



Footprints

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President's Message

Brenda Baker Milne



Fall is always beautiful in Nova Scotia,! The exceptional weather this year gave many enjoyable walking days for members. The weather predictions are for above seasonal temperatures at least till Dec. 28th!

Highlights for the Annual General Meeting on Nov. 27, 2014 include:

Kaarin Tae, President of the McIntosh Run Watershed Association was guest speaker. It was interesting to hear how much work has been done on the trails and the plans for future trail building. Along the way, there are legal issues to be solved, brush to be cut, large and small footbridges to be built, etc. Plans and updates can be found by searching McIntosh Run online. We look forward to our club's spring McIntosh Run walk on May 3, 2015.

Our statistician, Lily Conrod, reported that at the DVC's year-end, 21,000 km. have been logged by club members on Permanent Walks and Event Walks!.

Membership Director Albert Dorey reported that total memberships for the year were 171 for a total membership number of 1205 in the 31 year history of the club.

Walking Fees, starting on January 1, 2015 will be \$2.00. Coupon Booklets may be purchased for \$15.00. There will be 10 walk coupons in the booklet.

Welcome to elected Members of the Board for 2015:

Past President	Ron Kent	Secretary	Ron Stallard
President	Brenda Baker Milne	Membership	Barb Morgan
Vice-President	Nancy MacNeil	Trails	Stephen Bloom
Treasurer	Phil Johnson	Publicity	Tammy Monteyne

We give a sincere thank-you to Albert Dorey, outgoing Membership Director. He has served on the Executive Board for 6 years – 2 years as Trail Director and 4 years as Membership Director. He has also been a walk leader for various walks. Your contributions are appreciated.

Fall is the time of year when we renew our membership with the Canadian Volksmarch Federation. The 2015 Walk Schedule was submitted in September. Walks are then approved; our club's membership fee is paid; and next year's walk stamps are issued.

Wishing all members Happy Holidays and Good Health and Happiness for the New Year!

Brenda Baker Milne

DVC Website address: www.dartmouthvolksmarchclub.com

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



Secretary's Report for the December, 2014 Issue of Footprints

- Ron Stallard

We'll be just beginning winter when you read this, so take heart as a climatologist with Environment Canada, says there's a warmer winter on the way this year for Atlantic Canada. "Normal to milder is how we think it will be and certainly much less of a winter than last year", David Phillips said during a CBC interview in mid November.

My wife, Heather & I enjoy traveling and always look forward to finding places with lots of walking adventures to enjoy. In May we returned to the Isle of Capri in the Bay of Naples, Italy. Capri is a captivating island about forty-five minutes by jet ferry from Naples. Capri has been inhabited for thousands of years by people of different cultures.



View of Capri from the sea

It was a popular vacation place for the Roman emperors especially Tiberius, one of Rome's greatest generals, who ran the Roman Empire for nearly ten years from Capri. The ruins of his Villa Jovis (Jupiter) can still be seen. Also, the mountain top fortress named for the Mediterranean pirate, Barbarossa, is a great climb for the nimble. Dr. Axel Munthe, the Swedish doctor, author and naturalist created Villa San Michele which is a treasure trove of ancient artefacts and offers superb



The Krupp Steps

views of the island. It is 327 m. above sea level and can be reached by road or by climbing the "Phoenician Steps" which takes about forty-five minutes. The reward for the climb is a panoramic view over the island across the Bay of Naples to the Amalfi Coast. Spectacular! I've enclosed a photo of the steps in Anacapri, the village above Capri town, which is below. The

white balcony of Dr. Mun-



The Phoenician Steps and the look off of Villa San Michele.

