



## Canadian Volkssport Federation La Fédération Canadienne Volkssport (CVF/FCV)



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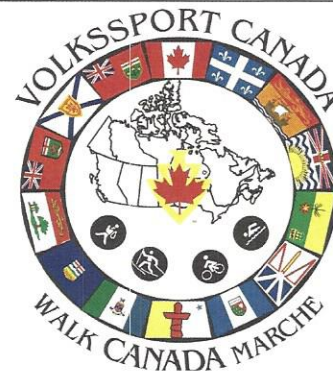
Oct. Nov. Dec. 2008



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The Canadian Volkssport Federation/La Fédération Canadienne Volkssport (CVF/FCV) promote non-competitive participation in walking and other recreation activities for

**“FUN, FITNESS AND FRIENDSHIP!”**



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Advertisers are invited. Rates will be supplied upon request.

**Shown on Cover**— On Saturday, 30 August 2008, start point for the walk from the Galatea Creek trailhead in Kananaskis Provincial Park. Peter & Sonja Van Bostelen led the 13 km route and Vicki Robinson led the 5 km version. A 510 meter elevation gain, a whole lot of "up".

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## 20 Years CVF

### Volunteer Award

President Benoît Pinson-neault (right) presents Jacques Fontaine (left) with the CVF 20-Year Volunteer Award at an Ottawa Voyageurs' event in August. The award consists of a lovely pewter plate and a certificate. Jacques' wife, Lucienne, (centre) looks on during the presentation.

Jacques has been warehousing CVF material in his home since the beginning of the CVF. He also fills and ships the materials that clubs order from across the country. Thank you, Jacques, you are real hero for the CVF!



## Word from the President

*Benoît Pinsonneault*

I am still adjusting to my new position as President of the Canadian Volkssport Federation (CVF) and turning over my functions with the Ottawa Voyageurs Walking Club to my replacement. Both are coming along well although sometimes it seems to me, too slowly. However, I have to keep in mind that those things do take time and that all the people concerned are volunteers.

The minutes of the CVF Annual General Meeting held in Wolfville, NS, on May 24, 2008 as well as the minutes of the Board of Directors' meeting of May 23, 2008, May 25, 2008 and August 10, 2008 were carefully reviewed and distributed as soon as possible after each happening to the Board, the Executive and the entire membership of the CVF for their information and retention. All these documents are accessible for perusal through your club President and/or club executive.

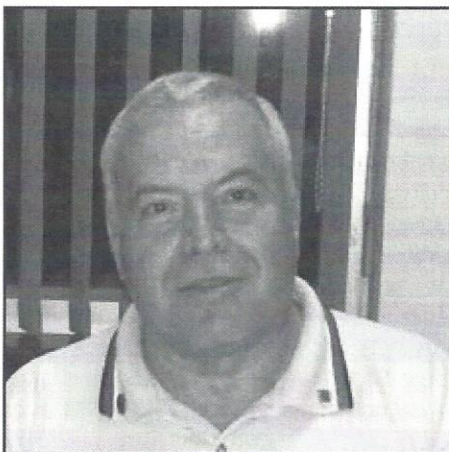
"Dates and Deadlines for 2008-2009", in bilingual format, were updated and sent to the CVF membership for information and action as appropriate. Thanks to all for providing the CVF Head Office, in due course, with the required information for the IVV World Calendar, which was due in Germany by September 15, 2008.

I am still the custodian/scrapbooking master of the CVF Book of Remembrance. Until further notice, all obituaries that you want to be part of our Book of Remembrance should be sent to me for action. On a completely different issue, work is being done to modernize our Website, which is a huge and time consuming project. End of this year or beginning of next year seems to be a fair estimate for its implementation.

The two new CVF Special Walking Programs for 2009, i.e. the Cenotaph Walking Program and the Waterfall Walking Program, are now available in both official languages and just awaiting your registration. They are for a five year period, starting on January 1<sup>st</sup> 2009 and ending on December 31, 2013.

I attended the 5<sup>th</sup> Northern Walk Festival, held on 18-20 July 2008 in North Bay, New Liskeard and Sudbury, ON, with fellow walkers from Ottawa, Kingston and Stirling, ON. This festival will more than likely be switched to the end of August, starting next year, which still, however, needs to be confirmed by the sponsoring clubs. The CVF Convention and AGM in North Bay, ON, in May 2009 will certainly give you a taste of the North and a desire to repeat such an experience once in a while in the future.

A personal congratulatory letter, in bilingual format, was prepared for, and forwarded to, each participant in the Winter Exercise Program. The 2008 President's Challenge Trophy was won by the Surrey Trekkers Volkssport Club. The CVF trophies for the Best Walking Festival and for the Presi-



## Mot du président

*Benoît Pinsonneault*

Je suis toujours en train de me familiariser avec ma nouvelle position de président de la Fédération canadienne Volkssport (FCV) et de transmettre mes fonctions auprès du Club de marche des voyageurs d'Ottawa à mon remplaçant. Tout se déroule bien, toutefois il m'appert à l'occasion que le processus soit lent. Cependant, je dois me rappeler que ces choses prennent du temps et que toutes les personnes concernées sont des bénévoles.

Le compte rendu de l'assemblée générale annuelle de la FCV qui s'est tenue à Wolfville, NÉ, le 24 mai 2008 ainsi que le compte rendu des réunions du conseil d'administration du 23 mai 2008, 25 mai 2008 et du 10 août 2008 furent tous soigneusement révisés et distribués aussitôt que

possible, après chaque événement, aux membres du conseil et de l'exécutif et à tous les membres de la FCV pour leur information et rétention. Tous ces documents sont accessibles pour lecture auprès de votre président du club et/ou de son exécutif.

Les "Dates et les dates-limites pour 2008-2009", sous forme bilingue, furent mises à jour et envoyées aux membres de la FCV pour information et l'action jugée appropriée. Merci à tous d'avoir fourni au bureau de la FCV, en temps opportun, l'information requise pour le calendrier mondial IVV, qui était due en Allemagne pour le 15 septembre 2008.

Je suis toujours le gardien/maître scrapbooking du Livre du souvenir de la FCV. Jusqu'à nouvel ordre, toutes les nécrologies que vous voudriez faire paraître dans notre Livre du souvenir devront m'être envoyées pour action. Sur un point complètement différent, du travail est effectué pour moderniser notre site Web, ce qui représente un projet d'envergure et de longue durée. La fin de cette année ou le début de l'année prochaine me semble être une évaluation assez juste pour sa mise en application.

Les deux nouveaux programmes de marche spéciaux de la FCV pour 2009, soit le programme de marche des cenotaphes et le programme de marche de la promenade des chutes, sont maintenant disponibles dans les deux langues officielles et n'attendent que votre enregistrement. Ils s'étendent sur une période limitée de cinq ans; commençant le 1<sup>er</sup> janvier 2009 et finissant le 31 décembre 2013.

J'ai participé au 5<sup>e</sup> Festival de marche du Nord qui s'est tenu les 18-20 juillet 2008 à North Bay, New Liskeard et Sudbury, ON, avec des camarades marcheurs d'Ottawa, de Kingston et de Stirling, ON. Ce festival sera probablement déplacé à la fin d'août, débutant l'an prochain, ce qui reste à être confirmé par les clubs impliqués. Le Congrès et l'AGA de la FCV de North Bay, ON, en mai 2009 vous donneront certainement le goût du Nord et le désir de répéter une pareille expérience de temps à autre à l'avenir.

Une lettre de félicitations personnelle, sous forme bilingue, fut préparée et expédiée à chaque participant au programme d'exercice hivernal. Le trophée du Défi du président 2008 fut gagné par le Surrey Trekkers Volkssport Club. Les trophées FCV pour le meilleur festival de marche et pour le défi du président ont été mis à jour avec

*continued on page 6*

*continué à la page 6*

dent's Challenge were updated with the names of past winners up to this year and additional plates were added on each trophy for future winners.

A few words on the last IVV Congress of Delegates, held in York, England on July 4-6, 2008, which was attended by Graham Fawcett, our Past President. Following a turbulent Congress in Estonia, last year, Graham mainly concluded that this year's meeting was a very positive and constructive one, which is promising for next year's meeting in Japan. A short version of his report is published separately in this issue for your information. Reservations for the next IVV Congress of Delegates in Japan have already been made in order to benefit from a discount on accommodation. As of now, my wife and I, as well as Graham, will be attending as the three Canadian delegates. My wife and Graham will personally assume their own expenses.

Finally, I met with my Member of Parliament on Friday, August 8, 2008 to discuss potential sponsorship, grant and other financial support from the Federal Government. He referred me to ParticipAction, a program administered by Health Canada. As well, he suggested that we approach organizations that are rarely solicited such as DND and the RCMP in order to help us with our national activities and/or events. Between now and the end of the year, the intent is to approach different potential sponsors such as financial institutions, national corporations and others to solicit their support in promoting our organization, our objectives and our mission to the Canadian population.

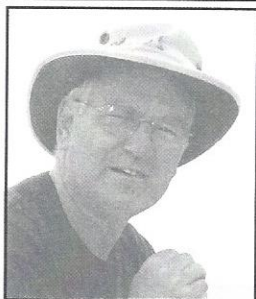
I wish you and your family all the best for the Holiday Season and for the New Year. May the Winter Exercise Program be another success for season 2008-2009!

le nom des gagnants précédents jusqu'à cette année et des plaques additionnelles ont été ajoutées sur chaque trophée pour les futurs gagnants.

Quelques mots sur le dernier Congrès des délégués IVV, tenu à York, en Angleterre, les 4-6 juillet 2008, auquel a participé Graham Fawcett, notre président sortant. Après un congrès turbulent en Estonie l'année dernière, Graham a essentiellement conclu que la réunion de cette année fut très positive et constructive, ce qui est prometteur pour la réunion de l'année prochaine au Japon. Une version écourtée de son rapport est publiée séparément dans ce numéro pour votre information. Les réservations pour le prochain Congrès des délégués IVV au Japon ont déjà été faites afin de tirer bénéfice d'un escompte sur le logement. À date, mon épouse et moi ainsi que Graham participerons en tant que les trois délégués canadiens. Mon épouse et Graham assumeront personnellement leurs propres dépenses.

En conclusion, j'ai rencontré mon député fédéral, le vendredi 8 août 2008 pour discuter de sponsorat potentiel, de subvention et de toute autre aide financière de la part du gouvernement fédéral. Il m'a référé à ParticipAction, un programme administré par Santé Canada. De plus, il m'a suggéré d'approcher des organismes qui sont rarement sollicités comme le MDN et la GRC afin de nous aider avec nos activités et/ou événements nationaux. D'ici la fin de l'année, l'intention est d'approcher différents commanditaires potentiels tels que les institutions financières, des sociétés nationales et autres pour solliciter leur appui afin de promouvoir notre organisation, nos objectifs et notre mission auprès de la population canadienne.

Je souhaite à vous et à votre famille mes meilleurs vœux pour la Saison des Fêtes et une Bonne et Heureuse Nouvelle Année. Que le programme d'exercice hivernal soit un autre succès pour la saison 2008-2009 !



