



VOYAGEUR

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

Volume IV Issue 2

Winter/Hiver

2005

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

A WORD FROM THE PRESIDENT...

It is hard to believe that the summer has come and gone, but it is easy to believe that winter is fast approaching with all the snow that is falling outside my window as I write.

You will note that there have been a few minor changes to the OVO Executive since our last newsletter. Since his election as Ontario Director at the CVF Annual General Meeting Ole Olson has been very busy getting an Ontario association started and asked the Executive to accept his resignation as Trail Director. Benoît Pinsonneault has agreed to complete Ole's term as Trail Director. The Executive has appointed Kevin Klute to replace Benoît as Membership Director. Ole will remain on the Executive until the year-end during this transition phase.

I want to remind members that the OVO Annual General Meeting will be February 15th at the Royal Canadian Legion in Orléans. This year there will be no elections as all Executive positions were filled for a two-year term at the last AGM, I believe this is a first. The Castor Committee is planning a club dinner for this evening with more details to follow by e-mail and phone calls.

Member Survey

The Executive thought we would survey the members to get your feedback on a number of items. An email has been sent out with the survey, in both languages. I encourage all members to complete the survey either electronically or by printing it off and dropping it at a walk registration desk or mailing as described on the form. This is your club, we need your feedback as to what we are doing right, what we are doing wrong and how we might make changes for the better.

Volunteer Appreciation

On November 5th, the OVO hosted volunteer appreciation walk and lunch. My thanks to Benoît and his assistants who laid out a great trail and who's prayers were answered with great weather. The members of the Maple Leaf Almrausch Club, 3928 Farmers Way, Ottawa provided home cooked goulash soup or schnizel on a bun and German beer was on tap. For those of us who have walked in Germany this was a wonderful reminder of those events.

Christmas Party

By the time this newsletter reaches everyone the first annual OVO Christmas dinner will have come and gone. I want to thank the Castor Committee under Helen Viel's leadership for organizing this wonderful event. It is not an easy task to accomplish but she and her committee are committed to organizing more events for the coming year. At Helen's suggestion, the 2006 Club information booklet will include a list of club social events. The 2006 OVO Club booklet will be available for pick up at the Christmas Lights walk.

Christmas Lights Walk

Please note that due to a change in ownership of the Miranda's restaurant, this walk will start from Mexicali Rosa's 2401 St. Joseph Boulevard, Orleans, Ontario, K1C 1E9 Tel (613) 824-6014. Plan to stay after the walk for a drink or something to eat.

Kathy Luten, President OVO

**Ottawa Voyageurs d'Ottawa
Year 2006 Events**

Day	Date	Event	Walk
Sat	Feb 18	Winterlude	MW
Sat	May 20	Canadian Tulip Festival	W
Sun	May 21	Canadian Tulip Festival	MW
Sat	May 27	Discover Far-Eastern Ontario/Western Québec	MW
Sat	June 24	Honouring French Heritage	MW
Sun	June 25	Bike Event	Bike
Sat	July 01	Canada Day Walk	MW
Wed	July 05	Lunergan's Pub Walk	EMW
Wed	July 19	Rideau River Walk	EMW
Wed	August 02	Montana's Cookhouse Saloon Walk	EMW
Wed	August 16	Petrie Island Walk	EMW
Sat	September 09	OVO - Marathon/Summerfest Volksmarch	W
Sat	September 16	OVO Annual Volksmarch - Divine Infant Church	W
Sun	September 24	Cumberland Resource Center Charity Walk	MW
Sat	September 30	Fall Rhapsody - Gatineau Park	MW
Sun	October 15	Colourful Vanier-Rockcliffe Walk	MW
Sun	December 17	Christmas Light Walk	MW

O.V.O. Birthdays ~ JANUARY to June 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.



