



Footprints

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President's Message

Brenda Baker Milne



Spring is in the air! The sun is higher in the sky! But, the streets and roadways still have high banks of snow, even very challenging in some areas. Lionel and others inform me that they have never seen a winter like this in Halifax. Some years there might have been maybe one or two postponements, but this year there were five! They will be rescheduled. Trailmaster, Stephen Bloom, and all the walk leaders have been very busy this year checking the weather and conditions, etc to make sure conditions are safe. Watch for rescheduled walks along with regularly scheduled ones.

We are saddened by the recent passing of John Rodie, a fine gentleman. John was a long time DVC member, leader of our Peggy's Cove Walk and Terrence Bay Walk, and a former DVC Board member.

Sue Bank's Atlantic Director's Meeting is scheduled for April 18. There will be a walk in the evening of Friday, April 17 and in the morning of Saturday, April 18. There is also the regularly scheduled walk on Sunday, April 19. These are indicated in the 2015 Walk Schedule.

Enjoy the pictures from the tropics. I was very fortunate to spend some time in Tobago this winter. Tobago is an island, which is relatively undeveloped with a relaxed and peaceful way of life and which Tobagonians share with others. I met a woman who does eco-tours of Trinidad and Tobago as well as Guyana and Suriname. I am getting some information about her trips which I will pass on.

Happy Spring Equinox, Happy Easter, Good House Cleaning, may we see real daffodils and tulips soon! I was just reading where some Buddhist monks welcomed spring with a traditional fire-walking ritual for "purifying the mind and body" and to pray for good health and safety. And no snow!

May the trails and sidewalks clear!



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

I am writing this report on the first day of spring in 'Snowy' Scotia. A snow record was broken a few days ago for snowfall in March; around 62 cm somewhere in HRM. Hopefully the snowshoers are enjoying it. Our mountain ash tree was laden with red berries in the fall; a sign of a hard winter. Some weather forecasters were off on their predictions but the tree got it right!

In our last edition I described some of the sights on the Isle of Capri and during the same trip my wife, Heather and I visited the largest island in the Mediterranean; Sicily, a delightful place of ancient wonders and the great melting pot of the Mediterranean world; Phoenicians, Greeks, Romans, Saracens, Normans, French and Spanish contributed to its history, culture and archaeology. Evidence of human dwellings in Sicily goes back to 12,000 B.C. Walking is a great way to see the sites and gaze at the gorgeous views of the Mediterranean. We left Reggio Calabria on the mainland and took a 25 minute car ferry ride (**photo 1**) to Messina on the island. Regretfully, both cities were nearly totally destroyed in



1908 by a massive earthquake that took an estimated 123,000 lives but have been rebuilt with modern designs and broad boulevards. The Italian government is planning to build the largest suspension bridge in the world to connect the two cities.

Our coach next took us to Taormina (**photo 2**), a hilltop town on the beautiful Sicilian Riviera. One of our tour guides told us several years ago that "if one wants to see Ancient Greece, go to Sicily" and that is so true. The island abounds



with so many ancient sites and buildings and it's also the home of Europe's largest active volcano, Mt. Etna which is 3350 m tall and regularly sends blasts of smoke, lava and steam into the air. It's one of the most active volcanoes in the world and a UNESCO World

Heritage site. Amazingly, hotels, bars and tour companies have buildings very near its summit and visitors can ride to the rim of the volcano to have a closer look (**photos 3 + 4**).



Some hotels and shops have been destroyed over the years but are rebuilt simply because the location is so popular. The volcano has a narrow gauge railway, cable cars, special terrain vehicles, walking trails and two ski resorts. You might recognize Mt. Etna's eruptions and scenery filmed to become Planet

Mustafar in Star Wars-Episode III.

