



Trekkers' Trails

The Newsletter of The St Albert Volkssport Club

June 2007

President's Corner

We are just a few days past the longest day of the year and I hate to think what this means. The days are getting shorter and we have not really enjoyed that many warm summer days. The mosquitoes are very plentiful this year and have really hampered some of our walks. The Club is pleased with the turnouts at the Event Walks but some of our YRE walks are down in numbers despite the fact that there are a couple of members who are trying to increase the numbers.

The VAA Convention is over for another year, a good time was had out in beautiful Ft. Sask for the Event. They have a super sports facility for the starting point of the walks and a great place for the banquet. Where will it be next year? Some place that lacks the enthusiasm of the Fabulous Edmonton Oilers, no less!. Some changes will have to be made. Our next spot Club members went to was the Clifford E. Lee Bird Sanctuary in Devon, no birds but lots of walkers. On to World Walking Day, followed by National Walking Day. Back to Ft Sask where the wind was blowing so hard there were reports that a gazebo was seen flying over a roof from the back of the house to the front yard! Club members travelled to Wetaskiwin, back to Rundle Park, and then off to Thunder Lake, Westlock and back to St. Albert. Who says we lead a quiet life!! Lots of Fun, Fitness, Friendship and yes, even Food.

Our next stop on the circuit was Morinville to the Rousseau Farm, this has been happening for 23 consecutive years with the famous double toonie lunch, prepared by Helen, Dagmar, Phyllis, Myrna, Pat and Kathleen. We missed having Jim and Helen walking with us (for the first time) and hope Jim will make a quick recovery and will be

back on the trails soon The Bagpiper was a welcome addition to the walk and started us off on the right foot. A Special thanks to Jim and Helen for allowing us to take up residence on the farm for the Event and thanks to all who volunteered to make this a great time - the food was delicious, especially the desert. We had a couple of ladies from the Waskahegan Walking group who did the 10 km, they found walking on the hard surface quite different. We left the farm and on to Cardiff where Richard and Kathleen led the walkers thru the trails. (this is the walk the Waskahegan Ladies should have done). I think I have said on a few occasions that the St. Albert Trekkers are the largest walking club in Alberta, I was wrong - the Waskahegan Group are but they do not have the wonderful volunteers that the St. Albert Trekkers have.

Mark you calendars for the many interesting Events we have coming up:

01 Jul - Canada Day - Volunteers required for the registration desk and to stay to look after our registration desk during the walk
21-22 July - Marathon Weekend - We need many volunteers to keep everything in order.
21 Aug - Past Trekkers Presidents' Walk
01-03 Sep - Alberta's Majesty Guided Walks in Jasper - Volunteers needed.

Book your accommodation now! If you are going to this event would you send me a e-mail please. We need to know the numbers by 01 Aug. Thank you.

Remember that "A Volunteer is a person who believes that people can make a difference ----and is willing to prove it" (anonymous)

We know this is true, and the Club thanks all our volunteers who make things happen. You know who you are. We need you, so give me a call and get in on the excitement from the start. We need to thank David Hall who has taken on the position of Trail Blazer as well as Vice President for a job well done. Thanks David, we need more volunteers like you. **We**

are still looking for some one to take over the Trail Blazer position.

Any suggestions or comments do not hesitate to contact me at luscombe@telusplanet.net or 475-7211

Focus on Walking.
Dave Luscombe, Club President.

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the Apr, May, June 2007 edition of *Volkssport Canada*:

Events		Distance	
Sonja VanBostelen	500	Kathleen Parr	18000
Arnie Lerch	375	Stella Melnychuk	17000
		Mitch Melnychuk	17000
June (Betty) Lerch	375	Sonja VanBostelen	6000
Lorna Allen	50	Peter VanBostelen	6000
		Arnie Lerch	5000
		June(Betty) Lerch	5000
		David Hall	3000
		Lorna Allen	500



May 12 – World Walking Day – St Albert

Thanks to Marlene Kubberness & Phyllis May for supplying the goodies that were enjoyed after our walk on May 12. Thanks also to Pat Sturges for helping me stamp books and give out World Walking Day Certificates

Phillips Award



**Bob & Billie Collins –
pictured – were the
recipients of the
Phillips Award for
2007**

CVF 20th Anniversary Walks

By Pat & Phil Sturges

To mark the 20th anniversary of the CVF, clubs across Canada were asked to stage an event that would be as close to the first volksmarch in their area as possible. For St. Albert, that meant going back before the CVF was in existence as Dave Phillips of the Midnight Twilight Tourist Association had planned Volksmarches in northern Alberta before we had a CVF to sanction our walks. Sanctioning was done through Ron Colpitts of Ontario, as he was the Canadian Volkssport Co-ordinator for IVV. So St. Albert's first sanctioned walk was August 10 and 11, 1985. And we were by no means the only town in Alberta putting on Volksmarches in those days. The Midnight Twilight Tourist Association was able to recruit local groups in twelve communities in north central Alberta to sponsor and plan walks. The first walk in Alberta was at Barrhead on June 8 and 9, 1985. This was followed by walks in Swan Hills, June 15 and 16; Morinville, June 22 and 23; Falher, June 29 and 30; High Prairie, July 6 and 7; Westlock, July 13 and 14; Athabasca, August 3 and 4; then St. Albert on August 10 and 11; McLennan, August 17 and 18;

and Gibbons finished up the season on August 24 and 25.