## Atlantic Director's Report

*Rollie Coombes*

Walking for fun and friendship was quite apparent as many volkssporters from Atlantic Canada participated in the Antigonish County Hiking Weekend from 8-10 August with the co-sponsoring clubs, Central Nova Volkssport Club and the Dartmouth

Volksmarch Club.

Once again proving that volkssports are not just about walking, it is also a social events; subcwalking as a group we have the opportunity to meet people from many parts of the Atlantic region and of course, from other provinces and states. We as volkssporters are in the unique position of developing friendships with others who have a common purpose to walk for fun, fitness and friendship. Hiking and walking in the hills along the Cape George Trails, dinner at the local legion, a little bit of wine, an auction and Tanya McNutt as the auctioneer certainly make for a wonderful recipe for fun and friendship. (See following article.)

This year the Dartmouth Volksmarch Club will be

celebrating its 25<sup>th</sup> Anniversary with the CVF; in fact they are the oldest volkssport club within our national organization. Please consider joining the Dartmouth group for a weekend of celebrations. The walk events will begin on Friday 24 to 26 October 2008. Contact Sylvie Thibault, President of Dartmouth Volksmarch Club at [sylviet@ns.sympatico.ca](mailto:sylviet@ns.sympatico.ca) or go to the DVC website [www.dartmouthvolksmarchclub.com](http://www.dartmouthvolksmarchclub.com) for further information on what should be a great weekend of walking. September 13<sup>th</sup> the Dartmouth club will be hosting the annual 42k marathon. The event this year, will take place on the Dartmouth portion of the Trans Canada Trail. I would like to take this opportunity to wish all participants the best in completing this event. Novice walkers or first time marathoners who complete this annual walk will receive a special walking stick compliments of Bert Currie, President of the Valley Trekkers Volkssport Club, who has volunteered for many years to make these much coveted walking sticks. Bert presented Bettie Spence, from the Central Nova Club, with one of these finely hand crafted sticks at the dinner in Antigonish, a wonderful incentive for those of us wanting to accomplish and finish the next marathon.

The Atlantic Region, like all parts of Canada, will be gearing up for fall walk programs, such as the Kentville Pumpkin walk with the Valley Trekkers and the Annual Celtic Colours walk

events with the Island Hoppers. Details can be found on the national website for all walk events in Atlantic Canada.

The Atlantic Directors' seasonal walk events in Hartland, NB and at Cape Jourimain in Bayfield NB will end on 30 September for this year. Due to the convention in Wolfville, NS there was a great deal of interest in the capital city walk in St. John's NL; thank you to all the volkssporters who participated in this event. I would also like to remind anyone who is considering a trip to Newfoundland that you must contact the Atlantic Director before proceeding to St. John's as we do not have a walk box in the city. The walk directions and the IVV stamp insert sheets will be forwarded to you upon request, though you must send a self-addressed stamped envelope to the Atlantic Director.

St. JOHN'S, NEWFOUNDLAND  
CAPITAL CITY WALK PROGRAM  
Seasonal Event CVF- 188

Directors Atlantic Region  
Rollie Coombes  
364 York St.  
Glance Bay, NS B1A 2N1

902-849-0747  
rajcoombes@ns.sympatico.ca

### Antigonish Auction

- Ibel Scammell

The Central Nova Volkssport Club has conquered another mountain...and not by hiking... or eating. We have mastered the fine art of holding successful auctions. It started at Cape Chignecto two years ago and continued at the Antigonish weekend this past August. With

our no-nonsense president, Tanya McNutt, as auctioneer and Bettie Spence as the runner, it was impossible to resist the slick sales pitch. The Cape Bretoners outbid each other so fast we Mainlanders got left in the dust. Rollie Coombes almost ended up with a hernia, first of all by trying to outbid everyone for one of Ineke's cement garden leaves, then again by attempting to carry the leaf to his car. Tom McNutt, who actually delivered it to the car has a message for you, Rollie: "next time please don't park ten blocks away"! Jim MacLean, from Port Hawksbury, was the lucky person to put in the successful bid for the specialty chocolates... that he himself had donated to the auction! To top it all off, he ended up paying a dollar more than he had actually paid for them in the first place. The only Cape Bretoner less than enthusiastic about the auction was Lee Lazaro who "won" the charming pink lamp, then spent the rest of the weekend trying to get rid of it.

Ada Davis, from Alberta, basically bid on everything that came up for auction. Good thing she and Bob are travelling with



Bettie Spence (runner) and Tanya McNutt (auctioneer)

a fifth wheel because they'll need it to carry home all the things she bought. She'll definitely be getting a personal invitation to our next auction. Even the Legion ladies, who catered the dinner, got involved. After some frantic bidding, a very happy Legion lady went home with a serving tray. I swore up and down that I wouldn't be buying a thing because I already have too much "stuff" at home... then I bought the first item that went up for auction.

This auction thing also has some unexpected advantages. It's a great way to get rid of things that you've had hanging around your house for years. Consequently I figure I'm still ahead since I donated two items and only came home with one. The down side to this auction thing is that it's downright embarrassing when no one bids on the things you donate. But I have the answer to that - donate booze! Hello! This is the Volkssport Club so anything related to alcohol is guaranteed to go for a high price. In fact, one of the evening's hits was a bottle of beer made of chocolate. Had that been a giant square block of chocolate it definitely wouldn't have brought in the high bids that little bottle got!

So folks, save your money for our next auction; date to be determined in the near future. And add to the list of reasons for wanting to attend Central Nova Volkssport Club functions - fun, fitness, fellowship, food, AND fervid auctionistas!

### RÉGION DU QUÉBEC

Lisette Boivin, directrice

Photo : Marielle Caissy



Les compagnies de parapluies ont dû faire fortune à Québec cet été... Heureusement, la pluie quasi quotidienne n'a pas réussi à gâcher les fêtes célébrant le 400<sup>e</sup> anniversaire de la ville de Québec car tous voulaient participer et festoyer. Un grand nombre de nos volksmarcheurs se sont croisés régulièrement tout l'été dans le vieux Québec et ils ont usé leurs souliers jusqu'à la corde. Pas bien grave pour les souliers car cela en valait la vraiment peine. Le temps est maintenant venu de chausser les bottes de marche pour aller explorer nos superbes montagnes.

Les régions de Québec et de Charlevoix possèdent des parcs d'une grande beauté où il fait si bon se retrouver à l'automne : le parc des Grands Jardins, Les Hautes-Gorges de la rivière Malbaie, le parc de la Jacques-Cartier, le Cap Tourmente et j'en passe. La nature est à notre portée et elle est accessible à tous. Profitons-en pour organiser des activités Volkssport en tenant compte des possibilités de nos marcheurs. Les parcs sont des endroits propices pour recruter de nouveaux membres.

Un nouveau sentier a été ouvert officiellement à Québec en septembre dernier; il s'agit du parc linéaire de la rivière Saint-Charles. C'est un magnifique parcours d'une trentaine de km de longueur qui part du centre-ville de la vieille capitale, qui longe la rivière pour se rendre jusqu'au lac Saint-Charles. Que de beaux paysages à admirer et de belles découvertes à y faire! Le club Volkssport Nord-Sud a la ferme intention d'utiliser ce sen-

tier régulièrement et d'y organiser un événement annuel d'envergure. Rappelons que la rivière Saint-Charles était une voie de communication très importante pour les amérindiens pour se rendre à leur territoire de chasse et de pêche.

Le club Volkssport de Baie St-Paul a dû se réorganiser après l'annonce de la démission de leur présidente Virginie Munger et c'est Gaby Bouchard qui prend la relève. Nous lui souhaitons bonne chance. Baie Saint-Paul est une magnifique petite ville située sur le bord du fleuve Saint-Laurent, face à l'Île-aux-Coudres; elle est renommée pour son site enchanteur, sa colonie artistique et sa gastronomie. Le club de Baie Saint-Paul parraine toujours une marche saisonnière et une marche continue à cet endroit. Il organise annuellement une marche dite « des couleurs » qui se fait durant le festival des couleurs, soit à la fin de septembre.

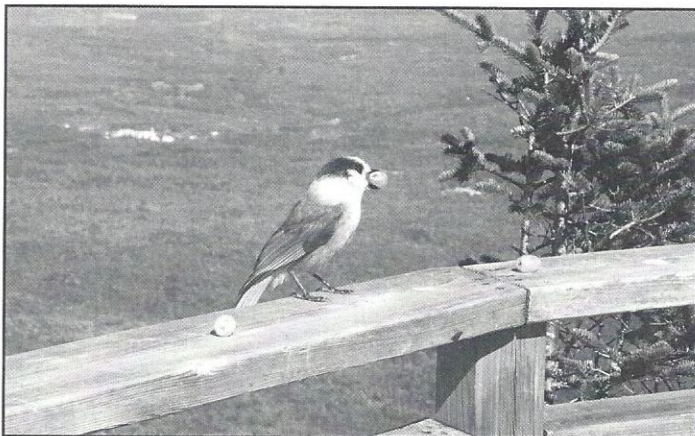
Les clubs de Saint-Eustache et de Québec ont décidé de créer des liens en 2009. Ils s'échangeront une visite où les marches, le plaisir et l'amitié seront à l'honneur. Excellent moyen que de s'aider mutuellement.

Un calendrier commun 2009 sera fait pour les trois clubs du Québec afin de promouvoir les activités de chacun. Ainsi, les marcheurs pourront connaître la programmation des trois clubs et auront l'opportunité de faire du Volkssport ensemble.

Bonne route à toutes et à tous,



Photos de Francine Jourdain prises au cours d'une excursion folkssport de quatre jours en Estrie, QC avec le Club Volkssport Nord-Sud.



## Mount Kilimandjaro

Trois marcheurs du club Volkssport La Foulée de Saint-Eustache, P.Q. ont réussi tout un exploit en février dernier en escaladant le mont Kilimanjaro. Diane Fontaine, Denise Langlois et Jean-Paul Brouillard ont réalisé leur grand rêve en bravant toutes les difficultés. Félicitations à ces marcheurs émérites.

Quite an achievement for three walkers from *Club Volkssport La Foulée* from St. Eustache in the province of Québec who, last February, climbed Mount Kilimanjaro! Diane Fontaine, Denise Langlois and Jean-Paul Brouillard fulfilled their life-long dream and bravely overcame difficult conditions to reach the mountain top. Congratulations to these outstanding walkers!

### 2008 National Walking Weekend Results

**Participation:** One Association and 11 Clubs (missing one club's return)

**Number of participants:** 588 Walkers

**Distance covered:** 5715 km

If you start from Vancouver following the southern trans Canada through Calgary, Regina, Winnipeg, Ottawa, Québec City and through New Brunswick, you run out of mileage between Sackville NB, and Amherst, NS, at least in that general area.

If you start from Halifax and reverse the route you run out of mileage between Merrit, BC and Hope, BC, somewhere along the Coquihalla Highway.

**In summary:** Higher number of walkers, but less distance than last year.





**Ontario Director's Report**  
*- Ole Olson*  
 AUTUMN IN ONTARIO

I have just received word that there is a push to have a wine and/or cheese walk in Prince Edward County, Ontario. This is a beautiful part of the country and I am sure that it will be ready for the convention next year. More on this later.

