



VOYAGEUR

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

Volume II, Issue 2

Winter

December 2003

Club Executive 2003

Benoît Pinsonneault
President
Phone: 746-9071
email: benoitpinson@rogers.com

Kathy Luten
Vice-President
Phone: 830-7437
email: kluten@cpra.ca

Ole Olson
Acting Trail Director
Phone: 824-1583
email: cm835@freenet.carleton.ca

Donna Sullivan
Secretary
Phone: 224-6880
email: djmolly@magna.ca

Steve McPhee
Treasurer
Phone: 824-7332
email: stevejomcphée@cs.com

Jim McConkey
Membership
Phone: 745-6549
email: conk@storm.ca

(Position Vacant)
Publicity Coordinator

Mailing Address:
Ottawa Voyageurs d'Ottawa
PO Box 331
OTTAWA ON K1C 1S7

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

A WORD FROM THE PRESIDENT

Year 2003

Our Club will soon be two years old and, as per our Constitution, all your Executive Committee members, with the exception of the Secretary position, which was filled during our last AGM on 12 February 2003, will conclude their mandate of two years. Six positions are available and must be filled. However, as per Section 14 of our Constitution, the option of an extension for a third year is open and can be voted by the regular members at the AGM if the executive member has no objection to assume his function for another year.

Thank you to all the volunteers of our Club for your unlimited dedication and work accomplished during the entire year of 2003, often at the expense of personal and/or family priorities. Without you, our Club could not exist and its survival depends entirely on your generosity. I invite you to continue in the same fashion for this coming year. Once again, thank you to our 59 volunteers who help us to produce another beautiful year of walking as well as to those who will look after our last event of the year, the Christmas Lights Walk on 14 December 2003. Thank you all for the good work!

President's message continued on page 2

MOT DU PRÉSIDENT

L'an 2003

Notre Club se dirige vers son deuxième anniversaire d'existence et, selon notre Constitution, votre comité exécutif, à l'exception de la position de secrétaire, comblée lors de la dernière AGA du 12 février 2003, terminent tous leur mandat de deux ans. Six positions sont donc disponibles et à combler. Toutefois, selon l'article 14 de notre Constitution, l'option d'une extension pour une troisième année demeure toujours ouverte et peut être votée par les membres réguliers lors de l'AGA, si le membre de l'exécutif n'a pas d'objection à assumer ses fonctions pour une autre année.

Merci à tous les bénévoles de notre Club pour votre dévouement sans bornes et le travail accompli, bien souvent au détriment de priorités personnelles et familiales, au cours de toute cette année 2003. Sans

Le message du président se continue à la page 2

New Year-Round Event

A new year-round event started on 1 August 2003 in Downtown Ottawa. The starting point is located at the Champagne Bath, 321 King Edward Ave. (at York St.). It is a thematic walk dedicated to the Canadian Forces (CF) and called "Tribute to the CF". An explanatory booklet on the different monuments and military sites in the National Capital Region (NCR) can be found in the Walk Box and is required to fully and completely appreciate this walk, which has three routes totaling 45 Km. The first route is 12 Km, divided in three loops of 4 Km. The second one is also 12Km divided in two segments of 6 Km. Finally, the third one is half a marathon, i.e. a 21 Km walk. You also have the possibility of choosing the distance you want to walk between 10 and 45 Km from 18 possible combinations of distance as enumerated in the registration book. The total routes give you a good perspective of the military presence in the NCR. Other military sites do exist in the region but their distance from downtown make their accessibility problematic for reasonable walking.

Golf-shirts and Arrow Sashes

I reiterate last year's pitch and invite you and your family members who are participating in our activities to purchase such clothing as in a group spirit, solidarity and sense of belonging. The contact person is Kathy Luten: (home) (613) 830-7437, (office) (613) 523-5315 extension 302 and by email: kluten@cpra.ca (shirt @ \$25 – sash @ \$15).

