



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



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January 1, 2013 walk in St Albert, AB with 52 walkers in attendance on a sunny -1C day

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

“FUN, FITNESS AND FRIENDSHIP!”



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for your
contributions to Volkssporting in
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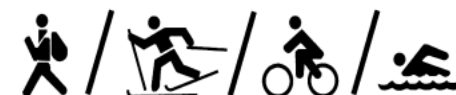
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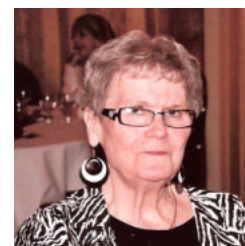
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In Memoriam



LOCKERT, Sheilagh - a member of the Volkssport Club of Medicine Hat since 1997, passed away on November 22nd at the age of 72. She is remembered by her husband, Ben, of 50 years, sons Pat (Tanis); Greg (Suzanne); daughter Shannon (Steve) and six grandsons. Born in Saskatoon Sheilagh attended teacher's college in Regina. She taught for many years touching the lives of many of her students. As she was very active in the community volunteering for the Medicine Hat Stampede, CWL, and the Cancer Clinic and of course Volkssport. Sheilagh will be greatly missed by her family and her many friends.



FAREWELL TO DONNA SULLIVAN

Since 2004, Donna Sullivan has served as Executive Assistant in the CVF office. She has given us notice that she would like to retire. She really planned to do this at the end of December but she has consented to stay on until January 17 so that she can orientate a new person into this position. Everyone at CVF wishes Donna the best in her new phase of life. We wish to thank her for the number of years that she has dealt with the administrative needs of the CVF office, answered emails and phone calls, greeted visitors to the Ottawa office, and managed to learn the peculiarities of each one of us. We have appreciated her dedication to the position.

WELCOME TO CHERYL WALKER

We had a number of applicants, of which we chose three to interview. The person chosen is Cheryl Walker, who has experience as an Executive Assistant.

I would like everyone to welcome Cheryl to the position on January 7, 2013 and to help her in her new position. She has sent a short note to let us know something about her personally: "I would like to say how pleased I am to have the opportunity to work for CVF. Both my husband and I are avid walkers and both enjoy and appreciate the benefits of walking for recreation and exercise. I grew up in Toronto but have lived in Ottawa for about thirty years. I was an English major in school but I am now very much involved in oil painting and would say that, besides my family, this is my passion. My son and husband work together in a renovation business which my husband has built-up over the years, and my daughter is working towards a career in the social services. Most of my work experience has involved administrative work in the hi-tech and construction industries although I have done some contract work in other fields, which has given me a good variety of work experience. I very much enjoy getting to know people and being

WORD FROM THE PRESIDENT

by Ethel Hanson

Welcome to our first electronic version of Volkssport Canada. Those of you holding subscriptions who have donated the remainder of their subscription to CVF will be acknowledged for the donation. Our next edition in March, 2013 will be an annual report with reports from the Board and Executive. In the past we have published an annual report at the annual cost of about \$200. In October 2012, the Board voted to discontinue this printing and to publish the reports in Volkssport Canada.

The final numbers of walkers completing the 25th Anniversary Walk Program are still to be compiled. Remember, you must get these sheets into the CVF office by December 31. Now walkers can concentrate on the Winter Walking Program and the new Program: Trans Canada Trail Program which starts January 1, 2013. The stamp sheet for the Trans Canada Trail Program is found on the CVF website (www.walks.ca) under Resources, Documents (Individual). Print off the form, get the 20 stamps and send \$5 with your completed sheet to get a certificate and acknowledgement in Volkssport Canada.

I attended the IVV Congress of Delegates in China October 20 – 21 and with Jane Fawcett, we had three votes for the meeting. Congratulations to Benoit Pinsonneault who was voted to the IVV Disciplinary Board. The next Congress of Delegates will be in Hamburg, Germany in September, 2014. The next IVV Olympiad will be in Chendu, China, September 24-27, 2015 but before that the IVV Olympiad 2013 will take place in Val Gardena, Sud Tyrol [South Tyrol, Italy] – June 25 - 29, 2013. It is always interesting to attend these events to meet walkers from all over the world.

The Congress also voted to accept the IVV – America as one of the Continental Organizations. Canada and Brazil are founding members. AVA will make the decision as to whether they will join or not at their next AGM in May, 2013. IVV has already formed IVV – Europe and IVV – Asia and has delegated sanctioning of walks to the new organizations in their areas. Our area will be the Americas, the Caribbean and South Pacific. The organizing committee for the establishment of IVV – Americas has included Curt Myron, Past AVA President and Ayrton Violento, Brazil who continue on the Committee. Thanks to Graham Fawcett and Benoit Pinsonneault who have been Canada's representatives. Now I will be joining the Committee. The goal is to promote IVV within our area and to keep costs for this new organization to a minimum. IVV has provided a grant to the Organization. The Committee is still redrafting the Bylaws. I'll keep you informed of the Committee's plan of action which will be developed in the next few weeks.

Our first telephone conference AGM will be held Sunday, April 7, 2013 (15:00 Eastern Standard Time). Your Club should have received the documents pertaining to the meeting. Let's have every Club participating in the conference call.

The Board has just confirmed the membership fee for 2014 at \$4 per adult member. We have been able to keep this cost at \$4 for both 2013 and 2014.