The business plan is still looking for ideas on how we can prolong the life of the CVF. The two items to solve are the financial situation and volunteers. With money and people we can do anything, and walking, especially at this time of year, is one of the pleasures of life.

Next weekend we have our More Days Walk along the St Lawrence River from the Crysler Marina to Gary's Creek in Cornwall. In October we have the Ottawa International Walking Festival and it is coming together very quickly.

Then, of course, next year we are having a marvellous convention in North Bay. The committee is working well and the Directors YREs will be the same as this year except with the addition of Prince Edward County. The people in North Bay are going to "Champlain" around and they think that if he could make it from Quebec, the rest of us should not have a problem.

Keep on walking and we will be drinking wine and eating cheese together soon.



On September 27, a wet Saturday morning in the Ottawa area, eleven members of the Ottawa Voyageurs d'Ottawa Walking Club did their Fall cleanup of a stretch of four-lane road in Orléans. As indicated by the sign above their heads, they had previously 'adopted' 2.5 kilometers of Jeanne d'Arc Blvd between Hwy 174 and Orléans Blvd. This is conveniently close to the start point for their YRE #213, so cleaning up both sides of the road also gave them an opportunity to take a 5 km Distance and Event credit for their CVF/IVV Awards. The usual fee for this event was waived by the club to recognize the efforts of the volunteers. An official opening of this 'Adopt-a-Road' initiative will take place on October 2 with local community leaders present. *[Photo by G. Fawcett]*

**More Days Walk - 2008**

*Submitted by Graham Fawcett*

On September 6, seventeen intrepid members of the Ottawa Voyageurs, Nepean Nomads, King's Town Trekkers and the Argosy Rovers headed off from the marina at Crysler, ON, just east of Upper Canada Village in Morrisburg, for two days of walking. This was the fifth annual 'More Days Walk' sponsored by the Ottawa-Carleton Volkssport Association and a repeat of the very first event of this type done in 2004. The trail followed the St. Lawrence Park Waterfront Trail along the river and then through the City of Cornwall. Forty-seven km later, all participants finished the walk at the Gray's Creek Conservation Area, just east of Cornwall, ON. Many thanks to Ole Olson and Bob Blight for helping to make this event so successful.



*Benoît Pinsonneault "sets the pace" for the More Days Walk*

**PRESIDENT'S CHALLENGE TROPHY**

*- Benoît Pinsonneault*

The Surrey Trekkers Volkssport Club is the winner of The President's Challenge Trophy for 2008. Congratulations to the Surrey Trekkers for this accomplishment. A plate identifying the Surrey club as the 2008 winner has been placed on the trophy, which will be brought for display at our next AGM for everyone to see.

The President's Challenge trophy is awarded annually to the Canadian volkssport club that sponsors the most compressive event on the CVF/FCV National Walking Day.





## PRAIRIES & THE NORTH REGION

- Laurie Ross

Well, where did the summer go? Here on the Prairies we are having a cool, wet early September – here’s hoping the weather smartens up and we can still enjoy some warm walks in the beautiful fall foliage.

age.

We’ve had a busy summer here on the Prairies as well as up in Hay River. Nancy Makepeace, the president of the Hay River Hikers, is busy measuring out possible YRE’s, seasonals and event walks for next year. This includes what sounds like a very exciting walk between two waterfalls near Enterprise, North West Territories. So far the club has a group of four enthusiastic walkers as well as having the support of the NWT Trails Coordinator. Nancy is hoping to attract more members at their “Last of the Summer Walks” event at Lagoon Beach on September 21<sup>st</sup>.

The Windy City Wanderers are hoping to get back into full gear now that Fall is here and people are back from holidays. I plan to join them for their September 28<sup>th</sup> walk at Falcon Lake. I’m looking forward to meeting Terry and all the members.

The Wascana Wanderers have been busy lately as well, with walks out at Regina Beach, White Butte and a couple of Extreme Volkssport events in conjunction with the YMCA Road Race and the Queen City Marathon.



After our annual “Chicken Barbeque” walk at Regina Beach on Sunday August 3<sup>rd</sup> I presented Eileen Schuster with her certificate for walking all the Capitals of Canada. Congratulations Eileen!!! Lea Tocher (#1) and Eileen (#2) are the first two walkers to complete all 14 Provincial & Territorial Capitals. What can I say...we Prairie gals have a great spirit of adventure!

I have changed the walk in Iqaluit, Nunavut to mail in registration for next year. There are not enough walkers to justify keeping all the walk material up there. When someone wishes to do the walk they must contact me via email or telephone and I will mail /email them the walk instructions. After the walk is complete, upon receipt of the two dollars for the

walk, I will mail out insert cards with the stamp on. For now I plan to leave the Whitehorse and Yellowknife walks as is. Happy walking!



## Photo Contest Winner for this Issue of Volkssport Canada

Send in your favourite volkssport picture and perhaps you’ll win a one-year subscription to Volkssport Canada.

Email your photo-contest entries for the next issue to [benview@ns.sympatico.ca](mailto:benview@ns.sympatico.ca).



*Something for your photo contest. There's always time to take a break and enjoy an ice-cream on a hot summer's day. This photo was taken at a Ben & Jerry's near Stowe, Vermont during a recent Ottawa Voyageurs' bus trip.*

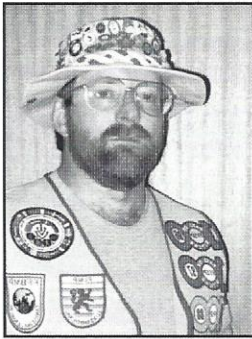
*Submitted by Marion Boom, Ottawa*

## Mayne Island, British Columbia

- Brenda Dudfield

Here is a picture taken July 2, 2008 on Mayne Island YRE with Georgina Point Lighthouse and the group from the Island and Mainland, 9 people from each area.





## ALBERTA REGION

Richard Parr - Director

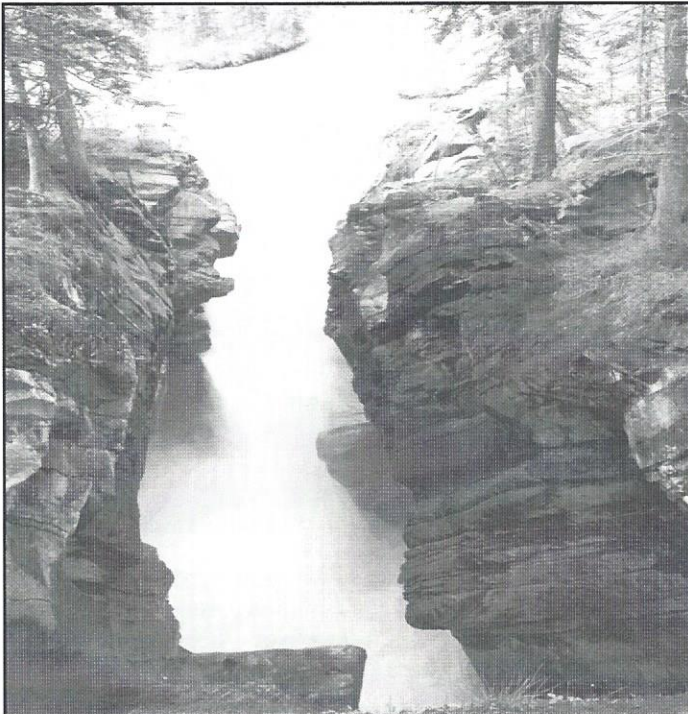
After the St. Albert Trekkers held its annual triathlon on Saturday 26 July, then it was off to celebrate the 20 th anniversary of the St. Albert Trekkers. For a Club to survive this long is a feat in itself, but this club has and has thrived.

The Appleman's residence was once again the venue of the annual BBQ. The thunder, lightning and eventual torrential downpours put an early end to this evening. Many thanks to Ann & Joe Appleman for hosting this BBQ, many do not realize exactly how much effort goes into putting on an event such as this.

The site for the 2008 VAA's 19th annual Mountain Majesty events was Kananaskis. Saturday started out as a beautiful day with 53 eager souls willing to do this hike, and some hike it was with a 510 meter elevation gain. More than a few gave up long before cresting at the lofty heights of Lillian Lake. Never have I seen so many different kinds of mushrooms and such elevation changes.

The August long weekends belong to the CVF Director, for 2008 the choice of venue was scenic Nordegg Nature Preserve.

Saturday, 02 August saw 39 hardy souls out for a beautiful hike up to Siffleur Falls. A few felt that the suspension bridge was just a little too wobbly for comfort with the raging North Saskatchewan River just below.



*Siffleur Falls*

The noise of Siffleur is quite something as it roars beside and goes underneath you. The force of the water can be felt through the rocks upon which you are standing.

Sunday morning, 03 August brought us to Bighorn Canyon for the start of the Crescent Falls hike where 35 people were ready to go.

Saturday evening we all gathered around to roast the traditional wiener, and do what Volksmarchers do best (besides walking) - eat.

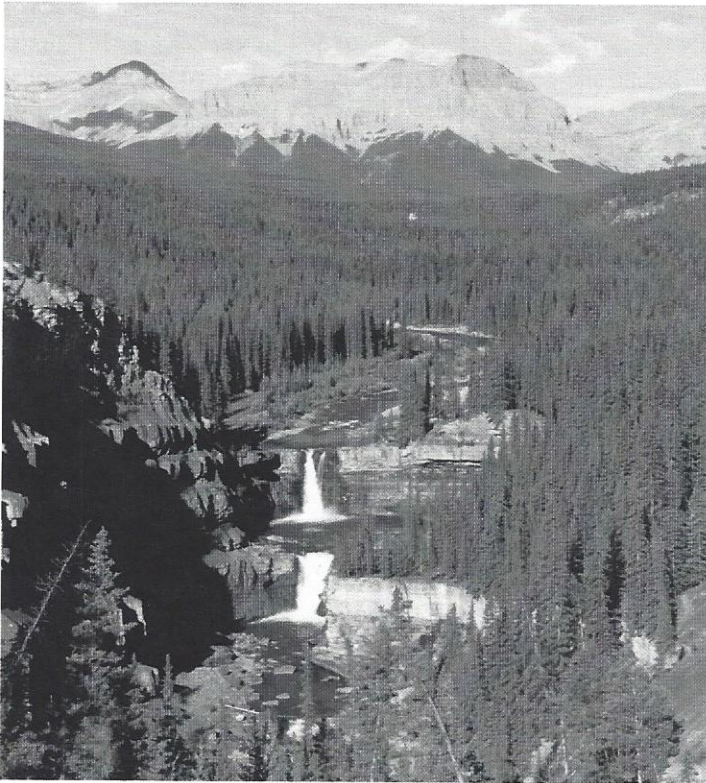


*Wiener Roast after the walk.*



*The view from the start point of Big Horn Canyon gorge.*

The start point "Big Horn Canyon" has a view that is breathtaking. This is a relatively easy hike compared to Siffleur Falls - one did not have to be a mountain goat on this hike. After about 2 kilometres, there is a view of 4 smaller waterfalls off in the distance in a line, with the mountains as a backdrop - spectacular scenery. Then we come upon the Crescent Falls themselves - a double set of Falls. We hiked down and were able to literally put our feet in the river beside the falls. The glacier water is just a few degrees warmer than ice.



