



# VOYAGEUR

*The Newsletter of the Ottawa Voyageurs Walking Club/  
Bulletin du Club de marche des Voyageurs d'Ottawa*

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*The opinions expressed by others  
in this newsletter are not  
necessarily those of the Ottawa  
Voyageurs Walking Club.*

## **A WORD FROM THE PRESIDENT**

The Ottawa Voyageurs d'Ottawa is now two years old and slowly developing.

### **OVO AGM**

Our AGM took place on February 11, 2004 at the Royal Canadian Legion in Orléans. The participation was disappointing and the planned sit-down dinner had to be cancelled, due to a lack of response and registration by the deadline set up in the AGM Notice, distributed to all. Five attendance prizes were drawn, near the end of the meeting, just before the election of your Club Officers. A free pair of Rockport shoes from Letellier Shoes, won by Reg Tyo, as the grand prize of the evening.

Membership Fee for 2005, as approved by the AGM, is now \$5.00 for a single member and \$10.00 for family membership. A Life Membership, for regular members, has also been approved by the AGM upon reaching 75 years of age, or the number 75 by adding up age of the regular member with the number of full years of service to volkssporting. The privileges are the same as those of regular members; however, the life member has no annual fee to pay but must fill the Club Membership Application Form annually for club record purposes.

*President's message continued on page 2*

## **MOT DU PRÉSIDENT**

Le Ottawa Voyageurs d'Ottawa a maintenant deux ans et se développe lentement.

### **OVO AGA**

Notre AGA a eu lieu le 11 février 2004 à la Légion Royale Canadienne d'Orléans. La participation a été décevante et le souper formel planifié pour cette occasion a dû être annulé, faute de réponse et d'enregistrement pour la date limite mentionnée dans l'avis de l'AGA, distribué à tous. Cinq prix de présence firent l'objet d'un tirage vers la fin de l'assemblée, juste avant l'élection des membres du Comité exécutif de notre club. Une paire gratuite de souliers Rockport, gracieuseté de Letellier Chaussures, fut remportée par Reg Tyo, à titre du gros prix de la soirée.

Les frais d'adhésion pour 2005, tel qu'adopté par l'AGA, sont de 5 \$ par personne ou de 10 \$ par famille. Une adhésion à vie pour les membres réguliers a également été adoptée par l'AGA pour ceux qui atteignent l'âge de 75 ans ou encore le chiffre 75, en additionnant l'âge du membre régulier et le nombre d'années complètes au service du volkssport. Le membre à vie a les mêmes privilèges que le membre régulier mais n'a pas à payer la cotisation annuelle. Il doit toutefois remplir, à chaque année, la formule d'adhésion du Club pour fin de mise à jour des dossiers.

*Le message du président se continue à la page 2*

The President, Vice-President, Treasurer and Membership Coordinator positions were extended for one year, as permitted by our Constitution. The Publicity Coordinator and Trail Director positions are still vacant and need to be absolutely filled by someone from the OVO membership if we want our Club to survive and grow.

### Club Membership

The following are the actual statistics on our membership since the amalgamation:

Year	Regular Members	Family Members	Honorary Members	Total
2002	135	105	1	241
2003	130	105	2	237
2004	86	56	2	142

(as of 13 May 04)

Our membership is not moving and we all need to do more to affect our growth. Let's all try to recruit a new member. By year-end number 3, let's try to reach 300 members, all categories included. That is an easy thing you can do for your Club, which will benefit us all in the long run.

### New Year Round Event

A new YRE started on January 1, 2004 from the Gasthaus Zum Dorf-Krug, which officially became our new Home Base/Pub-Clubhouse on January 17, 2004, where we inaugurated our newly initiated OVO "Walkers' Corner" and YRE with a group walk and a luncheon at the Gasthaus after the walk. Unfortunately, our new Clubhouse was short lived. The Gasthaus Zum Dorf-Krug was sold in April 2004 to a business other than a restaurant and has closed permanently its operations on Sunday, April 25, 2004. The Gasthaus YRE #281 (10 Km Route) has been temporarily incorporated in the New Edinburgh Shell Station YRE Box at 1 Montreal Rd., Ottawa, ON, until further notice. Look in the last portion of the Walk Box for the Registration Book, the Instructions and Map, as well as for the stamp.

OVO has now 11 YREs. Use our new 2004 YRE Record Card to help you out in keeping track and completing, at least once, all YREs of our Club in year 2004, as a personal objective of yours.

