



VOYAGEUR

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

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Articles published in this
newsletter do not
necessarily reflect the
views of the Ottawa
Voyageurs d'Ottawa

A WORD FROM THE PRESIDENT. . .

Winter weather is now just a memory, but I would like to take a moment to thank all those walkers who participated in the winter walking program. Behind the scenes there are always volunteers who take the extra effort to book brunch reservations and lead us on the group walks of area YREs, thank you. These group walks provide an opportunity to get our IVV credits while enjoying the company of other walkers during the walk and at the brunch/lunch following. Remember to check your National Capital Walking Schedule or check our website at www.ottawavoyageurs.ca

OVO Annual General Meeting

In February, the Castor Committee organized the dinner that preceded our Annual General meeting. It was great to have so many members come for dinner and the AGM. Joanne McPhee was this year's grand prize winner of walking shoes from Letellier, 146 Rideau St. Thank you to Cruiseship Centres (Ottawa) for their support and door prizes won by Dave Rugar, Steve McPhee, Lise Tremblay, Nancy Good, Kathy Luten, R Lessard, Dennis Good, and Marlene Lake. Winners of the 2005 OVO Walking Challenge to walk each of eastern Ontario's YREs twice in 2005, were announced: Maureen White, grand prize winner of an OVO shirt and sash; Dave Rugar, Helen Viel and Kirsten Andreassen each won gift certificates for CVF merchandise. Your 2006 OVO Executive is listed in the column at the left. Should you have any concerns, comments or ideas on how to make our club better please take a moment to phone or email any one of the Executive.

CVF Convention and AGM

May 12-13th I attended the Canadian Volkssport Federation conference and 20th Annual General Meeting, in Edmonton Alberta. The walks were great and well organized. There will be a motion going forward to the 2006 IVV Annual General meeting from the CVF and the American Volkssport Association moving that a "small" distance of 5k-9k be allowed at Year Round and Seasonal Events in conjunction with a short/medium distance for YRE and Seasonal Events. As soon as we learn the results of the vote we will send you an update. Congratulations to Graham Fawcett and Benoît Pinsonneault on their re-election to CVF President and Vice President respectively.

National Walking Weekend CVF President's Challenge

While the tulips were fading fast on the last weekend of the annual Tulip Festival and the OVO walking festival weekend, walkers were not. I am pleased to announce that the OVO Tulip Festival-walking weekend won the President's Challenge. CVF President Graham Fawcett congratulated the Ottawa Voyageurs for raising the bar in organizing, planning and publicizing a walking event. In spite of the rain and gloomy weather over 100 walkers registered and walked each day. On the Saturday evening, we hosted our sister club Volkssport Nord-Sud from Québec City to a barbecue at the Orléans Legion. It was great to see so many club members come out to meet and greet members of our sister club. Many thanks to our head chef Steve McPhee, the Castor Committee, and all those who brought salads and deserts.

Summer Walking and the Club Christmas Party!

While, we are just beginning the summer walking period, were we have great events on the weekends and wonderful pub walks on Wednesday evening. I want to take this opportunity to encourage everyone to mark Saturday, November 25 on your calendars as the evening the OVO will be holding our 2nd annual Christmas dinner at Sirolas Steakhouse restaurant, 675 boul St Joseph in Gatineau, QC (I understand dancing will be an option). More details will follow via email and you will need to confirm your attendance.

20th Anniversary of Walking in Eastern Ontario

This is the 20th anniversary year of walking in eastern Ontario, I want to remind all walkers past and present that an Anniversary Dinner is planned for the evening of the annual Divine Infant Volksmarch, September 16th at the RA Centre on Riverside Drive. Please add this dinner to your calendar of events. More details will follow on how to order tickets, etc. via email.

I have a personal request of all our walkers to take a moment to look for items of historical significance relating to the Rockcliffe Rovers, Club Volkssport Orléans and the Ottawa Voyageurs. If you have photos, relics and/or stories about our early years please call myself, any member of the Executive or Helen Viel, Castor Committee Chair who is collecting items for the anniversary dinner, September 16th at the RA Centre on Riverside Drive. Please remember to sign up as soon as the registration form is forwarded later on this summer (seating will be limited)

Kathy Luten, President OVO

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 th 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.)