*Crescent Falls from way above.*

Sunday afternoon, once again, 35 hardy souls set out for Little Indian Falls. After a few kilometres we came upon the very large Abraham Lake, then back into the bush where we literally straddled the stream that becomes the falls.

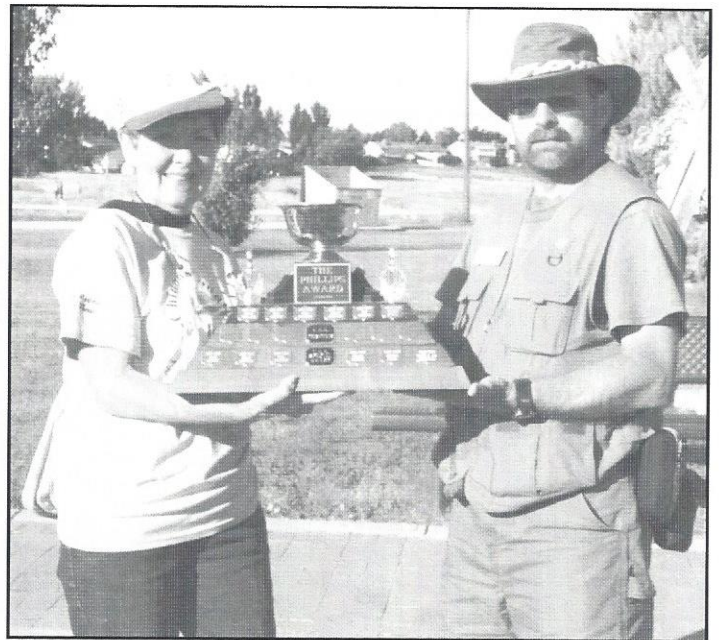
One of the hikers wanted to test the therapeutic properties of these unique waters with the praying hands at their base. Guess who this Volksmarcher is seated there?



*Legendary praying hands of Little Indian Falls.*

The last day, Monday 04 August had once again 35 Volksmarchers starting out. This day brought us to the town of Nordegg itself. After a tour of the ghost town, we proceeded into the thick bush. There were not too many dry feet after crossing a stream a total of 5 times (no bridges). The East Bush Falls was worth the adventure. It is hidden and easy to miss.

Thus the Nordegg series of Waterfall walks came to a close. Thanks to Sara McEwan and Sharon Pomeroy who accompanied Kathleen and myself when checking out the trails. Much appreciation for the help pushing that wheel.



Sherri McDonald is shown above receiving the Dave Phillips award Saturday, 12 July in Medicine Hat, Alberta. In the last issue of Volkssport Canada there was a write-up explaining why Sherri received the award. It was not till 12 July that the presentation was actually made in Medicine Hat, as Sherri was not at the VAA AGM in April.

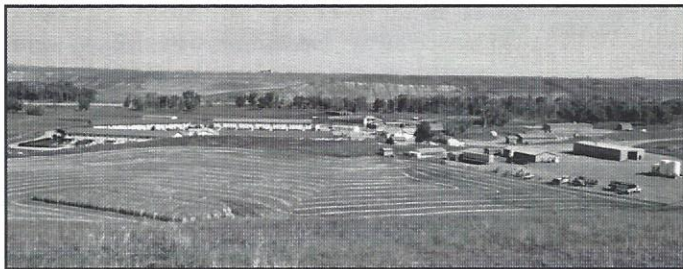
## Chinook County Pacers 10th Anniversary Event



The Chinook Country Pacers Volkssport club celebrated its 10th anniversary in style on Sept. 20th. They hosted a special 12k walk which included a very interesting tour of the East Cardston Hutterite Colony and a horse and buggy ride back to Cardston. It took 2 wagonettes to get this group back.



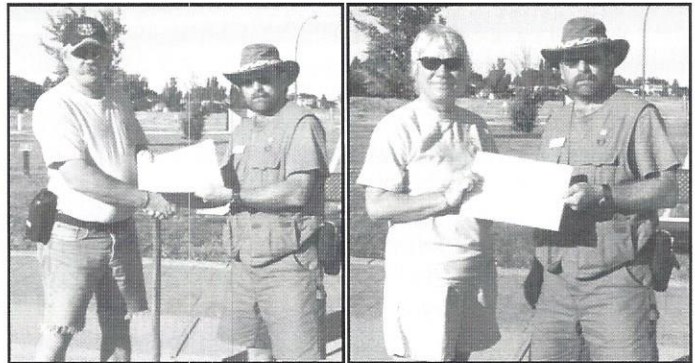
*Colony Entrance Marker*



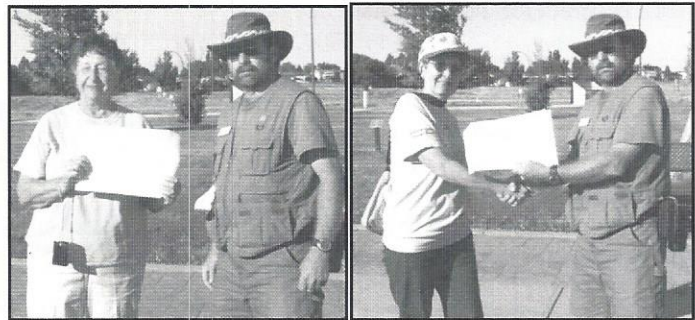
*East Cardston Colony*

This event brought Albertan Volksmarchers from Medicine Hat, Redcliffe, Edmonton, and the farthest away being Fort Saskatchewan. There were 25 participants on the walk; the youngest and most popular being 5 month old David Yanos. This little guy enjoyed the walk by being pushed in a stroller by his mom and dad. The youngest walker was his sister, Natasha Yanos 8. (Yes, she walked the whole 12k route and was her happy, spunky little self when finished.) It was harder finding the oldest walker, so local member Cam McDonald 74 can claim that honor. This 12 k walk brought

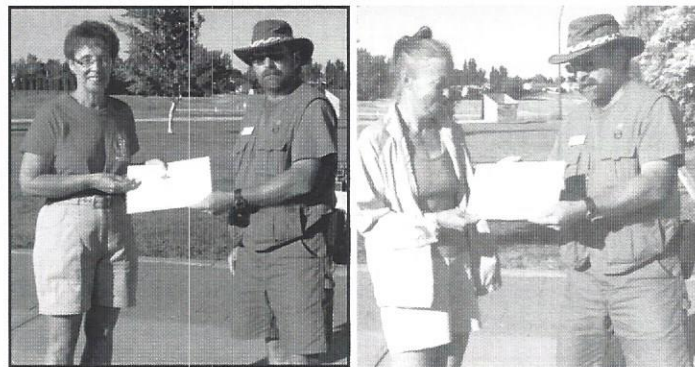
Cam a little closer to 26000 km, which he will reach soon. Once back at the start point, which was the Remington Carriage museum, the walkers enjoyed lunch at Mom's restaurant and a Dairy Queen ice cream cake for dessert. Before heading home several of the Volksmarchers decided to stay another night so they could take in the four 10 k Volkssport routes the Pacers have in place in Cardston. The Pacers also have a 10 k route in the Waterton village. Anyone interested in learning more about Volkssport please call Sherri, 653-3824. You can also look it up at [www.albertavolkssport.ca](http://www.albertavolkssport.ca) You'll find fun, friends and friendship on our trails.



*Dan & Bernie Weatherbee receiving 10 year CVF volunteer award Saturday 12 July in Medicine Hat, Alberta.*



*Pauline Mann (left) & Sherri McDonald (right) receiving 10 year CVF award Saturday 2 July in Medicine Hat, Alberta*



*Edna McKelvie shown receiving 10 year CVF award Saturday 12 July in Medicine Hat, AB from Richard Parr, CVF Alberta Director*

*Sylvia Kozak shown receiving Winter Exercise Program Certificate from Richard Parr, CVF Alberta Director*



**B.C. REGION**  
Ethel Hansen - Director

British Columbia will be losing two clubs in 2009. Both Mt. Cheam and Richmond Trailblazers will become inactive. They have been unable to attract new members who are willing to take over some of the jobs that are involved in keeping a club active. The Hope walk will be continued as it is included in the Yellowhead Walk Program but the other Mt. Cheam walks will be dropped. If walkers have not visited the area covered by Mt. Cheam, they should do the two Abbotsford YREs, the Chilliwack, and the Cultus Lake YRE before the end of the year. Doing the walks is a great way to see these areas. The walks that Richmond Trailblazers sanctioned will be continued as there are local contacts who have volunteered to look after the walk boxes.

The Phoenix is rising. The Victoria International Walking Festival Society will reinstate its Affiliate membership for 2009 and will be offering the Victoria Volkssport Phoenix Festival April 17-19, 2009. There will be 5-42 km walks and social events. See the website at [www.vvpf.ca](http://www.vvpf.ca) for further details on the weekend. There is no registration fee and walks are offered at \$2 so everyone can come and enjoy the fantastic walks in the same areas that made the "Blossom Walks" one of the best in the IML program for the ten years it operated.

Before we move ahead to 2009, attend a walk that features Christmas Lights and social events. Such walks are held in Sidney (Dec 6), Victoria (Dec 13) and White Rock (Dec 13). Of course, a good time is always had by the walkers who come to do the last walk in Canada for the year in Victoria-Esquamalt. The walk starts at 10:30 pm December 31 at the Tim Horton's on Esquamalt Rd/Head St. There are hot munchies on the route as the new year is welcomed along the Victoria waterfront.

See you on the trails, Ethel

**Volkssport Canada**

Subscription Form

1 year = \$15, 2 years = \$30, 3 years = \$45

Send cheque to: Canadian Volkssport Federation  
P.O. Box 2668, Station D  
OTTAWA ON K1P 5W7

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_



**In Memoriam**



**David Bruce O'Neil**

**O'NEIL**, David Bruce On September 3, 2008, David Bruce O'Neil of St. Albert, AB passed away at the age of 68 years. Bruce is survived by his wife, Myrna; son, David (Carol), two daughters: Karen and Shawna, son-in-law, Andre; six grandchildren, Matthew, Michael, Jeremiah, Levi, Elise and Shaina; one sister, Sandra, three brothers, Randy, Stephen and Shane. Albert Funeral Home 780-458-2222 Established 1908.

**Jacques "Jim" Rousseau**

**ROUSSEAU**, Jacques "Jim" On July 16, 2008, Jacques "Jim" Rousseau of Morinville, AB passed away at the age of 81 years. Jacques "Jim" is survived by his loving family, wife of 58 years, Helen; children: Lynda (Don), Diane (Paul) and Kevin (Lonee); grandchildren: Marc, Sheldon (Michelle), Jenna (Josh), Derek (Natasha), Darin (Krysta), Barret (Kelly), Joshua and Jordan; one great-grandson, Nathan; sisters: Sr. Jeannette, FJ, Gertrude and Pauline; brother-in-law, Donald; as well as numerous nieces, nephews, relatives and friends.

