



FOOTPRINTS

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President's Report

Sylvie Thériault

In my last report I ended with a sentence that said “Now the days are getting longer and the snow will soon fade away...” Well, the days are getting longer, that is for sure, but as for the snow part and with the way the weather has been fluctuating lately, I sometimes wonder if we are not going to have snow any day now! We’ll never run out of things to talk about with the weather we’re having (or not having), depending on how we want to view it. Remember to slap on the sunscreen, and soon (maybe), the bug repellent and keep hydrated.

We have had quite a bit of interest by new prospective members, which goes to show that publicity by word of mouth travels far. I have also received some inquiries via E-mail. I would like to welcome those of who have made the decision to join our membership. It is a step in the right direction.

The Convention in Wolfville during the month of May was well attended and was a success. Kudos to Linda and Rick Kane, and all the other committee members, for a job very well done. I even learned how to doe-see-doe. Now I can add that to my résumé next to “broom dancing”! Many of our members were recognized for their dedication to our Club; once again, well done to all. Your contribution did not go unnoticed.

In ending, I have a couple of small requests. As you all well know, that every time you partake in a walk, a Disclaimer form has to be signed prior to the start of the walk. I would really appreciate that when you sign-in, to please check the appropriate box that applies to you, i.e. coupons, cash, or free. Also, if you are using a coupon, ensure that you have written your name on it (my crystal ball has been under repair for sometime now and I don’t know if I ever will get it back). It would make the weekly accounting so much easier for me.

That’s it for me; in the meantime remember that:

“Anywhere is walking distance, if you've got the time.”

Stephen Wright



DVC 25th Anniversary

Please mark your calendars for our 25th Anniversary events taking place October 24—26. Plan to join in the celebrations with walks, refreshments, entertainment, and a banquet. Full details will be available with the September newsletter.



Trails Report

Elaine Dawson

It is time to start thinking about the schedule for 2009. I have contacted most of our current walk leaders to see if they are available to lead walks again next year. We all appreciate the time and effort these members have given to the club. Sometimes members are unable to return as leaders or if they now lead a number of walks, they may be thankful to have some one take over a walk for them. At this time, all walks are tentative as we may add new walks or drop some existing ones. If you have considered the idea of being a leader, talk to one of our current leaders and they may be able to alleviate any concerns you may have. New leaders are shown the route of a trail, by someone who has done it before, until they are comfortable with that walk.

We are also always on the look out for new walks. A new walk in the 2008 schedule, Labrador Castle, was a success and we are looking forward to Second Lake Trail/Lr. Sackville in November. If you have any ideas for our 2009 schedule, please let me know. The more we work together the better our club will be.



Secretary's Report

Mary Joyce

Paul Head and Jim Hoyle were the recipients of get-well wishes during this quarter. Club members were saddened to learn of the death of Eleanor Hoyle, a former member and guided walk leader; a sympathy card was sent to her husband Jim.

Summer is on its way and I’m looking forward to walks with the club, and to hearing from DVC members. Please don’t hesitate to get in touch if you know of an event or occasion which should be acknowledged. Call me at 422-9624, see me on a walk, or send an e-mail to mary.joyce2@ns.sympatico.ca.

And speaking of occasions, rumor has it that those attending the June 6 Friday evening walk were treated to cake in celebration of Lionel Conrod’s birthday. A belated Happy Birthday to our Footprints editor!



Recycle Money

- Lily Conrod

Balance on hand \$207.00. The recycle money is given annually, in the name of DVC, to trails organizations to help with building and maintaining trails.

DVC Website address: www.dartmouthvolksmarchclub.com

CVF/FCV Website address: www.walks.ca AVA Website address: www.ava.org



Publicity Report

Margaret Odell

It's June 14 and I just returned from an enjoyable day of tending our DVC booth at the 2008 50+ Seniors Expo at Exhibition Park. I spoke with several interested people about our club and about volkssporting in-general. And I spoke with representatives at the Seaside FM booth who announce our DVC walks over their airwaves. Thanks to our other DVC volunteers who tended our booth on June 13. See picture below.



