



# FOOTPRINTS

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On February 4th, the Dartmouth Volksmarch Club Board Members met at the home of Brenda Baker Milne. Pictured in the above—Publicity Chair, Tammy Monteyne, Treasurer, Philip Johnson, Trails Chair, Stephen Bloom, Membership Chair, Albert Dorey, President Brenda Baker Milne, and Vice-President Bryan Wilson. Missing from the photo—Secretary Ron Stallard and Past President, Stephanie Lannon.

The DVC Board usually meets four times per year to manage the business of our club. They review how well the walks are being received and discuss any possible changes, also make plans for future years. Of course, a financial update is presented by the Treasurer.

Our club has been very fortunate, and a credit to the members; during the past 30 years, the club has always been able to form a full slate of directors. *(Photo by Stephanie Lannon)*

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)



## SEASONAL BIKE EVENT FOR 2014

*Dan Haycock*

Time flies when you are having fun or does it just fly by regardless? About seventeen years ago the club started a bike event with two guided rides between May and September.

Over the years the riders had three routes to choose from:

Cole Harbour- Fisherman's Cove	32 k	(44)
Salt Marsh - Lawrencetown Beach	50 k	(00)
Waverley Road - Laurie Park	70 k	(02)
Waverley Road - Sobeys's	50 k	(06)

The number in parentheses represents the number of times I rode each of the routes. I can tell you from a recreational cyclist's perspective, the Cole Harbour - Fisherman's Cove route was the best - fairly level, little traffic and a great picnic site. The Waverley Road route was a challenge due to the narrow road and high volume of traffic.

Over the years participation was up and down.....a high of 12 riders to a low of 2 including the leader. There are many reasons why the event did not attract a lot of riders and I would hazard to guess it was the traffic and the road.

Well, hold on to your helmet and get your pant leg clip ready!! In consultation with John and Ron, two experienced riders, the route has been changed for more pleasure and overall safety. Commencing in May there will be one route with two distances. Registration will take place at Cole Harbour Place with a short drive to the Salt March Trail head (SMT) start point. The first distance SMT to Lawrencetown Beach - 20 k return; the second SMT to steel barricade just shy of Seaforth - 44 k return. Other than a few rough spots over the dike itself, the trail is a crusher dust surface suitable for all bikes.

So - for easy rides with spectacular views of Cole Harbour, the Atlantic Ocean and other smaller salt marsh lagoons along the trail, mark May 17 and Sept 06 on your calendar. Pack lots of water, a hearty lunch, sun screen and sun glasses for a ride you will never forget.

The Walk Box at Cole Harbour Place has directions ( map ). See you on the trail:



Photos by Annette Huyter, taken during her Bedford / Admiral Park Walk on March 23rd. Picture on left taken at the look off in Admiral Park. Photo on right taken on Shore Drive with Bedford Basin in the back ground.



**40 people attended the walk and another 20 joined them for the lunch at the MicMac Hotel.**

**New Year's Day 2014, Walkers at TCT Pavilion on Halifax Harbour—*Photo by John Murley***



**New Year's Day Walk and Levee—Lunch awaits the returning walkers at the MicMac Quality Inn**



## President's Message

- Brenda Baker Milne

Spring is officially here with some warmth in the air! But, we will not be fooled! We have certainly experienced a "true" Canadian winter. What hardy walkers! ..... On reflection, it must have been the warmth from the energizing 30th Anniversary Week-end in the fall that carried us through those winter white outs and sub-zero temperatures!

Preparations are well underway for the Miramichi Week-end in July by the enthusiastic volunteers. Online information is available.

Also, the Bluenose Marathon Week-end for runners and walkers takes place on May 16 - 18, 2014. One of their goals this year is to bring more awareness that this is a walker friendly event and I have been asked by the organizers to bring this to our members attention. Participants can choose to run, walk, or Nordic Pole any of the events - 5k, 10k, half marathon, or marathon. You can find out more information at [www.bluenosemarathon.com](http://www.bluenosemarathon.com) or [staff@bluenosemarathon.com](mailto:staff@bluenosemarathon.com) or tel.# 902-496-1889. Participants are timed individually.

The Canadian Volksmarch Federation AGM is being held in Banff on May 31, 2014. Some members from our club will be attending.

World Walking Day is May 8. World walking week-end is May 10, 11. The 2014 National Walking Weekend is Saturday, May 17 to Monday May 19

Keep on walking.



## Trails Report

Stephen Bloom

I am new to the position and so am learning as I proceed.

Have you marveled at the simplicity of participating in our walks? Have you enjoyed the seemingly effortless execution by the walk leaders? I am sure, that at some level, all of you know that there is more to it than meets the eye. I noticed, and that's why I joined the Board as Trails Coordinator; and I know that everyone may feel inclined to take up the weight, so to speak; to do their share in making the walks enjoyable for all the others. So perhaps you might consider undertaking one of these walks at some future date, or perhaps taking a position on the club's Board for a period of time?

We need people to be able to substitute for our scheduled walk leaders in the event of sickness, etc. Please identify yourself to me if you are interested. Perhaps there is a walk that you feel particularly interested in covering off/providing back up? I will take note of all conditions, desires, etc.

Mapping of our walks with GPS or similar software continues to command our attention. I have noticed some persons with phones that have such applications. What is needed is for the DVC to be able to capture our year round walks on an e-file so that we may map out the walk, as well as be able to provide any person who succeeds as walk leader with accurate details of distance, duration, etc. Anyone with any suggestions please contact me or anyone else on the Board.

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.

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

Recently, Lionel and I updated the clubs guidelines for conducting guided walks; the older guidelines were written in the 1990's. The updated version is shown on the following page. Suggestions or comments are welcome.

