



FOOTPRINTS

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President's Corner

Sylvie Thériault



Abundance – My sister used to say that when the crops were reaped and when we were fed upon fresh fruits and vegetables, that we lived in a world of abundance. We simply take all this for granted, not taking into account the labor needed to achieve this abundance.

We have so much to be grateful for that it is time to stop and smell the roses and praise the power above to grant us so much when others have so little. It just boggles my mind that “gazillions” of dollars are spent in the name of “science” to go to the stars but we can’t take care of our own on this planet.

We also have abundance of talents. We are all blessed with some kind of talent and sometimes it just takes a little while to figure out what it is exactly that we are good at. I must say that there is an abundance of gift of time and leadership reflected amongst our own Club. The ones that have the courage to come forth or stay in the shadows make it all happen. We need more people to keep this Club running or should I say walking...

This brings me to the point that this is my second term as President and I will not renew it when this year ends. There must be someone amongst our members who can take over and keep this Club going. It is not a difficult a task as you may think. You all possess the “abundance” to make it happen. So don’t let the “I don’t think” or the “I’m not good enough” or the “I can’t be the President” to prevent you from making it a possible/positive experience. You will be supported by a wonderful team.

In ending, here is my quote for this time:

“Do not fear risk. All exploration, all growth is calculated. Without challenge people cannot reach their higher selves. Only if we are willing to walk over the edge can we become winners.”
Unknown Author

Keep on walking...

Vice-President's Message

Ron Kent



Here we are entering the best time of the year for walking and hiking. Temperatures and colours are spectacular. Just grab a light jacket and get out on those trails. This is my favorite season.

Unfortunately, Hurricane Bill arrived on August 23 and I had to postpone my first Vice-President's walk. I was looking forward to this event, especially the barbecued sausages. A few brave souls hit the trail in the wind and rain and completed 5km. The following Wednesday night approximately 20 people attended the make-up walk. Sunny skies prevailed that evening.

My next major adventure with the club takes place in October. Thanks to Lionel Conrod for arranging an exciting trip for club members to the Eastern U.S.A. This is an opportunity to benefit from Lionel's skills in planning tours. I am looking forward to boarding the bus.

As you read this report, the fall bike event will have already occurred. As you know this ride has not been well attended in recent years. I am of the opinion that the club should continue to offer this event for the few who wish to participate.

It is a pleasure serving in my position. Thanks for all your support. I encourage everyone to get out and enjoy the fall - it's a long winter.



Sylvie Thériault is shown presenting June Marsden with her World Walking Day Certificate



Sylvie Thériault is shown presenting Elizabeth Nifort with her 30,000 km IVV Distance Award

DVC Website address: www.dartmouthvolksmarchclub.com

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

**Dartmouth Volksmarch
Club**

Annual General Meeting

*Thursday, November 26th
7:30 pm*

*Fairbanks Centre,
Shubie Park, 24 Locks Rd
Dartmouth
Everyone Welcome!*



Canada Day 2009
Picture taken in front of
the Memorial Bells
Fort Needham Park
Halifax, Nova Scotia



President Sylvie Theriault is
shown presenting Joy Geizer with
her National Walking Weekend
Certificate

Trails Report

Albert Dorey

Preparing the 2010 Schedule

In early June, all members who had lead walks in 2009 were contacted and most accepted to lead their walks again in 2010. A few of the walks had their dates changed and several new walks were scheduled: Macintosh Run, Kingswood Walk and St. Margaret's Bay Rails to Trails. Mary Joyce, Wayne Geizer and Joy Geizer have offered to be new leaders in 2010 and have been given walks on the 2010 schedule. Several members have taken on new or different walks: Ken Belfountain and Sylvie Theriault. Since we are hosting the Atlantic Directors' Meeting there will be walks on Friday, April 30th and Saturday, May 1st.

The schedule is now finished and has been sent to all Board Members. It has truly been a learning experience and I would like to thank all members who helped me along with this process.

We are still in need of leaders for the future so if interested please contact me at 443-1271 or jad.pmps.sympatico.ca.

Secretary's Report

Mary Joyce

As I write my report, autumn is fast approaching with warm days, cool evenings, and the beautiful foliage for which our East Coast is famous. This time of year brings happy childhood memories of walking to and from school through rows of multi-hued maple trees, carefully choosing for our collections some of the more colourful leaves (most of which were discarded the following day in favour of "better" ones), and last but not least, assembling large piles of leaves so we could jump into the middle and scatter them in all directions. While fallen leaves now involve raking rather than playing, I still delight in walking in this most beautiful of seasons.