Feet's Feats from Volkssport Canada

Distance

500 Km Maude Soo	4000 Km Perry Crowder	8000 Km Benoît Pinsonneault
1000 Km Maude Soo	Robert Giles	9000 Km Graham Fawcett
1500 Km Lorna Giles	4500 Km Shirley Atkins	14000 Km Steve McPhee
2000 Km Jane Fawcett	Perry Crowder	11000 Km Kathy Luten
1500 Km Kevin Kluge	6500 Km Bryan Gallimore	13000 Km Joyce Taylor
2500 Km Jane Fawcett	7000 Km Rosalee Milford	18000 Km Trevor Luten
3000 Km Gerry Archembault	Dorothy Prieur	22000 Km Dave Rupar
Ha Archembault	Bryan Gallimore	65000 Km Helen Viel
3500 Km Perry Crowder	7500 Km Rosalee Milford	

Events

75 Events Kevin Kluge	325 Events Robert Giles	600 Events Donna Sullivan
125 Events Lorna Giles	Perry Crowder	650 Events Graham Fawcett
200 Events Jane Fawcett	350 Events Shirley Atkins	800 Events Kathy Luten
225 Events Jane Fawcett	450 Events Rosalee Milford	850 Events Kathy Luten
250 Events Perry Crowder	475 Events Rosalee Milford	Joyce Taylor
275 Events Gerry Archembault	550 Events Benoît Pinsonneault	950 Events Trevor Luten
Ha Archembault	Dorothy Prieur	1350 Events Don Cooper
Perry Crowder	575 Events Benoît Pinsonneault	Joan Cooper
300 Events Gerry Archembault	Steve McPhee	1400 Event Kristen Andreassen
Ha Archembault	Dorothy Prieur	1450 Events Ole Olson
Perry Crowder	Donna Sullivan	Helen Viel
325 Events Shirley Atkins	600 Events Steve McPhee	1700 Events Dave Rupar

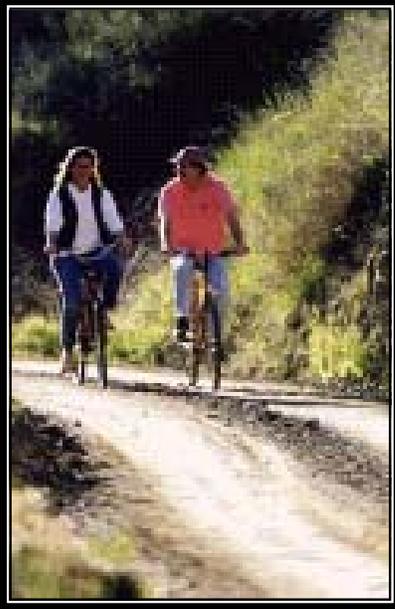


News from the Castor Committee

2006 is an important year for us. By the time you read this we will have hosted 60 members of our sister club from Loretteville. We are continuing to organize our 20th anniversary of volkssporting in Ottawa East which will be held on the 16th of September. This requires a lot of planning and preparation. We will also help with the Autumn Leaves Walk in the Gatineau by organizing everyone to bring a lunch and a dessert to share. There is the Christmas Party in November. So keep tuned in and enjoy the social activities.

We also send cards to members to recognize various events. Our committee which consists of Diane Hoskins, Betty Gallimore, Roselee Milford, Shirley Atkins and Helen Viel welcome any suggests that will make our club more alive and interesting.

Enjoy a good summer of walking and socializing all for fun, fitness and friendship.



Bike Event

Dust off that bike that you don't use a lot and come and join in what will probably be the last bike event for the next several years.

On June 25th the Voyageurs will begin a bike ride from the RA Centre on Riverside Dr. Registration will take place from 08:00 to 08:30. This year there will be 3 lengths to chose from, 13, 25 or 42 km.

The route is quite flat and will follow the bike paths along the Rideau River for the 2 shorter lengths and go into the Rockcliffe are for the longer ride. Depending on the distance you chose it will take between 1 and 3 hours to complete the ride.

CVF / IVV rules allow 1 bike ride in your distance book each year, if you do not have a Bicycle book. This will be your one chance in Ottawa, to add a longer distance in your event book.

REQUEST FOR HISTORICAL PHOTOS - 20 YEARS VOLKSSPORTING IN OTTAWA EAST

The Ottawa Voyageurs Walking Club (OVO) will be celebrating 20 years of Volkssporting in Ottawa East this year. It is hoped that some of this history can be portrayed through pictures. As the saying goes " a picture is worth a thousand words". Therefore, our membership and fellow walkers are being canvassed for any photo memorabilia which may date back over the last 20 years pertaining to the OVO and its predecessor walking clubs (Rockcliffe Rovers or Club Volkspport Orléans).