Club Official Home Base /Pub

Starting on 1 January 2004, and after agreement with the owner, Gasthaus Zum Dorf-Krug will become our Club official home base/pub. A new year-round starting from the Gasthaus is under consideration. Finally, the details of an official opening for the beginning of 2004 will be communicated to you at a later date.

Season's Greetings

On behalf of all the OVO Club's Executive Members:
Merry Christmas, Happy New Year and best of health to all of you and your family!

Keep on Walking!

vous, notre Club n'est rien et sa survie dépend entièrement de votre générosité. Je vous encourage donc à continuer dans ce même sens pour l'année qui s'en vient à grands pas. Encore une fois, merci à vous tous, les 59 bénévoles qui nous ont permis de produire une autre très belle année de marche, et ce, sans oublier ceux qui s'occupent de notre dernière activité de l'année, soit la marche des lumières de Noël du 14 décembre 2003. Merci à tous pour le bon travail !

Nouvelle marche continue

Une nouvelle marche continue a été ouverte le 1er août 2003, au centre-ville d'Ottawa avec départ à la piscine Champagne, sise au 321, avenue King Edward (au coin de la rue York). Il s'agit d'une marche thématique, dédiée aux Forces armées canadiennes et intitulée « Hommage aux Forces canadiennes ». Un pamphlet explicatif des différents monuments et sites militaires dans la région de la capitale nationale se trouve dans la boîte de marche et vous est nécessaire pour une appréciation pleine et entière de cette marche qui comprend trois parcours, totalisant 45 Km. Le premier parcours est de 12Km divisé en trois boucles de 4 Km. Le deuxième parcours est également de 12 Km divisé en deux segments de 6 Km. Finalement, le troisième parcours est un demi-marathon, soit une marche de 21 Km. Vous avez également la possibilité de choisir la distance que vous désirez marcher entre 10 et 45 Km à travers les 18 combinaisons possibles de distance énumérées au livre d'enregistrement. L'ensemble de ces parcours vous donne une bonne perspective de la présence militaire dans la région de la capitale nationale. D'autres sites militaires existent dans la région mais leur distance du centre-ville rend leur accessibilité problématique pour des parcours de marche raisonnable pour tous.

Golf-shirt et ceinture fléchée

Je réitère ma sortie de l'an dernier et vous encourage à titre d'esprit de groupe, de solidarité et d'appartenance à ce que vous vous procuriez pareil vêtement ainsi que les membres de votre famille participant à nos activités. La personne contact est Kathy Luten : à la maison (613) 830-7437, au bureau : (613) 523-5315 poste 302 et par courriel : kluten@cpra.ca (Gilet @ 25\$ - Ceinture @ 15\$).

Bercail/Pub officiel du Club

À partir du 1er janvier 2004 et après entente avec le propriétaire, la Gasthaus Zum Dorf-Krug deviendra le bercail/pub officiel de notre Club. Une nouvelle marche continue partant de cet endroit est sous considération. Finalement, les détails d'une ouverture officielle, pour le début de l'année 2004, vous seront communiqués ultérieurement.

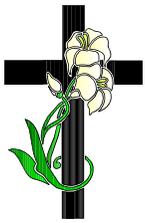
Souhaits d'occasion

De la part de tous les membres du comité exécutif du Club OVO : Joyeux Noël, Bonne Année et Bonne Santé à tous ainsi qu'à vos familles !

Que la marche soit avec vous !

Benoît Pinsonneault

President / Président, OVO



In Memoriam
Barry Douglas Gaudette
April 2, 1947 – October 1, 2003

Sincere condolences to the Gaudette Family from all the Volksmarchers of the Ottawa Voyageurs Walking Club.

Born in Edmonton, Alberta, Barry served 33 years as a Forensic Scientist with the RCMP, most recently as Manager of the Canadian Police Research Centre. In 1980, he moved from Edmonton to Ottawa to be the RCMP's lead forensic scientist for hair and fibre analysis. As an internationally recognized expert in hair and fibre analysis, he published innovative research articles on hair comparison, chaired international expert committees and appeared as an expert witness in courts in both Canada and USA. One of the most notorious cases he was involved with is the Wayne Williams case in Atlanta, Georgia where he discovered that several hairs found on the young victims' clothing matched perfectly with the hairs of Mr. Williams' German shepherd dog. The evidence was enough to seal the case, and Mr. Williams became the first convicted black serial killer in the U.S. Envisioning the potential of DNA analysis in forensic science, he managed the implementation of DNA technology in RCMP labs across Canada and contributed to the 1997 National DNA Databank legislation.