### Look to the Future

OVO will add to its Event Schedule two new Special Events for year 2005: first, a Winterlude Map Walk for the third weekend of this winter festival. The first and second Winterlude weekends walking program will be looked after respectively by OCVA and the Nepean Nomads, as it has always been done in the past. The second Special Event will be a discovering walk with a change of venue every year, entitled the "Discover Far East Ontario/Western Québec Walk". Our first such walk is tentatively scheduled to take place at the Curd Festival in St-Albert, Ontario, on either Saturday, August 20, or Sunday, August 21, 2005, final date to be determined later.

*President's message continued on page 3*

Les positions de président, vice-président, trésorier et coordinateur à l'adhésion ont toutes été reconduites pour une autre année, tel que permis par notre Constitution. Les positions de coordinateur à la publicité et de directeur des sentiers sont toujours vacantes et se doivent d'être absolument remplies par un de nos membres, si nous voulons que notre club survive et grandisse.

### Nos membres

Les statistiques réelles sur le nombre d'adhésions depuis notre amalgamation se lisent comme suit :

Année	Membre régulier	Membre familial	Membre honoraire	Total
2002	135	105	1	241
2003	130	105	2	237
2004	86	56	2	142

(au 13 mai 04)

Notre adhésion est stagnante et nous avons tous besoin d'en faire un peu plus pour influencer notre croissance. Que chacun d'entre nous essaie de recruter un nouveau membre. Essayons d'atteindre 300 membres, toutes catégories incluses, pour la fin de notre 3<sup>e</sup> année. C'est une chose que vous pouvez facilement faire pour votre Club, laquelle aura, à long terme, des avantages pour tous.

### Nouvelle marche continue

Une nouvelle marche continue a débuté le 1<sup>er</sup> janvier 2004 en partance de la Gasthaus Zum Dorf-Krug, laquelle est devenue officiellement notre bercail/pub et Clubhouse le 17 janvier 2004 où nous y avons inauguré notre nouveau « Coin du marcheur » ainsi que la marche continue lors d'une marche de groupe, suivi d'un déjeuner à la Gasthaus après la marche. Malheureusement, notre Clubhouse a été de courte durée. La Gasthaus Zum Dorf-Krug fut vendue en avril 2004 à un commerce autre qu'un restaurant et a fermé définitivement ses portes le dimanche, 25 avril 2004. La marche continue de la Gasthaus YRE #281 (Route de 10 Km) a été incorporée temporairement dans la boîte de la marche continue du Nouveau Edinburgh de la station Shell au 1, Chemin Montréal, à Ottawa, Ontario. Regardez dans la dernière partie de la boîte de marche pour y trouver le livre d'enregistrement, les instructions et carte ainsi que l'étampe.

OVO a maintenant 11 marches continues. Utilisez notre nouvelle carte d'enregistrement « YRE Record Card 2004 » pour vous aider à noter et compléter au moins une fois au cours de l'année 2004, toutes les marches continues de notre Club, et ce, à titre d'un de vos objectifs personnels.

### Regard sur le futur

OVO va ajouter à son horaire d'événements deux nouveaux événements spéciaux pour l'année 2005 : d'abord, une marche avec carte pour la troisième fin de semaine du Bal de neige. Le programme de marche pour la première et la seconde fin de semaine de Bal de neige demeurera, respectivement, la responsabilité d'OCVA et des Nomades de Nepean comme ça l'a toujours été par le passé. Le second événement spécial sera une marche de découverte changeant de lieu à chaque année intitulée « La marche de la Découverte de l'extrême-est ontarien/de l'ouest québécois ». Notre première pareille marche se fera « tentativement » à St-Albert, Ontario, lors du Festival de la Curd, soit pour le samedi, 20 août ou le dimanche, 21 août 2005. La date finale sera déterminée ultérieurement.

*Le message du président se continue à la page 3*

*President's message continued...*

### **Final Word**

I have submitted my candidacy for the Vice-President position of the CVF, which should be filled at the upcoming CVF AGM to be held in Vancouver, BC, on May 21, 22 and 23, 2004. Be also informed that another member of our Club, Graham Fawcett, who is our Webmaster, is also running for the CVF President position, which he now assumes as Acting President since January 1, 2004.

Consequently, be aware that you will be called upon for a greater contribution to our Club operations and activities.

I wish you all a great walking season. Your degree of participation will determine your benefits. Keep on Walking!