Seasons greetings to all. See you on the trails, *Ethel*

MOT DU PRÉSIDENT

par Ethel Hanson



Bienvenue à notre première version électronique de Volkssport Canada. Ceux d'entre vous qui étaient abonnés et qui ont donné le reste de leur souscription à la FCV seront reconnus pour leur don. Notre prochaine édition en mars 2013, sera un rapport annuel qui inclura les rapports du conseil d'administration et de l'exécutif.

Dans le passé, nous avons publié un rapport annuel au coût par année d'environ \$200. En octobre 2012, le Conseil a voté pour ne plus l'imprimer et pour publier les rapports dans Volkssport Canada.

Les chiffres sur le nombre total de marcheurs qui ont terminés le Programme de Marche du 25^e Anniversaire sont encore à compiler. Rappelez-vous, vous devez envoyer ces feuilles au bureau de la FCV au plus tard le 31 décembre. Maintenant, les marcheurs peuvent se concentrer sur le Programme de Marche d'Hiver et sur le nouveau Programme du Sentier Transcanadien qui commencent le 1^{er} janvier 2013. La feuille pour étampes du Programme du Sentier Transcanadien est disponible sur le site FCV (www.walks.ca) sous la rubrique Ressources, Documents (Individuel). Imprimez le formulaire, obtenez les 20 étampes et envoyez \$5 avec votre feuille remplie pour obtenir un certificat et une reconnaissance dans Volkssport Canada.

J'ai assisté au Congrès des délégués IVV en Chine les 20 et 21 octobre et avec Jane Fawcett, nous avons trois votes pour l'assemblée. Félicitations à Benoit Pinsonneault qui a été élu au Conseil de Discipline IVV. Le prochain Congrès des délégués sera à Hambourg, Allemagne en septembre 2014. La prochaine Olympiade IVV sera à Chengdu, Chine, 24 - 27 septembre 2015, mais avant il y a l'Olympiade IVV 2013 à Val Gardena, Sud Tyrol [Tyrol du Sud, Italie], 25 - 29 juin 2013. Il est toujours intéressant d'assister à ces événements où l'on rencontre des marcheurs de partout dans le monde.

Le Congrès a également voté en faveur de l'IVV - Amérique comme l'une des organisations continentales. Le Canada et le Brésil sont des membres fondateurs. AVA prendra la décision quant à savoir si ils vont adhérer ou non, à leur prochaine AGA en mai 2013. IVV a déjà formé IVV - Europe et IVV - Asie et a délégué la sanction des marches, pour leur région, aux nouvelles organisations. Notre région sera les Amériques, les Caraïbes et le Pacifique Sud. Le comité organisateur de la mise en place de IVV - Amériques a inclus Curt Myron, ancien président AVA et Ayrton Violento du Brésil qui continuent au sein du Comité. Merci à Graham Fawcett et Benoit Pinsonneault qui ont été les représentants du Canada. Maintenant, je vais joindre le Comité. L'objectif est de promouvoir IVV au sein de notre région et de réduire les coûts de cette nouvelle organisation au minimum. IVV a accordé une allocation à l'organisation. Le Comité en est toujours à réviser les règles. Je vous tiendrai informé du plan d'action du Comité qui sera élaboré dans les prochaines semaines.

Notre première conférence téléphonique AGA aura lieu le dimanche, 7 avril, 2013 (15:00 heure de l'Est). Votre club doit avoir reçu les documents relatifs à la réunion. Faisons en sorte que tous les clubs participent à la conférence téléphonique.

Le Conseil vient de confirmer la cotisation pour 2014 à \$4 par membre adulte. Nous avons été en mesure de maintenir ce coût à \$4 pour les années 2013 et 2014.

Souhaits de saison à tous. Rendez-vous sur les sentiers, *Ethel*

Vice President's Report

Gord Bell, CVF Vice-President



Happy New Year to you all. Last year was a busy year for all of us and for walkers across the country. I have been working on a few projects as part of the Board of Directors;

- a) **CVF Office** – we have had trouble locating a new office space for the CVF office in Ottawa, so for now we are still going to be in the current office. Unfortunately, this means a slight increase in rent. We will continue to try and find something more suitable and within the budget. The Office retail spaces in Ottawa are usually on the 500 sq ft and up, and all we need is 350 sq ft, so it has made the searching a little more difficult.
- b) **CVF Office Clean-up** – Donna and a couple of volunteers have been making progress in reducing the amount of old/obsolete items that are being stored in the office. There are two reasons for this clean-up, firstly legal requirements (7 year retention of records), and of course to reduce our storage footprint. This is an ongoing effort.

Other Items that I have been trying to get off the ground;

- a) **CVF on Facebook** – (<http://www.facebook.com/groups/VolkssportCanada/>) I have added to and am expanding the information on Rollie Combs original Facebook page to include a listing of ALL CVF Sanctioned walks for 2013 (from information dated 30 Dec 2012). I will be adding 3 months at a time of covering ALL of Canada. Also there are a few articles attached to the page and Rollie has been adding Pictures.

The group is free to join and hopefully it provides some more visibility to non-CVF members.

- b) **IVV Americas on Facebook** – (<http://www.facebook.com/groups/553747864639128/?ref=ts&fref=ts>) working with Curt Myron on making sure this page provides the information needed to explain and to create the Continental Association. There is a lot of info on the page about what its function is and is worth the visit.
- c) **Participation Canada** – (<http://www.participation.com/>) In the final steps to preparing and sending Participation a list of all CVF events for 2013. This will be added to their Events schedule on their web Site. I have used this in the past few years to highlight NCR walks, and since I have the CVF listing I figured it should go out and hopefully we gain a bit of interest.
- d) **Map My Walk** – I have been using this application on my smart phone to map my CVF walks when I go out with the clubs. But this piece of technology can also be used to set up trails and validate distances. I will be putting something on the Facebook page on how this all works. If you go to www.mapmywalk.com and do a search for maps with 'CVF' in them you should find around a 100 walks I've done with the Ottawa and Kingston clubs. This technology could be expanded to help our Personal walking program for people who don't have access to a club or local walks. More to follow on this in the upcoming months.