Friends who so wish may make memorial donations directly to the Canadian Volkssport Federation, #707-251 Bank Street, PO Box 2668, Stn. D, Ottawa, ON K1P 5W7.



**AN ACT OF GENEROSITY**

*Submitted by David Phillips  
Past President, CVF*

On July 16th I, and the Volkssport movement, lost a great friend and promoter when Jim Rousseau of Morinville, Alberta (a member of the St. Albert Trekkers) passed away. Jim and his wife, Helen, were some of the original Volkssporters in Morinville when Helen volunteered to assist the Chamber of Commerce in putting on the first (or close to the first) Volksmarch in Morinville in 1985. They were very staunch, loyal promoters and, as mentioned, dear friends.

It was, therefore, another gracious move on their part to ask that donations be made to the CVF in Jim's memory. A first, but hopefully not last, donation of this kind.

A considerable number of years ago, the AVA (American Volkssport Association) started a program where people could donate in memory of someone or leave some portion of their will to the organization. I am not sure if this still exists or how well it did or is doing but, for those who participate for years, it is a significant way of supporting a program they have enjoyed. I understand our Board of Directors will be looking into setting up a program such as this.

So, my personal thanks to Helen and Jim for their support of the CVF.

## Walking in the UK – the Oxford Permanent Trail

by Graham Fawcett, Past President

The placid waters of the Thames, quiet pastoral scenes, country villages, thatched roofs, impossibly narrow canal boats, great centres of learning, world class museums, more than a few pubs, great shopping along the ‘High Street’, and much more, are all to be found on the Oxford Permanent Trail, a 13 km. walk offered by the Ise Valley Vagabonds of the British Walking Federation.

My wife Jane and I had the great pleasure of doing this walk after we attended the IVV meetings in York this past summer. We have rarely done a walk that offered so much variety in such a short distance. The route offered many points of cultural and historic interest, plus several sections of beautiful English countryside. The instructions we downloaded from the Internet were clear and concise, with many explanations and short anecdotes concerning the places or scenes we saw along the way to add to our understanding and pleasure.

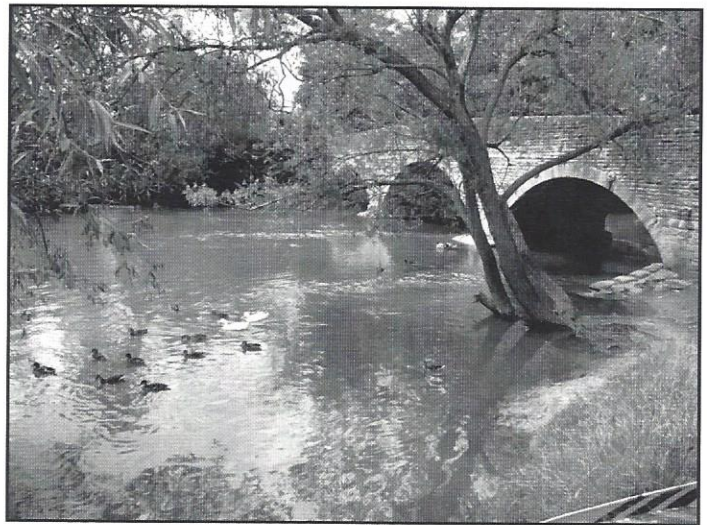
This ‘Permanent Trail’, as the BWF calls its YRE’s, starts from a car park just north of the City of Oxford itself, in the small village of Wolvercote. Passing through Wolvercote on narrow, winding roads, one sees thatch-roofed cottages, a few pubs, and even a very small row house appropriately dubbed “The Mousehole Cottage”. The directions then lead you to an access point along the Oxford Canal where we turned south and proceeded along the towpath towards the city itself. All along the edge of the canal, there were canal houseboats of all descriptions, sizes, decoration and condition. Many Britons use these boats for holidaying, touring or even year-round living. I was told by one boat owner that there are some 4,000 miles of canals in Britain and that distances, from the boater’s point of view, are not measured in miles, but hours, since that is the unit of measure they are most interested in. They would tell others that the next boatyard is six hours away, for example.

Following the Oxford Canal, one enters the City of Oxford not far from its very heart, the High Street with its shops, and then crosses through one of the world’s greatest university complexes, the University of Oxford with its myriad of colleges. Oxford is not a large city and many of its greatest attractions can easily be included on a Volkssport route such as this. Since we were in Oxford in the second week of July, the University area was flooded with students, most of whom seemed to be secondary school students on end-of-year school trips from Italy, Germany and a few Eastern European countries. These students were travelling in groups before they were free for the summer, I supposed.

There are five control questions to be answered along the way and one of them concerned a pub on Blue Boar Lane, on the far side of the University. [No, I won’t give you the answer here.] Since it was threatening rain at that point, we decided to take a break and have a pint. All British pubs try to have a unique character and this one was no different.

First of all, it was exceedingly small, with barely enough room to stand at the bar and not a large number of seats to sit if one wanted to. It had one further distinction, however, and that was an appallingly large number of school ties mounted in glass cases covering all the available space on the walls and ceiling. Curiously, these school ties were not complete; they were the snipped ends of school ties only. I didn’t ask, but I can only imagine that if one enters this bar wearing some school tie not from the Oxford area, it would be immediately amputated and added to the collection. A little note, as for some specimen in a scientific collection, identified the date and school of the sample collected. A close examination of one panel near our seats showed tie ends going back almost sixty years!

Leaving the pub on Blue Boar Lane, we soon found ourselves back on water, but this time it was the Thames River itself. Just before we descended to the towpath, we turned a corner and saw one of the most bizarre homes I think I have ever seen. I’m not even sure the building was still occupied, but it had been designed and built with decorative Italian statuary such as one sees in gardens. There were statues of goddesses and emperors built into niches on all three stories of the building. Either some Oxonian had taken the ‘grand tour of Europe’ and been inspired to include such things in the design elements of his home, or he had found the garden sale of his dreams and decided to add it all to decorate his less than humble home.



The Thames at this point is three or four times as wide as the Oxford Canal we had followed previously and in a much more ‘natural’ state. It also flows quite rapidly and the canal boats have to struggle more to make any progress against the current if they are headed north. This part of the trail also proved to be very interesting, with great natural beauty and historic ruins along the way. We even passed near Port Meadow where there had been horse races in the 17<sup>th</sup> century and, much more recently, Lewis Carroll had been inspired to write his famous children’s story, *Alice in Wonderland*. The real treat for us, however, came at the very end, barely a hundred meters from where we had set out four hours earlier.

If you are a fan of British mystery series as we are, then Colin Dexter’s Inspector Morse has to be at the very top of your

list. We had only just left the banks of the Thames and were proceeding back to the car park at Wolvercote when we crossed two magnificent stone bridges over the river, beside which we saw the Trout Inn. In the Inspector Morse series, this was Morse's favourite watering hole. It was so easy to imagine John Thaw as Morse, along with his sidekick Lewis, on the patio or at the bar of this beautiful countryside inn. As it was just before lunchtime and we had no idea of where else we might eat, what else could we do but choose to stay there until it opened? The interior is mostly decorated in stone and wood, with book covers from Colin Dexter's novels mounted in frames displayed along the walls. Needless to say, our visit was too brief, but we left properly refreshed and hydrated, I can assure you.



This walk was not at all difficult and was highly enjoyable on so many different levels. I would heartily recommend it as a 'must do' walk if you are in the Oxford area. If these few descriptions have captured your interest, I invite you to look at several dozen pictures I have put up on my web site at the address below. Sorry for how long this is to copy, but if you take the trouble to write it down, I guarantee you won't be disappointed. Please don't forget the underscores as shown.

Link - [http://web.me.com/grahamfawcett/Volkssport\\_Walks/Oxford\\_YRE\\_46.html](http://web.me.com/grahamfawcett/Volkssport_Walks/Oxford_YRE_46.html)  
Happy trails!

*Sheri McDonald, President of the Chinook Country Pacers Volkssport Club, takes her "guard-dog", Peanut for a stroll.*



## Report on IVV Congress of Delegates York, England July 4 – 6, 2008

- *Graham Fawcett*

It was my honour to represent the CVF at the recent IVV Congress of Delegates held in York, England, at the beginning of July. My wife, Jane, and Vicki Baker completed our three-person CVF delegation. Following a turbulent Congress in Estonia last year, it was my goal to find ways to avoid such happenings again through representations to other IVV members and very close collaboration with the AVA and its President, Curt Myron. After months of preparation, we submitted eight motions for consideration to the Congress. All were intended to improve various articles of the Statutes and Procedures in the areas of finance and the Rules of Order. There was even one motion included to add another sport under the IVV umbrella, water sports such as canoeing and kayaking.

The Congress itself was preceded by a day-long working session on Friday, when the two principal authors of the new Statutes [Constitution] went through the proposed text line by line. We were well prepared and our many comments and suggestions were received in a positive spirit of what could be done to improve the openness and transparency of the way the IVV operates. We had discovered several small inconsistencies between the English and German versions of the text, for example, plus a couple of other more important ones. All of our concerns were addressed and the appropriate changes made. Both Curt and I were thanked by two of the Vice-Presidents, and we have even been invited to be full participants in the IVV Review Commission itself. We will continue to work on the remaining documents as well as to make proposals on the IVV Rules for Event Participation. We have both accepted the invitation and begun our work. At the Congress the following day, the revised Statutes were passed without opposition. As for our motions, some of them became redundant and were withdrawn once the revisions were explained and our concerns had been addressed. Other motions not pertaining to the Statutes have been referred to the Review Commission for examination next year at the Congress in Japan.

This was not to be an election year for the members of the Presidium, as they have another three years remaining in their mandate. Each year, however, there is a form of confidence vote by the Congress delegates. I found that, given the positive attitude and progress made on revising the Statutes, plus the promise of similar conduct of IVV affairs next year, I felt comfortable voting for approval of this Presidium. The three Canadian delegates joined all others in expressing their confidence for the year to come. Other elections were also held for three important IVV Committees. I was nominated by the AVA for the Discipline Tribunal, and will now serve as one of its three members. I nominated Curt Myron of the AVA for the three-member Arbitration Board, and he was elected. Brian Tilbury of the British Walking Federation was also elected as one of two members of the Audit Committee.

The lesson of this past year and of the Congress itself has



been that one must be prepared, be present, and then participate, if one expects to have any influence in an organization. I firmly believe that the CVF should continue to do so, and our [CVF, AVA and BWF] roles within the organization will afford us the opportunity to exercise influence on the IVV when and where it is needed. We have always been among the most significant agents of positive change in this organization and should remain so.

