



TREKKERS' TRAILS

The Newsletter of the St. Albert Trekkers Volkssport Club

January 2010

President's Notes

2010 is shaping up to be a great year for walkers. This year's Volkssport Association of Alberta's annual meeting (and walks of course) is right here in St. Albert in April. The routes for the walks have been worked out and a great lunch and dinner booked at the Inn. Then in May we have the Canadian Annual Meeting in Cape Breton. What an opportunity to visit such a great part of the country. For those not attending the Cape Breton walks you can come to St. Albert and participate in the Trekker's annual marathon which is in May this year.

June brings us to the 25th birthday party for Volkssport in Alberta. A great celebration is planned at Horse Creek Ranch. July kicks off with Director's walks in Red Deer. Red Deer has some very dedicated walkers so now the focus is helping them set up their own club.

Later in July is the ever popular Triathlon followed by the annual BBQ, this year in a park in St. Albert.

Come September, the Trekkers sponsor the Alberta Majesty walks in Banff. A number of great mountain walks have been set up.

The popular Miquelon Lake walk has been reinstated by the Wetaskiwin club in October.

These are but a few of the many many events planned for the year. It should be a great one.

On the personal front, I have shared with you my diagnosis with prostate cancer. Surgery to remove the prostate has been successful in getting rid of the cancer - my first post operative cancer check-up showed none! I am confident my 3-month check-ups will continue to be good news. I did have a tough 6 weeks after the surgery due to some operative complications. Most of those are now in the past and I am back at walking.

A large successful club like the Trekkers needs a large number of volunteers to keep it running so well. This March we will be looking for some new volunteers to join the executive team. Specifically a Secretary, a VP who is prepared to move into the President's position in 2 years, a Membership Coordinator, and a Trail Blazer are positions we know are needed. Consider putting your name forward for one of these, you might be surprised how rewarding it might be.

I look forward to seeing you all the trails soon.

David Hall, President

New Members

Please welcome the following new members of our club:

Carol DiGiuseppe, St. Albert
Blaine Donald, Edmonton
Gordon & Joan Telford, Edmonton

Welcome back: Ruth Home, St. Albert

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

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the Oct. Nov. Dec 2009 and Jan. Feb. Mar. 2010 issues of *Volkssport Canada*:

Events

Jennie Ruim	30
Joy Tomek	50
Alda Watchorn	75
Clara Rosenow	100
Myrtle Reinholt	125
Lou Arsenault	175
Sharon Pomeroy	175
Olga Footz	300
Ed Bator	400
Dave Luscombe	475
David Hall	575
Marlene Kubbernus	575
Sonja Van Bostelen	800
Helen Rousseau	1,350

Distance

Joy Tomek	500 km
Clara Rosenow	1,000 km
Alda Watchorn	1,000 km
Sharon Pomeroy	2,000 km
Myrtle Reinholt	2,000 km
Lou Arsenault	3,000 km
Olga Footz	3,500 km
Ed Bator	5,000 km
Helen Lewicki	6,000 km
Marlene Kubbernus	6,500 km
Dave Luscombe	5,500 km
David Hall	8,000 km
Peter Van Bostelen	10,000 km
Sonja Van Bostelen	10,000 km
Helen Rousseau	17,000 km
Mitch Melnychuk	21,000 km
Stella Melnychuk	21,000 km
Kathleen Parr	22,000 km

Want to keep up with all the Volkssporting news in Canada? Why not subscribe to Volkssport Canada? Only \$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

Upcoming Events

Year Round Events - Don't forget all our year round events (YREs). The Edmonton area is lucky to have a large number of walks in the region. They allow you to work a walk in to fit your schedule and see many parts of the region. There are many beautiful walks in Devon, Leduc, Morinville and the river valleys. Give them a try in 2010.

St. Albert Trekkers sponsor 13 Year Round Events (YREs) including a cycle event. They are: 3 walks and one cycle event from the St. Albert Inn; Morinville from the Shell Station; Beaumaris Lake from the Castle Downs YMCA; Hermitage from the 137th Avenue Sobeys; River Valley from the Kinsman Sports Center; Wolf Willow from the 170th Street Wolf Willow Corner Store; Twin Brooks from the

South YMCA; two walks in Sherwood Park (both from the Lakeland Ridge ESSO station on Baseline Road); and Beaumont from the Shell Station on 50th Street. **If you are a frequent user of these 13 YREs, you can pay a fee of \$50.00 before the end of February which will allow you to walk (cycle) any of the Trekker YREs as often as you wish during the 2010 calendar year.** The offer also extends to any Trekker group YRE walks.