We are also looking into how to exploit other social media sources to get the word out about our clubs so the New Year will be adding more interesting challenges for us as an organization to get the word out about how Walking/Volkssports is good for your health, and your community.

Look forward to seeing you on the Path Ahead.....

CVF 2014 Convention in Banff, Alberta

Planning for the 2014 CVF Convention in Banff, Alberta is underway. The St. Albert Trekkers are taking the lead with assistance from the Wetaskiwin and Medicine Hat clubs. David Hall is chairing the planning committee and has pulled together an enthusiastic team of volunteers. Facilities have been booked in Banff for May 30th to June 1st. Plans are also being made for a Post Convention Tour through the Rockies. Further details will be announced as we get closer to the date. The committee is hoping that Volkswalkers from across Canada will join us in 2014 and perhaps plan their annual holiday around this trip to the beautiful Rocky Mountains. Check www.cvfconvention2014.ca for further details.



ATLANTIC REGION

Susan Banks, Director

Say goodbye to 2012. It was a great year for volkssporting. Now we are ready to start a brand New Year. This is going to be another great year starting with the Dartmouth Volksmarch Club's Annual New Year's morning walk and afternoon Levee to be enjoyed by all. On the weekend Central Nova Volkssport Club will Ring in the New Year with a walk and social at the Horsemen's Club.

Keep those ski/snow shoes handy because to brighten up the winter the Cape Breton Island Hoppers will be hosting a walk/ski/snow shoe event and later in the month Central Nova club will also have a walk/snow shoe event.

In the cold of winter the Valley Trekkers Volkssport club will walk with the bald eagles soaring above and the February Sweetheart walk. This names only a few of the walks/events on the busy schedules. The weather may keep us close to the cities but every weekend there is a walk or two for everyone to enjoy. Also all the Year Round events will be open for winter enjoyment.

It is not too early to be making plans for later in the year:

Cape Breton Island Hoppers Volkssport Club is planning a big four day event June 28 to July 1 2013 to celebrate the Fort Louisbourg 300th Anniversary. There will be picnics, lunches, a candle light dinner and lots more. This is a very historic area of Canada with lots to be seen and enjoyed.

The Dartmouth Volksmarch Club will be celebrating its 30th Anniversary on the Thanksgiving Weekend in October 2013. This was the first volkssport club to get organized in Canada. They have plans to do it up big with walks and social events for four consecutive days starting on the Friday evening. There will be a banquet with entertainment on the Saturday evening. A brochure will be issued in the New Year and all fellow volkssporters and friends are invited to attend. Coincidentally, the IVV Presidium will meet in Dartmouth for their 2013 meeting during the same weekend; the local club is looking forward to greeting the four leaders of the volkssport organization.

Keep on Walking.



Duchesnay, le camp Mercier, Saint-Adolphe, Shannon, Petite-Rivière-Saint-François. Le club présentera encore cette année sa populaire marche « Au clair de Lune » qui sera suivie d'un souper pour tous les participants. A cela s'ajouteront deux marches culturelles qui font toujours le plaisir des participants.

Les marches de groupe hebdomadaires dans les différents secteurs de la ville (Loretteville, Val-Bélair, Charlesbourg continueront. Celle de Loretteville présentée en après-midi est particulièrement populaire et attire régulièrement entre 30 et 40 personnes.

Le début de la 24e année d'existence du club Volkssport Nord-Sud s'annonce fort intéressant pour tous les membres de notre club. Bonne Année à tous.

QUEBEC REGION

Marjolaine Talbot, Director,

Photos: Marielle Caissy

The Volkssport Nord-Sud club has just ended another beautiful year marked by remarkable and memorable activities. The participants were many and very satisfied with their experience. The persons in charge of the new 2013 programming worked very hard to offer activities which should please to all. The year Volkssport will begin with the presentation of the annual traditional brunch. It will be followed by weekly activities of ski, snowshoe, skate and walking. Charming places will be visited such as the Forest Montmorency, the lake Beauport, Duchesnay, the Camp Mercier, Saint-Adolphe, Shannon, Petite-Rivière-Saint-François. The club will present again this year its popular "Moonlight" walk which will be followed by a supper for all the participants. Two cultural walkings will be added which always please participants. The weekly walks of group in the various sectors of the city (Loretteville, Val-Bélair, St-Émile) will continue. The Loretteville's walk presented in the afternoon is particularly popular and attracts regularly between 30 to 40 persons.

The beginning of the 24th year of existence of the club Volkssport Nord-Sud looks very interesting for all the members of our club.

Happy New Year to all.

RÉGION du QUÉBEC

Marjolaine Talbot, Directrice,

Photos: Marielle Caissy

Le club Volkssport Nord-Sud vient de terminer une autre belle année marquée par des activités remarquables et mémorables. Les participants ont été nombreux et fort contents de leur expérience.

