *Helen - What's Her Name*

## Whistler Memories

The bus trip from Vancouver to Whistler on the Sea to Sky highway started out in rain but was clear well before Whistler and we were able to enjoy the

spectacular scenery. Our talkative bus driver reminded us to sit on the left side for the best views. He never stopped talking about items of

interest and when describing rivers and streams, a passenger asked if salmon ran there. Bus driver; "Yes, but our salmon swim."

We arrived at our hotel about 1pm, very hungry with only West Jet Bits and Bites/cookies since 5am breakfast. Our Delta one bedroom suite had everything (balcony with fantastic mountain view, complete kitchen, washer/dryer, iron/ironing board, fireplace, bathrobes, assorted drinks in frig and basket of snacks with price list, etc.) - and nine doors all on the left hand side of the suite.

There was time for a 5km MDW and a stop at IGA for breakfast supplies before our \$5 supper preceding the noisy Meet and Greet. With approximately ninety registrants for the weekend, it seemed a small group for a CVF Convention. There were no speeches nor entertainment but a generous selection of desserts with tea and coffee and a few announcements by Verni Brown. I caught the last minute of the last semi-final hockey game as I left the Elephant and Castle lounge, located in the hotel complex.

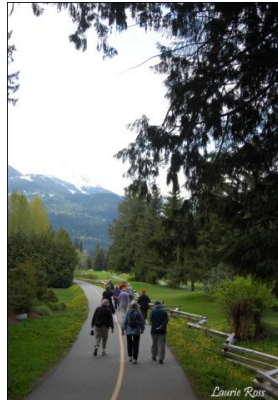
There was good weather for the President's Walk Saturday morning, going to and around Lost Lake, by the golf course where two bears had been sited on Friday. There was a choice of 5, 7 or 11km with distance made up by walking around the lake. Ron Colpitts was waiting to stamp our books on our return.



We all met at the big Inukshuk for pictures Saturday evening before walking the short distance to the Whistler Golf clubhouse for the barbeque - choice of beef, chicken or vegetarian on a very large bun, condiments, pasta and Caesar salad. Dessert consisted of a triangle "square" with tea and coffee. The purple theme for the weekend was very evident this evening as everyone was encouraged

to wear purple, the Vancouver Venturers Volkssport Club color. Following the meal, we all lined up for a purple wrapped \$5.00 gift item, in duplicate and numbered so we could search for our "twin".

The Sunday morning Convention Walk 6km route went all around the golf course with the 10km route passing Blueberry Hill, crossing over Crabapple Creek and the River of Golden Dreams Bridge foot bridges on the Valley Trail to Rainbow Park, through Barking Bay and picture opportunities overlooking Alta Lake, and passing Snowflake Park on the return route. The weather was perfect and we were back in time for the closing ceremony. Unfortunately, I missed the formal farewell as our shuttle bus for the Vancouver connection departed at 12:05.



Other walking opportunities from the Delta Whistler Village Suites hotel included:

1. The Whistler YRE with the 10km trail going to and around Lost Lake. The 5km route



meandering around town, going through the Village Stroll with the Town Gazebo, past **Olympic Rings** and Olympic Square, into Market and

Village Squares with a stop for ice cream at Cows Ice Cream Store.

2. Three Multi-Day walks were also available throughout the weekend:

❖ **Multi-day Walk #1** 5km route included the Town Plaza, and Gazebo, going into Village Park East and past the Nodar Kumaritashvili



memorial, then to **mother and cub black bear statues**, returning through Village Park Centre and Village Park West to the

Storyteller's Chair on Spiral Mound, back through Market Square, into Village Square and a stroll to the Whistler Mountain Village Gondola, which opened for sight-seeing that weekend.

❖ To complete the 10km, **Multi-Day Walk, #1B** meandered to the Upper Village, going through the Village Stroll, across Mountain Square, Skiers Plaza onto Fitzimmons Trail,



later passing Dirt Jump and Skateboard Parks and the Aboriginal Cultural Centre. This walk included the **covered bridge** between Rebagliati and Peace Park.