At the time of our last edition in June 2003, where we congratulated some of our members for having been awarded the Queen's Golden Jubilee Medal for their contribution to Canada and their community, we were unaware that Barry Gaudette was also the recipient of such an award. He received this award for his exceptional work in hair comparison, implementation of the National DNA Databank, and international standardization of forensic methodologies. Thank you, Barry, for your passage among us. You will be missed by all your fellow Volksmarchers.

FEET'S FEATS

EVENT AWARDS

- | | |
|---------------------------------|---------------------------------|
| 10 Events - Nancy Good | 225 Events- Carol Harrison |
| 30 Events - Nancy Good | Reg Tyo |
| 50 Events - Nancy Good | 250 Events- Reg Tyo |
| 75 Events - Nancy Good | 300 Events- Benoît Pinsonneault |
| 125 Events - Rosalee Milford | Donna Sullivan |
| 150 Events - Rosalee Milford | 325 Events- Donna Sullivan |
| 175 Events - Donna Greene-Small | 600 Events- Kathleen Luten |
| Rosalee Milford | 700 Events- Trevor Luten |
| Henderson Small | 1050 Events- Helen Viel |
| 200 Events- Carol Harrison | 1100 Events- Maureen White |
| Henderson Small | |



DISTANCE AWARDS

- | | |
|-----------------------------------|--------------------------|
| 500 km- Nancy Good | 5500 km- Michel Gauvreau |
| 1000 km- Nancy Good | Claudette Houle |
| 2000 km- Henderson Small | 8000 km- Kathleen Luten |
| 2500 km- Carol Harrison | 11000 km- Darlene Blight |
| Rosalee Milford | 12000 km- Trevor Luten |
| Reg Tyo | 13000 km- Trevor Luten |
| 3000 km- Jean Fink | 15000 km- Maureen White |
| Rosalee Milford | 16000 km- Maureen White |
| 4000 km- Benoît Pinsonneault | 21000 km- Doug Chase |
| Dorothy Prieur | Bernice Murphy |
| 4500 km- Dorothy Prieur | 45000 km- Ole Oson |
| 5000 km- Claudette Houle-Gauvreau | |
| Donna Sullivan | |

Ottawa Voyageurs d'Ottawa Events 2004

Day	Date	Event	Walk
Sun	Apr 04	Helen Viel Walk into the '70s	GW
Sat	May 22	Tulip Festival	VM
Sun	May 23	Tulip Festival	MW
Sat	May 29	Cumberland Heritage Days	MW
Sat	June 19	Honouring French Heritage	MW
Sun	June 27	Bike Event	Bike
Thurs	July 01	Canada Day Walk	MW
Wed	July 07	Lunegan's Pub	MW
Wed	July 21	Arrow and Loon Pub	MW
Wed	August 04	Montana's Cookhouse Saloon	MW
Wed	August 18	Petrie Island Walk	MW
Sat	September 11	Gasthaus Marathon/Summerfest Walk	VM
Sat	September 18	Divine Infant Church	VM
Sun	September 26	Cumberland Resource Center Charity Walk	MW
Sat	October 02	Fall Rhapsody – Gatineau Park	MW
Sun	October 17	Waffle Wobble Walk	MW
Sun	December 12	Christmas Light Walk	MW

Year Round Walks 2004

Area	Host	Address
Beacon Hill	Hill Butcher Shop	2339 Ogilvie Dr.
Blackburn Hamlet	Mac's	2672 Innes Road
Orléans	Convent Glen Shopping Centre	Ultramar Service Station
Orléans	Quickie Store	1600 Forest Valley Dr.
Orléans	Ray Friel Centre	1585 10 th Line
Orléans	Recreation Complex	1490 Youville Dr.
Ottawa	Food Frenz	380 Laurier West Ave. (At Kent St.)
Ottawa	Gasthaus Zum Dorf-Krug	380 Industrial Ave
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.)

