

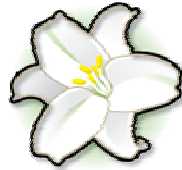


FOOTPRINTS

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Sylvie Thériault, potential Olympic Torch carrier in November 2009.



President's Report

Sylvie Thériault

As you may be all aware spring officially arrived Friday, March 20, at 08:45 am AST when both of the earth's hemispheres are bathed in equal amounts of light. There is definitely a feeling of spring in the air and that is a good thing. Soon we will be able to put away the winter coats, boots, and the ice grippers. It is always a nice feeling. It kind of gives us a feeling of freedom and renewal.

We know that with the longer days, we use less electrical power. Here is another way that you can make a contribution and save some energy. On March 28, join millions as they turn off their lights and turn the spotlight on environmental issues. It is easy! From 8:30 - 9:30 pm, local time, turn off all lights and non-essential electrical appliances to support an increased awareness of environmental issues. For more details: [Earth Hour](#)

On another note, on February 28 I took the opportunity to visit the iCoke caravan, in Halifax, that was promoting the torch relay for the 2010 Olympics and I had my picture taken with the torch. I was talked into nominating myself as a torch bearer. So who knows, I may be a lucky one and carry the Olympic torch when it comes to Nova Scotia in November 2009. Ordinary people can nominate themselves to be a torch bearer. Random draws will be done late in May.

Here is my quote for this time: "I have two doctors--my left leg and my right leg." - *George Trevelyan*

Keep on walking....

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Vice-President's Message

Ron Kent



God is good - the ice is gone and spring is around the corner! Pack away your creepers, skates, and ski poles.

For the past 9 years I have been a member of Dartmouth Volksmarch Club. During this time I have made many new friends, had weekends away, discovered new hiking trails and enjoyed lots of fine food.

These past three years I have served as treasurer and learned a great deal about the operations of the Club.

I am now Vice-President because a member approached me showing interest in the treasurer position. It was delightful to have her step forward as new members are so valuable on the Executive. She is now our new treasurer and I look forward to serving you as Vice-President. What a pleasure it is to have members come forward and offer to serve on the Executive. It becomes a rewarding experience for them as well as the Executive.



On May 30th, please join Ron Kent for a 32 km bike ride.

DVC Website address: www.dartmouthvolksmarchclub.com

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

As many of you know I have a keen interest in cycling. A few years ago I introduced a couple of cycling days. Everyone was encouraged to attend, regardless of their cycling skills. We had as many as 19 participants on one event. Some members had not been on a bike for years, yet came out and joined in the ride. Great fun was had by all. This year's first event is May 30, Cole Harbour Place, 10 a.m. - 32 km ride, Cow Bay loop to Fisherman's Cove, lunch, etc. Let's see if we can set a new attendance record this year.

See you on the trails for Fun, Fitness and Friendship.



Trails Report

Albert Dorey

NEW LEADERS / NEW WALKS

You belong to an energetic and vibrant walking club. Why don't you get more involved? We are looking for new walk leaders and new walks for our members to enjoy. Contact Albert Dorey at 443-1271 or at jad.pmp@ns.sympatico.ca if you are interested in being a walk leader or if you are aware of new and interesting possible walks. Yes, you can do it and we are here to help if you have any questions or concerns.

Secretary's Report

Mary Joyce



As I write my report, winter is still here, but a hint of spring has been in the air over the past week. Already my neighbour's forsythia bush has yellow blossoms, a cheery note despite the fact that those blossoms were covered in a blanket of snow following today's storm. Soon boots and winter gear will be tossed aside and lighter clothes will be the order of the day.

Dan Haycock and Pat Daine were recipients of get-well cards during the past three months. A sympathy card was sent to Sheila Wilson and her husband on the loss of their son-in-law.

I look forward to hearing from any and all of you. Please don't hesitate to get in touch with me if you know of news and events which should be acknowledged with cards. Send me an e-mail at mary.joyce2@ns.sympatico.ca, call me at 422-9624, or see me on walks.



Publicity Report

Margaret Odell

2009 DVC walk schedules continue to be distributed to the regular venues: outdoor equipment stores, health-care premises, restaurants, food stores, museums and libraries, newspapers, radio and television stations. In some instances I've had a chance to talk with proprietors about our club. Also, I promote our walk schedule with various people during casual chats about exercise and outdoor activity, keeping a walk schedule with me on such occasions.

