



FOOTPRINTS

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President's Report

Sylvie Thériault

Can you believe that fall will be upon us very soon? We've hardly had a spring and a summer and we have to adjust to another season. Years roll by and we don't have time to see them. I guess it's not the years in your life that counts but the life of your years.

It's all about attitude. I find that I am being more philosophical as I "mature" in age.

We have still had good numbers of walkers in the last quarter and regardless of what Mother Nature had in mind, it did not deter the hardest or heartiest of walkers to go out and do just that, walk. Bring on Hanna (not so bad after all), Ike, Josephine, Kyle, Laura, Marco.... Yes, those are the names of the next tropical storms. Where they will go only nature knows.

In August, two events particularly marked that month: the Antigonish weekend (Aug 8-10) and the DVC 25th Annual International Volksmarch (Aug 24). Both events were well attended and were successful. I regret I was not able to attend the Antigonish weekend. I had another celebration to attend: my 35th high school reunion.

Three important activities will take place very soon. One is our marathon walk scheduled for September 13. Another is our Club's 25th "Silver" Anniversary which is taking place Oct 24-26. Please do come and celebrate. Thank you to Lionel Conrod for taking the lead in organizing this event. It will be a time to remember. The third one is our Annual General Meeting on Thursday, November 27 at 7:30 PM, the place is to be confirmed.

Your presence to all these activities would be greatly appreciated. This club is your business and if we don't get your opinion, we can not guess what you desire. It's all about you, the walkers. Without your active participation, this club would not exist.

I will leave you with these wise words from Thomas Jefferson "The sovereign invigorator of the body is exercise, and of all the exercises, walking is the best."

Trails Report

Elaine Dawson

Our schedule for 2009 is complete and has been sent to Ottawa. We have a few new walks planned for next year and we hope



you will come out and join us. I want to thank every one who helped me prepare the schedule. We had a number of members who were unable to lead walks next year, so a special thanks to all of you who stepped forward to offer your help as leaders. Also, welcome to those of you who will brave your first walk as a leader in 2009. Karen Dawson and I led our first this year, and didn't even get lost.

So as the weather is turning colder and the leaves are turning color, I look forward to seeing you all on the trail.

How to Cross a River

One day three men were hiking along and came upon a raging, violent river. They needed to get to the other side, but had no idea of how to do it.



The first man prayed to God saying, "Please God, give me the strength to cross this river." Poof! God gave him big arms and strong legs and he was able to swim across the river in about two hours.

Seeing this, the second man prayed to God saying, "Please God, give me the strength and ability to cross this river." Poof! God gave him a rowboat and he was able to row across the river in about three hours. The third man had seen how this worked out for the other two, so he also prayed to God saying, "Please God, give me the strength, ability and intelligence to cross this river." And Poof! God turned him into a woman. She looked at the map, then walked across the bridge.

Secretary's Report

Mary Joyce



This quarter produced a flurry of card-sending. Three of our members became first-time grandparents, with cards sent to Wanda Ollerhead and Calder and Donna Creelman. A very special occasion was marked by Cil Hickey (a member from Miramichi, NB, and mother of Sandy Hickey) as she and her husband celebrated their 50th anniversary. Get-well cards were sent to Donna Ferguson, Margaret Odell, and Dawn Swanson.

We're moving into autumn, one of my favourite seasons for walking. I look forward to seeing you on the trails and hearing from you about events which should be acknowledged with cards. If you have news, please come and talk to me on walks, call me at 422-9624, or e-mail me at mary.joyce2@ns.sympatico.ca.

DVC Website address: www.dartmouthvolksmarchclub.com

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



Publicity Report

Margaret Odell

Has anyone taken advantage of TAO's (The Adventure Outfitters) 10% discount for DVC members mentioned in our last issue of Footprints? I have, and bought sunscreen and socks which I used recently at the combined CNVC/DVC weekend in Antigonish ... well, not so much the sunscreen but certainly the socks.