Agrigento, another UNESCO site has some of the largest and best-preserved ancient Greek buildings outside of Greece itself. The Temple of Concordia in the Valley of Temples is the most impressive building in this area and there is much, much more. Much is still being researched and the site covers 1300 hectares. (**photo 5**) Ancient Syracuse, Ragusa and Catania have much to offer and are UNESCO sites; Catania despite having been buried seven-



teen times by Mt. Etna's lava flows. There are six UNESCO sites in Sicily at this time. Palermo is the great city on the northwest coast and I have included a photo of Palermo's "Teatro Massimo" (**photo 6**) dedicated to King Victor Emmanuel II. It is the largest opera house in Italy, the third largest in Europe and renowned for its perfect acoustics. The 12th. century cathedral of Monreale (**photo 7**) is one of the many sites to be seen in Palermo and one of the greatest extant examples of Norman architecture in the world. You will marvel at the 50,000 sq. ft. of precious Byzantine mosaics!

Sicily has a rich and unique culture, especially with regard to the arts, music, literature, cuisine



and architecture. It also holds great importance for archaeological and ancient sites. Sicilian food is magnificent and the weather is wonderful; 300 sunny days in a year. Walking will allow you to appreciate most of Sicily's charms. The poet, writer and statesman, Goethe once said: " To have seen Italy without having seen Sicily is to not have seen Italy at all, for Sicily is the clue to everything." (**photo 8**) Enjoy your travels!

Since my last report I have sent several cards on the club's behalf. In January a get well card was sent to



John Murley and we received a thank you in reply. In February a sympathy card was sent to the family of Gordon Bell, CVF Vice-President, on his passing. Also in February a get well card was sent to John Rodie and a sympathy card was sent to Philip Longmire & his family on the death of his mother, Isabel. Isabel's family sent a card of appreciation to the club. In March a sympathy card was sent to Sheila Wilson on the death of her mother, a get well card was sent to Sheila West, a card of congratulation was sent to Helene Whitford on her retirement, and a sympathy card was sent to Jill Rodie and family following John's passing.

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.



Atlantic Director's Report

Sue Banks

Hi all from the Atlantic Director:

It has been a tough winter but a few of us have participated in the Winter Walking Program and now that spring is here, this program ends March 31st. Don't forget to send your forms and \$5 to CVF Ottawa and be counted in the country-wide total of Kms walked. See you on the trails.

(DVC members may give their Winter Walking Program books to Lily Conrod for mailing to Ottawa—along with the \$5.00 cheque.)



Trails Report

- Stephen Bloom

What a tedious winter it has been. Little snow in January followed by two brutal months of winter, culminating in a one-two punch of storms in late March. So many of the storms falling on our Sunday walks! At least three Sunday events had to be cancelled. The March 15 Colby Village walk was replaced by one on the 14th.

The sheer volume of snow, as well as a treacherous layer of ice, has made walking difficult, even in the city. But we pressed on through sheer determination!

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.



Message from the Cape Breton Island Hoppers

Volkssport Members,

Please pass on this info to other volkssporters in your area.

The Thanksgiving Weekend in Cheticamp with the CB Island Hoppers is the same opening weekend for the International CB Celtic Colours Music Festival.

We strongly suggest that you book rooms as soon as possible.

Due to limited space, our brochure only lists a few of the places available, here is an additional on-line list of motels/B&B's available in the Cheticamp area:

Most of those listed have their own website and you can use Google street view to get a look at the premises

<http://www.cabottrail.travel/cabot-trail-communities/cheticamp/accommodations/>

or simply type in Cheticamp in your browser and a great deal of info will pop up about this great little community.

DVC New Year's Day Walk and Levee, 2015

(Walk Leader: Mary Joyce)



The DVC New Year's Walk started at 10 am at the Quality Inn on 313 Prince Albert Rd.. Proceeded north on Prince Albert Rd. to Braemar Dr. along the eastern side of Lake Mic Mac, then entered Shubine Park at Locke Rd., Crossed the Shubie Canal at a bridge near Lake Charles, then proceeded south out of the park along the Highway of Heroes near the Mic Mac Mall. Crossed over Lake Banook on a suspension walk bridge, passed Grahms Corner and then back to hotel for the DVC Levee.



