



# VOYAGEUR

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

Volume IV Issue 1

Summer

June 2005

## **Club Executive 2005**

**Kathy Luten**

**President**

**Phone: 830-7437**

**email: kluten@cpra.ca**

**Donna Sullivan**

**Vice-President**

**Phone: 224-6880**

**email: tireddawgs@yahoo.ca**

**Ole Olson**

**Trail Director**

**Phone: 824-1583**

**email: oleolson@gamma.ca**

**Dorothy Prieur**

**Secretary**

**Phone: 224-6880**

**email: djmolly@gamma.ca**

**Steve McPhee**

**Treasurer**

**Phone: 824-7332**

**email: mcpheesj@gamma.c**

**Benoît Pinsonneault**

**Membership**

**Phone: 746-9071**

**email: benoitpinson@rogers.com**

**Marc St-Germain**

**Publicity Coordinator**

**Phone: 824-4261**

**Mailing Address:**

Ottawa Voyageurs

PO Box 331

OTTAWA ON K1C 1S7

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

## **A WORD FROM THE PRESIDENT. . .**

### **OVO Annual General Meeting**

I want to thank our membership for accepting me as their President for 2005. I am very pleased to announce that for the first time in our club's short history that we have a full slate of executive officers. To each of you, I extend my thanks for standing for office. (See club executive listing to the left)

To Benoît Pinsonneault, thank you for your leadership through the first three years of our club's brief history and assuming the role of Membership coordinator.

New for 2005 is our social Castor Committee headed by Helen Viel. The Castor Committee is in the process of obtaining the birthdays of all members. We will be listing everyone's birthday in each of our newsletters beginning with this issue. This way you can say Happy Birthday when you meet them on the trails. It's a good excuse to stay after the walk and celebrate their special day. If your birthday falls between now and December 1<sup>st</sup> and we have missed publishing it I apologize for the error and ask that you let Helen know your birthday so we don't miss it next time. The Castor Committee will be organizing a Christmas social so if you have ideas for that event please contact Helen.

Marc St Germain is the club's first Publicity Coordinator. Some of you may have noticed Marc's first article published in May 28<sup>th</sup> edition of the Weekly Journal on page 13 - Local News. Watch for future articles in other East Ottawa community newspapers.

### **OVO Website**

Since our last newsletter in December 2004 the OVO website has been completely redesigned. I would like to thank Benoît who wrote the french pages. Take a moment to check out [www.ottawavoyageurs.ca](http://www.ottawavoyageurs.ca) and if you have any suggestions for updates or additional links to provide better service to our members let me know.

### **Active 2010**

Recently our federal and provincial governments have been reviewing and developing strategies to address the physical inactivity of Canadians. In concert with a number of sponsors, fitness and physical activity organizations they are trying to get Canadians active. As volkspotters we know the benefits of physical activity, especially walking. The Ottawa Voyageurs have launched a challenge to all walkers to encourage everyone to walk each year rounder in Eastern Ontario from Peterborough, Renfrew, Brighton, Kingston, Brockville, Cornwall to Ottawa twice during the year. Report cards to assist walker in keeping track of each time they walk a YRE in Eastern Ontario are available at all our walks. Anyone who walks each YRE on our report card twice during 2005 can submit their report card to anyone on the OVO Executive anytime after December 31<sup>st</sup> 2005. Early in 2006 we will draw for a OVO uniform (club shirt and sash). Are you up to our Challenge! I would like to encourage all members to introduce your friends and neighbours to the joys of Volksmarching.

**Kathy Luten**

## OVO Membership

Here are the statistics from the merger of the Rockcliffe Rovers Volksmarch Club and Club Volkssport Orléans, up to now. **As of: 12/05/05**

Year Année	Regular Member Membre régulier	Family Member Membre familial	Honorary Member Membre honoraire	Life Member Membre à vie	Total
2002	135	114	1	N/A – S/O	250
2003	130	105	2	N/A – S/O	237
2004	119	77	2	0	198
2005	137	21	2	0	160

OVO definitely needs new members for its own survival and evolution. Your personal goal for 2005, as an OVO member, should be to try and bring into our club, at least, one new member each. Phone a friend, talk to a neighbour, bring a co-worker, and promote walking in all your daily activities: be an example!

