



# FOOTPRINTS

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## **President's Message**

*Brenda Baker Milne*

What a great time of year for walking! We are out enjoying our environment; revisiting sites; exploring new places; chatting with friends; and meeting new ones.

As Volksmarch members we are already aware of and enjoy the benefits of walking; but, it is also worthwhile to remind ourselves of them, especially when we may be encouraging others to come walking with us.

Walking is a gentle, low impact form of exercise that's easy, free, and suitable for people of all ages. Here are some common knowledge benefits that are supported by various sources.

- 1. It strengthens your heart.** Regular walking has been shown to reduce your risk of heart disease and stroke. It lowers levels of LDL (bad ) cholesterol while increasing levels of HDL (good ) cholesterol. It keeps blood pressure in check.
- 2. It lowers disease risk of developing type 2 diabetes, asthma, and some cancers.**
- 3. It helps reduce weight.** If one is trying to lose weight, you need to burn about 600 calories a day more than you eat. At approximately 5 kmph you burn approximately 100 calories in 30 minutes. Walking also increases muscle mass. The more muscle mass you have, the faster your metabolism burns calories, even at rest.
- 4. It can help prevent dementia.** We know being active has a protective effect on brain function and regular exercise reduces/delays dementia risk. AGE UK reports that older people who walk 6 miles or more per week could avoid brain shrinkage and so preserve memory as the years pass.
- 5. Walking helps prevent osteoporosis.** Walking counts as a weight bearing activity to stimulate and strengthen bones. Bone density is increased. Also, healthy joints are maintained.
- 6. It tones your major muscles** - calves, quads, hamstrings, gluts, and abdominals.
- 7. Walking in daylight boosts the body's stores of Vitamin D.**
- 8. It gives you energy. A brisk walk is one of the best natural energizers.** It boosts circulation and increases oxygen to every cell in the body to feel more alert.
- 9. It makes one happy.** Studies have shown that regular, moderate intensity exercise, like brisk walking, can raise one's mood. Getting active releases 'feel good' endorphins into the blood stream. Stress and anxiety are reduced.
- 10. Walking improves and/or maintains balance and coordination.**

Walking is fun! Volksmarch walking in a group provides safety, support, and socialization..

Enjoy the great walks and special events planned for the summer! Thank you to the dedicated club members who contribute time and skills in ongoing planning and organizing of the walks and trip.

DVC Website address: [www.dartmouthvolksmarchclub.com](http://www.dartmouthvolksmarchclub.com)

CVF/FCV Website address: [www.walks.ca](http://www.walks.ca) AVA Website address: [www.ava.org](http://www.ava.org)

## Scavenger Hunt Walks—June 15, 2014

- Barbara Morgan

Ever notice what symbol is painted on the bleachers above Lake Banook? Or the faith of the graveyard on Geary St? How about the date on the Sterns Building?

Despite the rainy weather start, on 15th June, 25 brave walkers split into 2 teams and participated in our first ever scavenger hunt! Teams got to learn a little bit more about the city of Dartmouth as they moved from clue to clue throughout the city searching for answers! It's amazing how many things you don't necessarily notice when walking, and how much we REALLY noticed when we are searching!

Along with a long list of clues to answer, each team was given a list of "bonus" items to try and locate, or take a picture of along our journey. Some items like a pocketknife and postage stamp were pretty easy, as some of our members already had them! Other items were a little harder to find! Everyone was excited when Rick located the last of 5 refundables! There were many screams of joy when Lynn located a 4 leaf clover on Windmill Road! Woo hoo!! After seeing THOUSANDS of 3 leaf clovers, we were beginning to think this bonus item was impossible to find! Our team was phenomenal at thinking "outside the box". One of the bonus items was "old mans beard". As plant life wasn't specified, a kind gentleman posed for us to take a picture of his gray beard! How's that for ingenuity?

All in all, we had a great time with a new twist on "seeing" the city in a unique way. Saving the best for last, we ended the walk with an awesome lunch hosted at Lionel and Lily's.

Many thanks to Sandy Hickey for setting up the routes and clues, to Lionel and Lily Conrod for hosting the lunch at their home, and to Sandy and Lily for putting the luncheon together!

I would encourage anyone who participated in the scavenger hunt to provide feedback on the experience to Sandy or Lily. Hopefully there will be more to follow!



(clockwise from top left) Participants wait under-cover while a downpour chases them inside before the start of the walk. One group pauses for pictures at the giant floral turtle at the mouth of the Shubenacadie Canal. Lily, John, Abbie and Ron at the luncheon buffet.