Original photos would be returned to its owner, therefore any submission should be clearly identified with owner information as such. As well, any information of what the photo depicts would be appreciated.

Should you have photos which fit this request, or wish to discuss photos that one may have available, please contact Helen Viel.

Helen e-mail address: oleolson@magma.ca

Membership / Adhésion (May 31, 2006)

Year Année	Regular Members Membre régulier	Family Members Membre familial	Honourary Members 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	164	28	2	0	194
2006	139	21	2	0	162

Kevin Kluke, Membership Director / Directeur Adhésion kluke.jk@forces.gc.ca 613 841-5438

2006 Ottawa Voyageurs Bus Trip Planned for the September Long Weekend

Once again the Ottawa Voyageurs are "On the Road." As was announced at the AGM the trip this year will travel to the Centre of Ontario and Cottage Country.

We will be leaving Ottawa for Stirling and Orillia on Saturday, September 2. The second walk, Orillia will be an event walk and we expect to be joined by some of the members of the former club from Borden. On the 3rd we will travel to CFB Borden and Parry Sound. We will finish our trip by walking in Bracebridge and Huntsville. Our final stop will be Renfrew, not to walk but to partake of the schnitzel, or whatever, at the Rocky Mountain House.

This year's prices have increased as the cost of fuel has raised bus rental charges. However the increases are around \$25 per person.

They are as follows: Solo: \$310 Pair: \$225 each Trio: \$205 each Quad: \$188 each

If you are interested in reserving a space on the bus please fill out the form below and attach a deposit cheque for \$50.00 made out to the Ottawa Voyageurs Walking Club.

Name: _____

Sharing with: _____

Phone: _____ Email: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Please check your choice for accommodations:

Solo @ \$310

Pair @ \$225

Trio @ \$205

Quad @ \$188

Mail cheques to:

Voyageurs Bus Trip
C/o Donna Sullivan
14 Cote des Neiges Rd
Nepean ON K2G 2C2



O.V.O. Birthdays ~ July to December 2006

Best wishes to the following members who will be celebrating birthdays during the next six months. We apologize if we missed yours. If you would like to see it in future newsletters, please be sure to give us your d.o.b when completing your Membership Application for the up-coming year.



July

- 4 Jim McConkey
- 7 Fanny Landry
- 7 Steven McPhee
- 8 Elizabeth Burton
- 10 Deborah MacDonald
- 14 Mary Chartrand
- 15 Gerald Archambault
- 21 Rosalee Milford
- 23 Brenda Kluge
- 24 Joan McPhee
- 31 Jean Charles Cote

August

- 2 Kay Guy
- 4 Joan St. Germain
- 4 Kirsten Andreassen
- 6 Benoît Pinsonneault
- 13 Steve Gallimore
- 15 Alf Gunter
- 21 Ole Olson

September

- 1 Ann Jones
- 6 Marthe Lalwani
- 8 Brenda MacDonald
- 16 Bernice Murphy
- 18 Barbara Ives
- 22 Catherine McElrea
- 29 Jacinthe Sigouin-Cote

October

- 6 Diane Pinsonneault
- 11 Jim Margerum
- 12 Jane Estabrooks
- 14 Laura Reinhard
- 16 Denise Boyd
- 16 Deborah Dore
- 27 Ed Acheson
- 29 Don Cooper
- 31 Rose-Marie Lessard

November

- 10 Angela Kelly
- 11 Henderson Small
- 12 David McElrea
- 12 Ha Archambault
- 16 Al Jones
- 25 Shane Fowler
- 27 Linda Diodati
- 28 Joan Cooper
- 29 Robert Giles

December

- 1 Rita Fowler
- 8 Fred Reimer
- 14 Donna Sullivan
- 27 William Ives

If you want to know if your brain is flabby,
feel your legs. - Bruce Barton

OVO Cuvée 2006 New Members **(Since December 2005)**



ACKERMAN, YVONNE
ANDREASSEN, ARTHUR
ANDREASSEN, KIRSTEN
BURNFORD, CÉLINE
BURNFORD, RICHARD
CHEVRIER, LUCIE
CHRISTIANSON, LINDA
GOODFELLOW, COLIN
KLUKE, BRENDA
KLUKE, VINCENT
KWOK, SOPHIE

LIEPINS, AINA
LIEPINS, INES
MACDONALD, BRENDA
MICHAUD, STEPHANE
MOREL, EVELYN
REINHARD, LAURA
RUPAR, DAVID
SAYA, HOUDA
TREMBLAY, VALÉRE
UNICUME, DIANNE
WEBB, ROB

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

A Pilgrimage in the Making **Road of Sanctuaries**

Six of your fellow walkers will live an exceptional experience from June 1st to June 6th. They registered to walk the Road of the Sanctuaries: Ottawa-Montreal.

