



Trekkers' Trails

The Newsletter of The St Albert Trekkers Volkssport Club

Dec 2008



A mixed bag of weather greeted walkers on the Alberta Mountain Majesty weekend in Kananaskis but not enough to deter walkers from enjoying the beautiful scenery

From Your President

2008 in Review Another great year of walking is almost over. When I think back on the year I say to myself, what stood out?

First of all the co-operation and team work of the Trekkers Executive amazes me. All the pieces come together for every walk with the precision of a well tuned machine.

The Triathlon/Marathon week-end was truly amazing. Lot's of participants and amazing personal goals surpassed. And the annual BBQ was truly a feast! A Five star feast!

Two new walks were held in Athabasca. Really revitalizing walks that were held there years back. The walks were very well attended and both walks were just great. The meal that Dagmar assembled was a huge hit.

I will remember Oktoberfest this year as the favorite I missed. Having had back surgery

two days prior I just got to sit in the recliner and wish I were there!

2008 will also be a year where we remember 3 Trekkers who passed away - Jim Rousseau, Bruce O'Neil, and Patti Prowse.

2009 - What to Expect What can members expect in 2009?

First, the Trekkers have had a winning formula so there won't be many fundamental changes. But we will be seeking everyone's input on how to keep improving the club.

As mentioned in the last newsletter 8 new events and 3 new YRE's will be added. Group YRE's, which are growing in popularity will be continued. A number of routes will be tuned or changed.

The Trekkers web site will hopefully become a central place for all members to find out

information on upcoming walks and post information on past walks.

Merry Christmas to you and your family and all the best in 2009!

We plan to keep focusing on new members. Finding them, teaching them about Volkssport and hopefully keeping them in the club for years to come.

David
President

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the Oct, Nov, Dec issue of *Volkssport Canada*

Distance		Event	
Mitch Melnychuk	19000	Richard Parr	3200
Stella Melnychuk	19000	Kathy Parr	1900
David Hall	6500	David Hall	450
Perry Sokolan	6500	Dave Luscombe	375
Dave Luscombe	4500	Ed Bator	350
Helen Lewicki	5000	David Robinson	125
Ed Bator	4000	Vicky Robinson	125
Bruno Lietz	2000	Susanne Forbrich	100
Dagmar Lietz	2000	Lou Arsenault	50
David Robinson	1000	Gailene Shaw	10
Vicky Robinson	1000	Pamela Luscombe	10
Susanne Forbrich	1000		
Lou Arsenault	500		

Key Events to Mark on 2009 Calendar

April 17 ó 19 Phoenix walks in Victoria

April 24 ó 26 VAA Convention in Camrose

May 22 ó 24 CVF Convention in North Bay

Ten Largest Volkssport Clubs in Canada

Ever wondered who the 10 largest Volkssport clubs in Canada were. Three in BC, 2 in QC, 2 in ON, 2 in NS and 1 in AB. Note that the Ottawa region is the same size as the Edmonton region and they have 2 clubs larger than the Trekkers. Here are the top ten:

NS	Dartmouth	187
QC	Nord-Sud	186
ON	Nepean	147
ON	Ottawa Voyageurs	145
AB	St Albert	128
BC	Garden City	120
QC	La Foulée	112
BC	Surrey	89
BC	Comox	66
NS	Central Nova	63

And what about the Alberta Clubs – Where are they?

Club Name	Number of Members
>	
> St Albert	128
> Devon	12
> Wetaskiwin	16
> Fox Creek	21
> Medicine Hat	52
> Cardston	9
> Barrhead	10

Newsletter Editor

Sylvia Fisher's term as Newsletter editor is coming to an end. Sylvia has been a great editor and wants to stay on our Trekkers executive team but feels that it is time for a change. So the plan is for Sylvia to move into a new role next year and for us to recruit a new newsletter editor. The job entails soliciting members for articles and pictures and then assembling it all into the newsletter for distribution to members. The only mandatory requirement would be some experience with editing documents/pictures. The club publishes 4 newsletters a year so it is not an onerous job. Can be and should be a lot of fun! If this is something you would be interested in please contact Dave Luscombe, our Past President, who is responsible for filling any vacant positions within the club. He can be reached at 780 475 7211 or at Luscombe@telusplanet.net.