*Le message du président se continue...*

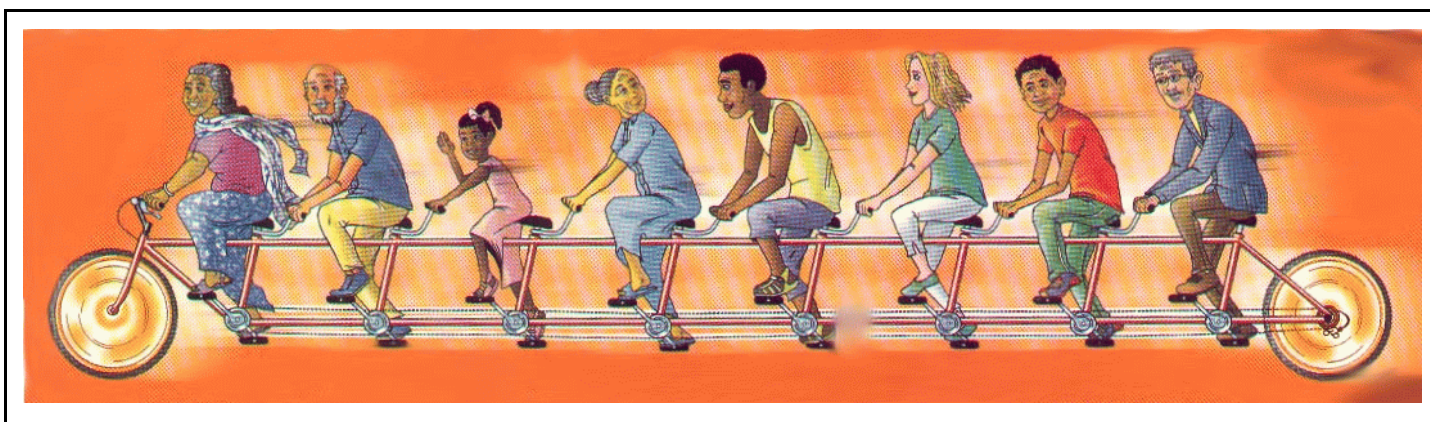
### **Mot de la fin**

J'ai soumis ma candidature au poste de vice-président de la FCV, lequel sera comblé lors de la prochaine AGA de la FCV devant se tenir à Vancouver, CB, les 21, 22 et 23 mai 2004. Soyez également informé qu'un autre membre de notre Club, en la personne de Graham Fawcett, notre « Webmaster », se présente également à la présidence de la FCV, poste qu'il occupe d'ailleurs depuis le 1<sup>er</sup> janvier 2004 à titre de président par intérim.

En conséquence, soyez conscients que nous ferons appel à vos services, plus fréquemment, afin d'assurer la bonne conduite de nos opérations et activités.

Je souhaite, à tous et à toutes, une bonne saison de marche. Vos bénéfices seront proportionnels à votre participation. Que la marche soit avec vous !

**Benoît Pinsonneault**  
President / Président, OVO



### **Bike Event**

Once again it is time to dust off the seat of that seldom used bike, put some air in the tires and take yourself for a ride, and add some distance to your books, and work a whole new set of muscles.

Volkssporters who DO NOT have a bike book, most of us, can claim one event and distance in our regular books. That means we can pick up some extra distance fairly quickly. If you do have a bike distance book, well, this is your chance to add some more distance, after all there aren't many bike events around.

This year the event will begin at Ben Franklin Place, the old Nepean City Hall, on Centrepointe Drive. There's lots of parking out back, and if gas prices have gotten you down you could even take public transit, OC Transpo has bike racks on the Route 95 buses that serve Baseline Station. There are even 'deals' on your bus fare on Sunday. Check it out.

There will be two routes available. The ~25 km route will follow the Western Parkway, taking advantage of the Sunday Bike Days to ride the Parkway car free. The route will have a couple of steep pitches where the bikeway goes under Baseline Rd. and the Queensway, to meet up with the Parkway, but it is generally flat. Hopefully the whole route will be paved. (There is presently some construction on the bike path....if it's summer it must be construction??)

The longer route ~45 km will involve some street riding, and in the bike lanes on a couple of the busier streets. Current plans are to go west from Ben Franklin Place and meet the bike path along the Ottawa River to return.

Come and join us. We are hoping for better weather than last year. The rain held off last July, and even the out of shape bikers who did the event lived to tell the tale. We'll do much better this year.