## Rapport sur le Congrès des délégués IVV York, Angleterre du 4 au 6 juillet, 2008

Graham Fawcett

Ce fut un honneur pour moi de représenter la FCV lors du dernier Congrès des délégués IVV qui a eu lieu à York, en Angleterre, au début de juillet. Ma femme, Jane, ainsi que Vicki Baker ont complété notre délégation de trois représentants. À la suite d'un congrès turbulent en Estonie l'an dernier, c'était mon objectif de trouver des moyens d'éviter la répétition de tels événements au moyen de contacts auprès des autres membres IVV et d'une collaboration très serrée avec l'association américaine et son président, Curt Myron. Après des mois de préparation, nous avons soumis huit propositions pour la considération du congrès. Toutes ces propositions avaient pour but l'amélioration de divers articles de la constitution ainsi que des procédures dans les domaines des finances et des règlements. On avait même ajouté une proposition pour ajouter de nouveaux événements à la gamme des sports IVV, soit le canotage et le kayak.

Le congrès fut précédé d'une session de travail qui a duré toute la journée vendredi, où les deux auteurs principaux des nouveaux statuts ont mené un examen minutieux des règlements proposés. Nous nous étions bien préparés de sorte que nos suggestions et nos nombreux commentaires furent acceptés de façon positive pour améliorer l'ouverture d'esprit et la transparence dans la conduite des affaires IVV. Nous avons repéré plusieurs petites contradictions entre les versions du texte en anglais et en allemand, par exemple, ainsi que deux autres contradictions plus importantes. L'on a adressé toutes nos questions et accepté de faire les changements proposés. Deux sur les trois vice-présidents IVV nous ont remerciés et on nous a même invités à devenir membres attitrés de la Commission de révision. Nous continuerons notre travail sur les documents qui restent et ferons des propositions sur la révision des règlements IVV sur la participation aux événements. Nous avons tous les deux accepté cette invitation et commencé notre travail. Lors du congrès, le lendemain, on a approuvé les statuts révisés sans opposition. Quant à nos huit propositions, plusieurs étaient devenues superflues, de sorte que nous les avons retirées une fois les révisions expliquées et nos soucis abordés. L'on a référé nos autres propositions qui n'avaient pas trait aux statuts à la Commission de révision pour les examiner l'an prochain au congrès au Japon.

Des élections pour les membres du présidium ne devaient pas avoir lieu cette année, car il leur reste trois ans dans leur mandat. Toutefois, chaque année il y a la possibilité d'un vote de confiance de la part des délégués au congrès. J'ai trouvé qu'étant donné l'attitude positive et les progrès faits en révisant les sta-

tuts, et aussi la promesse d'une telle conduite des affaires de l'IVV l'année prochaine, je me sentais à l'aise en approuvant ce présidium. Les trois délégués canadiens se sont joints à tous les autres en exprimant leur confiance pour l'année à venir. Des élections ont eu lieu pour plusieurs postes importants au sein de trois comités de l'IVV. L'AVA a proposé mon nom pour le Tribunal de discipline et je servirai dorénavant comme l'un de ses membres. J'ai proposé Curt Myron de l'AVA pour le Tribunal d'arbitrage et il fut élu à ce comité. L'on a aussi élu Brian Tilbury de la British Walking Federation à l'un des deux postes du comité de vérification des comptes.

La leçon de cette dernière année et du congrès même, c'est qu'il faut être préparé, être présent et puis participer, si l'on s'attend à une influence quelconque au sein d'une organisation. Je crois fermement que la FCV devrait continuer à agir ainsi, et que nos rôles [FCV, AVA, et BWF] au sein de l'organisation nous accorderont la possibilité d'exercer une influence sur l'IVV là où il se doit. Nous avons toujours figuré parmi les agents de changement les plus positifs au sein de cette organisation et devrions demeurer ainsi.



**Soon the trails will look like this. But do not despair. The CVF Winter Exercise Program commences 15 October till 31 March. Due to numerous requests "The Provincial Challenge" is once again happening for this season.**



**So just don't stand there, sign up for the CVF Winter Exercise Program and get walking.**

Richard Parr  
CVF Coordinator of Special Programs

**PARTICIPATION**

# Lighthouse Awards



## Certificates Issued for Completing CVF/FCV Lighthouse Program

### *Superintendent of Lights:*

Linda and Winston Norris, Kingston, ON  
 Ethel Hansen, Nanaimo, BC  
 Geoff and Sue Payne, Kambah, Australia  
 Gord Keeble & Joan Sanderson, Victoria, BC

### *Lighthouse Keeper:*

Linda and Winston Norris, Kingston, ON  
 Ethel Hansen, Nanaimo, BC  
 Geoff and Sue Payne, Kambah, Australia  
 Dave Luscombe, Edmonton, AB  
 Shelagh and John Vogt, Sooke, BC  
 Lloyd and Shirley Ducher, Nanaimo, BC  
 Gord Keeble & Joan Sanderson, Victoria, BC

### *Assistant Lighthouse Keeper:*

Anita Suosalo, Sudbury, ON  
 Linda and Winston Norris, Kingston, ON  
 Geoff and Sue Payne, Kambah, Australia  
 Dave Luscombe, Edmonton, AB  
 Shelagh and John Vogt, Sooke, BC  
 Lloyd and Shirley Ducher, Nanaimo, BC  
 Gord Keeble & Joan Sanderson, Victoria, BC



CVF/FCV Convention 2009

NORTH BAY  
 ONTARIO

22-24 MAY 2009

www.vvpf.ca

Visit our website for the latest news and places to stay!

# Canada Cup Awards



Canada Cup of Walking 10 Provinces or Territories

Gord Keeble & Joan Sanderson, Victoria, BC  
 Dorothy Prieur, Nepean, ON

Capital Cities Program 11 Capitals

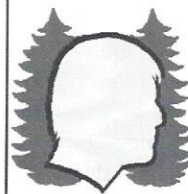


Rick and Christine Desjardins, Victoria, BC  
 Gord Keeble & Joan Sanderson, Victoria, BC

## MORE AWARDS

### Yellowhead Program

Judy Haynes, Victoria, BC



### Scholar Program

#### Secondary Award

Gord Keeble & Joan Sanderson, Victoria, BC



#### Diploma Award

Gord Keeble & Joan Sanderson, Victoria, BC

#### Masters Award

Gord Keeble & Joan Sanderson, Victoria, BC

### Winter walking:

René Lessard,  
 Magog, QC 1250 km

Marlene Kubbernus,  
 Beaumont, AB 349 km



Please remember, the new winter Walking Program begins on October 15th, 2008; obtain your Winter Walking Record Book/Registration from your club president.



Club Volkssport

## Gateway Walkers

2009 CVF Convention, North Bay, May 22-24



### IN THE FOOTSTEPS OF THE VOYAGEURS!

The Gateway Walkers Club invites walking enthusiasts to the **2009 CVF/FCV Convention**, May 22-24, in **North Bay, Ontario**. Come discover Ontario's Gateway to the North with some of the country's most stunning scenery as well as the water-sheds of the Blue Sky Region.

**North Bay**, a popular year round destination, is located on the north-east shore of Lake Nipissing at about a four hour drive from Toronto and Ottawa. This friendly and inviting community is renowned for its spectacular sunsets and for being the historical crossroads of Voyageurs' routes. During the CVF/FCV 2009 Convention, you will walk in *THE FOOTSTEPS OF THE VOYAGEURS*; theme of the convention. Some trails were first used by First Nations and then used by the explorers as they travelled from the Ottawa River system towards the Great Lakes via magnificent Lake Nipissing.

The main convention weekend is the first weekend following the May long weekend, which is a time that we hope is convenient for most people. There will be walks and events both sides of the convention weekend, so we hope that you will arrange to arrive a couple of days early and stay around a while; perhaps enjoy the post convention tour that takes you to many of the regions attractions and its best walks. There is a lot of detail at our website [www.gatewaywalkers.ca](http://www.gatewaywalkers.ca).

Dates, events and schedules are still changing prior to finalization, so make sure you visit [www.gatewaywalkers.ca](http://www.gatewaywalkers.ca) often. The website includes some typical itineraries or a variety of lengths of stay.



GATEWAY WALKERS  
 54 ROUSSEAU LANE  
 CALLANDER ON  
[chelle.michael@gatewaywalkers.ca](mailto:chelle.michael@gatewaywalkers.ca)  
 P0H 1H0  
 CANADA

PHONE (705) 752-1327  
 E-MAIL [mi-](mailto:mi-)  
 WEB SITE [www.gatewaywalkers.ca](http://www.gatewaywalkers.ca)

Visit our CVF/FCV website at [www.walks.ca](http://www.walks.ca)



# DISTANCE ACHIEVEMENT AWARDS



## 500 Km

Jennifer Allin Nanaimo BC  
Ludger Arsenault Edmonton AB  
Clifford Berreth Redcliff AB  
David Edmunds Orleans ON  
Laura Facchin Medicine Hat AB  
Sylvie Girard Blainville QC  
Francine Jourdain Québec QC  
Jean Malloch Victoria BC  
Marie-Clairé Piché Val-Bélair QC  
Carolle Séquin Orleans ON  
John Vogt Sooke BC

## 1000 Km

Jennifer Allin Nanaimo BC  
Clifford Berreth Redcliff AB  
Marina Berube Victoria BC  
Heather Briggs Ottawa ON  
David Edmunds Orleans ON  
Susanne Forbrich St Albert AB  
André Goulet Québec QC  
Dora Kelly Victoria BC  
Jean-Paul Racette Loretteville QC  
David Robinson St Albert AB  
Vicki Robinson St Albert AB  
Jo-Anne Schindler Cardston AB  
Carolle Séquin Orleans ON  
John Vogt Sooke BC  
Shelagh Vogt Sooke BC

## 1500 Km

Clifford Berreth Redcliff AB  
Dianne Forbes Courtenay BC  
Bruno Lietz Morinville AB  
Dagmar Lietz Morinville AB  
Jean-Paul Racette Loretteville QC  
David Robinson St Albert AB  
Vicki Robinson St Albert AB  
Anita Suosalo Sudbury ON  
Lise Tremblay Gatineau QC

## 2000 Km

Edward Booth Ottawa ON  
Patricia Booth Ottawa ON  
Bruno Lietz Morinville AB  
Dagmar Lietz Morinville AB

Judith Lorway Sydney NS  
Thomas Papi Kelowna BC  
Maria McConkey Ottawa ON  
Joanne Romanko Sudbury ON

## 2500 Km

Maria McConkey Ottawa ON  
John Osborn Kingston ON

## 3000 Km

Gerri Boudreau Winnipeg MB  
Pat Deroche Ottawa ON  
Pauline Dumais Québec QC  
Maria McConkey Ottawa ON  
Susan Osborn Kingston ON

## 3500 Km

Jane Fawcett Greely ON  
Don Labinsky Delta BC  
Maria McConkey Ottawa ON  
John Murley Halifax NS  
Janet O'Connor North Bay ON  
Margaret Odell Halifax NS  
Keith Scholtz Surrey BC

## 4000 Km

Edward Bator Edmonton AB  
Barbara Holm Ottawa ON  
Don Labinsky Delta BC  
Helen Lewicki Edmonton AB  
Carol Mercier Lr. Sackville NS  
Orpha Marie Merritt Surrey BC  
Bernice Mills Sidney BC  
David Phillips Kingston ON  
Joanne Romanko Sudbury ON  
Keith Scholtz Surrey BC