John Murley and Lily Conrod at Senior's Expo

The Department of Natural Resources 2008 issue of the **Parks Are For People** booklet became available in May containing fifteen DVC walks. Contact person Sandra Fraser sent me evaluation forms containing questions about each of our walks printed in the booklet and these forms are to be returned to Sandra after each walk.

While distributing our DVC 2008 walk schedule to the various venues, I spoke with George Zakher of TAO (The Adventure Outfitters)

TAO
The Adventure Outfitters
S. George Zakher
Bayers Lake Power Centre, 182 Chain Lake Drive, Halifax, NS B3S 1C5
Phone: 902.481.9TAO (19826) Fax: 902.468.1705
Email: gzakher@theadventureoutfitters.com
www.theadventureoutfitters.com

at Bayers Lake Industrial Park who offered DVC members a 10% discount on most TAO items (excluding sales items and large items such as kay-

aks and canoes) upon the presentation of your DVC membership card. I've yet to get a response from The Trail Shop about such a discount but I'm still holding-out hope.

I attended our CVF national convention in Wolfville in May. Acadia University was a good venue with the use of the Irving Centre and spectacular views from the dining hall and cooperation with the weather. The weekend was a success.

See you on the trails.

Past President's Report

Lily Conrod

After working in my flower garden all afternoon, I am somewhat tired, but the editor has given me a dead line to meet, so I better get busy on my column for Footprints. All my spring and early summer flowers have been blooming profusely such as the English Primrose, Buttercups, Lupines, Bleeding Heart, Phlox, Forget-Me-Not, etc. etc.

During the CVF Convention in Wolfville, I volunteered to coordinate the walk registrations, and the stamping of the IVV Record Books for the President's and the Convention walks, which took place on the Saturday and Sunday of that particular weekend. I would like to publicly thank the people pictured with me for taking the time out of their busy schedule, to work for me both mornings.



Seated: Alice Astles & Carol Ann Mercier. Standing: Lily Conrod, Elizabeth Nifort, Michelle Clark, Karen Powell, Beth Moore, Sharon Russell & Allyson Hayman

The CVF Convention was a total success, because of the leadership of all the coordinators, and all the other volunteers, everyone coming together to work for the good of Volkssports. We truly were one great big Volksmarch family. I would also like to thank Lynda Kanne for taking the leadership position and bringing the convention to Nova Scotia.

Do not forget our Wednesday evening walks during the summer; check your DVC schedule for time and place. Also our first Friday of the month walk and dine. Have a marvellous summer, and I shall see you during one of our many enjoyable walks.

Vice-President's Message

Sandy Hickey

Hello everyone. I am finally having time to sit down and contribute something to Footprints. As the Vice-President I must admit, I have been delinquent in doing so for the last few years. I am sure most of us attended the Convention in Wolfville this year and had an excellent time. We got to see faces we haven't seen for a year or maybe even more. I want to extend a Bravo Zulu to the Valley Trekkers for putting on such a successful event. I think Bert can start up his own business now making walking sticks and wine cases. I would be remiss if I did not thank all the volunteers from the CNVC, CBIH, and any other

clubs for contributing to the Convention also. It clearly demonstrated that Volksmarching is alive and well in Nova Scotia/Maritimes and we are all working as a team to promote this activity.

On a more personal note, I just finished walking 140 kms in 8 days with Bill Rusby, a fellow Volksmarcher from Seattle. (He did 160 km) Unfortunately, he couldn't be here for the Convention but did arrive later that week. We did YRE's from New Glasgow to Yarmouth. I have to say, it is an interesting thing to be a "tour guide" for somebody who has never been to the East Coast before; you tend to see things in a different light. Again, we had excellent weather, except for Peggy's Cove on Sunday but that was minor. Some of the walks I have only done once (quite a few years ago), so it was good to have the surprise of seeing something new. Out of all the walks, I would say Bible Hill was the one that stands out most in my mind due to the Rock Garden and the trails in the woods. Everyday, Bill would say that the walk we just completed was the best one so far, whether it was the scenery, weather or driving time, it just kept getting better and better. I know he went back to the West Coast of the USA with fond memories. I highly recommended that he come back some fall to do the Cape Breton Celtic Colour walks and the Cabot Trail at the same time.