This walk is a pilgrimage that started last year.

It is an expansion of the Quebec Road of Sanctuaries, which departs from l'Oratoire Saint-Joseph of Montreal to Sainte-Anne-de-Beaupré and which has been in existence for the last 10 years.

It is a pilgrimage on foot from Ottawa to Montreal, spread on 12 days and covering a distance of 225 kilometers. The departures are from the Notre-Dame Cathedral in Ottawa, six pilgrims per day between June 1st and June 18th, 2006.

The walkers are housed in religious communities, community centres and within families. The route will bring us on both sides of the Ottawa River up to l'Oratoire Saint-Joseph, in Montreal, with a stop at the Notre-Dame-de-Lourdes Sanctuary in Rigaud.

We will cross the Ottawa River, three times by ferry, in order to follow the most appropriate roads for walking.

When I first checked the info for this walk, at the beginning of Year 2006, it was already booked solid. I then made a participation offer that could not be refused.

Six members of our club will depart on June 1st at the same time as the other first group of six people already booked for that date.

The latter walkers will stop at the first stage in Orléans, ON and we will carry on to the second stage in Masson, QC and will do double stages every day up to Montreal in order to complete this journey in six days.

An after action report will be provided by the participants for publication in Volkssport Canada, as well as in our next Newsletter, the "Voyageur".

Anyone interested to live such an experience for next year should leave his/her coordinates at the following phone number: (819) 777-6023 and consult the website at www.sanctuaires.ca.

There is already a waiting list of about 15 people for this journey, as well as other Sanctuaries' Roads available for next year.

P.S. This pilgrimage is sanctioned by the CVF as a More-Days Walk of 225 km, taking place from June 1st to June 6th, 2006.

Un pèlerinage en vue **Le Chemin des sanctuaires**

Six de vos confrères/consœurs marcheurs(euses) vivront du 1^{er} juin au 6 juin 2006 une expérience exceptionnelle. Ils se sont inscrits à la marche du Chemin des sanctuaires : Outaouais-Montréal.

Cette marche de type pèlerinage a débuté l'an dernier.

Elle est une expansion du Chemin des Sanctuaires du Québec qui prend son départ de l'Oratoire Saint-Joseph de Montréal pour se rendre à Sainte-Anne-de-Beaupré et qui existe depuis déjà une dizaine d'années.

Il s'agit d'un pèlerinage à pied entre Ottawa et Montréal, pendant 12 jours, et pour une distance de 225 kilomètres. Les départs se font de la Cathédrale Notre-Dame d'Ottawa, à raison de 6 pèlerins par jour entre le 1^{er} et le 18 juin 2006.

Les marcheurs logent chez les communautés religieuses, dans des centres communautaires et dans des familles.

Le parcours nous conduira sur les 2 rives de la rivière des Outaouais jusqu'à l'Oratoire Saint-Joseph de Montréal, en passant par le Sanctuaire Notre-Dame-de-Lourdes à Rigaud.

À trois occasions, nous traverserons la rivière des Outaouais par traversier pour accéder aux chemins les plus propices à la marche.

Lorsque je me suis informé au sujet de cette marche au début de l'année 2006, la grille de départ affichait déjà complet. J'ai alors fait une offre de participation qu'on ne pouvait refuser

Six membres du club partiront donc le 1^{er} juin en même temps que l'autre premier groupe de six personnes déjà confirmées pour cette date.

Ces derniers s'arrêteront à la première étape à Orléans, ON et nous nous rendrons jusqu'à la 2^e étape à Masson, Qc et prendrons les bouchées doubles, et ce, jusqu'à Montréal pour compléter le trajet en 6 jours.

Un compte-rendu vous sera donné par les participants tant dans Volkssport Canada que dans notre prochain bulletin d'information le « Voyageur ».

Quiconque est intéressé à vivre une pareille expérience pour l'an prochain devrait laisser ses coordonnées au numéro suivant : (819) 777-6023 et consulter le site web : www.sanctuaires.ca.

Il y a déjà une liste d'attente d'une quinzaine de personnes pour ce même trajet et d'autres routes de sanctuaires de disponible pour l'an prochain.