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

Let's support the Ottawa Rural Health Program by joining:

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

Free Registration forms are available at the OCVA Fall/Winter Walking Program

For participants who have registered: A get-together is planned for Wednesday, May 5, 2004
at the Cathay Restaurant (Chinese Food)
1755 St. Laurent Blvd., Ottawa, ON
from 7 p.m. to 10 p.m. (\$10 per person Buffet, tax included)

Your contact: Benoit Pinsonneault, President, Ottawa Voyageurs d'Ottawa
Tel.: 746-9071 E-mail: benoitpinson@rogers.com

Note: Participation in this program is free. The only thing you have to do is register and report all your walking during the said period.



Bike Event

In June of 2004 the Voyageurs will be offering a bike event to the Volkssporters of the National Capital Region. Last summer 16 people braved the overcast skies and muggy heat to ride their bikes along the Rideau and Ottawa Rivers and add 25 or 42 kms to their distance books.

This **June 27th** there will be another chance for more courageous walkers to mount their bikes and pedal their way to better health, and more distance for their books. The event this year will begin at Ben Franklin Place (old Nepean City Hall). The route will take advantage of the pathways of the west end and the Sunday Bike Days to ride parts of the Ottawa River Parkway.

If weather permitting we will try to have an outdoor gathering at Centrepointhe Park at the end of the event...more details on that to follow.

So even though winter hasn't yet begun, get riding that stationary bike, if you aren't walking, and get ready for June.

Donna Sullivan



FIRST ANNUAL "VOYAGE"

Two Perspectives

Three of our club members have graciously written about our 1st Annual Voyage! Thank you Carol Ann Ross, merci Michel Gauvreau et Claudette Houle-Gauvreau.

I only joined the walking club this year and was quite excited about the chance to go on the "Quebec" trip. I am originally from Montreal and have been transplanted here in Ottawa for the last five years. Many things can change in five years so off we all went aboard the bus and over the border into Quebec in search of walking areas beyond the sidewalk.

First stop: Nun's Island

I remember going through the toll booth as a child to get to the Eastern Townships (Estrie, now) - the big Kodak sign on the side, then over the bridge. WOW! The Nun's Island walk was terrific and completely unexpected. The condos that use to dot the island are still there but we walked across a hidden marshland in a beautifully developed area and then the trail took us around the perimeter of the island which gave us a terrific view across the St-Lawrence River. A stop for lunch and we were on our way again.

Next stop: Thetford Mines

The first thing that comes to everyone's mind seems to be asbestos, doesn't it? We forget that there were people here too. It was very strange to discover that people and homes were transplanted away from the mines themselves. We walked past the main mining area (that is no longer in use) and through the remaining town. The effect that mining, or rather the lack of has had was easy to see. Our guide was wonderful offering us samples of asbestos to see and touch and providing historical commentary as we walked. The group dinner was at one of the few restaurants in the town which provided a little of everything and we enjoyed a chance to talk together and make preparations for the coming day.

Next day: Mansonville

With McDonald's across the street and Dunkin Donuts down the street breakfast was quickly sorted out and we were on the road again. In Asia there is still a market for asbestos and on our way out of Thetford

Mines we drove past the operating mine. It looked like something out of a movie with the trucks looking like Tonka toys, so dwarfed were they by the size of the mine. We arrived at the rotunda in Mansonville where we were greeted by our Thetford guide once more who introduced the mayor! A brief presentation was made and we were on our way. Every house seemed to have sent out their dog/s to greet us. The view was so clear that we even saw Jay Peak, Vermont! Our guide led us to his lovely home where we took a break before walking on to the covered bridge. An about-face and back we went to say goodbye to the dogs and stop for lunch in the centre of town before heading off to Montreal.

