



FOOTPRINTS

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President's Report

Sylvie Thériault

This will be my first report to our membership since I took over the presidency of our Club on January 1st, 2008. What a way to start the year! It is a learning curve for me and I am grateful to have a wonderful Board of Directors to guide me. Thanks and congratulations to Lily Conrod for her past tenure as the President. I am very confident that she will accomplish her turn as Past President without any difficulties.

January 1st 2008 was not only the first day of the New Year, but it was also our first walk of the year with 45 walkers. The weather was great. The walk was followed by a Levee. Thank you again to Lionel and Lily Conrod, to the Mic Mac Inn for lending us a meeting place, and all others who brought us refreshment and food. It was a lovely day. I also want to take this opportunity to thank Elizabeth Nifort for keeping our Website up to date. You are our connection to the world.

I have been impressed by the number of walkers that we've had on our events since the beginning of the year, and the weather has been pretty good, too. I am one who doesn't like to be cold but once we get going, I soon warm up.

Now that the days are getting longer and the snow will soon fade away, I hope more will come out and enjoy walking, which is a fine past time..

A fine landscape is like a piece of music; it must be taken at the right tempo. Even a bicycle goes too fast.
- Paul Scott Mowrer

I like long walks, especially when they are taken by people who annoy me.
- Fred Allen

Happy is the man who has acquired the love of walking for its own sake!
- W.J. Holland

Everywhere is walking distance if you have the time.
- Steven Wright

An early morning walk is a blessing for the whole day.
- Henry David Thoreau

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.
- Paul Dudley White

You have to stay in shape. My grandmother, she started walking five miles a day when she was sixty. She's ninety-seven today and we don't know where the hell she is."
- Ellen Degeneres

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 June newsletter.



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



The Dartmouth Volksmarch Club and the Central Nova Volkssport Club are hosting a special weekend of walking, hiking in the scenic Antigonish—Cape George area. There are four sanctioned walks between the two clubs and a banquet on Saturday evening. A brochure was distributed with the December newsletter and copies are available for new members.

Trails Report

Elaine Dawson



I do not have any news concerning trails but have found a few quotes I'd like to share.

There is nothing like walking to get the feel of a country.

Secretary's Report

Mary Joyce



This is not only the first secretary's report for 2008's Footprints but also my first report as secretary of the Dartmouth Volksmarch Club. I have "big" walking shoes to fill as I follow Margaret Odell.

DVC Website address: www.dartmouthvolksmarchclub.com

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

This quarter cards were sent as follows: a get-well card to Janet Langille; sympathy cards to Sharon Russell on the death of her nephew, Helen Wilson on the death of her sister, Dave Shortall on the death of his father, Elizabeth Nifort on the death of her father, and Lionel Conrod on the death of his brother. A sympathy card was sent to Eric Burke on the death of his wife Phyllis. A sympathy card was also sent to Bernie Pothier on the death of his wife Marie.

Please let me know of any announcements so that these can be acknowledged both with a card and a note in Footprints. Call me at 422-9624, send an e-mail to mary.joyce2@ns.sympatico.ca, or see me on one of our walks. I'm depending on all of you to be my eyes and ears, and I look forward to hearing from you.

Membership Chair

- Karen Dawson



As of March 18th we have 144 members, 117 renewals and 27 new. I would like to welcome the following new members:

Karen Bagnell	Stephen Bloom
Eric Bradley	Darrell Chisholm
Calder Creelman	Donna Creelman
Michael Grace	Gary Grant
Graziella Grbac	Doreen Healey
Eric Logan-Bradley	Anne MacKinnon
Gail Miles	Terry Miles
Frederick Parkinson	Paul Todd

For those of you that have not yet renewed your 2008 membership, a reminder notice is included with this newsletter.

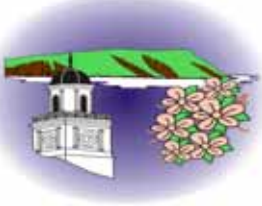
Publicity Report

Margaret Odell



Upon becoming Publicity Rep. in 2008, I took a day in January with former Publicity Rep. Helen Wilson who introduced me to the venues she utilised to advertise our DVC walk schedule: EastLink, SeaSide FM, Advocate Media, etc. where we chatted about the DVC and about our walk schedule. I introduced myself and distributed DVC walk schedules to The Chronicle Herald & Mail Star, The Trail Shop, Aerobics First, The Walking Room, Mountain Equipment Co-op, and to The Daily News which now unfortunately is defunct. I distributed DVC walk schedules to various coffee shops such as The Second Cup, Starbucks, Uncommon Grounds, etc. and to restaurants such as The Armview Restaurant and to grocery stores such as Sobey's, Superstore and Planet Organic and to other establishments in the HRM that would accept our schedule; I'll continue to replenish these stations with DVC schedules.

If you can suggest any other venues to distribute our DVC walk schedule, please let me know. See you on the trails.



**CVF/FCV Convention
2008**

May 23-25, 2008

Wolfville NS

Plan to spend part or all of the May 23-25 weekend in the university town of Wolfville.

There are IVV walks every day starting on Friday until Monday, Meet & Greet on Friday evening, CVF AGM on Saturday afternoon, banquet on Saturday evening. Come and meet fellow volkssporters from across Canada and the United States.

Registrations forms available online at:
www.valleytrekkers.com or hard copies from Lionel Conrod or Bert Currie during DVC walks.