P.S. Ce pèlerinage est sanctionné par la FCV comme une Marche de plusieurs jours de 225 km se déroulant du 1^{er} au 6 juin 2006.

Road of the Sanctuaries - Le Chemin des Sanctuaires **(After Action Report)**

The six Ottawa Voyageurs members participating in this unique experience were: Kevin Kluge, Steve McPhee, Ole Olson, Benoît Pinsonneault, David Rugar and finally H  l  ne Viel. This pilgrimage was also sanctioned by the CVF as a More-Days Walk of 225 km, taking place from June 1st to June 6th, 2006.

The following identify the checkpoints and distances covered:

Day 1: Cath  drale Notre-Dame (Ottawa) (*Start Point*).

R  sidence St-Louis (Orl  ans) – 16 km

Maison B  thel (Masson) – 17 km

Day 2: H  tel de Ville (Thurso) – 18 km

Les S  urs du Sacr  -C  ur (Plaisance) – 19 km

Day 3: Centre communautaire (Montebello) – 22 km

Grande maison d'une religieuse (L'Orignal) – 21 km

Day 4: Centre communautaire (Chute-  Blondeau) – 20 km

Monast  re des Clercs de St-Viateur (Rigaud) – 25 km

Day 5: R  sidence des Sulpiciens (Oka) – 18 km

Poste de pompiers (Deux-Montagnes) – 21 km

Day 6: Les S  urs Missionnaires du Christ-Roi (Laval) – 13 km

Oratoire St-Joseph (Montreal) –15 km (*Finish*)

JOUR 1: OTTAWA, ON – MASSON, QC (33KM)

by Beno  t Pinsonneault

L'ouverture officielle de la version 2006 du Chemin des sanctuaires : Ottawa-Montr  al, notre jour 1, d  bute par une messe    la Cath  drale Notre-Dame d'Ottawa    08h00 avec d  part    08h30 direction Montr  al apr  s remise d'une   pinglette et b  n  diction de l'officiant. La pluie fut de la partie pour la premi  re heure de marche suivie d'une p  riode de nuages et le soleil termina la journ  e.    peine avons-nous fait quelques kilom  tres, qu'un de nos membres fit une mauvaise chute au bas de l'escalier nous menant    la Riviere des Outaouais, heurtant sa main et son poignet droit, l'incommodant pour le reste de la marche.    chaque deux heures de marche, nous nous arr  tions pour une quinzaine de minutes, un repos bien m  rit   obligeant. Le repas du midi fut pris    la R  sidence Saint-Louis,    Orl  ans, ON, lieu de destination de la premi  re   tape. Donna Sullivan s'  tait jointe au groupe pour cette premi  re   tape. Notre p  riple pour ce premier jour n'  tait qu'   moiti   parcouru. Apr  s photos sur le site de l'  crasement d'un CF100 des Forces canadiennes, il y a d  j   50 ans, ayant caus   la mort de 15 personnes, nous sommes repartis de la R  sidence Saint-Louis, direction Masson-Angers, QC, lieu de destination de la deuxi  me   tape, lequel nous avons rejoint vers 17h40



Steve McPhee, Dave Rugar, Beno  t Pinsonneault, Helen Viel, and Ole Olson

apr  s avoir travers   la riviere sur le traversier entre Cumberland, ON, et Masson, QC. Douche,    la r  sidence des S  urs de la Charit   d'Ottawa, souper au restaurant, d  placement des v  hicules de soutien, groupe d'ordre et dodo, r  sum   nos activit  s de cette premi  re soir  e.

DAY 2: MASSON, QC – PLAISANCE, QC (37KM)

by David Rugar

The objective of the second day of the pilgrimage (Friday, June 2) was to walk from Masson to Plaisance, Qu  bec. Both of these towns are along Qu  bec highway 148. Since the portion of Autoroute 50 that will eventually bypass these towns has not yet been built, all the through traffic has no choice but to follow the old highway 148. That left the organizers of the pilgrimage with a difficult decision, either (1) take the direct route along 148 but cause the walkers to face very heavy traffic all the way, or (2) take secondary roads that bypass 148 to the north but are much longer and offer almost no services.

The latter option was the one chosen by the organizers of the pilgrimage. So, instead of walking 24 km. along the dangerous and noisy 148, we walked

37 km. mostly on back roads from 1-4 km. north of the 148.