Les responsables de la nouvelle programmation 2013 ont travaillé très fort pour offrir des activités qui devraient plaire à tous. L'année Volkssport commencera par la présentation du traditionnel brunch annuel. Il sera suivi par des activités hebdomadaires de ski, de raquette, de patin et de marche. Des endroits enchanteurs seront visités tels que la forêt Montmorency, le lac Beauport,



Club Volksmarche La Foulée

Par Johanne Desrosiers

Plusieurs belles randonnées ont été organisées pour l'automne. Les couleurs ont été magnifiques cette année.

Une fin de semaine magnifique dans la région du Mont Ham a été appréciée de tous. Malgré une température incertaine, nous avons pu faire toutes les activités prévues. (Montagne Grise, St-Zénon, Mont St-Hilaire, Mont St-Bruno, Mont Orford et le sentier l'Héritage). Nous avons également fait de belles marches urbaines à L'Assomption, Parc Angrignon, à l'Île de la Visitation et à Rosemère.

Le party de Noël a clôturé les activités de l'année de belle manière avec la remise du certificat de randonneur de l'année et du bénévole de l'année.

2013 se pointe déjà à l'horizon. Nous avons fini d'élaborer le calendrier d'activités. Je ne doute pas que ce sera une belle année de randonnées et de rencontres amicales.

J'en profite pour souhaiter une bonne année à tous.



St-Zénon , Lanaudière



Parc Angrignon Montréal

Club Volksmarche La Foulée

Par Johanne Desrosiers

Several beautiful hikes were organized this autumn. Colors were magnificent this year. A magnificent week end in the region of the Mount Ham was appreciated by all. In spite of an uncertain temperature, we were able to make all the planned activities. (Montagne Grise, St-Zénon, Mont St-Hilaire, Mont St-Bruno, Mont Orford et le sentier l'Héritage). We also made beautiful urban walkings for the Assumption, Parc Angrignon, for the island of the Visitation and for Rosemère.

The Christmas' party enclosed the activities of the year in a beautiful way by delivering of walker's certificat of the year and volunteer of the year.

2013 already turns up on the horizon. The calendar of activities is done and I do not doubt that it will be a beautiful year of hikes and friendly meetings.

I take advantage of it to wish a Happy New Year to all.

ONTARIO REGION

Susan Osborn, Director



The celebrations for our CVF 25th Anniversary year have come to an end. What a year for Ontario! The 25th CVF Anniversary AGM was held in Ottawa May 18-21. I would like to thank the Ottawa Voyageurs, Nepean Nomads and the Ottawa Carleton Clubs of Ottawa for hosting a fabulous weekend. Over 400 people participated in the walks, meetings and social events.

This was the first year for the mail in registration for 13 of the Ontario Director's walks. Although it was a learning curve I was pleased with the registration of 133 people. Effective in 2013 the Stirling walk will no longer be an YRE and become a seasonal walk from May 1st to October 31st. The Kitchener/Waterloo walk at RIM Park will be discontinued in 2013.

The King's Town Trekkers have had a successful year thanks to the CVF Annual General meeting which saw many additional walkers taking advantage of the Trekkers YRE's and Spring Special walks. They are well into their winter walking schedule with walks on the 2nd and 4th Sundays of each month. Their AGM was held on November 15th with a dinner and meeting, which resulted in the election of a new President Mary Beth Gurr. Welcome aboard Mary Beth. Club membership remained about the same for 2012.

The Ottawa Voyageurs finished their summer series of Tuesday evening walks with their Camillo's Bar and Grill walk. On September 28th the club had their Annual Walk followed by the club's annual charity walk " Move Your Feet so Kids Can Eat" which raises funds for the Orleans Cumberland Resource Centre. October 27th the Voyageurs celebrated the CVF's 25th Anniversary Walk with a "Walk Till You Drop" walk in which you can walk as many kilometers as you could. On November 5th the Voyageurs joined with the Nepean Nomads for a Volunteer Appreciation walk and lunch. At this event Benoit Pinsonneault and Donna Sullivan received IVV awards from IVV Vice President Graham Fawcett. The Voyageurs wrapped up the year with their annual Christmas Dinner Nov 25th at Ruby King restaurant in Orleans and their Christmas Lights walk on December 16th.

The Nepean Nomads had a very busy year. They had 5 event walks for the final quarter, Merrickville Artist Tours (37 walkers), Autumn Leaves Walk and Breakfast (68 walkers) Soft Shoe Shuffle (41 walkers), Hunters moon (31 walkers) and the Volunteer Appreciation with a total of 57 walkers. To date they have had 1331 walkers for a total of 11074 km. They offered a seminar at New Balance in which 13 members attended and had a bowling night on Dec 6th for 20 members.

The Gateway Walkers have been doing weekly walks, which have secured some new members. The club has been privileged to have pictures from their walks published in the Near North Senior monthly publication. Their Strawberry Festival in Sturgeon Falls was featured on the front page. Bernard Giroux, a member of the club created a 5 & 10 km walk passing the St. Joseph Motherhouse that was a great success and it will be repeated in 2013. The club started the New Year with their 10th Annual New Year's Eve Party a catered meal and evening of fun. The club is still looking to fill some of their executive positions.

The Nickel City Walkers, Temiskaming Wanderers and Ar-

gosity Rovers reported a successful year.

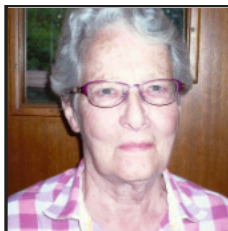
The Niagara Falls and Niagara on the Lake walks will now become Ontario Director's walks for 2013.