## Secretary's Report

-Ron Stallard



It's great to have Daylight Saving time back! A good way to herald the longer days and warmer temps. Spring will be here by the time you read this. "Spring is nature's way of saying, 'Let's party!' - Robin Williams.

The Weather Network is forecasting near normal temperatures and precipitation for the HRM area between now and May.

Since my last message, a get well card was sent to Wanda Mulrooney.

Here is an interesting article in the online, "MedicineNet.com" by Richard Weil, MEd, CDE. The article gives the ten best reasons to walk and is very interesting and worthwhile to read as it describes the health benefits gained by walking. There are many other articles about walking & health in general on this site, too. The website is: <http://www.medicinenet.com/walking/article.htm>

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](mailto:bobcat60@ns.sympatico.ca), call me at 462-7365 or see me on the trails.

## Publicity Director

-Tammy Monteyne



Hello Everyone,

I have placed this year's schedule and link to our website at various places throughout Porters Lake, Dartmouth and Halifax. I always have these schedules in my vehicle, so if you would like to distribute some to places in your neighborhood, just let me know. I send weekly emails to various media sites to let them know of our walks, including the Hike Nova Scotia site.

# **DARTMOUTH VOLKSMARCH CLUB**

## **GUIDELINES FOR GUIDED WALKS**



### **PUBLICITY**

- Publicize in community—maximize all opportunities (community events, radio, sport stores, libraries, etc.)
- Publicize nationally— CVF Website (Canadian Volkssport Federation).
- Utilize a dynamic club website

### **SCHEDULE**

- Walks accurately rated
- Start date and time accurate
- Start point well described/defined
- Distance(s) outlined
- Contact information available and leader identified

### **LEADERS' RESPONSIBILITIES**

- Trail must be pre-walked by leader and ender before the event to ensure the trail is safe and enjoyable
- All walkers must be welcomed and requested to sign the register/liability waiver.
- The event must start on time
- Leader to introduce his/herself and identify walk ender
- Leader must advise participants of any necessary information regarding walks, e.g. trail ratings, hazards, risks, etc.
- If necessary, decide number of groups—i.e. walks with different distances
- Regrouping stops should be frequent so that large gaps do not occur during the event
- Leader must determine the pace in accordance with the fastest and slowest walkers; all walkers have to be considered
- Leader must be aware of trail deviations where walkers could go astray (fork in the trail, change in direction, etc.) All walkers and ender must be considered
- Leader should keep the walk interesting by passing on any information about local interest points, history, folklore, etc.
- Leader should be aware of skill and technology available within the group (first aid training, cell phones, GPS, etc.)
- Walkers who are obviously unable to complete an event, should be counselled to return to the start
- Leaders must stamp the walkers' IVV record books and/or special program booklets.
- Leader should be knowledgeable of CVF Rules and Regulations for conducting a guided walk

### **WALKERS' RESPONSIBILITIES**

- Walkers must be familiar with trail ratings prior to guided walks
- Walkers must arrive at events with time to register as events are scheduled to start on time
- Walkers must come dressed for walking i.e. comfortable clothing and appropriate footwear
- Walkers must be aware of their personal safety—hazards that may be present—traffic, difficult walking conditions, etc.
- All walkers must walk between the leader and ender, and the leader must not leave the event sight until the ender completes the event
- Walkers with pets must keep the pet on leash and walk near the end of the group

**Walking for FUN, FITNESS, and FRIENDSHIP**



# IVV AWARDS



Sheila West	275 events	Ronald Stallard	1500 kms
Sheila West	300 events	Sheila West	3500 kms
Brenda Baker Milne	500 kms	Sheila West	4000 kms
Elaine Ryan	1000 kms	Margaret Odell	5500 kms
Heather Stallard	1500 kms	Sally Merriam	19000 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.

**Hi-Tec** is thrilled to be partner of Volkssport at this year's 2014 annual convention in Banff and hopefully the relationship can continue for many years to come. **Hi-Tec** sells their products through **Mark's**, so if you want to try out sizes/see the products in the online store, you may be able to find them in Mark's before ordering. To kick start the relationship **Hi-Tec** is offering Volkssport members a **25% discount** off products purchased from their **online store**. Simply use the link below and enter the code.

A **Hi-Tec** staff member will be at the National Convention and will be able to answer all your questions about their superb products.

Their online shop can be found here: <http://www.hi-tecstore.ca/>

Code is: **'cvfmember'**.

## Membership Chair Report

- Albert Dorey

For the year 2014 we have 125 paid memberships, (108 renewals and 17 new). I would like to welcome the following new members:

Gayle Quigley-Smith	John Ross Chisholm
Christine Chisholm	Kevin Murphy
John O'Keefe	Cindy O'Keefe
Barbara Morgan	Sharon Harris
Owen Young	Deborah White
Maureen White	

Also, I would like to thank those people who have paid their dues and remind others that their 2014 membership fees are now due.

A 2014 membership renewal form is included with this newsletter. You may send your cheques to the club mailing address or see me on one of the guided walks.



## SPRING IS IN THE AIR

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

**April 4<sup>th</sup>, May 2<sup>nd</sup> and June 6<sup>th</sup>**

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 more information, please contact Sue Banks at 902-472-2261 or Marilyn Bowlby at 454-8156

Please note: The YMCA has announced that they will close their doors on May 30th and will reopen following major re-construction in 2017. Sue Banks is searching for a new location for a start-point. An announcement will be made when a new location is established.

## Recycle Money for Trails

- Lily Conrod



For the year 2013 I was able to purchase 6 metres of trail (\$240.00) in the name of the Dartmouth Volksmarch Club. Currently, we have \$106.00 collected for this year. I would like to thank all those that contributed to these fund-raising efforts in any way, shape, or form.



## 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