In closing I would like to welcome Dave Shortall back from a 6 month tour in Kabul. It is good to have you safely back on Canadian soil.

**North Eastern USA
and
U.S. FreedomWALK Festival®
October 12—24, 2009**
- Lionel Conrod

Ever since our very enjoyable trip to the Magdalen Islands in August 2007, some members have been asking me, "When are you planning the next trip?"

Well, the "secret" is now out; you will find all the details in the brochure distributed with this newsletter. It took awhile to get everything organized, especially with hotels. Ambassadors suggested staying in New Jersey when visiting New York City but I didn't agree. When visiting Manhattan you want to be seeing the sights and not spending excessive time struggling to make it back and forth to N.J. It will be worth the extra dollars to be "where the action is".

We will be able to enjoy the fall colours of New England, a ferry ride on the high-speed Cat, a Broadway show, Amish country, walks in some of the most spectacular cities in North America, Campobello International Park, all in the company of friendly, fellow volkssporters.

The tour is priced "at cost" and the brochure indicates what is included and what is not. The more participants, the more perks we can add before the trip takes place. Of course, if there happens to be a small amount of funds left over, it will be donated to our Club.

Lily and I have visited all the venues on four previous trips to the USA. We have wonderful memories of all the places visited and we hope you will too.

If you are seriously interested in participating in this tour, please complete the registration form and submit it along with your refundable deposit.

**Ron Colpitts Volunteer Awards Presented
to DVC Members in Wolfville, NS**



Michelle Clark received her 5 year volunteer award from Ron Colpitts.



Albert Dorey received his 5 year volunteer award from Ron Colpitts.



Carol Ann Mercier received her 5 year volunteer award from Ron Colpitts.



Pierre Proulx received his 5 year volunteer award from David Phillips.



Sandy Hickey received her 5 year volunteer award from Ron Colpitts.



Ron Kent received his 5 year volunteer award from David Phillips.



John Murley received his 5 year volunteer award from David Phillips.

**Ron Colpitts was the 1st
DVC and CVF President**

Daniel Haycock and Patricia Daine were also nominated for the 5 year award; these awards will be presented at a later date.

Congratulations to all the recipients of the 5-year, Ron Colpitts volunteer awards.



On the top of Labrador Castle Hill, one gets a panoramic view of beautiful Mahone Bay.



Walkers proceeding down the hill from Labrador Castle summit passing through the Christmas Tree Farm.

The two pictures above were taken on April 27th during the Labrador Castle walk at East River. This beautiful and interesting new walk was introduced to our Club by member Jim Hoyle.

Healthy Advice

Submitted by Carol Ann Ando

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well.

Dioxin chemicals causes cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers.

This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else.

Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.



Spring clean up day at the Eastern Passage boardwalk organized by Sandy Hickey



Club member, David Shortall, was presented with medal by Sergeant Major Randy Manuel, Kabul, Afghanistan



The Volkssport Clubs of South Vancouver Island are excited to announce

The Victoria Volkssport Phoenix Festival

“The Phoenix rises from the Blossom Walks”

The popular Victoria International Walking Festival ran for ten years and was a major success. Over a thousand people attended from all over the world and enjoyed the famous Blossom Walks. Now, the three Volkssport clubs of Victoria are staging a **brand new Volkssport event** based upon the beautiful Blossom Walks. We invite you to enjoy the same walks in a simpler, more intimate Volkssport setting.

