



# FOOTPRINTS

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## President's Corner

Sylvie Thériault

I would like to share this story written by Paul Huschilt. It supports a feeling I had when we did the walk, in the rain, for the opening ceremonies of the Shearwater Flyer. Even though it was windy and we had some rain, I accepted those facts and did not let it bother me.

### "HAPPINESS IS AS HAPPINESS DOES"

According to author and scientist Sonja Lyubomirsky, we are in control of a full 40% of our own happiness. You read that right: a full 40%. Where you live - who you are with - what you eat, spill or wear is worth only 10. Although it is not what we would expect, Dr Lyubomirsky has put years and years and years into studying this stuff. She tells all about it in her book: "The How of Happiness: A Scientific Approach to Getting The Life You Want".

I know it is politically incorrect to play with peoples' names but I can't help but notice that Dr L's name is almost Lyubo"smirky", which is a great name if you study what makes people smile. Anyway, Dr. L found we are born with 50% of our happiness, circumstances dictate 10% and 40% we control.

Need a change? Go for it! In the short run, you may experience euphoria, the likes of which the universe has never known. But then, slowly but surely, more familiar feelings will creep back in.

When it comes to maintaining our happiness, we have to change our inner workings. Choose to be happy. Focus on being happy, grateful, content, optimistic. We hold the key, we just have to stick it in the right locks and turn it - repeatedly.

If you are a couch potato, the fact that you have the control might make you feel like you've lost it. But all you have to do is climb off of the couch, and do something for yourself. (Unless the couch is where your true happiness lies.)

It turns out our favourite noun, happiness, is also a verb. Just do it. Work at it; play with it. Live it, until you find yourself living with it.

This week, how about consciously choosing to be positive and to do things with a spirit of gratitude. There's a good chance you will be happy you did."

*Reproduced with the permission of Paul Huschilt (<http://www.paulhuschilt.com/>)*

## Vice-President's Message

Ron Kent

This warm weather, I am sure is bringing you out of hibernation and doing lots of walking / hiking. Consult your blue book and take advantage of the many interesting walks our club has to offer. I look forward to hosting my first Vice-President's walk on Sunday, August 23 at Shubie Park. This event includes a delicious barbecue and cake. Hope the number this year matches or exceeds last year's turnout. Come and bring a friend and let them know just how much fun we have. A brochure is enclosed with this newsletter for the event.

It has been exciting introducing cycling to the club. However, I have noticed the turn-out decline these past few years. The weather has often been questionable but I have come to realize

DVC Website address: [www.dartmouthvolksmarchclub.com](http://www.dartmouthvolksmarchclub.com)

CVF/FCV Website address: [www.walks.ca](http://www.walks.ca) AVA Website address: [www.ava.org](http://www.ava.org)



Sylvie Thériault has had her name drawn and is going through the final requirement of writing a 200 word essay before being named an official Olympic Torch carrier in November 2009.

## Attention - Leaders Needed

If you are interested in leading a 10 km or a 5 km walk in 2010 please contact Albert Dorey at 443-1271 or at [jad.pmp@ns.sympatico.ca](mailto:jad.pmp@ns.sympatico.ca)

## ANNUAL MARATHON

September 12th, 2009

This year's marathon is being sponsored by the Cape Breton Island Capers. It starts in Troy and the route takes you all along the coast of western Cape Breton.

Contact Rollie Coombes  
902-849-0747 or

[racoombes@ns.sympatico.ca](mailto:racoombes@ns.sympatico.ca)  
[www.capebretonislandhoppers.com](http://www.capebretonislandhoppers.com)



Sharon Russell visited the 2010 Olympic display in Halifax and had this picture taken as a potential torch carrier.  
Good luck Sharon!

**26th ANNUAL  
INTERNATIONAL  
VOLKSMARCH**

**5, 10, 20 KMS**

**SUNDAY**

**AUGUST 23RD, 2009**

**8:00—11:00 AM**

Fairbanks Centre

24 Locks Road, Dartmouth



On May 30th, Ron Kent led a 32 km bike ride in the Cole Harbour/Eastern Passage area..

**Esso Grant**

Lionel Conrod was successful in obtaining a \$500 grant to help the Canadian Volkssport Federation print additional copies of the colourful brochure—Walking Clubs and Programs in Canada.

that walkers enjoy walking.