Fun, Fitness & Friendship

Yes, the Trekkers have a new web site. Well sort of. It is under construction so changes almost every week and some times every day. There is still a lot of work to do but if I may say so it is starting to look good. Dave Luscombe and David Hall are working on the site with guidance ideas from Kathy Parr and Gord Brandly. One section is about our past walks. We could use your help here to write an article about a walk you really enjoyed, then send it to Dave Luscombe and he will have it posted to the web site. The other area you could help is with ideas, what do you like, what don't you like, what could we add, what could we change, etc. Check it out at www.trekkerswalks.ca We will try to keep the section on upcoming walks up to date so if you want to see if there is a walk in the next week that would be the best place to look.

Oktoberfest - 4th October - 2008

It was a beautiful sunny autumn morning, 6:30 a.m. and the mist was beginning to rise from the river. A total of 53 walkers showed up to do 5, 11, & 22 km events of their choice. The fall colors were at their best and we had many gorgeous views of the river that winds through the beautiful city of Edmonton, Alberta. The Paddle Steamer was clearly visible, its reflection on the river made a very picturesque sight. Walking along the trails there were a number of interesting buildings to see including a solar energy house, the famous McDonald Hotel, Canada Place Building, the Power Plant and off in the distance the colourful dome of the Legislative buildings. The autumn leaves drifted gently from above creating a walking experience that just wanted to make you keep walking, and walking we did! The BBQ was fired up and a delicious lunch of bratwurst sausage on a bun with calorie free desserts was served. A most memorable day was enjoyed by all who participated.

YRE Champions

The Trekkers are blessed to have 10 YRE's (13 as of Jan 1) in and around Edmonton. Each YRE has a "YRE Champion" who looks after the walk box. This includes:

- Changing the stamp twice a year
- Ensuring it is stocked with supplies
- Picking up the monies and giving to our Treasurer
- Checking with the Walk Box host to ensure all is well with them keeping the box there
- Checking the walk route a few times a year to ensure all is fine
- Revising the route from time to time
- Keep the walk box looking good.

Many thanks to our walk box champions:

Millie Seitz, Duane Spurrier, Dave Luscombe, David Hall, Peter Van Bostelen, Helen Rousseau and in the new year we will have three new champions: Sara McEwan, Sharon Pomeroy and Marlene Kubbernus. Great work YRE Champions!



Patti Prowse 1945 ó2008

Patti, along with her husband Rev David Prowse was an active long time volkssporter who took charge of the Alberta Mountain Majesty walks

held in Jasper in Sept 2007

Treasurer's Report

As of 30 November 2008, the Trekkers Bank balance stands at \$4350.00 (rounding to the nearest \$5.00 in all figures)

Our income to date consists of the following major sources:

YRE revenue	1180.00
Event Revenue	1150.00
Membership Dues	1080.00
VAA Rebate	860.00

Our major expenses to date are:

CVF Sanction fees and dues	2620.00
Rentals	660.00
Advertising and Promotions	1200.00
Gifts and Donations	350.00

To date, in this fiscal year we have spent \$1250.00 more than we have taken in.

Sanction fees and CVF dues are the major expense. The CVF charges \$110.00 to sanction a YRE. The Trekkers sponsor 10 YREs for a total cost of \$1100.00. There are some other minor expenses involved with YREs such as photocopies of walk instructions and we provide a small gift for the businesses that allow us to place our walk boxes in their establishment. In general, YREs break even.