Congratulations and thank you to all those walkers who registered for the Ottawa Rural Health Program by joining:

**Cumberland's 5th Annual Winter Walking Program  
WINTERWALK 2004 - The Great Wall of China**

The total kilometers walked by the east end walkers was over 8,000 kilometers surpassing the length of the The Great Wall of China. There were thirteen registered walkers for the Cumberland's 5<sup>th</sup> Annual Winter Walking Program.

Remember to register for next Winter's walking program and try to out distance the Western winter walking group. Information will be available in next December's Newsletter.

**FEET'S FEATS**

***EVENT AWARDS***



- 125 Events - Shirley Atkins
- 150 Events - Shirley Atkins  
Charles Powell
- 175 Events - Rosalee Milford
- 200 Events - Rosalee Milford
- 225 Events - Dale Powell  
Rosalee Milford
- 250 Events - Michel Gauvreau  
Claudette Houle
- 275 Events - Michel Gauvreau  
Claudette Houle  
Romeo Messier
- 300 Events - Michel Gauvreau  
Claudette Houle  
Dorothy Prieur
- 325 Events - Ghislain Dubé  
Jean Fink  
Michel Gauvreau  
Claudette Houle

- 325 Events - Dorothy Prieur  
Benoît Pinsonneault
- 350 Events- Benoît Pinsonneault  
Dorothy Prieur  
Donna Sullivan
- 375 Events- Donna Sullivan
- 475 Events- Steve McPhee
- 500 Events- Steve McPhee
- 525 Events- Alan Bones
- 550 Events- Kathleen Kurtz  
Alan Bones
- 575 Events- Kathleen Kurtz
- 600 Events- Kathleen Kurtz
- 750 Events- Joyce Taylor
- 1100 Events- Helen Viel
- 1150 Events- Ole Olson  
Maureen White
- 1200 Events- Ole Olson
- 1300 Events- Dennis Benke



***DISTANCE AWARDS***

- 1500 km - Shirley Atkins
- 2000 km - Charles Powell
- 2500 km - Dale Powell
- 3500 km - Romeo Messier  
Rosalee Milford
- 4000 km - Rosalee Milford
- 4500 km - Benoît Pinsonneault
- 5000 km - Dorothy Prieur
- 5500 km - Donna Sullivan
- 6000 km - Bryan Gallimore  
Michel Gauvreau  
Claudette Houle
- 6500 km - Michel Gauvreau  
Claudette Houle
- 7000 km - Michel Gauvreau  
Claudette Houle
- 7500 km - Michel Gauvreau



- 7500 km - Claudette Houle  
Kathleen Kurtz
- 8000 km - Michel Gauvreau  
Claudette Houle  
Kathleen Kurtz
- 11000 km - Steve McPhee  
Joyce Taylor
- 12000 km - Alan Bones
- 13000 km - Alan Bones
- 14000 km - Trevor Luten
- 15000 km - Jackie Revell
- 17000 km - Maureen White
- 18000 km - Dennis Benke
- 20000 km - Bernice Murphy
- 22000 km - Doug Chase  
Bernice Murphy
- 55000 km - Helen Viel



Day	Date	Event	Walk
Sat	June 19	Honouring French Heritage	MW
Sun	June 27	Bike Event	Bike
Thurs	July 01	Canada Day Walk	MW
Wed	July 07	Lunergan's Pub	MW
Wed	July 21	Arrow and Loon Pub	MW
Wed	August 04	Montana's Cookhouse Saloon	MW
Wed	August 18	Petrie Island Walk	MW
Sat	September 11	Gasthaus Marathon/Summerfest Walk	VM
Sat	September 18	Divine Infant Church	VM
Sun	September 26	Cumberland Resource Center Charity Walk	MW
Sat	October 02	Fall Rhapsody – Gatineau Park	MW
Sun	October 17	Waffle Wobble Walk	MW
Sun	December 12	Christmas Light Walk	MW

**Info/Reminder**

OVO Sponsors: once again, I urge you to prevail yourselves of our partners' services as publicized in our OVO 2004 Event Schedule Booklet:

- |   |  |
|---|--|
| P The Hill Butcher Shop & Deli                | P Loblaws Supermarkets Limited (Orleans Town Centre)           |
| P Roméo Messier Consulting                    | P Mailboxesetc. - Jeanne D'Arc Blvd. (Corner St. Joseph Blvd.) |
| P Letellier Shoes-Chaussures                  | P Pantry plus  |
| P Orleans Cycles                              | P Myranda restaurant   |
| P Ottawa CruiseShipCenters                    | P Global Wellness  |
| P Lunergan's Pub                              | P Régimbal Ltd./Ltée (Awards and Promotions)                   |
| P JoJo Men's Hairstylist                      | P Shoppers Drug Mart (Beacon Hill Shopping Centre)             |
| P Montana's Cookhouse                         |  |
| P Royal Canadian Legion (Orleans Branch #632) |  |

Motionware Source for sports offers a 10% Discount for volkssporters (Valid all year round)

**New Balance**

New Balance has opened a new store in Ottawa, the only one in the area. The store is located at the College Square Mall, corner of Woodroffe Ave. and Baseline Road. Be aware that New Balance is CVF's major sponsor.