You will notice that each community did a two-day event. These were the rules in those days. IVV required that you put on an event over the two days of a weekend with distances of 10 km (short) and 20 km (medium). Registration time was from 8:00 A.M. until 1:00 P.M. and all walkers had to be off the trail by 5:00 P.M. The walks were marked by cardboard arrows – red for the short distance and blue for the medium. There were no written directions and no guides. Walkers were on their own to find their way around and, generally, this worked well except in the odd case where the local residents, old or young, took a fancy to the arrows and removed them for their own use, whatever that might have been. But we never lost anyone, at least not for longer than an hour or two!

St. Albert's first walk started at the Log Cabin which was built with logs from the original RCMP detachment office in St. Albert. The original building had also housed the jail for St. Albert but now the building was the office for the Midnight

Twilight Tourist Association. Volksmarches in St. Albert started from this historic point for quite some time after this first walk which went through residential areas, parks and along the Sturgeon River past the new St. Albert Place (built in 1984); then up to the Father Lacombe Chapel built in 1861 with help from the Cree nation and the Metis of the area; past the St. Albert Parish Church, built in 1900 and in the crypt of which are the tombs of Father Lacombe, Bishop Grandin, and Father Leduc; then to the Grotto behind the church, which was built in the summer of 1920 by the Oblate brothers with help from the local congregation who hauled stones from the river for this project.

When you do a re-creation of this walk on July 1, 2007, you will be walking on paved trails which were originally just dirt paths. You will also enjoy easy walking along the river whereas the original path followed the river somewhat but participants had to dodge around fences that came right down to the river bank so that walkers occasionally came back to the start point with one or both feet a little wet. But the enjoyment of the walk was just as good back in the “good old days” as it is now and there are still walkers doing these walks in 2007 who also did them in 1985. May you all still be enjoying walking a further 20 years from now!

River & Ravine Walks

This is the 3rd year for our very popular River & Ravine walks sponsored by the VAA. The walks take place in and around beautiful rivers and ravines (as the name implies) in the Devon, Edmonton, Fort Saskatchewan and St Albert areas. They run every Tuesday from mid May to mid August. Check out our event calendar for all particulars and come join us and enjoy the natural beauty with us.



Turner Park, Fort Saskatchewan May 22

Trail Master Update – June 2007

Self Guided YRE's One of the tasks we have under taken is to refresh the 10 Trekkers self guided YRE walks. The following changes have been made or are being planned:

St Albert: Peter has done a great job of consolidating the 3 YRE's and the cycle route into the St Albert Inn location. He has cleaned up the walk box, tuned the routes and re-written the instructions. Many thanks Peter.

Morinville: As of January 1, 2007 this walk utilizes a new and improved route. Try it out. Thanks Jim and Helen.

Beaumaris Lake: A new 10 km route has been wheeled out, written up and will be available to walk before July 1.

Hermitage: No changes are planned for this walk since it was new in 2006.

Wolf Willow: I will talk to Millie and Phyllis regarding this walk and walk box in the fall to see what changes, if any, is needed.

Sherwood Park: The 11km Yellowhead walk has new walk directions and 25% of the route is new and improved. Early reviews are positive so try it out. The 10km Covered Bridge instructions will be tuned this fall.

New Walks: September 15 is the deadline for new walks for 2008. It would be nice to see our YRE count grow by 2 or 3. If you have any suggestions for new walk routes please contact me soon at david.hall@ralcomm.net.

Events: In regards to our events, the pre-walking and marking of our trails by a team of volunteers has been working well. Thanks to everyone for their help. Should anyone else want to try their skill at pre-walking or trail marking please contact me.

David Hall



Our Tuesday evening Trail Markers

Thanks to all who helped Helen with the food preparation at the June 9 double toonie lunch
Also thanks to Helen and Dagmar for the goodies for the June 21 walk

Thank You

Thanks to the following volunteers who worked the bingo on May 28th:

Jean Elder

David Hall

Sara McEwan

Helen Rousseau

Sylvia Fisher

Betty & Arnie Lerch

Myrna O'Neil

The proceeds from the bingo goes towards covering the costs of running the volksmarches. We owe these people a special thank-you

Calling all volunteers!

We have a casino slated for the 17th and 18th of December 2007.

This provides the major funding for our event calendar.

Please note these dates and if you are able to help please contact:

Kathy Parr at a walk

or at 998-1033 or walksalot2@shaw.ca

Kathy Parr, Fund Raising Coordinator

Letter to the Editor

Congratulations for the informative Newsletters you are doing. I especially want to make reference to the April Newsletter with the article by Ken Tappay.

I found Ken's article very interesting and very uplifting. What a gratifying experience! The article almost makes one wish they could have

the same experience. We need to read more articles like this - it gives more insight into the opportunities available. I cannot imagine 757 kilometres in 32 days - it makes me tired just thinking about it!! Ken will be ready for the Marathon July 22nd. - just a short distance.

Dave Luscombe

Editor's Notes

As you may have noticed, your newsletter looks a bit different than past issues. I am trying to give it a new, fresh look and would like your input. This is **your** newsletter – What would you like to see changed? More pictures? More recipes? More Volkssport history for new walkers? If you have any suggestions as to how to improve your newsletter please contact me by the following means: email: sylfish@shaw.ca, fax or phone: 458-5299 or see me at one of the walks.

A big **thank you** to all who contributed to this issue.

Sylvia Fisher

Newsletter Editor

Fun, Fitness & Friendship