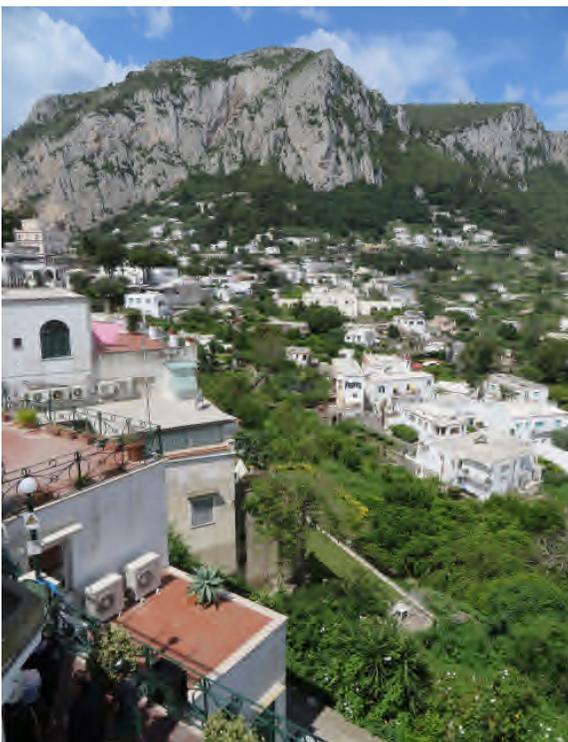
the's villa can be seen.

Another photo shows the Krupp Steps, which wind down the south-eastern side of the island to the sea. From this side the famous Faraglioni Rocks can be viewed. Take an island boat cruise, if you like, and the skipper will take you right through the huge portal in the rocks.

Azure blue water surrounds the island and awaits you in the famous Blue Grotto which can be entered at low tide, providing the sea is not too rough. The photo of the grotto shows a cable that the boatman will pull the skiff through as you lie down and enter the stunning cavern of very deep, blue water.



The Blue Grotto entrance



Don't forget to take a chair lift to the top of Mt. Solara (589 m) and experience stunning views for many kilometres, including Mt. Vesuvius on the mainland.

Capri welcomes thousands of visitors including the rich and famous to its shops, hotels and attractions. It's a must-see place and a great one for walking adventures!

I look forward to seeing you on our local walks in 2015. Wishing you and yours a happy holiday and all the best for the New Year.

I'm depending on all of you to keep me updated on news and events that should be acknowledged with cards. Please don't hesitate to e-mail me at bobcat60@ns.sympatico.ca, call me at 462-7365 or see me on the trails.

Looking toward Anacapri from La Piazzetta





.Atlantic Director's Report

- Sue Banks

The IVV Americas will soon be operating. It still has only Canada and Brazil; United States has not yet confirmed it's joining but it is expected to do so. The original IVV (International Volkssport Verband) has so many new countries that it can't handle all of them. Therefore it is divided into Continental IVVs. The original IVV still exists and it is the world-wide governing body providing direction and rules for Volkssporting in 42 countries as well as receives input from the Continental Associations.

CVF's AGM will be by teleconference in 2015, the same as it was in 2013. This will be held near the end of May. Club Presidents will be advised of the procedures in the new year. If you want to attend, just contact your club president.

Permanent Trails is just a new name for our former Year Round walks. Seasonal and short seasonal walks are still in effect but are also called Permanent Trails. You will notice a change to the layout of the stamp in your books that will show PT instead of YR for Year Rounds. Also the date will be changed. Instead of replacing the 2015 they will send only 15. It is up to each club to decide if they want to keep the 20 and add the 15 or just replace the whole date with 15. It is just a matter of taking a pair of scissors and separate the 20 from the 14.

The Winter Walking Program is under way from October 15 to the end of March 31. How many of you are participating in this program? It is a great way to increase your winter walking activities.



Trails Report

- Stephen Bloom

The autumn provided mostly good weather for our walks. Our first time on the First and Second Lake Trail was memorable under a mature forest canopy. Lawrencetown Beach was a little bit damp to say the least! At least it was warm. The Christmas season is upon us again and we went out two evenings and enjoyed the lighting displays in both Halifax (14 December) and Dartmouth (21 December). These walks are subject to the vagaries of when and where people decide to decorate and made the selection of a route an engrossing task.

We continue to need people to take on leadership of a walk, if only to reduce the load on those who are leading multiple walks. Won't you please give some consideration to leading one? If anyone would like to lead a *particular* walk that is already being lead, then contact me as we might be able to make arrangements for you to take the walk over. If not in 2015, then in the following year.