Where? Victoria, British Columbia, Canada

When? April 17, 18 &19, 2009

What? 5K, 10K, 21K, 32K and 42K walks

How much? Only \$2 per walk

Mark your calendars now for this reincarnation of the famous Victoria Blossom Walks

The Garden City Wanderers Volkssport Club, the Victoria ‘Y’ Volkssport Club and the Juan de Fuca Pathfinders Volkssport Club will jointly host this exciting Festival in the spring of 2009

Highlights will include:

- 5 and 10km walks on Friday afternoon followed by an informal meet and greet party – nibblies and cash bar
- 5, 10, 10, 32 and 42km walks on Saturday followed by a casual get-together in downtown Victoria
- 5, 10 and 21km walks on Sunday followed by a no host lunch and bar

We hope you will join us in Victoria next spring and explore the beautiful city of Victoria when its blossom trees and spring flowers are in full bloom. We’ll announce further details as soon as they are ready.

Email vvpf@telus.net or phone 250 598 4316 for more information

David Cattrall, Chair, Victoria Volkssport Phoenix Festival Society



IVV AWARDS



Catherine Young	10 events	Fran Adderley	1500 kms
Cliff Broaders	75 events	Edith Ward	1500 kms
Beth Moore	575 events	Sheila Mann	5500 kms
Lynda Kanne	1350 events	Michael Senman	6000 kms
Diane Hetherington	500 kms	Rick Kanne	21000 kms
Janet Langille	1000 kms	Lily Conrod	40000 kms
Juanita Shortall	1000 kms		

Congratulations to one and all!

Please turn in your completed IVV Record Books to Lily Conrod, Past President, in order to receive your milestone IVV awards.



Bert Currie and Elizabeth Nifort (shown above) received their 20 year CVF Volunteer Award at the CVF Convention in Wolfville, NS, on Saturday evening, May 24th. The award includes a lovely pewter plate for displaying on a wall

Bert Currie is President of the Valley Trekkers Volkssport Club but has also been a member of the Dartmouth Volksmarch Club for many years and has led many guided walks for the DVC and assisted in other areas. Bert was also CVF Atlantic Director back in the late eighties.

Elizabeth Nifort is currently Webmaster and Historian for the Dartmouth club; she has also occupied most positions on the Board of Directors for the club including president.

Congratulations to both Bert and Elizabeth; their efforts on behalf of volkssports in the region are much appreciated.



SUMMERTIME and the WALKING IS EASY!

Friday Night Walks for Summer

Come join us on the 1st Friday of each month for a cheerful evening walk in Halifax or Point Pleasant Park

July 4th, August 1st and September 5th
Meet at the Halifax YMCA, 1565 South Park St.

Walks start at 6 PM - Mark your calendar (this is not in your Blue Book)

Enjoy the walk followed by food/beverage at a local establishment.

For further info call Sue 443-0365 or Marilyn 454-8156

Receiving Footprints by Email Attachment

Footprints is now available by email attachment. Any member with high speed internet access should have no trouble receiving the document in full colour. If you prefer to receive this newsletter and future newsletter electronically, please send an email message to:



benview@ns.sympatico.ca.



Membership Chair

- Karen Dawson

As of June 15th, we have 164 members for 2008, 134 renewals and 30 new. I would like to welcome the following new members:

Sharon Birkinshaw

Susan Gutz

For those of you that have forgotten to renew your 2008 membership, a final reminder is included with this newsletter.



Antigonish-Cape George Joint Venture Aug 8-10, 2008

- Tanya McNutt

The Antigonish County Hiking Weekend – August 8-10, will be here before we know it. I'm starting to receive turkey supper reservations—only \$15 per person. The supper tickets must be booked by July 25. Cheques can be made out to the Central Nova Volkssport Club and mailed to: 273 Glenwood Dr., Truro, NS B2N 1R1

Now for the fun part - we are having a "Frenchy's Auction" after the turkey supper. We had a lot of fun at the Cape Chignecto auction, so thought we would try it again. We ask that participating members from the hosting Truro and Dartmouth clubs donate an "excess" item from their home inventory, a beverage (if you know what I mean), or a new item if they wish. Hopefully, it will be a lot of laughs! They say one person's junk is another person's treasure.