The 2008 members of the DVC Board of Directors are pictured at left.

Shown left to right
 Lily Conrod Past President
 Elaine Dawson Trails
 Karen Dawson Membership
 Ron Kent Treasurer
 Sylvie Thériault President
 Margaret Odell Publicity
 Sandy Hickey Vice-President
 Mary Joyce Secretary.

REMINDERS

Lily Conrod – Past President



- Cole Harbour Year Round
- Dartmouth Year Round
- Halifax City Year Round
- Halifax Mainland Year Round

The four Year Rounds listed above can be walked any time of the year, with a few exceptions such as Christmas Day.

- Eastern Passage Seasonal
- Lower Sackville Seasonal
- Cole Harbour Seasonal Bike

The three Seasonals start on May 15th and end on September 14th.

WEDNESDAYS EVENING WALKS

The Wednesdays Evening Walks commence on May 14 and start at 6:30 PM; there will be an email reminder sent out regarding these walks. The Wednesday evening walks use the Year Round and Seasonal Events and are held in alphabetical rotation.

GROUP BIKE EVENT

This event will take place on May 31 and there will be a reminder notice sent out before the event.

Any information you would like regarding any of the above walks, please give me a call or email me at ben-view@ns.sympatico.ca or see me on one of the walks.

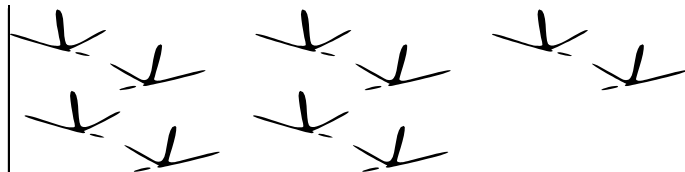
As I write this column on March 12th, I notice the ice is breaking up in Lake Banook, my snowdrops are in bloom, and other spring flowers are starting to peek through the ground; what a glorious feeling, enjoy the spring!

Sea Gulps Coffee Co. welcomes all Volksmarchers

We are proud to offer you 5% off your purchase. Just mention that you saw our ad in Footprints. We have everything from apple cider to lattes, paninis to pastries.

We are located at 31 Government Wharf Road, Fisherman's Cove, perched above The Crick. Sit outside on our patio Crick or enjoy our cosy atmosphere inside.

Can you think of a better way to finish off a 10 km walk?



40,000 kilometers

On January 27, 2008, Lily Conrod and Bert Currie proudly display their completed 40,000 km IVV Distance Books. Their 40,000 km trek is equivalent to walking the circumference of earth. What an amazing feat! Even Lily and Bert would be hard pressed to remember all the beautiful places they have walked or the hundreds of other walkers they would have met on the trail

Bert, who started his volkssport adventures in Europe walked extensively there while serving with the Canadian Armed Forces. After returning to Canada, Bert has walks in all Canadian provinces and many US states.

Lily started walking with the first volkssport club in Canada in 1983, has walked in 10 provinces and 2 territories, many states in the USA, countries in South America, Europe and Africa. Congratulations to both of them.



Recycle Money

- Lily Conrod

Balance on hand March 12th is \$106.00. The melting snow has uncovered many beverage recyclables along the streets and trails; thanks to the members who have been assisting me in retrieving them. The recycle money is given annually, in the name of DVC, to trails organizations to help with building and maintaining trails.



IVV AWARDS



Gail Creelman	10 events	Margaret Jacobs	500 kms
Abbie Broaders	75 events	Loretta Kent	3500 kms
Paul Head	100 events	Ronald Kent	3500 kms

Congratulations to one and all!

Please turn in your completed IVV Record Books to Sylvie Thériault, President, in order to receive your milestone IVV awards.

Correction to Blue Book

For the Annapolis Royal Seasonal event, the meeting place should read as follows:

Front porch, John Rodie's home 532-0503
644 St George Street, Annapolis Royal

Take exit 22 from Hwy 101 into Annapolis Royal



2008 EXECUTIVE (elected)

- President—Sylvie Thériault— 443-9711
- Vice-President - Sandy Hickey - 466-3816
- Secretary—Mary Joyce—422-9624
- Treasurer - Ron Kent - 462-2743
- Trails - Elaine Dawson—883-1364
- Membership - Karen Dawson - 883-1557
- Publicity - Margaret Odell - 454-9280
- Past President - Lily Conrod - 466-4421

2008 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

IS IT SPRING YET !!

Friday Night Walks for Spring

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

April 4th, May 2nd and June 6th

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 more information, please contact Sue Banks at 443-0365 or Marilyn Bowlby at 454-8156



WEB PAGE ASSISTANCE NEEDED

(Submitted by Elizabeth Nifort)

Dartmouth Volksmarch Club web page needs a fresh look. It can be viewed at www.dartmouthvolksmarchclub.com. If there is anyone out there who has knowledge of web page design and would like to give the current webmaster some advice or ideas, please contact the club at: dartmouthvolksmarch@hotmail.com.

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.



LAST SUNDAY WALK OF WINTER

Volkwalkers (shown at left) enjoyed a beautiful day and trail on March 16th.

Freshly fallen snow created an attractive back drop for the trail that takes you along the shores of Russell and Morris Lakes. The meandering trail along Russell Brook was also beautiful with rushing spring water.

Thanks to Elizabeth Nifort and Dwight Perkins for leading the morning and afternoon walks.