Some people stepped forward to substitute for leaders who were unavailable this fall and we thank them for their commitment. We need people to be able to substitute on a one-time basis for our scheduled walk leaders in the event of sickness, etc. Please identify yourself to me if you are interested. I will take note of all restraints, constraints, etc.

What do you think of the order in which we do our year round walks? Would their location, difficulty, etc., suggest another time of year for scheduling, alteration in route, etc.? Let me know.



You're Invited To Attend A Walking Adventure!

www.capebretonislandhoppers.com

bretonhoppers@hotmail.com

The Cape Breton Island Hoppers VC will be sponsoring a "Walking Adventure in the Highlands National Park", the Thanksgiving weekend of 9 - 12 October 2015.

The weekend will feature a total of 6 different and exciting walk events that will include coastal trails, mountain paths and streams, waterfalls, and salmon pools and river trails. There is a selection of walk events for the leisure walker or the more adventurous hiker.

You may see moose and or whales along the same pathways including views of the ocean and the highland wilderness of one of Canada's most beautiful national parks.

The weekend events will also include a meet and greet function Friday evening, compliments of the CBIH. A Thanksgiving dinner will be featured Sunday evening. Brochures and registration forms have already been sent out to the clubs, however you can contact CBIH at bretonhoppers@hotmail.com and we will be pleased to send these to you by email, as attachments.

Portugal 2014

by Lionel Conrod

On October 29th, 4 members of the Dartmouth Volksmarch Club, Karen Dawson, Sheila West, Lily and Lionel Conrod, set off for a walking adventure in the historic country of Portugal. We booked on the same plane to reach Lisbon, i.e. Halifax—Montreal-Heathrow (London) and finally Lisbon.

Our three week visit to Portugal was made up of three parts; first we had a bus tour of northern part of the country, second we had an 8 day cruise on the Douro River, and we finished off with a week on the south coast of Portugal called the Algarve. The first two parts of the tour were organized by Walking Adventures International, who had everything planned in detail for the 44 participants from North America (25% from Canada). On the last part of the trip, the four of us were on our own; we got around by train, bus and taxi. Originally, we planned on a car rental; but no one wanted to take on the driving responsibilities using Portuguese streets and roads.

The country itself is small; however, it includes lots of mountains, rivers, beautiful sandy beaches, vineyards, olive groves, castles, forts and cathedrals. I don't have room to go into detail about all the things we did during the visit; the following is a collage of pictures that tells the story as seen by the camera. (If any of you are interested in all the details of the tour, Lily has written many pages on the subject and it is available electronically.)



Visited the town of Sintra, toured one castle that looked down on an even older castle.

Exciting ride on an old tram car in Lisbon



Monument to the Portuguese discovers.



Commerce / Trade Square, Lisbon



Nazare Beach –largest waves in world



We spent 2 nights at this “hunting lodge”



700 steps to Cathedral on top of hill



Roman road mile marker



1



2



3



4



5



6



7



8



9



10



11



12



13

1 Grain Storage in the mountains 2. Lionel & Lily at Camino de Santiago (Way of St. James) trail marker 3. Roman Bridge in Ponte de Lima 4. Roman Soldiers & tourists 5. Terraced Vineyards 6. Karen, Sheila and Lily on deck 7. Cruise Host (left) Captain (right) 8. Douro River Bridge reflected at night. 9 Flamingo Dancers, Spain. 10. Matheus Castle, Portugal. 11. Lily & Lionel, St. George Castle, Lisbon 12.. Cape Saint Vincent. 14. Sandy Beach on the Algarve

Harvest Moon Walk, October 10th, 2014



Walk Leader, Ruth Jardine (left), keeps an eye on the registration table. 65 walkers checked in for the moonlight walk.



Sandy Hickey shows her artistic talents with a creative display of colourful fall produce.



Lily Conrod, Sandy Hickey, and Abby Broaders were the chefs supreme for the huge pots of hot chowder enjoyed following the walks. Lily and Abby made corn chowder and Sandy make fish chowder



Following the walk and feast, Marina Potter, Sandy Hickey and Lily Conrod relax near the lovely, warm bonfire.