A meeting of the WVAO (Walking Volkssport Association of Ontario) was held at the convention where the Ontario Clubs and Associations voted to combine the positions of the Ontario Director and the President of the WVAO. On Sunday October 14th the AGM for the WVAO was held in Kingston ON. The next meeting will be held in Ottawa on February 10th.

Happy walking in 2013!

PRAIRIES & NORTHERN REGION

Terry Fulton



The Wascana Wanderers had an 8 and 16 km group walk out at Regina Beach in late September followed by a fall turkey supper at the local community centre. These fall suppers are a prairie tradition to celebrate the harvest. The following month a group social was held at a local Regina restaurant. The walking season is over with an early winter and very icy sidewalks. Saskatchewan is "next year country" so hopefully there will be more group participation in 2013.

Iqaluit had quite a few walkers this year which was great. Yellowknife had no walkers and still awaiting the stats from Whitehorse.

Saskatoon will be going to a mail in registration effective January 1st. The Yorkton walk is now terminated due to low participant levels and the end of the Yellowhead program.

ALBERTA REGION

Kathleen Parr, Director



2012 was a great year for walking with many special events. 2013 is looking even better with a new Seasonal in Okotoks and an alternate route for the Morinville YRE in Legal plus a revised route for the YRE in Canmore taking in the Trans Canada Trail pavilion.

There are two clubs celebrating their 25th Anniversaries this year in Alberta. Barrhead celebrates at their event in Thunder Lake Provincial Park on the 1st of June and St Albert celebrates the following Saturday at their event in Morinville.

The VAA AGM will be hosted in Medicine Hat on April 26th – 28th. St Albert will host the 24th Alberta Majesty in Kananaskis on Labour Day weekend.

Cold Lake, Frank, Okotoks and Sylvan Lake will all be mail in registration next year, contact me walksalot2@shaw.ca for forms it should be available on the VAA website walkalberta.ca too. These will also be seasonals that run from 1 May to 30 October.

The St Albert Trekkers are starting an Alberta Capital Region Challenge Program opening on January 1st running until the end of 2014. For a \$10 fee you will receive a certificate and t-shirt

upon completion of all 20 YRE/Seasonals in the Edmonton Capital Region. The form is available on the Trekkers website: trekkerswalks.ca

Walk Alberta – Agnes Steele and Barry Clattenburg, completed the program for the first time. 2nd time – Sharon Tchir, 4th time – David Hall and Evelyn Rogers who holds the record at 7 times

Alberta Challenge

Completed all levels – Barry Clattenburg, Phyllis May and David Hall (2nd time)

BRITISH COLUMBIA REGION

Beverley Cattrall, Director



As if to make up for our warm, dry summer, it's been somewhat rainy over the past couple of months. This has not deterred our intrepid BC walkers who have been making good use of their rain gear on occasion. There have been one or two scheduled events every weekend throughout the fall and early winter. In addition, the mid week group walks of YREs have continued in the Victoria and Greater Vancouver areas. We have also been pleased to welcome out of province visitors to many of our walks.

The clubs in BC are planning some different and interesting walks and hikes in 2013, including the Victoria International Walking Festival Society's Phoenix Walking Festival in April. The last time the Phoenix was held, in 2011, there were 350 registrants. As I write this, registration is looking very promising and there is an enthusiastic group of volunteers, so we are hopeful that we will have another very successful Festival in 2013. The Society's plan is to continue to hold the Phoenix every second year.

VABC is adding more mail-in walks to its portfolio. As of 2013 Lake Cowichan, Mill Bay, Duncan and Whistler will be mail-in walks. It is gratifying that the feedback regarding the registration process continues to be very positive.

If you are planning a trip to BC in 2013, be sure to check out the VABC website, www.volkssportingbc.ca for information on all the scheduled events that the clubs have planned.

Happy walking everyone and a happy 2013!



IMPORTANT DATES

for the

Canadian Volkssport Federation's



2013 - 27th Annual General Meeting
3:00 EST, Sunday, April 7, 2013
Teleconference

2014 - 28th Annual General Meeting & Convention
May 30, 31 & June 1
Banff, Alberta



Scholar Program

Secondary Level

David Hall, Westeros, AB
Barry Clattenburg, Edmonton, AB
Gailene Shaw of Edmonton, AB

Diploma Level

David Hall, Westeros, AB
Barry Clattenburg, Edmonton, AB
Gailene Shaw of Edmonton, AB

Masters Level

David Hall, Westeros, AB
Barry Clattenburg, Edmonton, AB
Gailene Shaw of Edmonton, AB



Winery, Brewery, & Cheese Factory Program

Head Cheese - Level 1

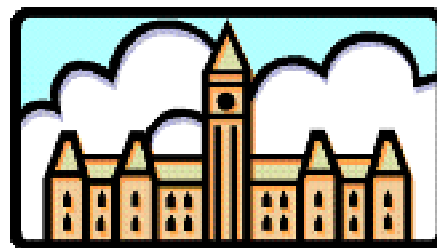
Lou Arsenault of Edmonton, AB

Vintner – Level 2

Lou Arsenault of Edmonton, AB

Brewmaster – Level 3

Lou Arsenault of Edmonton, AB



Capital Cities Program

11 Capitals

Patricia Schauer of Kelso, Washington
Ronald Schauer of Kelso, Washington



13 Provinces and Territories

Joyce Robson of Edmonton, AB
Aubrey Robson of Edmonton, AB



CVF WATERFALL PROGRAM

Lou Arsenault of Edmonton, AB

My Ontario Challenge

by Marion Boom

Completing the Ontario Director's Walks was a real challenge but mostly an enjoyable one. My journey began back in early 2011 and finished this October with the YRE in Toronto. Getting the YRE's done was easy but the challenging part was getting to an event in some of the faraway places but with some careful planning it got done.