### OVO Cuvée 2005 of New Members (As of: 04/06/05)

BENKE, DENNIS  
BOYD, DENISE  
BURTON, E  
COOPER, DON  
COOPER, JOAN  
CÔTÉ, JEAN-CHARLES  
CÔTÉ, JEAN-FRANÇOIS  
CÔTÉ, JULIE-ANNE

DORÉ, DEBORAH  
GILCHRIST, JOYCE  
HODSON, BERNIE  
JONES, AL  
JONES, ANN  
KASSEM, MOSTAFA  
MACKENZIE, KEN  
MCINTYRE, KAREN

MCINTYRE, IAN  
MCDONALD, DOREEN  
PARRY, MARGRIET  
SCHZAWSKA, DANUTA  
SHAVER, NANCY  
SIGOUIN-CÔTÉ, JACINTHE

~ Welcome into our Club (OVO) ~  
~ Welcome into the Canadian Volkssport Federation (CVF) ~  
~ Welcome into the Internationaler Volkssportverband (IVV) ~

### BIRTHDAY WISHES ~ JUNE to DECEMBER 2005

#### July

4 Jim McConkey  
7 Fanny Landry  
7 Steve McPhee  
8 Elizabeth Burton  
13 Carole Seguin  
15 Gerald Archambault  
20 Denis Bisson  
21 Rosalee Milford  
24 Joanne McPhee  
31 Jean Charles Cote

#### August

2 Kay Guy  
3 Suzanne Donnelly  
6 Benoît Pinsonneault  
28 Ole Olson

#### September

1 Anne Jones  
16 Bernice Murphy  
22 Catherine McElrea  
29 Jacinthe Sigouin-Cote

#### October

6 Diane Pinsonneault  
11 Jim Margerum  
19 Don Cooper

#### November

12 David McElrea  
12 Ha Archambault  
27 Linda Diodati  
28 Joan Cooper  
29 Robert Giles



#### December

8 Bunny Patrick  
14 Donna Sullivan

# Volunteer Appreciation Day

Annually in conjunction with the Nepean Nomads and Ottawa Carleton Volkspport, all volunteers in the Ottawa region are recognized at the Annual Volunteer Appreciation Walk in the first Saturday in November. OVO is the host of the 2005 Volunteer Appreciation Day. The 2005 event is scheduled to take place on November 5. The plans, for the time being, are to have a walk in the Mer Bleue Area followed by a German luncheon after the walk at the German Club, 3928 Farmers Way, Carlsbad Springs, ON.

Mark your calendar now. Rain or shine, the walk will take place as usual and so will the luncheon. You need not participate in the walk to attend the luncheon. All volunteers will be contact around mid-October in preparation for this activity.

Be Pro-Active by offering your kind services to help us out in all of our 2005 planned activities.

## Bicycle Event

Would you like to earn 42k for your distance book sitting down?

Once again the Ottawa Voyaguers will be holding a bike event, their third annual on Sunday June 26<sup>th</sup> starting from the Orleans Royal Canadian Legion, 800 Taylor Creek Blvd. To get there take highway 174 east to Trim Road, turn south. Taylor Creek Blvd is the first street on your right.

In the past the events have explored the Rideau River and Rockcliffe Park, the Experimental Farm, Island Park Drive, and the Ottawa River. Now, we are venturing into the east end of Ottawa, to explore the pathways near another stretch of the Ottawa River.

The planned route will be on gravel paths and have very little up or down hill.

You need not be an Olympic champion cyclist to join us on our ride. The short distance ride should take about 90 minutes, the longer distance just a bit more than 2 hours. These are comparable to the times most people take for a 10k walk. For your investment of time you can add ~25, or 42 k's to your WALKING distance book, (unless you have a cycling distance book), and another event.

Each year there have been a few more folks to come out for the ride.

Come out, be different, and do a bike event.