## 4500 Km

Lise Lefebvre Loretteville QC  
Helen Lewicki Edmonton AB  
Dave Luscombe Edmonton AB  
Ann Pokol Comox BC  
Joanne Romanko Sudbury ON

## 5000 Km

Lorna Giles Nepean ON  
Helen Lewicki Edmonton AB  
Heather McLeod Truro NS

## 5500 Km

Karen Dawson Lantz NS  
Judy Haynes Victoria BC  
Gail Nash Sooke BC  
Jean Riggins Medicine Hat AB  
Louise Turcotte Loretteville QC

## 6000 Km

Marie-Louise Desloges-Klein Québec QC  
Perry Sokolan St Albert AB

## 6500 Km

Janet Bortolussi Delta BC  
Ghislaine Dion-Falardeau Loretteville QC  
David Hall Sherwood Park AB  
Jane Hare Ottawa ON  
Perry Sokolan St Albert AB

## 7000 Km

Cécile Arbour Québec QC  
Janet Bortolussi Delta BC  
Jane Hare Ottawa ON  
Sally Hare Ottawa ON  
Marvin Hinton Ottawa ON

## 7500 Km

Rick Bortolussi Delta BC  
Jane Estabrooks Manotick ON  
Rosa Lavoie Québec QC  
Douglas Thompson Richmond ON

## 8000 Km

Rick Bortolussi Delta BC  
Edward Kucey Victoria BC

## 9000 Km

Catherine Campbell Nanaimo BC  
Denise Gignac Loretteville QC  
Clemence Sheinck Lachance Val-Bélair QC

## 10000 Km

Sandy Hickey Eastern Passage NS  
Eric Sherwood Sidney BC  
Donna Sullivan Nepean ON

## 11000 Km

Christine Desjardins Victoria BC  
Richard Desjardins Victoria BC  
Pat Grove Victoria BC

## 12000 Km

Betty Percy Comox BC

## 13000 Km

Kathleen Luten Ottawa ON  
Benoît Pinsonneault Ottawa ON

## 14000 Km

Lloyd Ducher Nanaimo BC  
Shirley Ducher Nanaimo BC  
Joyce Taylor Ottawa ON

## 16000 Km

Teresa Bourne Orangeville ON  
Alan D. Walker Kingston ON

## 19000 Km

Mitch Melnychuk Edmonton AB  
Stella Melnychuk Edmonton AB

## 22000 Km

Richard Green Surrey BC  
René Lessard Mansonville QC

## 25000 KmR

Peggy Sherwood Sidney BC

## 35000 Km

Douglas Chase Stirling ON

## 90000 Km

Ray McAnally Brighton ON  
Peggy Sherwood Sidney BC

*Congratulations  
to one and all*

## YOUR IVV AWARD BOOK!!

*Lea Tocher—CVF Awards Coordinator*

Did you ever wonder what happens to the \$7.00 you pay for each award book? I will try to give you a rundown on this. Any mistakes in my figures are totally unintentional.

First of all, let's take a 250 event book as an example. Why??? Just because!! You receive - Award pin - \$1.43; Award Patch - .85; Award Certificate - .44; Postage (a Biggie) - 1.21; Envelope (maybe) - .10. If you have lost your passport,

shame on you, but that is another \$1.37.

Prices vary on the pins and patches according to the award issued, but you still pay only \$7.00 for your book.

The remaining sum goes to cover the 'enormous' salaries all your volunteers receive. Just kidding!!!!!!

There are taxes and duty to pay which eats up the rest. So, you can see we stretch your \$7.00 as far as possible.

Please keep getting your stamps and sending me your books, and then I won't have time to write silly articles for Volkssport Canada.



# EVENT ACHIEVEMENT AWARDS



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| <b>10</b> | Christian Armstrong Kanata ON<br>Clifford Berreth Redcliff AB<br>Doug Bradley Regina SK<br>Muriel Bradley Regina SK<br>Pina Buono Embrun ON<br>Michelle Demers Gloucester ON<br>Francine Douville St Joseph-du-Lac QC<br>David Edmunds Orleans ON<br>Marianne Gomm North Bay ON<br>Marybeth Gurr Kingston ON<br>Réal St. Hilaire Québec QC<br>Phyllis Huhtala Red Deer AB<br>Ruth Hutchinson Gloucester ON<br>Francine Laliberté Laval QC<br>Pamela Luscombe Edmonton AB<br>Karen MacNeil Sydney NS<br>James MacNeil Sydney NS<br>Annette Morin St Foy QC<br>Lyne Ouellet Québec QC<br>Helene Proulx Ancienne – Lorette QC<br>Carolle Séquin Orleans ON<br>Gailene Shaw St Albert AB<br>Anita Suosalo Sudbury ON<br>Jennifer Yanos Cardston AB<br>Judy Zimmer Wetaskiwin AB | Vicki Robinson St Albert AB<br>John Vogt Sooke BC<br>Shelagh Vogt Sooke BC | <b>100</b> | Heather Briggs Ottawa ON<br>Susanne Forbrich St Albert AB<br>David Robinson St Albert AB<br>Vicki Robinson St Albert AB<br>Paul Todd Halifax NS<br>John Vogt Sooke BC<br>Shelagh Vogt Sooke BC | <b>125</b> | Dianne Forbes Courtenay BC<br>Fred Mills Sidney BC<br>John Payne Bowser BC<br>David Robinson St Albert AB<br>Vicki Robinson St Albert AB<br>Joanne Romanko Sudbury ON<br>John Vogt Sooke BC<br>Shelagh Vogt Sooke BC | <b>150</b> | Huguette Blouin Québec QC<br>Gerri Boudreau Winnipeg MB<br>Bruce Hillier Ottawa ON<br>Don Labinsky Delta BC<br>Judith Lorway Sydney NS<br>Lise Tremblay Gatineau QC | <b>175</b> | Pat Deroche Ottawa ON<br>Marie-Louise Desloges-Klein Québec QC<br>Liliane Lefebvre Loretteville QC<br>Maria McConkey Ottawa ON<br>Michelle Michael Callander ON<br>Raymond Michael Callander ON<br>Ann Pokol Comox BC | <b>200</b> | Edward Booth Ottawa ON<br>Patricia Booth Ottawa ON<br>Andre Contant Longueuil QC<br>Pat Deroche Ottawa ON<br>Maria McConkey Ottawa ON<br>Janet O'Connor North Bay ON<br>John Osborn Kingston ON<br>Susan Osborn Kingston ON | <b>225</b> | Yves Gemus Gatineau QC<br>Maria McConkey Ottawa ON<br>John Osborn Kingston ON<br>Susan Osborn Kingston ON<br>Thomas Papi Kelowna BC | <b>250</b> | Michelle Boivin Québec QC<br>Isabel Grant North Sydney NS<br>Robin Grant North Sydney NS<br>Claude Marineau Québec QC<br>Gwen McLaughlin Ottawa ON<br>Keith Scholtz Surrey BC | <b>275</b> | Mary McGlynn Nepean ON<br>Gwen McLaughlin Ottawa ON<br>Orpha Marie Merritt Surrey BC<br>John Murley Halifax NS<br>David Phillips Kingston ON<br>George Robertson Surrey BC<br>Keith Scholtz Surrey BC | <b>300</b> | Jane Fawcett Greely ON<br>Lise Lefebvre Loretteville QC<br>John Murley Halifax NS<br>David Phillips Kingston ON<br>Keith Scholtz Surrey BC | <b>325</b> | Cécile Arbour Québec QC<br>Edward Bator Edmonton AB<br>Jane Fawcett Greely ON<br>Heather McLeod Truro NS<br>Terry Smerdon New Liskeard ON | <b>350</b> | Edward Bator Edmonton AB<br>Lorna Giles Nepean ON<br>Nancy Morrissey Moncton NB | <b>375</b> | Agathe Bouchard Loretteville QC<br>Lorna Giles Nepean ON<br>Clemence Sheinck Lachance Val-Bélair QC<br>Dave Luscombe Edmonton AB<br>Betty Percy Comox BC | <b>400</b> | Catherine Campbell Nanaimo BC<br>Ghislaine Dion-Falardeau Loretteville QC<br>Denise Gignac Loretteville QC<br>Rosa Lavoie Québec QC<br>Clemence Sheinck Lachance Val-Bélair QC<br>René Lessard Mansonville QC | <b>425</b> | Denise Gignac Loretteville QC<br>David Hall Sherwood Park AB<br>Pauline Mann Medicine Hat AB | <b>450</b> | David Hall Sherwood Park AB<br>Barbara Holm Ottawa ON<br>Louise Turcotte Loretteville QC | <b>475</b> | Janet Bortolussi Delta BC<br>Christina Gardner Ottawa ON<br>Judy Haynes Victoria BC | <b>500</b> | Janet Bortolussi Delta BC | <b>525</b> | Janet Bortolussi Delta BC<br>Rick Bortolussi Delta BC<br>Gail Nash Sooke BC | <b>550</b> | Rick Bortolussi Delta BC<br>Christine Desjardins Victoria BC<br>Richard Desjardins Victoria BC | <b>575</b> | Rick Bortolussi Delta BC<br>Christine Desjardins Victoria BC<br>Richard Desjardins Victoria BC | <b>600</b> | Rick Bortolussi Delta BC<br>Christine Desjardins Victoria BC<br>Richard Desjardins Victoria BC<br>Jane Hare Ottawa ON<br>Marvin Hinton Ottawa ON<br>Sheila Purser Surrey BC | <b>650</b> | Sally Hare Ottawa ON<br>Dorothy Prieur Nepean ON | <b>700</b> | Lloyd Ducher Nanaimo BC<br>Shirley Ducher Nanaimo BC<br>Jane Estabrooks Manotick ON<br>Jane Hare Ottawa ON<br>Dorothy Prieur Nepean ON | <b>750</b> | Lloyd Ducher Nanaimo BC<br>Shirley Ducher Nanaimo BC<br>Donna J Sullivan Nepean ON | <b>800</b> | Eric Sherwood Sidney BC | <b>850</b> | Benoît Pinsonneault Ottawa ON |
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Event Achievement Awards Cont'd from previous page

|                |  |                          |
|----------------|--|--------------------------|
| <b>900</b>     | Ethel Hansen                           | Nanaimo BC               |
| Rita Hopmans   | Surrey BC                              |                          |
| <b>1000</b>    | Kathleen Parr                          | Fort Saskatchewan AB     |
| Kathleen Luten | Ottawa ON                              |                          |
| <b>1100</b>    | David Rupa                             | Ottawa ON                |
| Richard Green  | Surrey BC                              |                          |
| David Nash     | Sooke BC                               |                          |
| <b>1150</b>    | Lily Conrod                            | Dartmouth NS             |
| Trevor Luten   | Ottawa ON                              | Bruce Hawkes<br>Sooke BC |
| <b>1350</b>    | Peggy Sherwood                         | Sidney BC                |
| Rick Kanne     | Aylesford NS                           |                          |
| Bernice Murphy | Stirling ON                            |                          |
| <b>1400</b>    | Peggy Sherwood                         | Sidney BC                |
| Douglas Chase  | Stirling ON                            |                          |
| <b>1450</b>    | Richard Parr                           | Fort Saskatchewan AB     |
| Darlene Blight | Ottawa ON                              |                          |
| <b>1500</b>    | <b>Congratulations to one and all!</b> |                          |

## Dartmouth Volksmarch Club 25th Anniversary

-Lionel Conrod

In 2008, the Dartmouth club is 25 years old. I thought it appropriate to write a few hi-lights of our organization over the past 25 years.