Special Volkssport Challenge in BC in Honour of 2010 Olympic/Paralympic Winter Games – January 1 – April 30, 2010 – Planning a trip to BC? Two Events (Feb 6 & Mar. 6) and six YREs are available in Vancouver, Richmond, Surrey, and Whistler. Contact: surrey.trekkers@gmail.com

Potluck and Annual General Meeting – March 20, 2010 – 2 pm registration for the walk followed by 5 pm potluck and general meeting. Four executive vacancies are open -- Secretary, First Vice President (someone willing to plan to move into President's position), Trailblazer, and Membership Coordinator. If you would be interested in any of these positions, please contact Dave Luscombe (head of the nominating committee). Dave can be reached at 780-475-7211 or at luscombe@telusplanet.net. **Note:** New location – St. Albert United Church, 20 Green Grove Drive.

Volkssport Association Of Alberta Annual General Meeting – Saturday, April 24th, 2010 – St. Alberta Inn & Suites – St. Albert Trekkers are this year's host. See page 17 of the Events Calendar for details and page 14 for the registration form. **Note:** A discount is available for those registering before April 1st.

2010 CVF Annual General Meeting and Convention in Cape Breton Regional Municipality – Sydney, Nova Scotia from May 28 – 30, 2010 – The

Cape Breton Island Hoppers Volkssport Club extends a warm invitation to discover Cape Breton Island and admire its natural beauty. During the convention you will have an opportunity to walk the coastline of the North Atlantic Ocean in the communities of Louisbourg, Glace Bay and North Sydney. Year round and lighthouse walks are also available. Depending on the enthusiasm shown, plans are underway to host a bus tour following the convention. This tour would explore hiking/walking trails of Cape Breton Highlands National Park. An early response is required. For details see www.walkcapebreton.com.

HORSIN' Around at Horse Creek Ranch - Celebrating 25 Years of Volkssporting – June 25 – 27, 2010 – As always this promises to be a wonderful, fun-filled weekend. **Note:** April 30th deadline for ordering Anniversary Golf Shirts and for bus reservations (see pages 22 and 1 of the Event Calendar for details and registration form). To help the Barhead club facilitate food preparation, meal requirements are requested by May 15th.

Trekker Activities



Nov. 7th was a beautiful day for walking; potluck left everyone speechless.



For the 2nd consecutive year, the weatherman was cruel. -30°C – our Christmas Light tour was cancelled. Sara, we appreciate your dedication and look forward to walking the new route in 2010.



We had a good turn-out for the pedway walk in Commerce Place on December 19th.

Volkssporters Take Their Responsibilities Very Seriously!



Trailblazer Sara, complete with maps.



No fear of getting lost -- turns are well marked.



There are fees to be paid.



And although bookwork may seem daunting...



and books need to be stamped just so...



It is all just FUN!

Trailblazer Updates

WALKING IN ALASKA in 2010

In 2009 I spent a month in Scotland, my birthplace. This trip, I said to my cousins, I want to walk with you! And bless them they did. I had great walks on the isle of Arran, in Glasgow, Perthshire, along Crinan canal & Fife coast. As well, I enjoyed the tales of other Trekkers who had also walked Scottish trails.

I don't know about you, but this time of year while I'm hurrying through the cold to get my winter walks in, I turn my mind to great walks of the past year, dreaming about ones to come. I thought the Trekkers might be interested in another great opportunity some distance northwest of Edmonton.

The Northwest Region of the American Volkssport Association is planning a conference for this summer in Anchorage Alaska with a week full of walks & activities. Here are some highlights:

- Pre-conference tour of Denali Park, July 30 - August 2nd
- Regional conference August 3 - 8th with sanctioned walks every day
- Blue Ice Walk, Native Heritage Walk, Coastal Trail Bike, Wild Salmon, YRE University Walk
- Swim and bike options
- Fellowship with other walkers in Alaska!

http://www.walks.ca/CVF/TravelBlog/Entries/2010/8/3_AVA_NW_Region_Conference_August_3-8_2010_-_Anchorage_AK.html

Contact: J. Michael Devitt, Conference Chairman
(jmdevitt@alaska.com)

I would also be happy to e-mail information to you.

So, why not get out your maps, fire up the motor home and consider going (north)west, you young at heart walkers.

Cheers from Sara, your Trailblazer, dreaming in the dark.

P.S. Since joining Trekkers 5 years ago my travel interests and pursuits have changed to include walking as a priority. That is why Macchu Pichu is on the horizon for 2011. I'd be pleased to hear from those of you who have walked this amazing location.