## Feet's Feats (As of Vol 20, Issue 2 of Volkssport Canada)

### Events

10 Karen Venema	150 Marc St. Germain	700 Kathy Luten
30 Marc St. Germain	175 Marc St. Germain	750 Kathy Luten
50 Marc St. Germain	300 Carol Harrison	1050 Doug Chase
75 Lorna Gilles	325 Carol Harrison	1250 Don Cooper
75 Marc St. Germain	450 Benoit Pinsonneault	Joan Cooper
100 Marc St. Germain	500 Donna Sullivan	1350 Maureen White
125 Marc St. Germain	550 Steve McPhee	

### Distance

500 km Marc St. Germain	3500 km Carol Harrison	13,000 km Steve McPhee
1000 km Marc St. Germain	6500 km Benoit Pinsonneault	20,000 km Maureen White
Lorna Gilles	Dorothy Prieur	25,000 km Doug Chase
1500 km Marc St. Germain	10,000 km Kathy Luten	Bernice Murphy



## Lake Ontario's Shores

Pssst.... Want to spend a great weekend?? The "Ottawa Voyageurs" bus leaves on Sept. 3 for a trip along Lake Ontario's shores returning to Ottawa on Sept 5.



From Ottawa travel to Brighton to walk their YRE, then its on to Toronto, where we will walk the Downsview YRE before traveling to our hotel in Oakville. Both nights will be at the same hotel.

On Sunday we travel to Niagara-on-the-Lake and Niagara Falls. (For those of you who are working on the Ontario director's pin, both walks are YREs sanctioned through the Niagara Escarpment Club.)

Sunday evening's meal will be a group buffet at our hotel. The charge for this has been included in the trip cost.

On Monday morning its on to walk the downtown Toronto YRE. Following this walk we begin to make our way home via Peterborough, where we will walk the SEA walk. For those of you who have never walked in Peterborough you will pass by the historic lift lock, as well as many interesting old homes and pathways.

Price for this weekend will depend on your choice of accommodation. Estimated costs, per person are:

Single: \$292    Double: \$223    Triple: \$192    Quad: \$177

These prices include bus, accommodations plus 2 continental breakfasts at the hotel, snacks on the bus, and of course Sunday evening's buffet. Walkers will be on their own for Lunches and Saturday's dinner. There is a restaurant at the hotel for dinner on Saturday, or you may go to other restaurants in the area.

If you wish a place on the bus please send a deposit cheque of \$50.00 (made out to the Ottawa Voyageurs) and mailed to the address below by July 7th. We will confirm your space and inform you of any changes in the cost by July 14<sup>th</sup>. The balance of the payment will be due by August 1<sup>st</sup>.

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

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

Postal Code: \_\_\_\_\_ E-mail: \_\_\_\_\_

Other Persons in room (up to a total of four persons to a room)

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Make cheque payable to the "Ottawa Voyageurs" and,  
Mail cheque to:

**Donna Sullivan**  
**14 Cote des Neiges Rd**  
**Nepean ON K2G 2C2**

## Ottawa Voyageur Events June to Dec 31, 2005

Day	Date	Event	Type	Start Time
Sat	18-Jun	Honouring French Heritage - Action Vanier Sugar Shack - Old Vanier City Hall	Map Walk	8-10:00
Sun	26-Jun	Bike Event - Royal Canadian Legion - 800 Taylor Creek Dr - Orleans	Bike	8:30-10:00
Fri	1-Jul	Canada Day Walk - YW/YMCA - 180 Argyle St	MapWalk	8:30-10:00
Wed	6-Jul	Lunergan's Pub Walk - 1661 Montreal Road - Ottawa	Evening Map Walk	18-19:00
Wed	20-Jul	Rideau River Walk - Stout Bros - 1344 Bank St - Ottawa S	Evening Map Walk	18-19:00
Wed	3-Aug	Carson Grove Pub Walk - Montana's Saloon -1759 Ogilvie Rd	Evening Map Walk	18-19:00
Wed	17-Aug	Petrie Island Walk - Royal Canadian Legion-800 Taylor Cr Dr-Orleans	Evening Map Walk	18-19:00
Sat	10-Sep	Marathon and Summerfest Volksmarch	Marathon	6-6:30
Sat	10-Sep	Marathon and Summerfest Volksmarch	Volksmarch	10-12:00
Sat	17-Sep	OVO Annual Volksmarch - Divine Infant Church - 6658 Bilberry Dr - Orleans	Volksmarch	8-11:00
Sun	25-Sep	Charity Walk - Cumberland Resource Ctr- Place d'Orleans	Map Walk	10-12:00
Sun	2-Oct	Fall Rhapsody - Gatineau Park - start point TBA	Map Walk	9-10:30
Sun	16-Oct	Colourful Vanier - Rockcliff Walk - Finnigan's Pub 347 Montreal Rd - Vanier	Map Walk	9-10:00
Sat	5-Nov	Volunteer Appreciation Day (Hosted by OVO)	Map Walk	9-10:00
Sun	18-Dec	Christmas Lights Walk - Myranda's 2440 St Joseph Blvd - Orleans	Map Walk	18-19:00