You may notice that I do not join a great numbers of walks. I love to walk but also enjoy many other activities that provide exercise. Our club provides a wonderful opportunity to meet new people who delight in the great outdoors. Each time I partake in a club walk I come away enriched and invigorated.

See you soon on the trails for fun, fitness and friendship.

**Trails Report**

*Albert Dorey*

On Thursday, July 16th, our club will be holding its 2010 Trails Planning Meeting. This meeting is held annually to finalize details for the schedule for the upcoming year.

Everyone is welcome to attend this meeting whether you wish to lead a walk or not. Perhaps you would like to come to learn the process or to partner with somebody else to lead a walk.

If you know of an enjoyable new walk for our Club, please pass this information on to me.

The meeting will take place at Lily Conrod's home at 17 Benview Drive, Dartmouth at 7:30 pm. I look forward to welcoming you to the meeting.

**Secretary's Report**

*Mary Joyce*

Spring has arrived and we're walking in fair weather once more, enjoying the emergence of green grass, leaves, and flowers. It's lovely to be outside in the warm air and sunshine. Even the occasional shower hasn't deterred many of our walkers.

Two cards were sent during this quarter. Ted Parkinson transferred to Ottawa, and a card was presented on his last walk with us. A get-well card was sent to Berindina Piets Saunders.

Thanks to everyone who keeps me up to date with events in our members' lives. I rely on all of you to notify me of news and events which should be acknowledged with cards. Send me an e-mail at [mary.joyce2@ns.sympatico.ca](mailto:mary.joyce2@ns.sympatico.ca), call me at 422-9624, or see me on walks.

**Publicity Report**

*Margaret Odell*

2009 walk schedules continue to be distributed to the regular venues such as outdoor equipment stores, health-care premises, museums and libraries, newspapers, radio and television stations, etc.

The Parks Are For People brochures have been distributed by the Department of Natural Resources and contain sixteen DVC walks. A copy of this booklet is available to you free at each DVC walk. Our contact person, Sandra Fraser, reviews media directories and she e-mails applicable publications two to three weeks in advance notifying of our walk/event. Oliver Maass, a Coordinator of DNR's Protected Areas Branch, contacted me saying our Crowbar Wilderness walk is listed in a Guided Outings guide for Nova Scotia's protected areas.

It's June 13 and I spent the day tending our DVC table at the 50 Plus Seniors Expo at Exhibition Park where I spoke with several interested people. This venue offers our club public exposure and raises an awareness about walking. I had help from Karen Powell, John Murley and Lily and Lionel Conrod on June 12 and from Albert Dorey on June 13 - on behalf of our club, thank you very much for donating your time and effort. I thank others who expressed an interest in volunteering but couldn't due to other commitments.

With the arrival of spring, can you identify with this? "If the sight of blue skies fills you with joy, if a blade of grass springing-up in fields has the power to move you, if the simple things of nature have a message that you understand, rejoice, for your soul is alive."

## Past President's Report

*Lily Conrod*

I had the pleasure of representing the DVC during the CVF Convention in North Bay, Ontario on the 22/23/24 of May. We had beautiful weather for the entire time, and everyone was so friendly. It is always a treat at the conventions, meeting old friends, and making new ones. Congratulations to the Convention Committee for doing such a great job. The financial position of the CVF seems to have stabilized. It was decided at the Annual Meeting to hold mini conventions for 2010 and 2011. One of the clubs is considering taking it for next year. In 2012 the Ottawa clubs will be hosting the convention as it is the 25<sup>th</sup> Anniversary of the Canadian Volkssport Federation.

After the Convention, we visited Max and Lea Quackenbush at their cottage, near Minton, Ontario for lunch. Then we headed for Toronto to visit a friend for three days, while there we went to a Broadway Musical called The Jersey Boys, which is based on the Four Seasons (Frankie Valli) and was popular during the fifties. We did the Capital City walk in downtown Toronto. The next day we drove to Niagara-On-The-Lake for a Lighthouse walk, which completed our Lighthouse Program. Then it was off to Cleveland to visit our good Volksmarch friends, Al and Deva Simon, where we were treated royally. They took us to the downtown Cleveland year round - during this walk we also toured the Rock and Roll Hall of Fame. Another day we did a second year round, which featured the parks, museums, graveyards of Cleveland, which was very interesting. Leaving our good friends after three days we headed home. Along the way we stopped in Ithaca, NY and did the year round at Cornell University. Then on to Binghamton for another year round, on this walk there were many beautiful old homes. We then entered New Hampshire, and did a walk in Hanover, which includes a walk through the Dartmouth University grounds. Our last night was spent with Billy (my brother) and Betty Mayo in Shediac, NB. Then onward home, all in all, sixteen blissful days.