By the end of Sep 2012 the only walks left to do were the ones in Southern Ontario, Stratford and the two in London and Toronto. On the spur of the moment I decided to go and do the walks in Stratford and London. The weather called for a few nice sunny days so it was the perfect time. So nice and early in the morning I headed towards Stratford. All was well until I got half way through Toronto and I saw the sign "401W closed" but thanks to my GPS I got through and back on my way.

The sun was shining and it was a beautiful autumn day when I arrived in Stratford. With the majority of tourists visiting in the summer, finding a place to park near the lake was pretty easy. Famous for the Shakespeare Festival and Theater Stratford has many streets filled with beautiful old homes, with the route going past many of them. The colours of the leaves were still pretty nice so it turned out to be the perfect time to be there. Near the end of the walk the route goes along the lake which today was full of Canada geese and beautiful white swans. Ap-

parently each year 24 white and 3 black swans are released in the lake but I did not see any of the blacks.

Another one off the list and after a stop for lunch it was on the road towards London. Another detour but it turned out to be a nice one through the country side. Having lived here for several years street names started looking familiar and soon I was at Gibbons Park, where both walks started from. The first walk I did was the one along the Thames. When I lived in London I spent a lot of time walking and biking in parks along the river so it brought back lots of memories. It was such a beautiful day there were lots of people out enjoying some fresh air so I was not alone.

Since it was still quite early I decided there was still plenty of time to do the second walk before it got dark. After dropping my stuff off at the B&B, a short drive away, I returned to the park to do the City Walk. London hasn't changed much in the many years since I was there but I did notice a few differences. It was really nice being back in the Forrest City after such a long time.

Monday morning I awoke to another beautiful day so I decided to head towards Niagara On The Lake and Niagara Falls to do the two walks there. The drive there was detour free so I arrived in NOTL around 09:30 ready to go walking. Finding free parking is a challenge but there is some – you just have to look really hard.

Arriving in Niagara Falls around mid-afternoon there was



Continued from page 11

still plenty of time to do the walk before it got dark. Despite it being the end of Sep, there were still lots of tourist around but not as many as you would see in the summer so a good time to be there. I couldn't have asked for a nicer day to be walking in the Niagara area.

These two walks will be on the list of Ontario Director's Walks starting in 2013. Both are beautiful walks so even if you are not doing this challenge, they are worth a trip to do.

The trip home was detour free but the weather conditions were something else. After two beautiful days of warm, sunny weather the promised rain was there, at times coming down so hard it was almost impossible to see but eventually it stopped.

Now getting to Toronto, well that was harder than getting to Lake Huron but I finally made it there. Sue (Osborn) and I drove to Oshawa then took the GO train to downtown Toronto to do the walk. It was nice to sit back and relax and let someone else do the "driving".

It took a while but the challenge has been met and all the walks are done so now it's time to find another one to do.

Happy wandering everyone and hope you get out there and do some of these enjoyable walks in this great province of ours.



Susan and her new friend

CVF Award presentations



Marj Grevstad presents Lea Tocher with her IVV Award

THANK YOU

*to all the volunteers across Canada for your
dedication to Volkssporting in Canada*



Ethel Hansen receiving the IVV Silver Award from IVV President Giuseppe Colantonio for 15 years service to Volkssport. Ceremony was in Zhaoqing, China, October 2012.

How I Celebrated CVF/FCV's 25th Anniversary in 2012

by Verni Brown, Vancouver, BC

In the Apr-May-Jun 2012 issue of *Volkssport Canada*, I suggested "Some Ways to Celebrate CVF/FCV's 25th Anniversary." Here's the follow-up article.

1. complete the CVF/FCV 25th Anniversary Participation Challenge (with guided/map walks rather than YREs)

I expanded this goal to include as many special 25th Anniversary walks as I could. Of the 29 offered by different clubs across Canada, I participated in 19, in 6 different provinces.

BC: Comox, Esquimalt x 2, Ladysmith, Qualicum Beach, Saanichton, Spectacle Lake, Surrey, Vancouver

AB: Edmonton, Mulhurst Bay, Whitecourt

SK: Regina

ON: 2-day event along St. Lawrence River, Ottawa, Sudbury

QC: St-Augustin

NS: Halifax

It was great to walk with so many people across the country. I couldn't have done some of these events without the help of local club members who offered rides and even accommodation. You know who you are – many thanks again for helping me out!

2. do 25 different YREs

As long as I do the YREs in Hope and Whistler in December, I will have done 25 YREs outside Metro Vancouver this year. [I confess that, during a second trip to both Ottawa and Edmonton, I repeated a YRE number, but I did a different route.]

3. speak to at least 25 new or prospective Volkswalkers

I introduced myself and talked with many newcomers at Metro Vancouver Volkswalks.

During the year, I received over 30 phone calls inquiring about Volkswalking. These were mainly in response to frequent announcements in community newspapers about upcoming events. Not many of the people actually came out for a walk, but at least four have joined a local club.

4. do one 25K walk a month

I managed to complete this goal in a variety of ways. Some months, I did a YRE two and a half times. On five occasions, I did 25K on the day of a 25th Anniversary event. The longest walk I did was the 32K "Galloping Goose" event on southern Vancouver Island. My "biggest" month was August when I did four 25K walks within five days.