### DID YOU KNOW? -

The Ottawa Voyageurs walking club has an Honourary member in Germany, Hans-Dieter Fuhr. Hans was quite pleased recently when he received his new membership card from Benoît Pinsonneault.

From: Hans-Dieter Fuhr <[hans-d.fuhr@t-online.de](mailto:hans-d.fuhr@t-online.de)>

To: [benoitpinson@rogers.com](mailto:benoitpinson@rogers.com)

Sent: Tuesday May 17, 2005

Subject: Membership

Dear Benoît

Thanks for the membership card and for your kind words.

If any of your members come this way feel free to get in touch with me so I can help them find walks.

Thanks again.

Hans-Dieter Fuhr

### Footpaths/Sentiers 2005

Will soon be available from the CVF office at a cost of **\$8.00** contact:

Canadian Volkssport  
Federation  
P.O. Box 2668 Station "D",  
OTTAWA ON K1P 5W7

Tel: 613-234-7333

Fax: 613-233-1056

E-mail: [cvffcv@bellnet.ca](mailto:cvffcv@bellnet.ca)

## Ottawa Voyageurs d'Ottawa YREs

Beacon Hill	Hill Butcher Shop	2339 Ogilvie Dr.
Blackburn Hamlet	Mac's Convenience Store	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 Mart Express	380 Laurier West Ave. (At Kent St.)
Ottawa	New Edinburgh Shell Station	1 Montreal Rd.
Ottawa	RA Centre	2451 Riverside Dr.
Ottawa	Tribute to the CF-Champagne Pool	321 King Edward Ave (At York St.)



## Voyageurs Voyage – CVF Convention Quebec 2005

Once again, the French faced the English on the Plains of Abraham ... but this time welcomed them with open arms and their traditional hospitality of “joie de vivre.” Attendees from your local club joined hundreds of representatives from across Canada, the US and Great Britain for three fabulous days of fun, fitness, friendship and food!



Looking down ...

The convention kicked off on Friday May 27<sup>th</sup> from the peak of Montmorency Falls where hardy walkers crossed a misty suspension bridge and descended some four hundred steps enroute to Quebec City, some sixteen kilometers distance. We traveled along a bicycle trail bordering the St Lawrence River, on our way to the Old Port and then on to the host Clarendon hotel. A meet and greet reception held at the Musée de l' Amérique Française combined an excellent buffet dinner with dance music provided by local musicians (and can those Quebec ladies dance !!!!)

Saturday's Congress Walk led us on 5km/10km walks through the revitalized Lower Town. Highlights included numerous historic buildings and monuments, Parc Victoria and a leisurely stroll along St Charles River, before returning via le Petit Champlain to the host hotel. The evening banquet, held at the Musée de la Civilisation, rounded out a perfect evening. As we were enjoying a sumptuous four-course dinner we were entertained by an amazing Celtic dance troupe.



Looking Up ...

Sunday's Presidents Walk featured new 5km/10km walks where we wandered through the Upper Town, and left Vieux- Quebec for the Plains of Abraham where we enjoyed spectacular views along the St- Lawrence. We returned via the Terrasse Dufferin to the Chateau Frontenac, winding our way back to the start point.

Many of us enjoyed additional year-round walks as well as a four-day trip to the Charlevoix region at the convention's conclusion.

Bravo to the organizers of our sister club, Club Volkssport Nord- Sud, for hosting a fantastic convention, which will be talked about for years to come. To our sisters and brothers in Quebec – mille fois merci !!!!

Submitted by  
Marc St. Germain,  
Publicity Coordinator