❖ **Multi-Day Walk #2**, 6k/11k was known as the lake walk. The 6km route followed the Valley Trail to Lakeside Park on Alta Lake and back. The 11km route continued on to the Nita Lake Lodge at Nita Lake followed by Alpha Lake Park at Alpha Lake.

As you can tell from the above summary, I found the names of Whistler's features most interesting and descriptive, part of the magic of Whistler. It is a delightful, unique community and I am so glad I had the opportunity to experience the area without worrying about bears, which I call the village "dogs". Bear stories, village activities and mini-conference aspects will be shared with you another time.

*Myrna O'Neil*

## Volunteers Needed

The Trekkers have had a great record of having a huge number of volunteers to help with all the activities. This summer we have had a number of our regulars away and at times been a bit short. If you think you could help with one of the following, we would add you to the backup list to call when our regulars are away.

**Registration and Stamping** - The person(s) handling this arrives at the walk early and sets up the Volkssport sign, desk and sign-in sheet., collects the monies and hands out the route instructions. After the walk they stamp the books and make sure new walkers get their sheets

stamped. After the walk they turn the monies over to the Treasurer and return the stamp and paperwork to the President. Particular attention is paid to new walkers so they feel at home.

**Leading the Walk** - Each walk has a 5 km leader and 2 or 3 10 km leaders. This involves reading the directions carefully and then leading that group from start to finish. This person should feel comfortable understanding and following instructions.

If you would like to be added to the back-up list for either of these jobs please let me know.

*David Hall*

## Recipe Corner

### Spring Salad

1 lb Acini Di Pepe Macaroni	½ cup vinegar
1 cup chopped celery	1 cup sugar
1 cup chopped onion	2 cup mayonnaise
1 cup chopped green pepper	½ tsp turmeric
	½ tsp salt

Cook macaroni 10 minutes. Rinse & drain. Add veggies. Mix rest of ingredients together & pour over macaroni. Let stand in fridge overnight.

*Helen Rousseau*

### Magic Cake – A Yuma Special

1 – 19 oz crushed pineapple	1 ½ cup sugar
2 eggs	2 tsp baking soda
2 cups flour	1 tsp vanilla

Put above ingredients in a 9 x 13 inch pan. Stir together til moistened. Bake at 325°F for 40 minutes. Enjoy!

*Helen Rousseau*

## Rhubarb Orange Cake

**Streusel Topping:** Blend together

1/3 cup (75 ml) sugar

1 tbsp (15 ml) butter

Stir in

1/2 cup (125 ml) finely chopped pecans or walnuts

1 1/2 tsp (7 ml) grated orange peel

1 tsp (5 ml) cinnamon

Set aside.

**Buttermilk Mixture:** Combine:

1 1/2 cup (325 ml) brown sugar

2/3 cup (150 ml) oil

1 egg

1 tsp (5 ml) vanilla

1 cup (250 ml) buttermilk

Mix together **dry ingredients:**

1/4 cup (50 ml) oat bran

2 1/4 cup (550 ml) flour

1 tsp (5 ml) baking soda

Pinch salt

Add to buttermilk mixture, mixing just until combined.

**Fold in** 2 cups (500 ml) rhubarb, sliced 1/2" thick.

Spoon batter into a buttered 9" x 13" baking pan. Sprinkle **streusel topping** over cake. Bake at 350°F for 50 minutes or until a cake tester inserted in center comes out clean. Cool on a rack for 10 minutes. Sprinkle with 1 tsp (5 ml) icing sugar. Cool completely. *Rose Ramsum*

## Thank You



**Joshua raised \$2,000 more than last year. Way to go Joshua!**  
(Joshua is Ann Appelman's 9-year old grandson.)

## Newsletter Info

### Submissions

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

The next newsletter is scheduled for October. 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 items you wish to share with others. Forward your submission/ideas by e-mail to: [trekkernews@hotmail.com](mailto:trekkernews@hotmail.com) or see me at a walk. I look forward to receiving your input.

*Joan Redman, Editor*



**Final Notice!** If you have not renewed your membership but would like to continue receiving "Trekker's Trails", it is important to forward your membership renewal form and cheque (\$10 for a single; \$15 for a family) to:

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