### Cole Harbour Parks and Trails Association

*Lily Conrod*

On June 6th, the Cole Harbour Parks and Trails Association opened a new section of the Shearwater Flyer Trail. The new section goes through the Shearwater Helicopter base and between Horne's Road and Corsair Avenue.

Our club cooperated with the Trails Association and sponsored a 5 and 10 km walk before the official opening. Upon their return from the walk the participants were thrilled to be piped to the finish point by the Shearwater Pipes and Drums Band.

Local politicians, military personnel and executive members of the board all participated in the "cutting of the ribbon. After the opening, everyone gathered at the Shearwater Aviation Museum for some refreshments.



Carolyn and Bob Baker proudly display their Diane Hoskins 10 year volunteer award certificates and pins presented to them at the CVF Annual Convention and AGM in North Bay, ON, on May 23rd, 2009



At the CVF Convention at North Bay, Lily and Lionel Conrod were honoured to receive the first CVF 25 year volunteer awards for contributions to Canadian volkssports. The awards consisted of walking poles and certificates.



# IVV AWARDS



Abbie Broaders	<b>100 events</b>	Abbie Broaders	<b>1000 kms</b>
Lynda Kanne	1400 events	Cliff Broaders	1000 kms
Rick Kanne	1400 events	Elaine Dawson	4500 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.

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

We now have 47 people booked for the tour. A few people had to withdraw their names due to employment or health reasons; however, four new names have been added to the reservation list. Fifty people will be the maximum number for the tour.

Additional names will go on the “waiting list”; if you are seriously interested in participating in this tour, please complete the registration form and submit it along with your refundable deposit.

Past experience with tours shows some people will drop off the list for various reasons while other people will replace them. Usually, everyone is happy!!

A separate information sheet is being distributed with this newsletter to all that have made their \$100 deposit.

## Membership Chair

*- Karen Dawson*

As of June 15th, we have 173 members, 153 renewals and 20 new for 2009 I would like to welcome the following new members:

Alma Deveau	Alfred Gutz	Annette Huyter
Jill Grant	Shirley Delaney	Karen McNamara
Nancy Sampson	Rita Johnson	Phillip Johnson
Ursula Frobel	Dave Healey	Roland Melcher
Catherine Young		Rhoda Rhodenizer

A final 2009 Membership renewal notice is included with this newsletter for all of you that have not submitted your 2009 membership fees. Please renew your membership.

I would like to ask that members not send cash through the mail. If they hand cash to somebody to pass on to me, would they please also put their name on something, so that there will be no confusion when I process it, sometimes a few days after the walk.



## WARM SUMMER EVENING WALKS TO ENJOY

Friday Night Walks for Summer of 2009

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

**July 3<sup>rd</sup> August 7<sup>th</sup> and Sept 4<sup>th</sup>**

Meet at the Halifax YMCA, 1565 South Park St. 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: [dvc25@eastlink.ca](mailto:dvc25@eastlink.ca)



## Recycle Money

*- Lily Conrod*

Balance on hand June 15th is \$143.00. All money collected from the sale of recyclables is donated in DVC's name to trails in Nova Scotia. I really appreciate the help from people who pick up empty liquid refreshment containers and also help carry the grocery bags with all the “loot” in them. By picking up all this “waste” material we are also helping to clean up the environment.

### 2009 EXECUTIVE (elected)

President—Sylvie Thériault—443-9711

Vice-President - Ron Kent—462-2743

Secretary—Mary Joyce—422-9624

Treasurer - Wanda Ollerhead—462-5796

Trails - Albert Dorey—443-1271

Membership - Karen Dawson—883-1557

Publicity - Margaret Odell—454-9280

Past President - Lily Conrod—466-4421

### 2009 SUPPORT (selected)

Cole Harbour Parks & Trails - Lily Conrod - 466-4421

Auditor - Betty Perkins - 435-6397

Historian & Webmaster - Elizabeth Nifort - 435-5252

Memorabilia Sales - Sandy Hickey - 466-3816

Newsletter Editor - Lionel Conrod - 466-4421