**TWINNING WITH CLUB VOLKSMARCHE NORD-SUD OF LORETTEVILLE, QC**

Your Executive Committee unanimously approved, on April 15, 2004, the Twinning of our Club with Club Volksmarche Nord-Sud, effective immediately. More to come on this subject in the future.

**JUMELAGE AVEC LE CLUB VOLKSMARCHE NORD-SUD DE LORETTEVILLE, QUÉBEC**

Votre comité exécutif a approuvé, le 15 avril 2004, à l'unanimité, le jumelage de notre Club avec le Club Volksmarche Nord-Sud, prenant effet immédiatement. Plus de détails à suivre à ce sujet dans un avenir prochain.

## Year Round Walks 2004

Area	Host	Address
Beacon Hill	Hill Butcher Shop	2339 Ogilvie Dr.
Blackburn Hamlet	Mac's	2672 Innes Road
Orléans	Convent Glen Shopping Centre	Ultramar Service Station
Orléans	Quickie Store	1600 Forest Valley Dr.
Orléans	Ray Friel Centre	1585 10 <sup>th</sup> Line
Orléans	Recreation Complex	1490 Youville Dr.
Ottawa	Food Frenz	380 Laurier West Ave. (At Kent St.)
Ottawa	Gasthaus Zum Dorf-Krug	(new start at <b>Shell, 1 Montreal</b> )
Ottawa	New Edinburgh <b>Shell</b> Station	1 Montreal Rd.
Ottawa	RA Centre	2451 Riverside Dr.
Ottawa	Tribute to the CF - Champagne Pool	321 King Edward Ave. (At York St.)

N.B. Ottawa-Carleton Volkssport Hotline (613) 788-0691

## The Ottawa "Voyageurs" d'Ottawa Needs You:

### A Trail Director:

1. To manage and supervise the Trail Operations of all our walks;
2. To establish and chair the Trail Committee;
3. To plan and coordinate our yearly Event Schedule from planning to reporting to the CVF;
4. To arrange CVF sanctions for Club events;
5. To meet deadline with respect to publication of Club events in IVV world Book and CVF Footpath/Sentiers; and
6. To report results of Club events to sanctioning authority.

### A Publicity Coordinator:

1. To promote our Club and volkssporting in the community;
2. To disseminate information and publicize all Club events to the local media or others, as appropriate, and the Ottawa-Carleton Hotline;
3. To ensure that all our event brochures are available for at least the Ottawa-Carleton event preceding the next club event;
4. To organize Club displays and presentations on the benefits of walking; and
5. To maintain records of PR contacts useful to the club.

### A Webmaster:

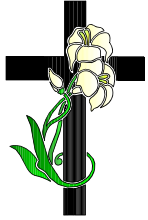
1. To replace Graham Fawcett; and
2. To revamp our Website under a new identity: ([www.ottawavoyageurs.ca](http://www.ottawavoyageurs.ca))

**Membership has it's rewards,  
renew today!**

It is once again the time of the year to renew your membership with the **OVO**.

The fee is only \$5 for the member and family. Membership Application were forwarded by email on November 9, 2003. Hard copy is available upon request to Jim McConkey, our membership coordinator, by phone at (613) 745-6549, by email: [jmccconkey@storm.ca](mailto:jmccconkey@storm.ca) or at all our walks.