I'm still distributing our 2008 DVC walk schedule to the regular venues and as far a field as Antigonish and the south shore, and my efforts paid-off: I received phone calls from people in both locations interested in some of our walks and wanting to know more about volkssporting. Often when I return to replenish them, all the walk schedules are gone ... into the hands of prospective DVC members as a reflection of interested walkers, I hope. This is how I learned of the DVC: in 1996 I was attending a workshop where an attendee had a DVC walk schedule and some years later, when I needed walking for health reasons, the DVC came to mind.

And of course, DVC publicity can spread by word-of-mouth; on this morning's walk of the Sackville River Trail, a bicyclist approached me asking about our group, giving me the opportunity to identify our club and tell him about volkssporting as he rode slowly alongside us. I wish I had a DVC walk schedule to give him, so I'll have to remember to carry copies with me.

If you can suggest any venues where I can distribute our DVC walk schedule, please let me know.

See you on the trails!

Vice-President's Message

Sandy Hickey

25th Annual Int'l Volksmarch

The morning of Aug 24th couldn't have been a better day for the DVC's 25th Annual Volksmarch in Shubie Park. The sun was shining, and no rain was in sight! Some of the first walkers (all 2 of them) got started bright and early as they took off for the 20 km self-guided walk. Off and on, until the scheduled 10 and 5 km group walks at 10:00 am, others also grabbed their maps and set off for the woods and trails in Shubie Park. For the 5 km, 16 walkers participated and 41 for the 10 km. A total of 530 km was walked that day by 59 volksmarchers. It usually takes me a full year to do that many by myself.

Afterwards, everyone enjoyed Oktoberfest sausages, sauerkraut, refreshments and the always present Anniversary cake. I am not sure if I really did a fine job of barbecuing or if everyone was just so hungry it all tasted good. Regardless, thank you for the compliments. The last few years I have been helping Lionel with the cooking and have enjoyed it immensely so hopefully I will be behind the grill again next summer.

As many of you know, to put on an event such as this, it involves a lot of planning, etc. But, on the other hand, it makes it all worthwhile when the members show up and participate. So I would like to thank Lionel and Lily for the work they put into it every year and also to you, the members, for coming out, walking and socializing afterwards.

Now, if I could only remember the name of Sharon and Dan's cute little dog. Was it peanut, pistachio or pecan?????



Shown above, holding the delicious 25th Annual Volksmarch carrot cake are, front row, Sandy Hickey, Lily Conrod, and Sylvie Thériault. Second row—Winnie Hutchinson and Mary Beth Fall.

Past President's Report

- Lily Conrod

On Saturday, September 13th, the weather forecast may have dampened the number of participants turning out for the Marathon; however, it did not dampen the spirit for those that did turn up. Fourteen people (pictured below) started the walk at 9:00 am, and the conditions were just about perfect with no rain and good temperatures for walking. Another 11 participants showed up for the 10 km walk starting in the afternoon. Following the walks, 31 people enjoyed a delicious steak barbecue. The following email message pretty well sums up another successful day of volkssporting:

*Hi Lily and Lionel—
"Just a quick email to thank you both for a wonderful marathon. We think that it was the best yet that we have participated in. The weather was great, the group was great, the trail superb, the leaders fantastic and the barbecue at the end was just what we needed after a day of walking."
Rick & Lynda Kanne*





25th Anniversary

-Lionel Conrod

Everything is set for a great weekend of events to commemorate our Club's 25th Anniversary on October 24th—26th. By now, all of you should have received an invitation to attend, along with a brochure outlining all the events. If more copies are needed, please get in touch by phone 466-4421 or email benview@eastlink.ca. The Anniversary Committee has done their part of organizing and planning this special weekend of events, now it is up to you to attend the events and also submit your registration for the banquet on October 25th.

Back in June 1983, Ron Colpitts started our Club. Ron, Dawn Swanson, Lily and myself are the only founding members still active with the club. With so many people joining our club since 1983, I thought it was appropriate to write a few hi-lights of our organization over the past 25 years..