For the Ottawa Volksmarchers, this day set the pattern that was to be repeated for the rest of the trip, "early to bed and early to rise". We all rose at 5.00 a.m. and vacated the premises where we stayed by around 6.00. We found the only restaurant in Masson that opened at 6.00 a.m., and had breakfast there. Fortunately, this restaurant was on the route that we were to follow that day. By approximately 7.00 a.m., we had finished breakfast and were on our way. We followed the 148 for a few more km. and then headed north into the back roads. This whole area consisted of some farmland and some forested land in moderate hills. During the morning, the most suitable place for a rest was two park benches in an old cemetery near the former village of Lochhaber. (Many of the headstones had Scottish names like McTavish and McCallum). There were no sources of water or food and washrooms or outhouses anywhere along the route until we reached our lunch destination, the town of Thurso.

Because of its large mill and large church, Thurso was easy to spot well before we actually arrived there late in the morning. We had lunch at a "casse-croute" and then split into two sub-groups. Three Volksmarchers took an extra half-hour break in front of the big church while the other three headed immediately towards the back roads. The best spot for a rest during the afternoon walk was the park at the Nation River Falls a few km. north of Plaisance. As with the morning, there were no services of any kind except for an outhouse in this park. Finally we headed south towards Plaisance and could eventually pick out the church spire.

The weather on June 2 was generally sunny and moderate (a high of about 21), but dark clouds unexpectedly began to become more apparent as the afternoon went on. By the time the walkers reached Plaisance (3.30-4.15 p.m.), the sky was completely overcast and showers could be seen in the distance. These clouds gave a good idea of what the weather the next day was going to be like.

JOUR 3 : PLAISANCE, QC – L'ORIGINAL, ON (43KM) by Hélène Viel

Après avoir pris un copieux déjeuner et dit au revoir aux deux affables religieuses, nous quittons le gîte de Plaisance pour reprendre notre marche via Montebello et L'Original. Le ciel est couvert et vers 09h00, une bruine commence à tomber, suivie d'une pluie constante pour le reste de la journée. Sur notre route, nous avons vu deux llamas, et avons pris la traverse à Fassett, QC, route 148, pour débarquer à Lefaivre ON. Tous les marcheurs ont dû utiliser leur parapluie en permanence. Vers 16h00, j'ai porté secours à Kevin qui avait des phlyctènes sur un orteil. Ce n'était pas le lieu idéal pour prodiguer les soins nécessaires. Arrivés à L'Original, avons été reçus par

Sœur Pierrette qui avait un bon repas chaud pour nous. Ceci a été d'un grand réconfort et nous avons apprécié le chaleureux accueil et la bonne atmosphère de la maison.

DAY 4: L'ORIGINAL, ON – RIGAUD, QC (45KM) by Steve McPhee

The weather forecast was sunny with clouds and a high of 21. We departed L'Original under some trepidation or some of our feet and other areas were in rough shape.

Our destinations were 20km to Chute à Blondeau and 25 km to Sanctuaire de Rigaud. We were heartened by the fact that we were at the halfway mark, yet leery about walking the longest segment of our journey. Benoît and Kevin had to be tired as they put in a few extra hours moving the vehicles back and forth every night at the completion of the walks.

We said goodbye to Sister Pierrette Leclair and marched off to Chute à Blondeau. There was very little sun and it turned out to be our best walking day so far. We stopped for coffee, etc. at a Tim Horton's in Hawkesbury and, while there, realized there would be no stores for lunch as we were going through Parc Voyageur and on to Rigaud. So we all bought lunch and proceeded.

At about 11:30 hours, along a quiet route, we were visited by a flying formation of one bomber and three fighter planes, which seemed to be practicing flying formation for an air show.

We stopped for lunch in the Parc and, upon leaving, circled around the Carillon Dam on a raised causeway, which was covered in blooming camprons of various colours. The rest of the day was a very relaxing walk all the way to Rigaud where we arrived shortly after six. We had a very enjoyable supper at the L'Étoile de Rigaud Restaurant and proceeded to the Monastery to bathe and treat our wounds. Once the administration was completed, we were off to bed by 09:00 p.m., as breakfast was at 06:00 a.m., as we hoped to be off by 06:30 hours.