Last walk: Montreal

I'm sorry but this was the most disappointing part of the trip, no doubt due to the fact that I'm from Montreal. We were dropped off at Complexe Guy Favreau in the middle of the "underground city" where we learned that an effort was being made to design a 10km route (four-season, no radials required). Unfortunately this is not a pretty part of the city. We walked part of the underground then back into the sunshine to travel south to the old port and into Marché Bonsecour. We took a break for people to shop then continued onto one of the piers. What fun to discover a salsa festival at full swing! We then continued west along the port and back up McGill College to Notre Dame Cathedral where we split up for dinner. I wish we'd either driven over Mont Royal or around the Botanical Gardens (across from the Olympic Stadium) in order to give fellow passengers at least a view of some of the beautiful sites in Montreal. Dinner too seemed rushed and I was shocked to hear that some people ate fast food! We were in Montreal, for heaven's sake!

Final destination: visions of sugar plums and future walks?

I guess that I'm really setting myself up as planning a different visit to Montreal, which I realize is not easy. I remember as a child a city tour that followed the murals that were on the walls of the city and I've spoken to a few friends to find out if there is anything like that still available. Of course, I'm not trying to give anyone the idea that I'm actually going to put anything together just throwing it out there as an idea - does anyone want to see something in particular in Montreal? The Gardens have more than 10km to offer and would include a stop and the insectarium or Japanese bonsai gardens, the Westmount Lookout offers stunning views and getting there would be through one of the older and richer parts of the city where the homes are quite spectacular (although the walk could be a bit hilly) something to think about as the snow approaches!

Carole Anne Ross



René and Clémence Lessard, Helen Viel, Diane Hoskins, The Mayor of Mansonville, Benoît Pinsonneault and Donna Sullivan

“En voiture!”

Il faut admettre que nous étions un peu craintifs lorsqu'on nous a annoncé que notre autobus de tournée ne serait qu'un autocar d'une trentaine de places. Nous pensions voir un bus orange avec de gros feux rouges à l'arrière du genre "conseil scolaire" arriver dans le parking du centre d'achats...mais quelle surprise! Il est vrai que notre transporteur était moins gros qu'un routier Greyhound, mais quel beau mini-bus; avec non seulement la salle de toilette mais avec salon genre V.I.P. à l'arrière.

Premier arrêt...l'île des Soeurs. Pour les marcheurs qui ne connaissent pas ce petit coin du Grand-Montréal, eh bien, dépêchez-vous de le

Mines we drove past the operating mine. It looked like something out of a movie with the trucks looking like Tonka toys, so dwarfed were they by the size of the mine. We arrived at the rotunda in Mansonville where we were greeted by our Thetford guide once more who introduced the mayor! A brief presentation was made and we were on our way. Every house seemed to have sent out their dog/s to greet us. The view was so clear that we even saw Jay Peak, Vermont! Our guide led us to his lovely home where we took a break before walking on to the covered bridge. An about-face and back we went to say goodbye to the dogs and stop for lunch in the centre of town before heading off to Montreal.

Last walk: Montreal

I'm sorry but this was the most disappointing part of the trip, no doubt due to the fact that I'm from Montreal. We were dropped off at Complexe Guy Favreau in the middle of the "underground city" where we learned that an effort was being made to design a 10km route (four-season, no radials required). Unfortunately this is not a pretty part of the city. We walked part of the underground then back into the sunshine to travel south to the old port and into Marché Bonsecour. We took a break for people to shop then continued onto one of the piers. What fun to discover a salsa festival at full swing! We then continued west along the port and back up McGill College to Notre Dame Cathedral where we split up for dinner. I wish we'd either driven over Mont Royal or around the Botanical Gardens (across from the Olympic Stadium) in order to give fellow passengers at least a view of some of the beautiful sites in Montreal. Dinner too seemed rushed and I was shocked to hear that some people ate fast food! We were in Montreal, for heaven's sake!

Final destination: visions of sugar plums and future walks?