The Dartmouth Volksmarch Club, the first Canadian Club, held its first meeting in June 1983, whereby Ron Colpitts brought news of the volkssport movement to our area. Ron arrived with the idea of holding one big Annual Volksmarch each year; however, those present wanted to walk more often. During that meeting it was decided to have some guided walks and we actually ended up having eight that first year. In September of the same year, we held a second meeting to formalize the Club and to give it a name.

In January 1984 our Club held its first "trails planning meeting" and the number of walks doubled from the previous year. On Natal Day Weekend in August 1984 we held our first Annual International Volksmarch, the first in Canada sponsored by a Canadian volkssport club. Ron Colpitts was able to entice well over 100 participants for our first IVV sanctioned event. We kept increasing the number of sanctioned IVV walks until the early 1990's when we sponsored one event every Sunday year round. The Dartmouth Volksmarch Club has sponsored more volkssport events than any other club in the volkssport world.

In the 1980's we adopted the slogan, "Fun, Fitness, Friendship and Scenery". In the 1990's, the CVF adopted "Fun, Fitness and Friendship" for its slogan.

Lily and I had previously belonged to the West Coast Walking Club in BC and one of the memorable events we attended was their smorgasbord walk. We brought the idea of a smorgasbord walk to our Dartmouth Club and held our first picnic walk on the Labour Day Weekend in 1984. The event was held on McNabs Island at the mouth of the Halifax Harbour and we had 96 participants. This was the start of our annual picnic walks.

On Labour Day weekend in 1987, our Club held the first Festival Multi-Day Weekend of walks in Canada. The "event" was held in beautiful Fundy National Park, New Brunswick. Social events on that weekend included barbecues, singing and dancing on Friday and Saturday nights. On Sunday evening we had a wonderful banquet in the Golf Club Restaurant; everybody was treated to a platter of seafood including a lobster. Together with perfect walking weather, the first Canadian Volkssport Festival Weekend was a complete success.

In 1989 we were back at Fundy National Park but this time we decided to walk the Dobson Trail, a 59 km very rugged, primitive trail from Riverview to Fundy National Park. We did the

trail in three days and volunteers moved our vehicles each day while we walked the trail. It was another very successful event with similar the social events we had two years earlier.

In June 1990, we were back on the Dobson Trail in New Brunswick. This time we walked the trail in one day! This was the first Marathon sponsored by a Canadian volkssport club and we added the "bonus" of walking 59 kms instead of the usual 42 kms. We walked from daylight 'til dark near one of the longest days of the year in June. Champagne and wine flowed freely on completion of this milestone event.

In 1997 we planned, what became, our most notorious event, walking across the PEI Confederation Bridge the day before the official opening to vehicular traffic. Many thought we would never receive permission to walk the bridge in the first place. We wrote the general contractor for construction of the "link" in 1996, asking permission and suggesting that the general public might also want to participate. We received a response that this might be a good idea but no firm commitment. Things slowly developed and the Bridge Walk became a reality and wide open to the general public. On May 30th, 40,000 people showed up and the roads leading to the Bridge could not handle them. However, we consider that walk a successful, historic event for our Club and we attracted over 400 volkssporters from all over North America to our walk and sold over 400 souvenir t-shirts and 100's of medals. The CVF's circular provincial flag logo was first designed for the souvenir t-shirts sold at the Confederation Bridge Walk

Every year since the eighties, we have held Festival Events and usually at an out-of-town location. We have been back to Fundy National Park many times, twice to Grand Manan, NB, once in Shediac / Kouchibouguac, several times on Prince Edward Island, many times on Cape Breton Island, several times at Kejimikujik National Park, the NS-NB-PEI tri-province weekend and twice to Newfoundland including one side trip to St. Pierre et Miquelon (France). In 2007 we had 176 walkers for a fabulous week on the Magdalen Islands, QC.