DAY 5: RIGAUD, QC - DEUX-MONTAGNES, QC (39KM) by Ole Olson

After a good breakfast, we departed for Hudson along country roads. Arriving at the ferry dock at Hudson, we boarded a barge and were towed across Lac Deux-Montagnes. As we neared the dock, we were slung towards the dock and then the tug pushed us into place. We left the ferry, had lunch and a micro brewed beer and left for Deux-Montagnes for a 21-kilometer walk along bicycle paths to Deux-Montagnes. Kevin went to the Oka Cheese factory for some good cheese. There were two ice cream stops along the way and we arrived at the Fire Hall where we would spend the night. We all slept in one large room, which was an interesting experience. Helen attended to the walking wounded, getting everyone

ready for the dash to the summit. While Kevin and Benoît moved the cars forward, the rest of us went to dinner but they had no beer. We were told to go across the street to the IGA and buy some beer and bring it back to have it with dinner. What a civilized way to live! Now it was bed time and we did not watch the Oilers lose.

DAY 6: DEUX-MONTAGNES, QC - MONTRÉAL, QC (28KM) by Kevin Kluge

The last day was upon the, eager but tired, group of walkers who were about to reach their goal, Oratoire St-Joseph, Montréal. As other daily commentators may have commented on, I elected to discontinue the walk after completing day 3 (113km). The total loss of the small toe nail of my right foot left the nail bed raw tissue exposed and painful to any pressure or objects touching its surface. Many thanks go to Hélène Viel, our personal Nurse temporarily brought out of retirement on this occasion, who tended all of our wounds. Her efforts and tender medical care significantly contributed to minimizing the potential for any infection to develop and to our overall comfort. Special mention is that, not only did Hélène address our wounds, but also did this prior to attending her own personal care. Again, many thanks go to Hélène.

The final night's rest was in a dorm like room, of the Deux-Montagnes Volunteer Fire Hall. The morning of the 6th day continued the daily routine of up at 5am, off to find breakfast by 6 a.m. and on the road, walking, at approximately 7am. All filled this day with anticipation, as they would cross the 200km milestone quite shortly after starting and reach the Oratoire. We left Benoît's vehicle with our luggage in Deux-Montagnes and I would take my vehicle to re-supply the group with water and transport any unnecessary items the group no longer required to carry with them. The weather for today was around 26°C and mainly bright sunny sky.

As I was not familiar with Montreal and surrounding areas, many questions were voiced to the group on directions and walking route. Benoît kindly provided me with a Montreal Map, as well as Dave Rugar suggested some possible routes from his repertoire of maps. Armed with this, and an additional map of Laval, everyone was off.

The group reached the 11th main checkpoint of Les Sœurs Missionnaires du Christ-Roi by 10:30 am. They would walk another 1.5 hours before stopping for a much-needed break and fuel (lunch) replenishment. At approximately 1 p.m., the group would be off for the final several kilometres to reach the Oratoire St-Joseph.

At approximately 3 p.m., the end was now, a reality. Three relatives of Hélène were waiting at the end of the route and had somehow ascertained and identified Dave from the crowd of people on the street as being one of our (pilgrim) walkers. Likewise, at the entrance to the Oratoire grounds, a sister-in-law of Steve McPhee greeted him. Congratulatory and introductions were shared, and then it was off to look after administrative details such as final signatures in the pilgrim passport booklets from a representative of l'Oratoire.

The 6-day (6 event), 225km, was achieved. Sighs of exhilaration were evident on everyone. Some time was spent taking photos and visiting l'Oratoire souvenir store and then it was time to exit Montreal, in rush hour traffic. Our exit and return to Deux-Montagnes to retrieve Benoît's car went uneventful. This was largely due to the (onboard) navigators, Dave and Benoît. One final ferry crossing at Oka had us in a homeward direction. But home would not be reached before Ole Olson had his Feast of Pork Hocks from a rustic but awesome (middle of nowhere) restaurant called Mon Village on route 40. I believe Ole walked the entire distance just to visit this favourite dining place of his. It was at this point that appreciation from the group was conveyed to Benoît and me for our administrative efforts throughout the trip in the form of picking up the tab for our last supper. My unfortunate demise was also recognized in the form of appropriate gifts of symbolic healing oil and footprints in the sand bookmark. A final rearrangement and sorting of luggage was done and it was off on the final leg into Orléans/Ottawa.

This adventure was quite demanding in many aspects. But the remarkable smoothness of its execution goes entirely to Benoît Pinsonneault for all his coordinating efforts and the many phone calls he made in ensuring that our arrival at the various locations were of no surprise. Again, much kudos goes to Benoît.