Sara McEwan

Phone 780 426-7748 E-mail saraemc@telus.net

Trekker Travels

Fife Coastal Path Walk, Scotland

David Robinson



I was born in Scotland, immigrating to Newfoundland in 1968 where I met my wife, Vicki. We have two daughters and are anxiously awaiting the birth of our first grandchild due in February. Our careers led us across Canada, Vicki as a nurse educator, and me as a librarian. After spending a year in London, Ontario, we moved to Vancouver in 1972 and then to the Edmonton area in 1977. In 1994 Vicki and I joined the St. Albert Trekkers. Over the past decade we have become avid walkers. Volkssporting not only combines our fitness goals with our love of the outdoors but also enables us to meet new friends. For the past year, my wife and I have been the club historians.



Having been raised in Scotland, Vicki & I have returned many times to visit family & friends. We have also walked some of the smaller trails; however, after hearing of my sister's adventures on the **Fife Coastal Path Walk** we decided this would be included in our 2009 visit. While discussing our plans with our fellow Trekkers, Peter & Sonja Van Bostelen also became interested, and decided to join us in Scotland following their trip to Iceland.

The Scottish tourist bureau offers trail maps outlining routes and sights of interest. Using their trail map, and my knowledge of the local area we

planned our trip. Sonja & Peter had friends in Dunfermline, who graciously offered us a place to stay. We rented a car, and for 6 days packed our lunch and drove to the start of that day's adventure. The trail passed many historic sites and I became the tour guide. At the end of each walk we would explore the town, and enjoy a meal before hopping on a bus to return to our rental car and the drive back to our friends' home.

On Monday, June 22nd we set out on our 6-day adventure "Fife Coastal Path Walk" from North Queensferry to the Tay Bridge just beyond St. Andrews. We only went as far as St. Andrews.

Day one was a 19.3 km walk from North Queensferry to Burntisland. The path, which starts at the 1816 Waterloo Monument (shape of Napoleon's hat), offers good views across the Firth of Forth estuary to Edinburgh's skyline before passing through a nature reserve and descending into Port Laing (a World War I sea plane base). Following the coastal path to St. David's harbour, we passed a number of historical sites. We climbed up the Hawkraig cliffs, passed Silver Sands and through woodlands to the Stanley Burn where limestone deposits give the waterfalls above the bridge over the Stanley Burn a distinctive appearance. Thereaf-

ter the path headed on to Burntisland with its historic harbour and docks.

Tuesday's 19.3 km walk from Crail to St. Andrews is considered to be the most difficult part of the walk. It was a warm day (29 °C) and quite challenging as the trail was very rocky in places. From Crail we headed out to Fife Ness, the most easterly point in Fife. The path passes the coastguard station, a World War II gun emplacement, remains of an old harbour and the 7th oldest golf course in the world.



Vicki & Sonja on the Her's Ladder, Crail

Boarhills to St. Andrews is the roughest section of the route. Buddo Rock features spectacular pink sandstone. At last we were happy to see St Andrews, our destination, on the horizon. After a brief look at the university buildings, some old churches, the castle, and the remains of the cathedral, we headed back by bus to Crail, where we had left the rental car.

Our Wednesday route explored Burntisland to East Wemyss. It was a foggy day as we set out for Kinghorn passing a monument marking the spot where King Alexander fell to his death in 1286, and "Witches Hill," a prominent crag overlooking Pettycur Bay where 17th century witches were burnt.



Kinghorn

On the outskirts of Kirkcaldy, the path passes the 16th century seafield tower and the remains of the uncompleted deep water harbour. Seal are often seen in the area. Unfortunately, we didn't see any.

Other highlights along the trail included Sailors Walk (1459) and the harbour in Kirkcaldy. 'The Peth' winds steeply to Pathead, a place which is featured in several of John Buchan's novels, and Ravenscraig Castle (1460). Ravenscraig Park has a 16th century beehive doocot, where pigeons were kept and bred for eating during the winter months when stormy seas prevented fishing.



Ravenscraig Castle



Dysart Harbour

Dysart is filled with history dating back to the introduction of Christianity to western Fife by the missionary St. Serif (7th century). A number of historical sites are of interest: 13th century St. Serif's Tower; the restored Pan Ha' cottages built between the 16th and 18th centuries; the Tolbooth (1576); and the Harbourmaster's House. Dysart carried out trade with Scandinavia and Holland in the 15th century resulting in its two nicknames, 'Salt Burgh' and 'Little Holland'.