In addition to the above, our Club has celebrated three major anniversaries since our start up in 1983. In 1993, for our 10th anniversary, we celebrated with a walk, a sit down dinner and dance; then CVF President David Phillips and his wife Zelda from Ontario were in attendance. In 1998 we celebrated our fifteenth anniversary with a walk, dinner and commentary; then CVF President Ole Olson and Helen Viel from Ontario were in attendance. One week following Hurricane Juan, we celebrated our 20th anniversary on a warm October Thanksgiving Weekend in 2003. The weekend included a Friday night moonlight walk, a Saturday morning walk, a Sunday morning walk, and a Monday morning walk; complimentary food and refreshments were served at all events. On the Saturday evening banquet, Club members put on four skits commemorating some noteworthy past volkssport events. CVF President Arne Roosen and Gisela Kibblewhite attended from British Columbia.

Current paid membership in the Dartmouth Volksmarch Club numbers 175. Since 1983 more than 1000 people have belonged to our club at one time or another. We have had three spin-off volkssport clubs – two in Nova Scotia and one in Ontario. Ten couples have met on the trail and later "tied the knot". Our Club has provided three CVF Atlantic Directors and two CVF Presidents. We have hosted two CVF Conventions, one in 1989 and the second in 2000. We have a lot for which to be proud!

Butternut Squash Soup

Submitted by Sandy Hickey

- 1 medium butternut squash -- (about 2 1/4 pounds)
- Nonstick vegetable oil spray
- 1 medium onion chopped (about 1 cup)
- 1 tablespoon freshly grated ginger - optional
- 3 tablespoons unsalted butter
- 3 cups chicken broth
- 1-2 cups water - as needed
- Salt and pepper to taste
- Sour cream for garnish



Cut squash in half lengthwise, and scoop out the seeds. Arrange the halves cut side down in roasting pan that has been sprayed with nonstick vegetable oil spray. Bake squash in the oven for 40-45 minutes or until very tender. Set aside to cool. **OR** put cut squash in half, deseed and place cut side down in microwavable dish with about 1/2 inch of water. Microwave until tender to fork.

When the squash is cool enough to handle, scoop the flesh from the skin. While the squash is baking, cook the onion and the ginger in the butter in a saucepan, over moderately low heat, for 5 minutes or until the onion is softened, Add the broth and simmer the mixture for 10 minutes, covered. Add the squash pulp to the sauce pan.

Transfer the mixture to a blender or food processor, in batches, and puree until smooth. Add enough water to achieve the desired consistency, and salt and pepper to taste. Return the soup to the sauce pan and cook over moderate heat until it is hot.

Garnish each portion with a heaping teaspoon of low-fat sour cream.

(I also cook up the squash, place in a freezer bag and freeze until needed to make soup. Then it is just a matter of thawing out and continuing with making the soup. Too easy to look like Martha Stewart and impress your guests. This can be done with any squash and even sweet potato.)



Each year our club nominates a volunteer to be recognized by the Halifax Regional Municipality. This year's worthy nominee was Margaret Odell, shown above receiving her award from Mayor Peter Kelly and Councillor Patrick Murphy.

Antigonish Auction

- Ibel Scammell



Bettie Spence (runner) and Tanya McNutt (auctioneer)

The Central Nova Volkssport Club has conquered another mountain...and not by hiking... or eating. We have mastered the fine art of holding successful auctions. It started at Cape Chignecto two years ago and continued at the Antigonish weekend this past August. With our no-nonsense president, Tanya McNutt, as auctioneer and Bettie Spence as the runner, it was impossible to resist the slick sales pitch. The Cape Bretoners outbid each other so fast we Mainlanders got left in the dust. Rollie Coombes almost ended up with a hernia, first of all by trying to outbid everyone for one of Ineke's cement garden leaves, then again by attempting to carry the leaf to his car. Tom McNutt, who actually delivered it to the car has a message for you, Rollie: "next time please don't park ten blocks away"! Jim MacLean, from Port Hawksbury, was the lucky person to put in the successful bid for the specialty chocolates... that he himself had donated to the auction! To top it all off, he ended up paying a dollar more than he had actually paid for them in the first place. The only Cape Bretoner less than enthusiastic about the auction was Lee Lazaro who "won" the charming pink lamp, then spent the rest of the weekend trying to get rid of it.