*In Memoriam*  
**James Coleman "Jay" Kennedy**  
**1934 - 2004**

*Sincere condolences to the Kennedy Family from all the Volksmarchers of the Ottawa Voyageurs Walking Club. Many of you will remember Jay as the walker who walked the trails both forwards and "backwards" and as the National Awards Coordinator just prior to Anna McAnally. Jay, you will be missed.*

*KENNEDY, James Coleman "Jay" Major (Retired) RMC Class of 1957 (#3960), PEng (Civil), BSci (Mil), MBA, CD Peacefully at the Elisabeth Bruyere Centre on Thursday May 13, 2004 at the age of 70. "Best beloved" of his wife Major Cynthia Louise Allan. Loving father of Liane of San Jose, California, and Travis of Ste-Julie, QC. Grandfather to baby Thomas Durand Kennedy. Survived by his sister Mary Jane (Art Tanton) of London, ON and brothers, Richard (Nancy) of Windsor, ON and Robert (Wendy) of Bridgewater, NS, and by several nieces and nephews. Friends may call at the Garden Chapel of Tubman Funeral Homes, 3440 Richmond Road (between Bayshore and Baseline Road) on Saturday June 19, 2004 from 10:00 a.m. until the Memorial Service in the chapel at 11:00 a.m. In memoriam, a donation to the RMC Club Foundation Inc., P.O. Box 17000 Station Forces, Kingston, ON, K7K 7B4 would be*

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*Auf Wiedersehen!*  
**Gasthaus Zum Dorf-Krug**

*It was with astonishment and disbelief that we learned that the Gasthaus has been sold and was closing its operations permanently on April 25, 2004. Thank you, Dolly, Karl and Barbara, for your unlimited support in the past seven years to the Gasthaus Marathon and Summerfest Volksmarch.*

*You will be deeply missed (and are already...) by some of our volkssporters.*

*With the closing of the Gasthaus, an era, as well as our closest walk to the genuine German Volksmarch, come to an end.*



**Once again, thank you from all of us Volkssporters, and God bless you!**

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## Special Walk and Tribute to Helen Viel on her 70th Birthday on April 4, 2004

*The following is the integral text of the presentation prepared and read by our President, Benoît Pinsonneault, at the dinner, in her honour, after the walk at the Mexicali Rosa Restaurant in Orléans.*



- ' I first met Helen in 1995 when I joined the RRVC.
- ' Ole and Helen were the driving force behind the Rockcliffe Rovers since its establishment on 15 May 1987 under CVF #003, which is now assigned to the Ottawa Voyageurs d'Ottawa.
- ' With the Rockcliffe Rovers, Helen has occupied most of the Executive positions short off the Presidency. When I joined the Rockcliffe Rovers, she was the Treasurer, the Publicity Coordinator and the Rover Newsletter Editor.
- ' Her devotion to Volkssporting creates no doubt. Her drive for membership is constant, always on the lookout for new members or to bring back the former ones who have had a drop of interest. She is not afraid of throwing new ideas and proposals in the air for debate. She initiated our OVO Annual Bus Trip, which is now in its second year. Her Pit-Bull thoughts for looking after, recognizing and rewarding volunteers following the CVF AGM in Ottawa, in 2001, resulted in a Volunteer Appreciation Day in the first week of November. On November 6, 2004, the Nepean Nomads will host our third such Annual Event, which alternate among the two IVV area Clubs under OCVA's initiative.
- ' Helen is an avid and fanatic walker. She walks close to 20 Km every day. Her total distance now surpasses 56,358 Km. Her greater accomplishment was to cross Canada on foot with Ole Olson, as their millennium dream/extravaganza by touching the three oceans bordering Canada from Tuktoyaktuk, NWT to St. John's Nfld. and Labrador with a detour to the Pacific in Prince Rupert, BC.
- ' She ran for some years the "Cake Walk" from her home and turned in the money from the sales to the Osteoporosis.
- ' Helen and Ole are also very much involved with the young kids at Trillium Primary School in Vanier, ON where they are passing their passion for walking to the Youth while regularly walking with them as a school project.
- ' Helen and Ole are both highly in demand as speakers for telling their "Wow - What a Walk!" and are our best ambassadors on the Conference Circuit for promoting Volkssporting.
- ' Helen has been working steadily, for some months now, on writing a book about the memoirs of their Walking Adventure across Canada, which will become a reality, sometime in the near future.
- ' Finally, if all of you think that 70 years of age is old and that Helen would probably not be walking around for much longer, think twice: Helen's mother will turn 104 years old this year. If Helen takes after her, you can rest assured that she will be on the trails for many years to come!
- ' To the daughter of a mother young at heart
- ' To the mother of two great children, Gary and Maureen, and
- ' To the grandmother you are:

Please accept on behalf of the OVO, this little Souvenir from all our members.

This alignment of numbers 04/04/04 only happens once in a lifetime.

***Happy Birthday, Helen,  
and God bless you and your family.***

