



Trekkers' Trails

The Newsletter of The St Albert Trekkers Volkssport Club

Sept 2008



Siffleur Falls Trail staging area 6 August 2-2008

From Your President

This year more than any other it seems the summer flew by. How can a summer go so fast! It has been a good walking season with great turn outs at the event walks and YRE counts are also doing equally as well.

It might seem too soon to be planning for 2009 but with the various deadlines our 2009 walk schedule is all set. There are quite a few changes which I will outline at this time.

- Three new YRE's based in Beaumont, the Kinsmen in the river valley in down town Edmonton, and in Twin Brooks in south Edmonton

- Devon Club has decided to drop 3 events in 2009. So that the region did not lose the walks Wetaskiwin club picked up one of these walks and the Trekkers have picked up two. Our two are Chickakoo and Spruce Grove.

- Trekkers will take over 3 Tuesday night walks previously operated by the VAA. One in St Albert, the Mill Creek Ravine walk and a Kinsmen walk.

- Other new events include a Saturday afternoon one in Sherwood Park on the May long week-end, a September Twin Brooks walk, and a December down town pedway walk.

- The Christmas lights walk will move from St Albert to Candy Cane Lane and Edmonton City Hall.

- The registration/stamping desk hours will be longer for both the triathlon and marathon.

So I would call that quite a bit of change for one year! It has kept the executive busy. I reiterate Sara's message - let us know if there are other changes or additions you would like to see.

One more message. I feel we should be enhancing our web site this winter. At this time I don't know where to start and how much to take on. We will assemble a list of changes and enhancements and then work away at them as time permits. If you have ideas to improve our site let me know.

David

Many thanks to all our Trekker friends who visited, phoned, or sent greetings to Bruce during his stay in hospital.

My family and I also thank all of you for the many beautiful cards of sympathy, your words of comfort on the 9th and supportive phone calls throughout this difficult time. Our gratitude to all.

Myrna

New Members

A big welcome to the following who are now Trekker members .

Carol Berry of Edmonton, John & Gailene Shaw of St Albert, Serge & Pearl Lavallee of Morinville & Eva Perkins who has renewed her membership

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

Apologies to Joe Sombach for the misspelling of his name in the July issue



Crescent Falls & Siffleur Falls

Member Achievements

Congratulations to the following Trekkers whose achievements were published in the July, Aug, Sept 2008 issue of "Volkssport Canada"

Distance		Event	
Kathy Parr	20000	Duane Spurrier	600
Evelyn Rogers	18000	Iris Campbell	425
Duane Spurrier	7000	David Hall	400
Iris Campbell	7000	Dave Luscombe	350
David Hall	6000	Richard Rogers	325
Dave Luscombe	4000	Sharon Pomeroy	100
Fraser Spears	500	Henrietta Moes	10
Gary Stuart	500	Ludger Arsenault	10

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.

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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.

Trail Blazer Update

RE: Routes for Trekkers

Our 2008 walking season is well under way and I have learned a thing or two as your Trail Blazer.

One is that some of you know a better way.

While walking our established routes, conversations lead to new or improved walks for the club.

Two is that the height of the 2009 walking season is not an ideal time for me to check & out develop changes and improvements to Trekkers walking. Because there's so much going on with the walks we have already committed to for the current walking year.

So here comes the time for your ideas and suggestions, fall & winter.

Do you have a new route to suggest for the club?

Are there some routes where an alternative improvement makes sense?

I'll be happy to talk with you, check your suggestions out with the walks committee & Board. And I'll work with you to walk, measure, develop instructions & plan for changes and additions to our existing walk events.

I've seen the look in your eyes and heard some of your suggestions for new & improved routes.

Greisbach, Big Lake & beyond, Athabasca & beyond, a Triathlon shortcut to the swimming pool.

Now through early 2009 is the time to let me know your particular vision for walks for the club.

Because, if you wait until next Spring, you'll have to get past that *glazed* look in my eye.

Best Regards from your Trekker Trail Blazer,

Sara McEwan
780 426 7748
saraemc@telus.net

*Thanks to all the Trekkers for their support, phone calls and beautiful cards during Jim's illness and passing. Thirteen hundred dollars(\$1300) was received by CVF in Jim's memory.
Helen Rousseau*

2009 CVF Convention

To all members,

WARMEST WELCOME TO All to THE AGM & CFV CONVENTION in NORTH BAY, ONTARIO.

We are looking forward to welcome everyone to our two vibrant cities of North Bay/Callander, on May 22-24, 2009 on the beautiful shores of Lake Nipissing.

In 2009 plan to come and walk the Blue sky region in the Footsteps of the Voyageurs. There is a lot to celebrate when it comes to the natural and cultural history of the Nipissing and North Bay areas.

You will find all the details and information for the Convention and the post convention bus tour on our website at www.gatewaywalkers.ca .

Be sure to join us for that special week-end of Fun, Fitness & Friendship in the Blue Sky Region.

Looking forward to hear from you.

Michelle Michael, president & the 2009 Convention Committee.



Rick & Lynda Kanne passing the ceremonial convention cane to members of the North Bay Club



Bruce O'Neil – 1939 - 2008

It is with sadness that once again we announce the passing of yet another long time Trekker

Before his health issues some years ago, Bruce was very involved with the Trekkers club. He held positions of President(1993-94) and Trail Master(1991-92)

Bruce and his motorhome was also a welcome sight along the Icefield Parkway during the Millennium Mountain Meander in 2000.

Bruce also volunteered to work at the Bingos and Casinos

Our deepest sympathy to Myrna and all the family.

Editor's Notes

Our busy volksmarching season is coming to a close but there are still some great walks to come. On **Sept 27th** there is a new event starting from the **South YMCA at 1975 111th St, Edmonton**, registration **9:30**, start time **10:00am** -

Another new walk for 2008 is on **Dec 20** starting from the **Commerce Place Building - 10150 Jasper Ave**(next door to Tim Hortons) registration **8am** for an **8:30 start**.

Also check out our event calendar for info on our **Oct 4th Oktoberfest** walk and cycle from **Dawson Park** and our walk and pot luck on **Nov 8** in St Albert, and don't forget our annual **Christmas Lights** walk on **Dec 13**.

Mark **April 25 & 26, 2009** on your calendar - That is the dates of the **VAA convention** to be held in **Camrose** and hosted by the Wetaskiwin Club with assistance from the Fox Creek Club. The host hotel is the Norsemen phone 1-877-477-9171 if you wish to make early reservations. There will be three walks plus the YRE which makes for a great weekend of walking.

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.

Next newsletter will be out around mid-December so please feel free to send me photos, stories of your walking adventures or any other news items you wish to share with others. Some photos/stories of Kananaskis would be great since I wasn't able to attend. Contact me: Email - sylfish@shaw.ca, or phone 780-458-5299. Your input is greatly appreciated.

Sylvia - Newsletter Editor
See you on the trails