Ada Davis, from Alberta, basically bid on everything that came up for auction. Good thing she and Bob are travelling with a fifth wheel because they'll need it to carry home all the things she bought. She'll definitely be getting a personal invitation to our next auction. Even the Legion ladies, who catered the dinner, got involved. After some frantic bidding, a very happy Legion lady went home with a serving tray. I swore up and down that I wouldn't be buying a thing because I already have too much "stuff" at home... then I bought the first item that went up for auction. By the way Lionel, I plan to donate an orange bra to our next auction. You might want to bid on it so you can figure out the difference between a bra and a pair of men's underwear! You'll have the added benefit of being able to put it on your lawn during the next election.

This auction thing also has some unexpected advantages. It's a great way to get rid of things that you've had hanging around your house for years. Consequently I figure I'm still ahead since I donated two items and only came home with one. The down side to this auction thing is that it's downright embarrassing when no one bids on the things you donate. But I have the answer to that - donate booze! Hello, this is the Volkssport Club so anything related to alcohol is guaranteed to go for a high price. In fact, one of the evening's hits was a bottle of beer made of chocolate. Had that been a giant square block of chocolate it definitely wouldn't have brought in the high bids that little bottle got!

So folks, save your money for our next auction; date to be determined in the near future. And add to the list of reasons for wanting to attend Central Nova Volkssport Club functions - fun, fitness, fellowship, food, AND fervid auctionistas!



HIKING IN ANTIGONISH COUNTY (Another Fabulous Maritime Festival Weekend)

Tanya McNutt

The Central Nova Volkssport Club and the Dartmouth Volksmarch Club hosted a very successful weekend of hiking in Antigonish, Nova Scotia on Aug 8,9,10.

Antigonish is located in the eastern end of Nova Scotia and is known as the “Highland Heart of Nova Scotia”. The name is derived from the Mi’kmaq language, as the area was a native settlement when Europeans arrived to settle in the area - the Irish, Scots, British Soldiers and the French.

We had four diverse walks on the weekend, starting with a Friday night walk in the town of Antigonish. About 40 hikers gathered to enjoy the ‘sights’ of Antigonish - the St Francis Xavier University established in 1853, the Old Court House built by Sandy “the carpenter” MacDonald, St Ninian’s Cathedral built in 1868, many lovely 18th century homes, St Martha’s Hospital established by the Sisters of St. Martha in 1911. The hospital had a system of “contemplative trails” in their cemetery area for the nuns, that were a new walking area for us. A few 5 km walkers enjoyed the “Antigonish Landing Trail” along the Antigonish Harbour estuary. This is a wildlife protection area and many native birds and wildlife may be seen. This trail is wheelchair accessible which is a bonus for Cape Breton volkssporter, Rilla MacLean, who is wheelchair bound but participates in many town walks and handicap accessible trails. Bravo, Rilla!

Saturday morning 50 hikers enjoyed the woodland trails of Beaver Mountain Provincial Park. There was a light rain for the first part of the hike, but that would never stop most Volkssporters. Out came the rain ponchos, umbrellas and waterproof walking gear. The rain stopped, the sun came out and we had a magnificent view of the surrounding area - mountains, farms and ocean. We enjoyed a picnic lunch and headed off to Pomquet for the afternoon walk.