Our list of walks has been submitted for printing in the 2009 Parks Are For People, a guide to events happening throughout Nova Scotia produced by the Department of Natural Resources. Information was submitted for sixteen DVC walks that qualify for publication. A copy of this booklet is available to you free at each walk.

In the December 2008 Footprints, I reminded us that, "Snowflakes are kisses from Heaven". Seeing that we're well into March and on some days are still in the throes of winter, that quote might have lost its charm, with those "kisses" feeling less affectionate. But from the viewpoint of sports, it's been a great winter. And despite the weather the DVC continues to provide weekly walks, adapting to conditions and altering routes when necessary for safety ... see you on the trails.

Past President's Report

Lily Conrod



Seasonal walks in Eastern Passage and Lower Sackville will reopen on May 15th. Weekly Wednesday evening group-walks at our six Year Round / Seasonal event locations will commence on May 20th and continue until August 12th. Please refer to our DVC Annual Schedule or the Atlantic Canada Blue Book for further information. Of course, you may do these walks on your own at any time .

New Year's Day Walk and Levee



During the New Year Levee, President Sylvie Thériault displays DVC's 25th Anniversary plaque recently received from CVF President Benoît Pinsonneault.

Levee participants were treated to various kinds of sandwiches, squares, cakes, cookies, appetizers, hot mulled cider, eggnog, etc. It was a wonderful time to renew friendships and to wish everyone a Happy New Year.



During the Levee, Sandy Hickey ran a contest to find out who could guess the number of kilometres that we have collectively walked over the past 25 years. Shown above, Sandy is presenting Pam Conrod with the prize for submitting the closest number.

Janet Langille won the Levee door prize for Jan. 1st. The prize consisted of six sessions at One-to-One Wellness Centre in Halifax. A big "thank you" goes to Virginia Teasdale who donated the prize.



Paradise Lost?

Wendell Robins, who lives in Bible Hill, has been a long-time member of our volkssport club. Our hearts go out to Wendell because his beach cottage underwent severe storm damage in December.

The force of the winter storm damaged much of the foundation and flooring in Wendell's 3 bedroom retreat. Climate change is causing more storms per year in our area, and this, along with a rise in the North Atlantic sea level, spells more problems for properties situated along the mighty Bay of Fundy. We hope Wendell can salvage his personal paradise!



IVV AWARDS



Betty Perkins	375 events	Dwight Perkins	475 events
Betty Perkins	400 events	Alice Astles	3000 kms
Dwight Perkins	400 events	Betty Perkins	6000 kms
Betty Perkins	425 events	Betty Perkins	6500 kms
Dwight Perkins	425 events	Dwight Perkins	7500 kms
Dwight Perkins	450 events	Dwight Perkins	8000 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 48 people booked for the tour. A few people had to withdraw their names due to employment or health reasons; however, three 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.

Cole Harbour Parks and Trails Association

On June 6th, International Trails Day, a section of the Shearwater Flyer Trail will be officially opened at CFB Shearwater. A guided walk is planned. More details to follow at a later date.



Recycle Money

- Lily Conrod

Balance on hand March 19th is \$66.00. Now that the snow is melting away, it is a good time to retrieve recyclables along the trail. The March 15th walks were a great opportunity to pick up many bottles and cans.

Memorabilia Boutique

- Sandy Hickey

CVF Cloth Patch 2.50	CVF Lapel Pin 2.50
CVF Decal 1.00	Country/State Bars-USA 3.50
AVA Header Bar 3.50	IVV Header Bar 3.50
IVV Plastic Book Covers 1.00	DVC Cloth Patch 5.00
DVC Lapel Pin 5.00	Souvenir Booklet 1.50
IVV Record Books 7.00	Provincial/Canada Bars 2.50
DVC “B” Awards 1.00	CVF Hatpin with Canada Header 6.50



Spring is on the way!! Hip Hip Hooray!

Friday Night Walks for Spring of 2009
Come join us on the 1st Friday of each month for a cheerful evening walk in Halifax or Point Pleasant Park

April 3rd May 1st and June 5th

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

Membership Chair

- Karen Dawson

As of March 19th, we have 126 members, 119 renewals and 7 new for 2009 I would like to welcome the following new members:

Clive Oldreive	Linda Oldreive	Bill French
Cecilia Cogan	Cynthia Bloom	Wendy Oliver
Gwendolyn Hochheimer		

A 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.

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