I guess that I'm really setting myself up as planning a different visit to Montreal, which I realize is not easy. I remember as a child a city tour that followed the murals that were on the walls of the city and I've spoken to a few friends to find out if there is anything like that still available. Of course, I'm not trying to give anyone the idea that I'm actually going to put anything together just throwing it out there as an idea - does anyone want to see something in particular in Montreal? The Gardens have more than 10km to offer and would include a stop and the insectarium or Japanese bonsai gardens, the Westmount Lookout offers stunning views and getting there would be through one of the older and richer parts of the city where the homes are quite spectacular (although the walk could be a bit hilly) something to think about as the snow approaches!

Carole Anne Ross



René and Clémence Lessard, Helen Viel, Diane Hoskins, The Mayor of Mansonville, Benoît Pinsonneault and Donna Sullivan

“En voiture!”

Il faut admettre que nous étions un peu craintifs lorsqu'on nous a annoncé que notre autobus de tournée ne serait qu'un autocar d'une trentaine de places. Nous pensions voir un bus orange avec de gros feux rouges à l'arrière du genre "conseil scolaire" arriver dans le parking du centre d'achats...mais quelle surprise! Il est vrai que notre transporteur était moins gros qu'un routier Greyhound, mais quel beau mini-bus; avec non seulement la salle de toilette mais avec salon genre V.I.P. à l'arrière.

Premier arrêt...l'île des Soeurs. Pour les marcheurs qui ne connaissent pas ce petit coin du Grand-Montréal, eh bien, dépêchez-vous de le

découvrir. Le 10 km. qu'on nous offre là est tout à fait reposant et vraiment magnifique. Nous comprenons maintenant pourquoi les Montréalais, surtout les artistes, veulent tous y demeurer un jour.

Une autre belle surprise nous attendait à Thetford Mines. Cette municipalité qui autrefois était synonyme d'un grand-trou-creusé-au-beau-milieu-des-Appalaches est devenue une jolie ville de villégiature depuis que le marché de l'amiante s'est effondré un peu partout dans le monde. René Lessard et son amie Clémence, qui vivent dans la région, nous avait préparé une randonnée guidée de 10km qui fut fort intéressante. Ce soir là, le groupe a souper ensemble et nous avons été bien satisfaits de la qualité de la bouffe ainsi que du service qui était surprenant compte tenu du grand nombre de marcheurs et marcheuses affamé(e)s.



Benoît presents Mr. and Mrs. Léopold Bérubé with OVO Club pins at the luncheon at l'Île des Soeurs after the walk.

Le lendemain, René et Clémence nous ont rencontrés encore une fois à Mansonville pour nous servir de guides dans ce joli hameau des Cantons de l'Est juché sur la frontière américaine. La route qu'on a longée pendant deux heures était bordée par une multitude de pommiers tous plus garnis les uns que les autres. Et quel panorama, nous étions au pied du Mont-Jay avec ses tracés qui deviennent des pistes de ski durant l'hiver. Notre aventure à Mansonville s'est terminée au Soleil Rouge, restaurant rustique où on nous a offert un délicieux lunch au boeuf mariné.



Voyage 2003 participants

"En voiture!" ... nous cria Hélène par la suite, et nous montions dans le bus, destination le Vieux-Montréal pour notre dernière balade à pied. Ce Vieux-Montréal est plein de vie, de couleurs, d'odeurs, d'action et ça sent l'histoire du Canada avec un grand H. Pour s'y tremper, il faut parcourir la Saint-Denis, la "Main", la Sherbrooke, les vieux quais, la Saint-Jacques...et Jean passe...de Jean Talon à Jean Drapeau.

Le voyage de retour fut tranquille. Faut croire que les Voyageurs avaient voyagé à leur goût. Hélène, Donna et notre président, Benoît, pouvaient maintenant relaxer et prendre de belles grandes respirations parce que, pour une première escapade en autobus, ce fût tout un succès.