Although I didn't get Volkssport credit, a separate personal long-distance challenge in 2012 was to walk the perimeter of the Island of Montreal in six days of around 25K each day. This was completed (with my Montreal brother) during four different visits with family.

5. list at least 25 different birds and/or animals seen during Volkssport events (The most interesting so far have been a golden-crowned kinglet and a harbour seal.)

During Volkswalks in 2012, I saw at least one (and sometimes many more) of the following.

Birds: American widgeon, bald eagle, black-capped chickadee, bufflehead, Canada goose (and many goslings), downy woodpecker (or pic mineur because I saw one in Québec), goldfinch, great blue heron (swallowing a fish!), killdeer, kingfisher, mallard duck, northern flicker, raven, snow goose, swan, turkey vulture, varied thrush

Animals: belted highland cattle, chipmunk, coyote, deer, Douglas squirrel, garter snake, groundhog, hare, miniature horse, rabbit, snapping turtle

* * * * *

I had a good time reaching my special goals in 2012; however, my goal for this year is much simpler: to do 20K of Volkswalking each week.

PS It took until mid-December to finally finish my "Convention Memories" quilt!



Europiad 2012

By Jane Fawcett

What do a Roman soldier, a Roman lady, a Benedictine monk, a Viking and a walker have in common? And what significance did they hold for the Europiad? These were the mascots for the first Europiad as the theme for the walks on Friday and Saturday in both Echternach and in Irrel were “Following the footsteps of the Benedictines and Romans”. These mascots in caricature were featured on the backs of the Europiad t-shirts available for purchase. Members of the two federations organizing the weekend dressed in these costumes for various events such as the Opening and Closing Ceremonies and parades.

Graham and I attended the first Europiad held in Echternach, Luxembourg and Irrel, Germany from September 7 to 9th. Attendance for the three days was rumoured to be close to 10,000 people but in fact, it was closer to 6,300. People came from all over Europe, Asia, Canada, UK and the United States. Echternach is a small medieval town of about 5,500 people in a valley surrounded by the Sauer River, red pine forests and farmlands. It is also at the entrance to what is called “Little Switzerland” on the Mullerthal Trail and in the German-Luxembourgish Natural Park.

Our first walk in Echternach was with Ottawa walking friends: Heather Briggs, Pat de Roche, Jane and Sally Hare who were travelling with Walking Adventures International. We met outside of the Trifolion Cultural Centre by chance and walked together on the President’s 5 km walk. This walk took us through the Benedictine Abbey grounds, past a two story stone folly surrounded by a gorgeous garden, along the Sauer River (with Germany across the river), on a shaded pathway, past campgrounds, to a Youth Hostel that was the checkpoint. Here Graham met up with two Brits that we had met in years past, got our cards stamped and could have stayed to have a beer on the patio as others did. Instead, we continued down the path for a few minutes coming to a small glass museum on our right and a set of stairs to a lookout. At the lookout, we saw in front of us magnificent excavations of a large Roman villa complete with a reflecting pool filled with water. At one end of the excavations was a set of very tall white stone columns that would have been ornamental on the outside of the villa. We had seen similar columns in Ephesus, Turkey last year.

The path then took us through old neighbourhoods past beautiful, old expensive looking homes clad in neutral stucco except for one home that was in a gorgeous shade of ochre. All of the driveways were over a small creek. Gardens were plentiful with marigolds, hydrangeas, geraniums, and interesting trees and shrubs. One tree we did see was a monkey puzzle tree, which is a pine species that grows out in Victoria, BC. It is called a monkey puzzle tree, as apparently monkeys can’t climb them. Arriving back at the Cultural Centre after getting our books stamped we parted ways until the Opening Ceremonies that evening. That evening we watched folk dancing with our Ottawa friends who proudly wore their IVV Vice President Fan Club (Canada Chapter) t-shirts that Graham had made for all of us after Heather had earlier this summer joked that Graham’s fans would be attending the Europiad.

On Saturday, our walk with friends Bruce and Connie from Ottawa who are now living in Holland began in Irrel, Germany up a steep roadway past apple trees, to an area outside the en-

trance to the park. There we saw two WW1 bunkers in the ground behind barbed wire, an underground war museum, and a huge bronze plaque on a stone monument to soldiers. After leaving this area we headed into the red pine forest of old growth trees, extremely tall specimens with sunlight dappling through the trees. After the checkpoint, we continued through the forest and came upon a small waterfall underneath a covered bridge. The coolness of the forest was wonderful. Along the way, we saw blue tents well below us, and beyond at an intersection were 6 conical shaped structures, which were camping huts for rent. We then passed a Biergarten, corn fields, a stream and apple trees then crossed a bridge to enter town and back to the finish. On the way into town, we passed a yard with a small wooden clothesline on the lawn complete with wooden storks on each end holding up the whole line. On the left stork was a tag announcing the name of a new baby girl. Multiple tiny t-shirts were clipped onto the clothesline. This public announcement is done throughout the region to announce anniversaries, births, and birthdays. The weather was again fabulous – 27 degrees with lots of sunshine and clear blue skies. We heard that there were 2,500 participants today.