Rick "Happy Face" Kanne with two of the Scavenger Hunt "bonus items"; notice the scowl on Rick's face before the walk started.

## CVF Convention 2014—Banff, Alberta

- Lionel Conrod

On the weekend of May 30—June 1st I had the pleasure of being the delegate for our club at the CVF Convention and AGN in Banff, Alberta. The weekend started with a Meet and Greet on Friday evening. CVF volunteer awards were given out to club members, as follows: 5 year awards—Julie Benson, Bettie Spence, Elaine Dawson, Karen Dawson, and Mary Joyce. 10 year awards—John Murley, Margaret Odell, Sharon Russell, Jane Estabrooks, Rick Kanne, and Lynda O'Dwyer. 15 year awards—John Rodie, Daniel Haycock, Sheila Mann, Betty Perkins, and Dwight Perkins. 25 year award—Susan Banks. Award winners that were not present at the convention shall be presented with their awards at a later date.

Needless to say, Banff National Park was an excellent venue to hold a convention with excellent walking trails and gorgeous scenery. On Saturday morning, nearly 400 people gathered at the start point for the President's Walk—a group of 50 left the starting point every two minutes; each group had a leader and an ender. On Saturday afternoon the business meeting (AGM) was held; there were no controversial items on the agenda and everything went smoothly. On Saturday evening a banquet was held with great food and we were entertained by a band made up of National Park warders who told us stories and played/sang their original music and lyrics.

On Sunday morning the Convention Walk was held and the hundreds of participants were off to enjoy new trails and fantastic view points. The weather for the entire weekend was warm and sunny. At the closing ceremonies, it was announced that Langley, BC would host the next convention in 2016.

A few stats on the convention: 383 walked the President's walk, and 360 for the Convention walk. Almost 1,500 walked at least one of the walks from YRE reservation desk. 101 took part in the post-convention Rocky Mountain Tour. Lily and I had the privilege of stamping the IVV record books following the Saturday and Sunday morning walks.



(clockwise from top left) CVF President Ethel Hansen presented Sue Banks with her 25 year volunteer award. Past President David Phillips presented Rick Kanne with his 10 year volunteer award. David presented Jane Estabrooks with her 10 year volunteer award and Lynda O'Dwyer received her 10 year award from David. Group of walkers pose in Banff's Cascade Park. St. Albert Club, AB presenting the ceremonial cane to the Surry Club for the 2016 Convention in Langley, BC

## Secretary's Report

-Ron Stallard



Summer is imminent and according to The Weather Network our seasonal weather is going to produce normal to above normal temps and near normal precipitation. Great for walking! While a developing El Niño means fewer total storms across the Atlantic, an average risk remains for Atlantic Canada to be affected by tropical systems. On the other hand; major newspapers in Europe are reporting that experts have predicted there is a 75 per cent chance of this summer being the hottest ever. Stock up on sun screen!

A get well card was sent to Margaret Jacobs in April.

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.

## Trails Report

- Stephen Bloom



On Thursday, July 17<sup>th</sup>, our club will be holding its 2015 Trails Planning Meeting. This meeting is held annually to finalize details for the schedule for the upcoming year. Everyone is welcome to attend this meeting whether you wish to lead a walk or not. Perhaps you would like to come to learn the process or to partner with somebody else to lead a walk? If you know of an enjoyable new walk for our club, please pass this information on to me. The meeting location is to be determined but will be announced via e-mail. We look forward to welcoming you to the meeting.

In relation to the above, I am in the process of contacting members with regard to next year's schedule and I'm encouraged by the willingness of leaders to continue to offer their services. However, we need some assistance.

The generous contribution of one of our members in leading a multitude of walks on an annual basis has permitted the unfettered enjoyment by our members. Unfortunately, the vagaries of life sometimes interfere and this leader must relinquish their service. This is the case now. We need volunteers to offer their services to lead several established yearly walks that have had to be given up by their leader. Please see me if you are willing to do so. You would be fully assisted by our leadership in getting prepared.

Also, 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 yearly walks? Would their location, difficulty, etc., suggest another time of year for scheduling, alteration in route, etc.? Let me know.

Have you ideas for new walks? There is a process to follow but it is not daunting. Let me know.

## Atlantic Director's Report

- Sue Banks



Back from the CVF Convention in Banff and visiting the other side of our country. The Rockies were spectacular. Special Programs are in place to encourage interest in learning other parts of our own back yard. Do you remember your first walk with Volkssport? Some are more difficult and some are easy. They are designed to encourage Fun Fitness and Friendship. See you there.