Michel Gauvreau et Claudette Houle

"VOYAGE" Bus Trip 2004

After our most enjoyable first voyage, which you've read about here in *The Voyager*, we're gearing up for our second bus trip. We're heading North on Labour Day weekend 2004. Although plans are not yet complete we're preparing to follow the Voyager Route up highway 17 to walk in the North Bay, New Liskeard and Sudbury areas.

This year we are planning a 3 day trip with both nights being spent in North Bay. With help from the club we are hoping to keep the costs in the same range as last year. So for those of you who said you make summer plans early, we're giving you lots of notice. Plan to come with us September 4, 5 and 6, 2004, and come to the AGM where we'll have more details.

Donna Sullivan



**Canadian Volkssport Federation (Federation
Canadienne Volkssport)
Annual General Meeting & Convention**
May 21, 22 & 23, 2004

To be held on the beautiful campus of the University
of British Columbia Vancouver, BC

Friday, May 21, 2004

8:00 am - 4:30 pm
9:00 am - 5:00 pm
8:30 am
10:00 am
2:00 pm
6:00 pm

Walk Registration Desk Open
Conference Registration Desk Open
Board of Directors Meeting
UBC Walk #1 Start
UBC Walk #2 Start
"Meet & Greet" in Ballroom

Saturday, May 22, 2004

6:30 am - 8:00 am
7:00 am - 8:00 am
8:00 am
10:00 am - 3:00 pm
10:00 am - 3:00 pm
11:00 am
11:30 am - 1:30 pm
1:00 pm
3:30 pm
6:00 pm

Breakfast - Pacific Spirit Cafeteria
Registration for President's Walk
President's Walk Start
Walk Registration Desk Open
Convention Registration Desk Open
Sports Injury Work Shop
Lunch - Pacific Spirit Cafeteria
CVF Annual General Meeting
Repeat of Sports Injury Workshop
Banquet in Ballroom followed by Sock Hop or Entertainment

Sunday, May 23, 2004

6:30 am - 8:00 am
7:00 am - 8:00 am
8:00 am
10:00 am - 2:00 pm
10:30 am
11:30 am
11:30 am - 1:30 pm

Breakfast - Pacific Spirit Cafeteria
Registration for Convention Walk
Convention Walk Start
Walk Registration Desk Open
CVF AGM (Continued - Open session)
Awards & Closing Ceremonies
Lunch - Pacific Spirit Cafeteria

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



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

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

REMINDER: You need to be a member in
good standing to vote at the AGM,
scheduled for Wednesday, **February 11,
2004**. (See AGM notice on last page for
details)

**2004
OVO MEMBERSHIP RENEWAL**



**OVO
OFFICIAL OPENING
NEW HOME BASE/PUB & YRE**



Come and join us to inaugurate and view your newly initiated OVO "Walkers' Corner" and YRE

WHERE: Gasthaus Zum Dorf-Krug
380 Industrial Ave
Ottawa, ON K1G 0Y9

WHEN: Saturday, January 17, 2004

PROGRAM: 0930-1000 Walk Registration
1000-1200 Group walk
1200 and on Luncheon at the Gasthaus

Let's make that day a memorable one for our membership and sense of belonging.

NOVEMBER 1, 2003 HONOURS VOLUNTEERS OF NEPEAN NOMADS AND OTTAWA VOYAGEURS WITH A BRUNCH AT THE ROYAL CANADIAN LEGION ORLEANS BRANCH 632

By Diane Hoskins

Photos courtesy of Graham Fawcett

As the accompanying photos show, many people are needed to cover all the tasks necessary to hold a Walking event or a Year Round event. Marv Hinton, President of the Nepean Nomads and Benoît Pinsonneault President of Ottawa Voyageurs Walking Club are to be congratulated for heading up the two clubs on a job well done. Make sure you "step up to the plate" and take a turn as finding a new trail, sitting at the Start, Check Point or Finish tables. The Clubs are always looking for good ideas and people wishing to



Ottawa Voyageurs Volunteers 2003



Nepean Nomads Volunteers 2003

serve on the Executive. The way to feel truly a part of a club is to volunteer your time. You will be glad you did and you will meet some pretty special people.