The Dartmouth Volksmarch Club, the first Canadian Club, held its first meeting in June 1983, at which Ron Colpitts brought news of the volkssport movement to our area. Ron arrived with the idea of holding one big Annual Volksmarch each year; however, those present wanted to walk more often. During that meeting it was decided to have some guided walks and we actually ended up having eight that first year. In September of the same year, we held a second meeting to formalize the Club and to give it a name.

In January 1984 our Club held its first "trails planning meeting" and the number of walks doubled from the previous year. On Natal Day Weekend (Civic Holiday) in August 1984 we held our first Annual International Volksmarch, the first in Canada sponsored by a Canadian volkssport club. Ron Colpitts was able to entice well over 100 participants for our first IVV sanctioned event. We kept increasing the number of sanctioned IVV walks until the early 1990's when we sponsored one event every Sunday year round.

In the 1980's we adopted the slogan, "Fun, Fitness, Friendship and Scenery". In the 1990's, the CVF adopted "Fun, Fitness and Friendship" for its slogan.

Lily and I had previously belonged to the West Coast Walking Club in BC and one of the memorable events we attended was their smorgasbord walk. We brought the idea of a smorgasbord walk to our Dartmouth Club and held our first picnic walk on the Labour Day Weekend in 1984. The event

was held on McNabs Island at the mouth of the Halifax Harbour and we had 96 participants. This was the start of our annual picnic walks.

On Labour Day weekend in 1987, our Club held the first Festival Multi-Day Weekend of walks in Canada. The "event" was held in beautiful Fundy National Park, New Brunswick. Social events on that weekend included barbecues, singing and dancing on Friday and Saturday nights. On Sunday evening we had a wonderful banquet in the Golf Club Restaurant. Together with perfect walking weather, the first Canadian Volkssport Festival Weekend was a complete success.

In June 1990, we held the first volkssport marathon in Canada. This was on the Dobson Trail in New Brunswick. We added the "bonus" of walking 59 kms instead of the usual 42 kms. We walked from daylight 'til dark near one of the longest days of the year. Champagne and wine flowed freely on completion of this milestone event.

In 1997 we planned, what became, our most notorious event, walking across the PEI Confederation Bridge the day before the official opening to vehicular traffic. On May 30<sup>th</sup>, 40,000 people showed up for the bridge walk and the roads leading to the Bridge could not handle them. However, we consider that walk a successful, historic event for our Club and we attracted over 400 volkssporters from all over North America to our walk and sold over 400 souvenir t-shirts and 100's of medals. The CVF's circular provincial flag logo was first designed for the souvenir t-shirts sold at the Confederation Bridge Walk

Every year since the eighties, we have held Festival Events and usually at an out-of-town location. We have been back to Fundy National Park many times, twice to Grand Manan, NB, once to Shediac / Kouchibouguac, several times to Prince Edward Island, many times to Cape Breton Island, several times to Kejimikujik National Park, the NS-NB-PEI tri-province weekend and twice to Newfoundland including one side trip to St. Pierre et Miquelon (France). In 2007 we had 176 walkers for a fabulous week on the Magdalen Islands, QC.

In addition to the above, our Club has celebrated three major anniversaries since our start up in 1983. In 1993, for our 10<sup>th</sup> anniversary, we celebrated with a walk, a sit down dinner and dance; then CVF President David Phillips and his wife Zelda from Ontario were in attendance. In 1998 we celebrated our fifteenth anniversary with a walk, dinner and commentary; then CVF President Ole Olson and Helen Viel from Ontario were in attendance. One week following Hurricane Juan, we celebrated our 20th anniversary on a warm October Thanksgiving Weekend in 2003. The weekend included a Friday night moonlight walk, a Saturday morning walk, a Sunday morning walk, and a Monday morning walk; complimentary food and refreshments were served at all events. CVF President Arne Roosen and Gisela Kibblewhite attended from British Columbia.

Current paid membership in the Dartmouth Volksmarch Club numbers 175. Since 1983 more than 1000 people have belonged to our club at one time or another.

# Victoria Volkssport Phoenix Festival 2009

*“The Phoenix Rises from the Blossom Walks”*



The Volkssport Clubs of South Vancouver Island invite walking enthusiasts to the 2009 Victoria Volkssport Phoenix Festival to be held on April 17-19, 2009. The Garden City Wanderers Volkssport Club, the Victoria ‘Y’ Volkssport Club and the Juan de Fuca Pathfinders Volkssport Club will jointly host this exciting reincarnation of the famous Victoria Blossom Walks.

For ten years, thousands of people from all over the world came to Victoria to enjoy the beautiful Blossom walks, which were held by the Victoria International Walking Festival (VIWF). When the last VIWF was held in 2007, many people expressed their sadness that an event which they looked forward to every spring was ending. So, the three Volkssport clubs decided to jointly stage a brand new Volkssport event based on the Blossom Walks. We invite you to come to Victoria next April and enjoy the same walks but in a simpler, more intimate Volkssport setting.

There will be 10 walks to choose from ranging from 5 km up to the marathon length 42 km. The walks meander through Victoria’s downtown, parks, trails and neighbourhoods and along the lovely oceanfront and some freshwater lakes. All walks will have an optional group start time, which provides you with an opportunity to meet and mingle with your fellow walkers. However, detailed maps and walk descriptions will be provided for those who choose to start at a different time. All walks are sanctioned by the Canadian Volkssport Federation.

No registration fee is required; the only cost to you is a fixed fee of \$2 per walk for all walkers. It is not necessary to register in advance for the Phoenix Festival and no prepayment for any of the walks or events is required. However, if you are planning to come we’d love to hear from you. This will help us to know how many people to expect and allow us to get ready to provide you with the best possible facilities and experience.

In addition to the Blossom Walks, the 3 Victoria Volkssport clubs offer over 20 Year Round Events (YREs) in the Victoria area which you can enjoy before, during or after the Festival. Group walks will be offered on each of the four days before and the four days following the Festival. For those who would like to explore more of Vancouver Island or British Columbia, many more YRE walks are available. And in the USA, the Vancouver, Washington Discovery Walk Festival takes place the weekend following the Phoenix Festival. So there are myriad ways you can tailor a walking holiday of your own.

Victoria boasts many historic buildings and fascinating museums. The city benefits from one of Canada’s mildest climates, and enjoys some of the country’s most exhilarating scenery: there’s an ocean or mountain vista around every corner, while the city’s flower gardens are famous the world over. In April, temperatures are mild, literally billions of spring flowers are in bloom, and thousands of cherry trees are in full blossom. Come and join us next April!

For more information please visit our website at [www.vvpf.ca](http://www.vvpf.ca), write David Cattrall at 1231 Hewlett Place, Victoria BC V8S 4P6 or call 250-598-4316.

# Walking Adventures

## INTERNATIONAL

History, Culture, Scenery, and Walking  
...more than just a walking tour!

### Walking COSTA RICA & PANAMA

Walking Costa Rica: FEB 15-25, 2009 | 11 DAYS | \$2850

Walking Panama: FEB 24-28, 2009 | 5 DAYS | \$1790

**COMBO PACKAGE** - Travelers opting for both Adventures will receive free airfare from Costa Rica to Panama!

- A rainforest walk at Arenal Volcano, one of the world's most active volcanoes
- 2 days in the jungles of Tortuguero – a haven for iguanas, monkeys, sloths, toucans, and more!
- An unforgettable rainforest visit to an Embera Indian village



ALSO Cahuita Nat'l Park, the Central Highlands, and more!

### Walking SOUTH KOREA & JAPAN

Featuring the 11th IVV Olympiad!

Walking South Korea: MAY 6-11, 2009 | 6 DAYS | \$2490

Walking Japan: MAY 11-20, 2009 | 10 DAYS | \$3890

**COMBO PACKAGE** - Travelers opting for both Adventures will receive free airfare from South Korea to Japan!

South Korea... The idyllic island of Jeju-do has a mild climate and laid-back ambiance. Our walks feature beautiful seascapes, peaceful orange groves, fishermen and female divers, and traditional rural lifestyles.



Japan... an intriguing island nation of shoguns and sushi, samurai and sumo wrestlers. Join us as we explore Tokyo, wander through the shrine village of Nikko, experience the amazing temples and delightful lanes of ancient Kyoto, and participate in the 11<sup>th</sup> IVV Olympiad at Five Lakes, in the Mount Fuji district!

**WATCH FOR MORE  
DETAILS ON  
WALKING TURKEY 2011 -  
featuring the  
12th IVV Olympiad!**

Early Bird Pre-registrations are now  
being accepted for  
2010 and 2011 Adventures!



Celebrating our 20th  
Anniversary in 2009!



## 2009 ADVENTURE SCHEDULE NOW AVAILABLE!

More details coming soon!

### WINTER

- Vietnam & Cambodia **NEW!** - Feb 13-24 | \$3950
- Costa Rica/Panama-Feb 15-25/24-28 | \$2850/\$1790

### SPRING

- Mexico's Copper Canyon **NEW!** - Feb 23-Mar 4 | \$2750
- Greece & Turkey - Apr 6-15/Apr 15-24 \*\*
- Southern Italy **NEW!** - Apr 18-30\*\*
- Southwest National Parks - Apr 27-May 10 | \$3175
- Korea & Japan - May 6-11/May 11-20 | \$2490/3890

### SUMMER

- Brazil **NEW!** - Jun 11-23\*\*
- AVA Convention **NEW!** - Texas - Jun 18-30 \*\*
- Ireland - Jun 19-Jul 1\*\*
- Alaska **NEW!** - Jul 9-20\*\*
- Southern Africa - Aug 20-Sep 4\*\*

### FALL

- WAI 20th Anniversary Reunion - Sep 17-22 | \$1450
- Danube River Reunion Cruise **NEW!** - \$3950\*  
\*Reunion Combo price - call for details!  
1ST DEPARTURE - Oct 16-27  
2ND DEPARTURE - Oct 27-Nov 7
- New England - Oct 6-18\*\*

### WINTER

- Antarctica **NEW!** - Dec 9-19 | \$8950

\*\*Dates/Prices will be confirmed when brochure is released!

## 2010 ADVENTURE SCHEDULE (NOT YET COMPLETE)

Egypt • Antarctica • Spain, Andorra, & France •  
Machu Picchu & Galapagos • Iceland •  
Alpine Europe (Oberammergau Passion Play) •  
Manitoba (Churchill) • and more!

Contact us for more details!

PLEASE SEND MORE INFORMATION  
ON THE ADVENTURES I'VE MARKED:

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_, CVF \_\_\_\_\_  
Province \_\_\_\_\_ Postal Code \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_