



# Footprints

Published by the Dartmouth Volksmarch Club,  
c/o Findlay Community Centre, 26 Elliot St.,  
DARTMOUTH NS B2Y 2X7  
Volume 22, Number 3—September 2014

**Elizabeth Nifort, long-time avid volkssporter, passed away on September 26th, 2014.**



**IVV Olympiad, Italy**  
June 2013



**25 year Service Award**  
Canadian Volkssport Federation



**Budapest, Hungary**  
Danube River Cruise 2013



**Farewell Dinner**  
Danube River Cruise, July 2013



**Venice Canal**  
June 2013, Italy



**Romania**  
July 2013

*One less person walking the trails of Cole Harbour and Shubie Park; one less patron on opening nights for the Neptune Theatre; one less person in the audience for every Celtic/Ceilidh entertainment event in Dartmouth; one less volkssporter for all the volkssport clubs in Nova Scotia; one more person at home on God's celestial shore and joys shall never end.*

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)



## President's Message

*Brenda Baker Milne*

As predicted by the local meteorologists, September was a warm and sunny month; another great month for walking and exploring. With a first time visitor from Ontario, I revisited various highlights that I had discovered on some of the DVC walks: the Terrance Bay Boardwalk and Museum; the Halifax Explosion Anchor on Spinnaker Drive, and often clouded Louisburg, this time on a warm day with no clouds in the sky! My friend was delighted to learn so many interesting stories about our area and especially with good weather. The Maritimes have so much history, and walking allows us to further explore it. However, I did have to tell her about the hardy, determined walkers of DVC who are ready for all kinds of conditions, even hurricanes like Arthur!

Now with the changing of seasons, we enjoy the autumn red and golden leaves. It is a time of good memories, hope, and thankfulness.

The upcoming AGM is to be held on Thursday, November 27th, at 7:30pm. The location is the Fairbanks Centre which is the entrance to Shubie park at 54 Locks Road. All DVC members are welcome to attend.

Questions, comments or ideas for the DVC are always welcomed.



## Trails Report

*- Stephen Bloom*

On Thursday, July 17<sup>th</sup>, our club held its 2014 Trails Planning Meeting. This meeting was held to finalize details for the schedule for the upcoming year. Because of the retirement of some of our members, a call was put out and several people graciously answered to take on two or more walks each. As of this date, we have completed the walks for next year. The Harvest Moon walk along the Salt Marsh Trail has been moved to October 27<sup>th</sup>, as this is the predicted date for it from October 10<sup>th</sup> this year. The Scavenger Hunt moves from June to September. The Blueberry Run / Fishermen's Reserve replaces McNab's Island in late June.

We 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.

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 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 daunting. Let me know.



Handsome horse and rider watch walkers pass by on Canada Day 2014. Photo by Mike Senman



Lionel Conrod presented Dan Haycock with the CVF 15-year volunteer service award



## Secretary's Report

*.-Ron Stallard*

Before I wrote this report, my wife, Heather & I had taken part in the Prospect Bay Trail walk this morning. The weather was superb with a steady breeze to keep us cool and great ocean vistas. I've said it before - autumn in Nova Scotia is the best season.

In early September, Heather & I visited England and had wonderful walks in London. One of our favourite places to walk is the 350 acre Hyde Park, created by King Henry VIII in 1536, as a hunting ground. Right next to it is the 275 acre Kensington Gardens which includes Kensington Palace and its magnificent Sunken Gardens. These two parks, as well as St. James' Park and Green Park, make up the central green areas between the Thames and Kensington Palace. One can walk for dozens of miles and enjoy the sights and greenery right in central London. There are ponds, small lakes, boating activities, Italian gardens, majestic trees, statues, waterfowl & birds, as well as restaurants & coffee shops. There are several palaces nearby that are open to visitors at certain times of the year. I've enclosed two photos; the first shows two of the many fountains in the Italian Gardens of Hyde Park, and the second a sweeping view of Hyde Park. The weather in early September is perfect for walking in London.

Since my last report, get well cards were sent to Sheila Mann, Lea Quackenbush & Elizabeth Nifort; retirement cards were sent to Nancy Sampson & Mike Senman; a sympathy card was sent to Beth Moore & Clem Fairclough on the death of Clem's grandson, Andrew Kennedy. A thank you card was sent to Mr. & Mrs. George Hickey in Mirimichi, N.B. for hosting two wonderful buffets for our club during a series of walks in this lovely river area. Tropical storm Arthur couldn't dampen our spirits for walking and most events, including the very enjoyable river cruise, were held in brilliant sunshine. Kudos to Lionel & Lily Conrod, Sandy Hickey & Mike Senman & Mr. Bill Mayo for organizing this very enjoyable series of walks for us.

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) or call me at 462-7365 or see me on the trails.



*Italian Gardens of Hyde Park*



*Sweeping view of Hyde Park*



On June 29th, 61 people showed up for the walk on McNabs Island near the mouth of Halifax Harbour. The weather co-operated making it a great day to explore the beautiful island.