To increase YRE usage, the club has been experimenting with organizing a number of group YREs. This has met with considerable success. The last three Trekker YRE group walks Sonja and I have been on saw 9 participants for the Hermitage walk, 15 for the Morinville walk and 18 for the Beaumaris Lake walk. Lou Arsenault and Sharon Pomeroy are the organizers for these walks. Not only do the Trekkers benefit from their efforts since they also organize group walks for YREs sponsored by the VAA and the various other clubs sponsoring YREs in the Capital Region.

The CVF charges \$40.00 to sanction an event. The Trekkers sanction some 20 events. Events generally earn more than they cost. The excess revenue goes to pay for rentals (SAMBA hall at \$300.00 per crack and the swimming pool for the June triathlon), after walk goodies, expenses for the annual BBQ, and even hot dogs for the Athabasca Walks.

The advertising and promotions budget was high this year as the club decided to present every member with a T-shirt to celebrate our 20th anniversary.

In conclusion, the club's finances are in pretty good shape in spite of the anticipated loss of about \$1250.00 on this year's operation. Recall that the club had a \$2250.00 surplus for the 2007 fiscal year.

CARPPOOL ST ALBERT

NAME	HOME PHONE	BUSINESS PHONE	EMAIL
Lorna Allen	458-2799		lcallen@ualberta.ca
Jean Elder	458-0111		prince98@shaw.ca
Sylvia Fisher	458-5299		sylfish@shaw.ca
Susanne Forbrich	459-3203	497-3631	sforbrich@telus.net
Rita Hoffart	459-7449		
Nancy Johnston	460-7015		nanjohnston@gmail.com
Beth Millar	651-3405		millarb@shaw.ca
Myrna O'Neil	459-7836		oneildb@shaw.ca
Myrtle Reinholt	419-2159		
Millie Seitz	458-7902		mstz31@shaw.ca
Joe Sombach	458-4667	497-5179	joesombach@telusplanet.net
Ursula Tauscher	459-0263		utauscher@shaw.ca
Gailene Shaw	458-9738		gailene.shaw@gmail.com
Helen Rousseau	939-2394		
Phyllis Wright	459-5250		



Blackmud Creek/Twin Brooks group walk

TASK	Poor	Okay	Good	Very Good	Excellent
Events					
Co-ordination					
Marking					
Stamping					
Number of them					
New Routes					
New Locations					
YRE's					
Instructions					
Box Locations					
Box Contents					
Number of YRE's					
Number of Group YRE's					
Social Events					
Jan 1					
Mar Potluck					
BBQ					
Athabasca Lunch					
Oktoberfest					
Christmas Bus					
More of these					
Web Site					
Name					
Info On Site					
Plans					
Newsletter					
Quality					
Quantity					
Innovative Ideas					
Electronic					
Advertising					
Enough papers					
Enough pick-up					
Innovation					
Finances					
New Membership Fee					
Free T-Shirts					
Hall Costs					
Bank Balance					

TASK	Poor	Okay	Good	Very Good	Excellent
History					
Pictures					
Album					
Vision					
New Members					
Numbers					
Treat New Members					
Retention					
Care and Concern					
Appropriate Cards/Flowers					
Relationship with Others					
VAA					
Other Clubs					
CVF					
Help Casinos & Bingos					
Casinos					
Bingos					
VAA/ CVF Paperwork					
On Time					
Good Job					
Growth(08, 09 and 2010)					
YRE's					
Events					
Innovation and Change					
Succession Planning					
Team Work					
Medicine Hat Ideas					
Mid Week nightly walk					
Sat walk and lunch (Tim's)					
Five dollar books					

Our Club is always looking for ways to improve and grow. Please take a look at the chart above and rate us on how well we are doing. The completed chart would then be passed along to David Hall along with any other input you may have as to how best we can improve our club.

Take a Turn in 2009?

Trekkers executive has enjoyed a great year growing events and YREs. Club efforts have been significantly enriched because so many club volunteers have *stepped forward* to walk routes, plan new ones and *mark the way* for club events.

As your new Trail Blazer, I had three goals for 2008:
never to walk solo while pre-walking & marking; never to ask our busy visionary president
to step in for me, and always to walk in fair weather!