Thanks to all of you who keep me informed of happenings in DVC members' lives. I depend on you to notify me of events which should be acknowledged with cards. Please call me at 422-9624, e-mail me at mary.joyce2@ns.sympatico.ca, or see me on walks.

During the past three months get-well cards were sent to Pierre Proulx and Lea Quackenbush. A sympathy card was sent to Winnie Hutchinson on the loss of her husband Graham. Both Winnie and Graham have been members of the Dartmouth Volksmarch Club since 1983.

Publicity Report

Margaret Odell

The 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. I've had phone calls from interested walkers who are curious but hesitant about being able to walk "that far" and a phone call may answer questions our walk schedule can't answer. Our DVC website created a response from a walker visiting from Australia. In mid-June an article about DVC written by Brenda MacDonald was published in the Dartmouth Community Herald. Again DVC has an entry in the 2009 Doers' and Dreamers' Guide under Town and Country Tours.

I continue to contact the applicable Department of Natural Resources coordinator before each DVC walk published in the DNR's Parks Are For People brochure. This contact can notify or remind DVC of another event occurring simultaneously and of updated information about the trail and/or area we'll be using. I complete and submit an evaluation form to DNR after each of these walks.

On June 19 at CBC radio's thirty-ninth anniversary party, our president Sylvie Theriault promoted the DVC with a verbal contribution about keeping young at heart through walking ... physically and emotionally.

"Exercise and temperance can preserve something of our early strength even in old age"
(Cicero);



CVF Volunteer Awards 2009

Above (left) Margaret Odell receives the *Ron Colpitts* Award for 5 years of volunteering for Canadian volkssports. (centre) Betty & Dwight Perkins receives their *Diane Hoskins* awards for 10 years of volunteer service. Top (right) Sheila Mann receives her *Diane Hoskins* award for 10 years of volunteer service. Presenter is President Sylvie Theriault.



Graves Island Provincial Park
Potluck Picnic July 26th, 2009
Wonderful food was contributed for all to enjoy.



Skunk in the Arms
Hope for Wildlife, Rehabilitation & Education Centre
Seaforth, NS August 16th, 2009



On Sunday, September 6th, club members enjoyed a beautiful walk in Queensland followed by a picnic lunch at the lovely summer home of Dick and Janet Miles. Weather was perfect. "Thank you" to MEC for the financial support.

CVF CONVENTION AND AGM

The CVF/FCV Annual General Meeting and Convention will be hosted by the Cape Breton Island Hoppers Volkssport Club. You are invited to join them in Cape Breton Regional Municipality - Sydney, Nova Scotia, May 28-30, 2010.

"Walk on Cape Breton, for Fun, Fitness and Friendship".

(This will be a "normal" convention and not a "mini" convention as previously announced.)





IVV AWARDS



Tom McNutt	275 events	John Murley	4000 kms
Tanya McNutt	300 events	Margaret Odell	4000 kms
Tanya McNutt	325 events	Tanya McNutt	6000 kms
Heather McLeod	350 events	Tom McNutt	6500 kms
John Murley	350 events	Michael Senman	6500 kms
Beth Moore	650 events	Lynda Kanne	22000 kms
Lynda Kanne	1450 events	Lionel Conrod	30000 kms
Bert Currie	2400 events	Elizabeth Nifort	30000 kms
Lily Conrod	2500 events		

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.



BEAUTIFUL AUTUM EVENING WALKS TO ENJOY

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

October 2rd November 6th and December 4th

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

Membership Chair

- Karen Dawson

As of September 8th, we have 180 members, 153 renewals and 27 new for 2009 I would like to welcome the following new members:

Bob Price

Marilyn Price

Tom Pilkinton

Dianna MacDonald



Graham Hutchinson

1929—1990

Graham passed away on August 8th, 2009. Graham was one of the very earliest members of DVC. He enjoyed many friendships and hiking with the club in many places, locally and in other provinces, the highlight being his trip to England and Scotland.

Graham was Trails Coordinator for the club for two years back in 1987 and 1988. He also led many guided walks including introducing new trails to the club.



Recycle Money

- Lily Conrod

Balance on hand September 4th is \$198.00. 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.

Modern Technology

One or two email messages are sent out every week to DVC members. We learned this summer that some of the messages were not reaching the specific recipients. And those who missed the messages all seemed to be on the Aliant Sympatico service. These messages did not "bounce" back.

Perhaps, since there were almost 200 names on the group-mailing list, the Sympatico rejected these messages as possible "Spam".

The email membership list has been divided into four groups and this should enable our messages to be received by everyone.

If you are a member, with email access and you are not receiving weekly notices, please send an email message to benview@eastlink.ca and the situation will be corrected.

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



**Cleveland Beach
pictures taken
September 6, 2009**