The next place, West Wemyss, was in the past one of the most important ports in Fife, exporting coal and salt to trade with continental Europe. The path continues past the 14th century Wemyss Castle on to East Wemyss.

Thursday we walked 19.3 km from Lower Largo (birthplace of Alexander Selkirk, the inspiration for Daniel Defoe's 'Robinson Crusoe') to Pittenweem. From Temple Car Park the path follows the abandoned railway and coastline through a nature reserve. A low tide route follows the beach and eventually meets up with the high tide path. As the path crosses the golf course, it passes by the Chapel Green, named after an 11th century chapel which was used by pilgrims traveling to St. Andrews. We then reached the villages of Earlsferry and Elie.

From Elie we headed for St. Monans, passing more historical places: Elie Lighthouse (1908); Ladies Tower (c.1760) built as a summer residence for Lady Jane Anstruther; Ardross Castle (c.1370); the 15th century Newark castle with a 16th century doocot nearby.



Newark Castle

In St. Monans we visited its 14th century church, which in Scotland is the church built closest to the sea. We also passed an old windmill which at one time pumped seawater into the adjacent salt pans and fossil-rich limestone beds. Then we headed off to Pittenweem, another picturesque fishing village with a parish church dating back to the 13th century.



Sonja, Peter & Vicki in Elie



St. Monans



Pittenweem

picted in Scottish calendars. Many of the houses in Crail have marriage lintels above their doors or built into their walls which show the initials of the first owners and their wedding date, or the date when the house was built. Crail Golfing Society is the 7th oldest in the world dating back to 1786. Between Crail and Cellardyke (the next fishing village), we passed a salt works which produces salt through evaporation by boiling seawater over coal fires. Cellardyke is the adjoining village to Anstruther. My second cousin lived here, in a house opposite the house where Robert Louis Stevenson lived for a while and wrote some of his stories.



Crail

For lunch we had fish and chips on the harbour front. Anstruther has the Scottish Fisheries Museum and the *Reaper*, a herring drifter which was built in 1900. The Isle of May (a nature reserve and breeding area for seabirds) can be seen on the horizon. Scotland's first lighthouse was built on the Isle of May in 1636 and the remains of the beacon can still be seen. The path to Pittenweem passes through 'kissing gates' and stone stiles into open pasture.



Anstruther

On Friday we walked from Crail to Pittenweem. Crail has a 17th century harbour which is often de-

Saturday's walk was shorter - 11.2 km from East Wemyss to Lower Largo. It was a misty, foggy morning when we drove to East Wemyss. At the start of the walk we saw the Wemyss Caves with its pictish carvings dating back to 500-900 A.D. The path climbed steeply to the remains of MacDuff Castle, believed to be connected to the Thane of Fife, who killed Macbeth. We continued through Buckhaven and Methil, then crossed the Bawbee Bridge to Leven. A bawbee is an old Scottish half-penny which was the toll charged to cross the original bridge. After Leven, the path went through Lundin Links and on to Lower Largo.

The fog turned to rain during this walk and then a steady downpour, which thoroughly soaked us by

the time we arrived in Lower Largo with five minutes to spare to catch the bus. We arrived back at our friends' and dried our clothes, happy that we only experienced one very wet day on our Fife Coastal Path walks. Overall, we walked 100 km in six days.

If you are interested in: **history** - there are castles, caves and churches; **architecture** - there are many interesting buildings owned and restored by the National Trust of Scotland and quaint fishing villages; **nature** - there are many nature reserves with birds, butterflies and plants; **rest & relaxation** - there are sandy beaches and golf courses. Last but not least if you like walking, Fife is the place to visit!

In Memory

Millie Seitz, 1931 – 2009



Our hearts were saddened by the loss of our fellow trekker on November 17th, 2009, following a lengthy battle with cancer.

Millie loved her career teaching elementary school and after retirement embraced a multitude of volunteer activities with her characteristic vitality and

commitment. She traveled widely, was an avid skier, and walked countless kilometres with friends in the Volkssport Club.

Millie joined the Trekkers in 1988 or 1989 and was a very active member serving in many capacities including: in charge of publicity for 3 years (1994-96) – the first to set up e-mail contacts for the media; 2 years on the nominating committee (2000/01); 2 years First Vice-President (2002/03); set up the St. Albert history walk tour for CVF AGM 2006; mapped the St. Albert 5 km Heritage Lakes walk route plus maintained Wolf Willow YRE walk box (2002/09). As well Millie volunteered to work gaming events, check points, registration desks and drove many car loads of walkers to events.

Millie lived a full and active life and will be missed and remembered with love and admiration.

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