## Wanda Mulrooney,

### Our Incredible Marathoner

"Wonder Woman" does back-to-back marathons this spring following the disastrous Boston event in 2013.



Wanda finished the Boston Marathon 5:39:21, and Big Sur 5:39:12. Wanda stated; "my poorer times were due to not being able to train because I just got my cast off 3 weeks before the Boston Marathon and only ran two 10 miles runs".

Wanda made a challenge to do both marathons-by doing the two in one year, and she received a third medal.



BOSTON, MA



BIG SUR, CA



Club member, Mike Senman, retired from the Royal Canadian Navy in May 2014 after 35 years of devoted service to his country. Congratulations Mike, may you have a long, productive and happy retirement. (Above photo taken at HMCS Stadacona during Mike's official send-off.)



On April 13th, club members enjoyed the guided walk to Labrador Castle. While on top of the treeless outcrop, they had an excellent view of the water and islands of Mahone Bay. Lionel Conrod led the 10 km walk while Lily Conrod led the 7 km group.



On May 18th, John Rodie led our members on a tour of Peggy's Cove and on the surrounding protected land including Polly's Cove. This is always a popular walk every spring.



Picture was taken at the start of the Eastern Passage Walk and Potluck on May 25th. Sandy Hickey led the 10 km walk while Lionel Conrod led the 5+ km walk. Following the walk, participants enjoyed the potluck lunch at the home of Sandy and Mike Senman. The morning started off rather cool and damp; however, by the time the walks were completed and the food made ready, it was warm enough to enjoy lunch outside. Thanks go to Sandy and Mike for offering their home for this very enjoyable social event.



## IVV AWARDS



Elaine Ryan	100 events	Elaine Ryan	500 kms
Abbie Broaders	275 events	Susan Moxon	1000 kms
Cliff Broaders	275 events	Abbie Broaders	3000 kms
Abbie Broaders	30 events	Cliff Broaders	3000 kms
Cliff Broaders	300 events	Abbie Broaders	3500 kms
Cliff Broaders	325 events	Cliff Broaders	3500 kms
Edie Ward	350 events	Edie Ward	4000 kms
Edie Ward	400 events	Winnie Hutchinson	5000 kms
Wendy Oliver	500 kms	Sandy Hickey	16000 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.



## Hike NS Presents Summit Award

On April 12th, 2014, Hike Nova Scotia was pleased to present Lionel and Lily Conrod with the Hike NS Summit Award. This award, presented once yearly, recognizes outstanding leadership and commitment in the growth and development of hiking in Nova Scotia. Over the past 30 years, Lionel and Lily have logged countless hours nurturing a lifestyle that supports walking and hiking. Shown above, Hike NS Past President, Debra Ryan, current President, Garnet MacLaughlan, Lily Conrod and Lionel Conrod.

## Membership Chair Report

- Albert Dorey

For the year 2014 we have 144 paid memberships, (120 renewals and 24 new). I would like to welcome the following new members:

Susan de la Ronde	Taylor Johnson
Patricia Houle	Barry Houle
Ken Clahane	Pat Clahane
Martine Harris	Joyce Baxter
Shirley Murphy	



## SUMMERTIME AND WARM EVENING WALKS

Friday Night Walks continue. Come join us on the 1<sup>st</sup> Friday of each month for a cheerful evening walk

**Please note, due to out of town events there will be NO LEADER for the July 4<sup>th</sup> evening walk**

You can still do the walk on your own

There will be guided walks August 1<sup>st</sup> and September 5

Meet at the Lord Nelson Hotel 1515 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 902-472-2261 or Marilyn Bowlby at 454-8156



## Recycle Money for Trails

- Lily Conrod

Currently, we have \$152.00 collected for this year. I would like to thank all those that contributed to these fund-raising efforts in any way, shape, or form.

The funds collected from returning the recyclables are donated to the Nova Scotia Trails Association, who in turn, is directed to send 80% of the money to the Cole Harbour Parks and Trails Association. A worthy case, for sure.



## 2014 EXECUTIVE (elected)

President—Brenda Baker Milne—444-0649

Vice-President-Bryan Wilson— 449-8887

Secretary—Ron Stallard—462-7365

Treasurer - Philip Johnson—465-6372

Trails - Stephen Bloom—423-0760

Membership - Albert Dorey—443-1271

Publicity - Tammy Monteyne—210-3600

Past President—Stephanie Lannon—402-3243

## 2014 Support (selected)

Auditor - Betty Perkins - 435-6397

Historian & Webmaster - Elizabeth Nifort - 435-5252

Newsletter Editor - Lionel Conrod - 466-4421