Thanks to 25 fine folks my first two goals were easy. Thanks to the weather (an honorary Trekkers volunteer), I got away with only one foul pre-walk.

While on the trails, pre-walking, training new markers or marking routes, I consider myself to have been in the best of company. If you are named below, please accept my gratitude for *joining in*.

If not, please think about how you can *take a turn* in the new year, making your mark or *helping out* in some way.

We're ready for you! Talk to any of these executives about how you can *chip in*.

Walks Refreshments ~ Dagmar Lietz 780 939-2482
Walks Registration ~ Duane Spurrier 780 475-8976
Website articles ~ David Hall 780 464-6932
Phone committee ~ Kathy Parr 780 998-1033
Newsletter articles ~ Sylvia Fisher 780 458-5299
Trail Blazing ~ Sara McEwan 780 426-7748

Best regards from your club Trailblazer, Sara McEwan

TRAIL BLAZER HONOUR ROLL 2008

**Sonja Van Bostelen * Peter Van Bostelen * Kathy Parr*
*Alda Watchorn * Richard Parr * Elaine Roberts*
*Sharon Pomeroy * Lou Arsenault * Ann Appelman*
*Shirley Powell * Willem Snoek * Johanna Snoek *
*Myrt Reinholt * Dave Luscombe * Sylvia Fisher*
* Helen Rousseau * Bruno Lietz * Vivian Rousseau*
*Jennie Ruim * Duane Spurrier * Irene Miller*
Dagmar Lietz David Hall * Phyllis May*
*Marlene Kubbernus**

VOLKSSPORT CANADA

Canada's Newsletter for Volkssport

Volkssport Canada, the quarterly publication of the Canadian Volkssport Federation, keeps everyone informed of what is happening in the wonderful world of Canadian Volkssport. Copies are sent to subscribers for an annual subscription fee of \$15.00 CDN to addresses in Canada and \$20.00 USD to American and other foreign addresses.

Included in the newsletter are write-ups and photographs of special events, President's Message and other submissions by Canadian Volkssporters, CVF clubs, the CVF Executive and Board of Directors. You will also find all the CVF 'contact' names, addresses, telephone/fax numbers, email addresses, etc. CVF clubs are listed, also current weekly Volkssport events. Important updates, additions and corrections to previously published information are also included. It is a great source of information and a publication to be proud of. The Editor of Volkssport Canada is an experienced Volkssporter himself and CVF Past President, Lionel Conrod.

To subscribe, print a copy of this page and snail-mail to the address below:
Canadian Volkssport Federation, Box 2668, Station D, OTTAWA ON K1P 5W7

Name: _____

Organization: _____

Address: _____

City: _____ Province/State: _____ Postal/ZIP _____

Email: _____

Volkssport Canada, the official newsletter of the Canadian Volkssport Federation (CVF), is published four times per year to report on the latest developments and events pertaining to Volkssport in Canada.

Editor's Notes

As mentioned elsewhere in this newsletter, I am stepping aside as Newsletter Editor and this will be my final issue. I have enjoyed my time as Editor but feel that someone with fresh ideas and a new approach should take over this enjoyable task. The new editor will have a great executive to work with and I will assist in any way possible. I plan to submit photos and articles for inclusion and I would hope that all members would share their stories as well.

While winter is now upon us, there are still some interesting walks to come - check out our Event calendar for info on the Jan 1/09 walk as well as the walk on Jan 24. For the latest info on walks be sure to check out the Trekkers web site www.trekkerswalks.ca For those of you not internet connected give Kathy a call (780-998-1033) - she will have all the info you need.

Just a reminder to inform Kathy (membership) of any changes in your snail mail address, also your e-mail address so that your newsletter will reach you in a timely manner.

In closing I wish to thank all of you who submitted articles, photos and ideas for future issues.

Sylvia Fisher
Newsletter Editor



Happy Holidays