Dartmouth
Volunteer Club (DVC)
www.dartmouthvolunteersclub.com

Poster: gmgrant, Jan. 04, 2015



The Camino De Santiago (The Way of Saint James)

Ken and Pat Clahane

On August the 29th we left St. Jean Pied de Port at the foothills of the French Pyrenees to follow the ancient Christian pilgrimage to Santiago de Comp Estella some 800 kms away. Over the next 45 days we would walk an average of 20 kms per day, sometimes more sometimes less. Passing over ancient Roman roads and bridges visiting large cathedrals, small Roman churches reliving miracles of centuries ago.

Walking along a well-travelled route and following the yellow arrows as we went along in pouring rain and 40 degree heat. We met many fellow pilgrims who reinforced our faith in the human race, all of us with one goal in mind to reach Santiago.

When we started out the second day a road sign indicated 790 kms to Santiago which seemed like an impossible distance to walk but looking back the days went by unnoticed and much like the journey of life far too quickly.

The Camino Francis or the French route is the most popular and it is the one we chose. It traverses mountains, steep inclines and declines, long flat plains, quiet forests, rivers, streams and several big cities. On the higher altitudes some of the mornings were cool, not cold, but cool. Water could be found everywhere along the route in the form of fountains fed from the mountains. Cafes with the best coffee in the world, along with an egg and potato omelette, gave us the fuel needed to just “keep on walking” and appeared out of the woods every 5 kms or so.

People ask me if the experience was life changing, I say life altering would be more appropriate. I have learned how to walk in a relaxed manner and enjoy each step I take with one step in front of the other always forward, no need to rush.

We must confess that we travelled by bus to Finisterre to reach earths end and mile marker 0. It was always our intention to treat our walk as a pilgrimage and not another long distance hike, thus our finish in Santiago.

Would we do the pilgrimage again? - You bet we would and in fact are making plans now for 2016.







IVV AWARDS



Barb Morgan	30 events	Elaine Ryan	1500 kms
Sheila West	325 events	Abbie Broaders	4000 kms
Sheila West	350 events	Cliff Broaders	4000 kms
Sheila West	375 events	Sheila West	4500 kms
Heather McLeod	500 events	Sheila West	5000 kms
John Rodie	550 events	Sheila West	5500 kms
John Rodie	575 events	Sheila West	6000 kms
Linda Kanne	1700 events	Heather McLeod	7500 kms
John O'Keefe	500 kms	John Rodie	7500 kms
Barb Morgan	1000 kms	Sandy Hickey	17000 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.



Recycle Money for Trails

Lily Conrod

At the end of the first quarter, we have \$35.00 on hand. Thanks to all those that are contributing to this trail funding.

Membership Chair Report

- Barb Morgan

So far for 2015, we have 103 members, 98 are renewing members, and 5 are new members. I would like to take this opportunity to thank those who's renewals have already been received, and to officially welcome the following new members; Charlene Isenor, Michael Hogan, Kathleen Flowerdew, Judy Whiteway, Gerri Boudreau

Those of you who still need to renew your membership for 2015, please feel free to see me prior to each walk (seriously.... We will be able to get out walking soon before we all go shack wacky!). Or, you can mail in your chq and membership form to:

Dartmouth Volksmarch Club
C/O Findlay Community Center
26 Elliot St. Dartmouth N.S.
B2Y 2X7
Att: Barbara Morgan

Fee is \$15.00 annually.

Membership cards have been mailed out to those who's payments were received.

Thanks everyone. Looking forward to seeing you on the trails!

SPRING IS SPRUNG, OR SO THEY SAY BUT FIRST THOSE SNOW BANKS MUST GO AWAY

Join us on the 1st Friday of each month for a cheerful evening walk

3RD April, 1st May and 5th June

Meet at the Lord Nelson Hotel 1515 South Park St.

The walks 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



NEW YORK CITY AND EXOTIC NEW ENGLAND

I have been wondering

whether the dramatic change in the value of the Canadian dollar would effect cost for our tour; there is some *small print* that allows such an adjustment. Well, I have good news; I contacted Atlantic Tours today and they said they would live with the quoted prices. We are very fortunate to have a tour in 2015 using 2014 rates of exchange!

We currently have 35 people committed to take the tour and we would like to keep at least that number. If you would like to add your name to the list, please contact me.

Lionel Conrod, 902-466-4421



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