# MIRAMICHI WEEKEND, NEW BRUNSWICK *(Photos by Mike Senman)*



Sandy Hickey getting dressed for Hurricane Arthur



Friends from the CB Island Hoppers



The Happy Gang from CB Island Hoppers



Boardwalk—Waterfowl Park— Sackville



Birches—Waterfowl Park



Hurricane Arthur sinks pleasure boat in the Miramichi River



Bill Mayo leads the walk in Sackville, NB



Passing under the old Newcastle Bridge during the Sunday morning Mirimichi River cruise—duck your head!



Photo opt in the Waterfowl Park during the guided afternoon walk in Sackville, NB

## Chester—Graves Island Walk and Annual Picnic



On July 20th, our club spent another day of walking on Nova Scotia's beautiful South Shore. Margaret Odell led a 10 km walk around the picturesque town of Chester, while Lionel Conrod led a 5 km walk around the Graves Island Provincial Park. Following the walks, participants gathered in the park for a smorgasbord picnic. Everyone brought a contribution to the table and delicious food was enjoyed by all. Top four photos by L. Conrod, bottom two by Clem Fairclough.



The summer brought 3 unusual events called “Super Moons” during the months of July, August and September. Our club was able to enjoy two of the events during walks on the Cole Harbour Salt Marsh Trail. The two pictures above were taken on August 10th.



Those walkers that participated in both Super Moon walks, probably thought the August evening could not be surpassed. On September 8th; however, one day earlier than the official full moon date, we were delighted by the colours in the sky. The horizon was blue, the sky was pink and all this was all reflected on the calm water. We walked easterly toward the rising moon while, behind us, was a spectacular sunset in the west. It doesn't get much better than this.



Sue Banks presented Mary Joyce, Lionel Conrod, & Lily Conrod with the CVF 2013-14 Winter Walking Program Award. President Brenda assisted, 2nd from right.



Stephen Bloom presented Edie Ward with the CVF 2013-14 Winter Walking Program award

## 31st Annual International Volksmarch



The Dartmouth Volksmarch Club's 31st Annual International Volksmarch was held at the Fairbanks Centre, Shubie Park on August 24th. Top left picture of delicious cake; top right, President Brenda Baker Milne cuts the cake surrounded by walk participants; centre left, participants enjoy complimentary lunch at the Fairbanks Centre; centre right, Sue Banks, CVF Atlantic Director, along with President Brenda, present 15-year volunteer service awards to Sheila Mann, Dwight Perkins and Betty Perkins; bottom left, Sue and Brenda present 5-year volunteer service awards to Mary Joyce and Karen Dawson; bottom right, Sue and Brenda present Margaret Odell, Sharon Russell and John Murley with 10 volunteer service awards.



**ON THE ROAD AGAIN**  
**NEW YORK CITY**  
**AND EXOTIC NEW**  
**ENGLAND**

Hopefully, most of you have had the opportunity to read the brochure for a 14-day volkstour to New York City and Exotic New England. At the time of printing we have 30 people that have made their deposit for the tour. However, we need at least 35 participants to make the tour financially viable.

We have tried to include everything in the brochure but we thought it might be good idea to add a few more things as a bonus. During our tour, our bus will be taking us across the Appalachian Trail several times. If the trail is suitable, and we have the time available, we'll endeavour to walk at one or two locations of this famous trail.

Two of our days will be spent in mountainous areas. For those that are capable and wishing to do some more challenging trails, you will be supplied the opportunity, maps, etc.

We would love to have your name(s) added to the list of happy travellers - *Lionel Conrod*

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.



**WINTER PROGRAM**

Once again the Winter Walking Program will be available from October 15, 2014 to March 31, 2015. The Stamp Sheet is downloadable from the CVF website and when completed sent to the CVF Office with \$5 to receive a certificate for your achievement. Go to [www.walks.ca](http://www.walks.ca) > Resources > Documents (individual) > Winter Walking Program > Special Walking Programs.

All CVF Sanctioned walks qualify, guided or YRE. Don't let winter get you down; enjoy it's fresh brisk air and exercise for Fun Fitness and Friendship.

Sue, CVF Atlantic Director.

**Membership Chair Report**

- *Albert Dorey*

For the year 2014 we have 170 memberships, (141 renewals and 29 new). I would like to welcome the following new members:

Susan Adolph	Conny Allen
Gary Allen	Sherry Lynn Kelly
Ronna Foote	Janet Doble



**AUTUMN COLOURS**  
**For Our EVENING**  
**WALKS**

Join us on the 1<sup>st</sup> Friday of each month for a cheerful evening walk

3<sup>rd</sup> October, 7<sup>th</sup> November and 5<sup>th</sup> December

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



**Recycle Money for Trails**

- *Lily Conrod*

Currently, we have \$230.00 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— Ron Kent—434-5991

**2014 Support (selected)**

Auditor - Betty Perkins - 435-6397  
 Historian & Webmaster - Vacant  
 Newsletter Editor - Lionel Conrod - 466-4421