Sunday’s walk began in Echternach from the Cultural Centre once again and the theme was “the Mullerthal Trail”. We decided to do the 12 km walk which first led us along the Sauer River. Connie looked over to the German side of the river to a lookout high above the ground and remarked how high it was. Guess what – our walk took us to that lookout through the red pine forest, up a mountain along narrow pathways that were at times slippery with moss, hanging on to iron handholds as we made our way up higher and higher. The elevation rose, the air got cooler and up to the lookout, across the mountain, down the other side to the checkpoint for a needed drink of water. Then off we went, joining the walkers from the 21 km walk, along a deep valley floor where water once ran, surrounded by huge sandstone formations at least 6 stories tall in an area called the Labyrinths, streams, and natural caverns. Then we climbed up and up again, then back down. We later found out that the walk was through what is called the Mullerthal Trail in the German-Luxembourgish Natural Park. It was a tough walk physically with spectacular scenery. The four hours it took to complete went by fairly quickly and I would recommend anyone to walk it if they should visit the area.

We had a wonderful time over the weekend meeting old friends, making new ones, and enjoying some memorable scenery during our varied walks. The atmosphere was one of excitement from the participants and organizers alike. Walkers of all ages, plus some canine companions, enjoyed the walks, the food and beer.

Special CVF Walking Program Notice



The *Cenotaph and Waterfall* programs will
end on December 31, 2013.

More CVF Award Presentations



Donna Sullivan receiving her IVV Award



Kaye Farmer receiving from me her IVV bronze award for her 8 years of service on the CVF Board



Karen Venema receiving her CVF 5 year Award from Ontario Director, Susan Osborn



Benoît Pinsonneault receiving his IVV Award from IVV Vice-President Graham Fawcett

More Photos Of Volkssport Activities



Bert Currie of the Valley Trekkers Volkssport Club receiving his CVF 25 year Volunteer Service Award



Lily and Lionel Conrod of the Dartmouth Volksmarch Club receive their CVF 25 year Volunteer Service Award



Are you on Facebook?

Consider joining / like these facebook pages / groups:

- [VolkssportCanada](#)
- [IVV of the Americas](#)
- [Ottawa Voyageurs Walking Club](#)
- [Nepean Nomads](#)



Volkssport Nord-Sud club



EVENT ACHIEVEMENT AWARDS



10 Events

Lucille Duval, Sudbury, ON

275 Events

June Marsden, Dartmouth, NS

375 Events

June Marsden, Dartmouth, NS

30 Events

Lucille Duval, Sudbury, ON

300 Events

June Marsden, Dartmouth, NS

400 Event

June Marsden, Dartmouth, NS

50 Events

Lucille Duval, Sudbury, ON

325 Events

June Marsden, Dartmouth, NS

75 Events

Robert Ramsum, Edmonton, AB

350 Events

June Marsden, Dartmouth, NS

La marche pour le plaisir, la bonne forme physique et l'amitié!

*~~~~~
Walking for Fun, Fitness and Friendship!*



DISTANCE ACHIEVEMENT AWARDS



1000 Kms

Lucille Duval, Sudbury, ON

3000 Kms

June Marsden, Dartmouth, NS

4500 Kms

Gaeten Dubois, Blainville, QC

Robert Ramsum, Edmonton, AB

3500 Kms

1500 Kms

Lucille Duval, Sudbury, ON

June Marsden, Dartmouth, NS

4000Kms

2000 Kms

Lucille Duval, Sudbury, ON

June Marsden, Dartmouth, NS

REGISTER FOR THIS **NEW** WALKING PROGRAM

"NEW" Trans Canada Trail



Any Volkssport Event from January 1, 2013 ending December 31, 2017 qualifies if the event walks on the Trans Canada Trail.

Registration forms for these programs are available on the CVF website at www.walks.ca

CANADIAN VOLKSSPORT FEDERATION'S 2013 ANNUAL GENERAL MEETING



Club Presidents are reminded to circle **April 7, 2013** on your calendar as the date when CVF will be holding their first teleconference AGM starting at 15:00 EDT. It would be wonderful to have a representative from each Club participating. More details will be sent closer to the date

Christmas in Bavaria

December 2013 * 8-10 Days * Price to be determined

- * Starts and ends in Munich—capital of the German state of Bavaria
- * Likely 2 nights in Munich, boasting over 24 different Christmas market areas
- * All multi-night stays
- * Neuschwanstein, fairy-tale castle of Ludwig II of Bavaria
- * Salzburg, city of Mozart, including a *Sound of Music* tour
- * Oberndorf, tiny chapel where "Silent Night" was first sung
- * One IVV walk each in Germany and Austria, likely more
- * Train travel for part of the trip
- * Opportunity to shop for two afternoons the Christmas markets of Munich and Salzburg—as all WAI travelers know, our travel priorities do not generally yield much to shopping, but this really is a special shopping, cultural, and holiday experience all wrapped into one! 



Unforgettable Utah

Two departures in 2013!

October 9-19 -or- October 13-23 * 11 Days * \$2990

- * Starts and ends in Las Vegas, Nevada
- * A quintet of stunning national parks: Arches, Canyonlands, Capitol Reef, Bryce Canyon, & Zion
- * Rainbow Bridge Lake Powell Cruise —OR— Antelope Canyon Jeep Tour (Arizona)
- * Navajo cultural experience at Moonlight Springs Ranch— Monument Valley
- * Valley of Fire State Park (Nevada)—petroglyphs & slot canyon
- * Dead Horse Point State Park—breathtaking views over Canyonlands NP
- * Goblin Valley State Park—surreal spectacle of thousands of mud hoodoos
- * Guided tour along Highway 12—All American Road
- * Four 2-night stays




WA St. Reg. #601-677-299



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<i>Volkssport Canada Subscriber Donors</i> 	<i>Anonymous 1 issue</i> <i>Anonymous 3 issues</i> <i>Anonymous 3 issues</i>	<i>Anonymous 5 issues</i> <i>Susan Holloway</i>