After a 11km walk, a hearty home cooked breakfast was served up to one and all. Presentations of ribbons followed. All volunteers were given a great round of applause. A special presentation was made to Ole Olson, the Community Builders Award from The United Way of Ottawa. He was recognized for his volunteer work with Canadian Military Mapping conference that held their 100th Anniversary in Ottawa this year. His work with the Gottawalk People Services of the City of Ottawa. His help with mapping out 1400 trailer park spaces for the International Plowing Match held in Navan, in 2000. His time taken to walk with the students of Trillium School to promote walking this past few years. He also worked with the Community Police Services in the Orleans area. This special award is well deserved. Way to go Ole!



L-R Knobby Walsh, Joan Grant, Col. Dave Carney (Ret'd), Andy Brière, Danielle Proulx, Ole, Helen, Benoît and Stephanie Beaumont from the NEW RO TV station. Missing from the photo, journalist Ann Moralejoa of the Weekly Star and Journal

One Walker's Experience

"It is refreshing to notice that people are still fundamentally honest and trusting of the human kind. Did anyone of you ever have a similar experience that you want to share with all of us. Please let's us know and we will publish it in our Newsletter".

A few weeks ago, while waiting for Ole to finish the last leg of the RLDW, I decided to do the New Edinburg Year Round walk. When I turned onto Dufferin Street, suddenly my eyes caught sight of a house with beautiful stained glass windows and I admired them. At the same moment, I met the owner who was raking leaves and I said hello to her, and added also that she had gorgeous windows! Following it! she invited me inside of her house to see a stained glass wall! Pleasantly surprised, I followed her in, and I saw, just above the half landing of the stair case, the huge and impressive stained glass wall. It was superb!! So inspiring, and so exciting! When I restarted my walk, moved by what I had just seen, I felt as if I was walking on a cushion of air!

Helen Viel



Notice / Avis de convocation Annual General Meeting / Assemblée générale annuelle

Ottawa Voyageurs Walking Club / Le Club de marche des Voyageurs
d'Ottawa

Date : 11 February 2004 / le 11 février 2004
Time / Temps: 1930 hours / 19h30
Location / Lieu: Royal Canadian Legion - Orléans / Légion royale canadienne - Orléans
800 prom. Taylor Creek Dr.
Orléans, Ontario

Note 1 :
The following Executive Committee positions are open and must be filled:

- (1) President
- (2) Vice President
- (3) Treasurer
- (4) Membership Coordinator
- (5) Publicity Coordinator
- (6) Trail Director

Note 2 :
A sit down dinner, with cash bar, will be served from 1830 hours. (Cost: \$10 person)

YOU MUST REGISTER AND PAY IN ADVANCE FOR THE AGM DINNER

Number of people: _____ x \$10
Enclosed is my cheque for : \$ _____
(Cheque payable to Ottawa Voyageurs d'Ottawa)

List names: _____

Mail your registration and payment
by 19 January 2004 to:

Ottawa Voyageurs d'Ottawa
Attn: Steve McPhee
PO Box 331
OTTAWA ON K1C 1S7

Note 1 :
Les postes suivants du Comité exécutif sont à combler :

- (1) Président
- (2) Vice-président
- (3) Trésorier
- (4) Coordinateur à l'adhésion
- (5) Coordinateur à la publicité
- (6) Directeur des sentiers

Note 2 :
Un souper formel, avec bar payant, sera servi à partir de 18h30. (Coût de 10\$ par personne)

VOUS DEVEZ VOUS ENREGISTRER ET PAYER D' AVANCE POUR LE SOUPER DE L'AGA

Nombre de personne(s) : _____ x 10\$
Ci-joint mon chèque au montant de : _____ \$
(Chèque à l'ordre de Ottawa Voyageurs d'Ottawa)

Liste des noms: _____

Envoyez votre inscription et paiement pour
le 19 janvier 2004 à:

***If you haven't done so please, take a moment
and renew your OVO membership at the same time!***