To help keep them warm, Spankey and Roxie share the swing with the gals



On Oct. 10 the DVC held the Harvest Moon Walk. Many showed up for the walk and the chowder social afterwards at our place (Mike and Sandy's). I wanted to thank the Club for providing the funds to put on such an event and to also acknowledge Abby and Cliff Broaders, and Lily and Lionel Conrod for cooking up the delicious corn chowders. Also, Sherry Lynn and Rolland, for sneaking into our house and washing up the bowls and cutlery; that was an unexpected bonus. But I also have to thank Mike as he is usually behind the scenes helping me organize, carry stuff and clean before and after the event. Our Club can hold these successful functions because of the group efforts put forth by our members, so thank you to all of you for doing so.

Sandy Hickey

P.S. A big thank you goes to Sandy and Mike for hosting the fall event. Thanks to Ruth and Lily for leading the moonlight walks, thanks to Mike for making a big bon fire in his backyard. A great time was had by all!



IVV AWARDS



Barb Morgan	10 events	Heather Stallard	2000 kms
Barb Morgan	500 kms	Ronald Stallard	2000 kms
Elaine Ryan	1000 kms		

Congratulations to one and all!

Please turn in your completed IVV Record Books to Lily Conrod, in order to receive your milestone IVV awards. IVV Distance and Event Record books, and club coupons are available on the walks from Lily.



ON THE ROAD AGAIN NEW YORK CITY AND EXOTIC NEW ENGLAND

We reached that magic number of 35 participants for the tour in December. However, on the Dartmouth Christmas Lights walk, I learned that one couple has to drop off the list due to health concerns, so we are now down to 33 participants. I think it is pretty safe to say that the trip will be "a go". However, I would not recommend purchasing any expensive tickets for Broadway shows, etc. at the present time. There will be lots of time to do that sometime next year. Lionel



New Year's Day Walk and Levee

Start off the New Year on the right foot! Please join Mary Joyce for a 10 km walk starting from the Hearthstone Inn (formerly the Micmac Quality Inn). Following the walk, all participants and/or club members are invited to a levee in the hotel.

The club will supply sandwiches and beverages. Participants are asked to donate desserts, appetizers, etc.



Membership Chair Report

- Albert Dorey

For the year 2014 we have 171 memberships, (142 renewals and 29 new members)

I would like to thank the executive board members for all their help and co-operation over the past 6 years while I was trail director and then for the last 4 years as membership chair. I would like to especially thank Lionel and Lily for all their work behind the scene to help me carry out my duties. Last but not least, I want to thank all the members of the DVC for making my volunteer work such a rewarding experience. Thanks to all.

WINTER WONDERLAND AWAITS For Our EVENING WALKS

We will probably be able to see the action on the Oval Join us on the 1st Friday of each month for a cheerful evening walk

2nd January, 6th February and 5th March

Meet at the Lord Nelson Hotel 1515 South Park St.

The walk 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 902-472-2261 or Marilyn Bowlby at 454-8156



Recycle Money for Trails

- Lily Conrod

In December I purchased 6 metres of trail, in the name of the Dartmouth Volksmarch Club, from the Nova Scotia Trails Federation for a total \$240.00. The Trails Federation will, in turn, direct 80% of the money to the Cole Harbour Parks and Trails Association. A worthy case, for sure.

I am starting off the new year with \$15.00 balance on hand. The collection of recyclables enable our club to make an annual donation to trails without having to come up with the cash from our operations. This program has been going on for 20 years or more and we have donated \$1000's in the club's name.

Club members are encouraged to donate their recyclables for trails, rather than disposing of them in your blue bag.

I would like to thank those that have contributed to the recyclables program in any way; it is truly appreciated.



2015 EXECUTIVE (elected)

President—Brenda Baker Milne—444-0649

Vice-President-Nancy MacNeil-835-6162

Secretary—Ron Stallard—462-7365

Treasurer - Philip Johnson—465-6372

Trails - Stephen Bloom—423-0760

Membership - Barb Morgan—292-2995

Publicity - Tammy Monteyne—210-3600

Past President— Ron Kent—434-5991

2015 Support (selected)

Auditor - Betty Perkins - 435-6397

Historian & Webmaster - Vacant

Newsletter Editor - Lionel Conrod - 466-4421