For lessons learned, one can never be overly prepared. Damp weather is always a threat and hazard to our feet and without these in good working order, we go nowhere, fast. As well, we may not think we would need a first aid kit, but having had one (as small as it was) with us, it came into good use and all its supplies were practically depleted. Our experience is that we would never venture any considerable distance without such equipment.

Thank you all, to stronger friendships, and many more worn out footwear. Looking forward to more adventures of this nature.

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REMINDER PLEASE SEND YOU  
Awards books to the new  
CVF Awards Coordinator

Lea Tocher  
CVF Awards Coordinator  
450 Rouge Rd.  
Winnipeg, MB R3K 1K4

## **2007 OVO TENTATIVE EVENT SCHEDULE**

The Canadian Volkssport Federation (CVF) will celebrate its 20<sup>th</sup> Anniversary in 2007. A Special CVF 20<sup>th</sup> Walking Program with a commemorative certificate will soon be launched by the CVF. It is a six-walk program and to be eligible for the certificate, you will have to have participated in four (4) out of the six (6) walks. The six walks will be shared by, and part of, the regular program of the three CVF Clubs in the Ottawa area (i.e. Ottawa-Carleton Volkssport Association (OCVA), Ottawa Voyageurs (OVO) and Nepean Nomads) and will be identified as such. The program is based on a musical beat with an opening, four beats and a grand finale. The six walks and timing represent six important dates for the CVF. There will be an opening walk in February, one in April, two in May, one in June and the Grand Finale on July 1<sup>st</sup>, 2007.

Please find herewith attached, copy of our tentative schedule for 2007:

| <b>Day</b>                     | <b>Date</b>                                              | <b>Draft OVO - 2007 Event Schedule</b>                                       | <b>Type</b> |
|--------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------|-------------|
| Saturday                       | February 17                                              | Winterlude – Map Walk                                                        | MW          |
| Saturday                       | May 19                                                   | Tulip Festival – Volksmarch                                                  | W           |
| Sunday                         | May 20                                                   | Tulip Festival – Map Walk                                                    | MW          |
| Monday                         | May 21                                                   | Tulip Festival – Marathon                                                    | M           |
| Saturday<br>Saturday<br>Sunday | May 26 <b>or</b><br>September 08 <b>or</b><br>October 14 | Discover Far-Eastern Ontario / Western Québec<br>Black Mountains, Rippon, QC | MW          |
| Wednesday                      | June 13                                                  | (New Pub Walk) – Orléans, ON                                                 | EMW         |
| Saturday                       | June 23                                                  | Honouring French Heritage                                                    | MW          |
| Wednesday                      | June 27                                                  | Montana’s – Carson Grove Walk – Ottawa, ON                                   | EMW         |
| Sunday                         | July 01                                                  | Canada Day Walk                                                              | MW          |
| Wednesday                      | July 11                                                  | Thirsty Toad Pub – Rideau River Walk – Ottawa, ON                            | EMW         |
| Wednesday                      | July 25                                                  | Finnigan’s Pub – Vanier, ON                                                  | EMW         |
| Wednesday                      | August 08                                                | Lunergan’s Pub – Rothwell Heights Walk – Ottawa, ON                          | EMW         |
| Wednesday                      | August 22                                                | Royal Canadian Legion – Petrie Island Walk – Orléans, ON                     | EMW         |
| Saturday                       | September 15                                             | OVO Annual Volksmarch                                                        | W           |
| Sunday                         | September 23                                             | Charity Walk in Support of Cumberland Resource Centre                        | MW          |
| Saturday                       | September 29                                             | Fall Rhapsody – Gatineau Park, QC                                            | MW          |
| Saturday                       | November 03                                              | Volunteer Appreciation Day ( <u>Hosted by OVO</u> )                          | MW          |
| Sunday                         | December 16                                              | Christmas Lights Walk                                                        | MW          |

- Our marathon will be moving from September to the long weekend in May with the Tulip Festival.
- We will discover in 2007 the Black Mountains in Rippon, QC in our discovery of Western Québec.
- The Bike Event has been cancelled for lack of interest.
- Our Club and the Nepean Nomads will fill all Wednesday nights with a walk from beginning of June to end of August 2007.
- And, finally, our October Waffle Wobble Walk has disappeared with the closing of the Waffle House, in Vanier, and will become a Wednesday night walk.
- All these changes do not change the total number of our events, which remains at 17 events for year 2007. We will, however, host the 2007 Volunteer Appreciation Day, which alternates every year between our Club and the Nepean Nomads and is really an OCVA activity.

Benoît Pinsonneault  
Trail Director