Pomquet is another Mikmaq word meaning “sand beach” and that is where we headed—Pomquet Beach Provincial Park. This is a beautiful beach, home to piping plovers, an endangered bird species with protected nesting grounds. It was a sunny afternoon and one of our members sneaked in a swim between walks, she said the water was so cold her feet were numb. Nova Scotia’s Northumberland Strait claims to have the warmest ocean water north of the Carolinas. Elizabeth would have disagreed on that day! Another 51 people joined together to walk the beach and the Pomquet Acadian Trails. The Pomquet trails were located atop Monk’s Head, at the end of our beach walk portion. Five different trails were offered but we just did three trails. We hiked through a meadow to woodland trails featuring many types of old forest growth - pine, maple, black spruce, birch and balsam fir. Part of the trail also passed a “barrachois”, a pond separated from the sea by a rock barrier created by storms. This area was rich with wild iris, cranberries, various types of sphagnum moss and the dreaded “poison ivy”. Due to heavy rains previous to the weekend, the route through this area came very close to the “leaves of 3”, but no one suffered any itching or rashes. They were very careful. The Pomquet hike ended at the end of Monk’s Head with a view of Cape George Bay, the largest bay in Nova Scotia. Cape George Bay is very rich in sea life. Fisherman still harvest lobster, snow crab, tuna and mackerel. This walk was very enjoyable and received many compliments.



We all rushed back to our accommodations and cleaned up for a turkey supper at the local Legion. You can’t beat our community Legions and fire halls for an inexpensive and delicious home cooked meal. Plus the bar was open and it seems that Volkssporters are in need of some cold refreshments now and then. The meal was followed by a rousing live auction, a Frenchy’s auction. Members of the hosting clubs donated some “gently used” items from their homes. There were also some new items donated. It was a lot of fun and an easy way to do some fund-raising for the clubs. I won’t say any more about it because we have a separate article about our auction for your amusement.

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Up early again Sunday morning for a 30 km drive to Cape George for the last hike of the weekend. The Cape George Hiking Trails comprise 33 kms of connected loops of varying difficulty; we did 10 km of a lot of ups and downs. Our hike started at the lighthouse and meandered through old growth forest, meadows and coastal cliffs offering spectacular views of St Georges Bay. It took us about 3 hours for this hike and some of us were glad we only had one hike that day.

Volkssporters from Dartmouth-Halifax, Annapolis Valley, central Nova Scotia and Cape Breton (plus one Oregonian) joined together to enjoy a weekend of fitness and fun. It seems everyone enjoyed all the walks offered and the banquet. The hosting clubs thank all those who participated and look forward to another weekend in Antigonish sometime. There are still some trails not taken!



IVV AWARDS



Paul Todd	100 events	John Murley	3500 kms
John Murley	275 events	Margaret Odell	3500 kms
John Murley	300 events	Carol Ann Mercier	4000 kms
Heather McLeod	325 events	Heather McLeod	5000 kms
Jane Estabrooks	700 events	Karen Dawson	5500 kms
Rick Kanne	1350 events	Jane Estabrooks	7500 kms
Lily Conrod	2400 Events	Sandy Hickey	10000 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. FreedomWalk Festival® October 12—24, 2009 *Lionel Conrod*

As of September 18th we have received thirty-nine \$100.00 deposits for our motor coach tour in October 2009. This means the trip will definitely be "on".

The maximum number of participants for the trip will be 50; therefore, if you are seriously interested in participating in this tour, please complete the registration form and submit it along with your refundable deposit. All deposits received up to a total of 50 will guarantee you a seat; after that, you will be put on a waiting list.

I have been slowly working on some perks to be added to the trip; however, you'll have to wait awhile for more details on these. Suggestions?? ☺



Recycle Money

- Lily Conrod

Balance on hand September 18th was \$305.00. The recycle money is given annually, in the name of DVC, to trails organizations to help with building and maintaining trails.

My thanks goes out to those giving their recyclables and / or helping to pick them up along the trail.

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



Friday Night Walks for Fall

AUTUMN LEAVES and the FIRST SNOW WALK

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

October 3rd, November 7th and December 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:



benview@eastlink.ca



Membership Chair

- Karen Dawson

As of September 18th, we have 175 members for 2008, 135 renewals and 40 new. I would like to welcome the following new members:

Gary Grant	Bettie Spence	Lynn Horton
Donna Geizer	Joy Geizer	Wayne Geizer
Ana Blair	Nancy Parsons	Beverly Merrick
Paulette Morrissey		

I plan to be available at our Annual General Meeting on November 27th to take your 2009 membership fees. Hope to see you there.

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