JANUARY

- 2 Jane Fawcett
- 2 Denis Benke
- 2 Helene Theriault
- 14 Deloris St Germain
- 20 John Lake
- 21 Peter Taylor
- 23 Michael Donnelly
- 25 Lorna Giles
- 28 Marc St Germain
- 30 Helene Hubbard
- 31 Jackie Revell
- 31 Larry Eshelman

February

- 6 Lucienne Eshelman
- 15 Doug Chase
- 16 Betty Gallimore
- 23 Joe MacDonell
- 24 Rosalyn Blacket

MARCH

- 7 Pierre Lalonde
- 10 Chuck Powell
- 11 Nancy Shaver
- 23 Yolande Tremblay
- 31 Thérés Daigneault
- 31 Nell Khandkar

April

- 3 Lynda O'Dwyer
- 4 Helene Viel
- 5 Maria McConkey
- 13 Dorothy Prieur
- 15 Diane Hoskins
- 16 Joyce Taylor
- 16 Kathy Luten
- 27 Erroll Patrick
- 30 Dale Powell
- 30 Shirley Atkins

MAY

- 1 Mostafa Kassem
- 6 Claudette Roy
- 18 David Edmunds
- 23 Michael Hawkes
- 23 Jean Guillemette
- 24 Leslie Gaudette
- 26 Kris Stevens
- 27 John Hendy

JUNE

- 1 Graham Fawcett
- 7 Phyliss Margerum
- 11 Trevor Luten
- 11 Valerie Pinsonneault
- 11 Barbara Wright
- 12 Brenda Hendy
- 17 Lise Tremblay
- 28 Kevin Kluge
- 30 Susan Middlesworth

2006 WINTER WALKING SCHEDULE

Would you like to walk the YREs with a group and meet for lunch afterwards? Dress in layers grab a friend and come join us for the 2005-2006 Winter Walking programs.

	DATE		START POINT/LOCATION	START	TYPE
Sat	3-Dec	YRE	Quickie - 1600 Forest Valley - Chapel Hill	10:00	Group
Sat	10-Dec	YRE	Elephant & Castle - Rideau & Sussex - Rideau Centre	10:00	Group
Sun	18-Dec	Event	Christmas Lights Walk - Myranda's 2440 St Joseph Blvd - Orleans	18-19:00	Map
Sun	8-Jan	YRE	Ray Friel Centre 1585 10th Line Road	1000	Group
Sat	14-Jan	YRE	Nepean Sportsplex 1701 Woodroffe	1000	Group
Sun	22-Jan	YRE	Orleans Rec Centre 1490 Youville	1000	Group
Sat	28-Jan	YRE	Elephant and Castle	1000	Group
Sat	11-Feb	Event	Winterlude YM/YWCA 180 Argyle St	9-1100	OCVA
Sat	18-Mar	YRE	South Keyes Macs 25 Tapiola Cres	1000	Group
Sun	26-Mar	YRE	Gatineau/Valentines 405 Boul l'Hopital	1000	Group
Sat	1-Apr	YRE	Beacon Hill 2339 Ogilvie Rd	1000	Group
Mon	8-May	Event	World Walking Day Clock Tower Pub 575 Bank	18-1900	OCVA
Sat/Sun	29-30 Jul	2 day Event	More Days Walk Hammond	900	Group
Sun	12-Nov	YRE	YM/YWCA 180 Argyle st	1000	Group
Sat	18-Nov	YRE	Kanata Leisure Centre 70 Aird Place	1000	Group
Sun	26-Nov	YRE	Manotick Pronto 5530 River Road	1000	Group
Sat	2-Dec	YRE	Elephant and Castle	1000	Group

*There is nothing like walking to get the feel of a country.
A fine landscape is like a piece of music; it must be taken
at the right tempo. Even a bicycle goes too fast.*

- Paul Scott Mowrer



Feet's Feats (From Volkssport Canada)

EVENTS

10 Events	Kevin Kluke		
30 Events	Kevin Kluke Karen Venema	325 Events	Reg Tyo
50 Events	Kevin Kluke	350 Events	Rosalee Milford
100 Events	Lorna Gilles	375 Events	Lynda O'Dwyer
175 Events	Marion Tyo	400 Events	Rosalee Milford
200 Events	Marc St-Germain Charles Powell	425 Events	Jane Estabrooks
250 Events	Rosalee Milford Dale Powell	475 Events	Michel Lameroux
275 Events	Shirley Atkins	500 Events	Benoit Pinsonneault
	Rosalee Milford		Benoit Pinsonneault
	Reg Tyo		Dorothy Prier
300 Events	Shirley Atkins Rosalee Milford	525 Events	Graham Fawcett
			Graham Fawcett
			Donna Sullivan
			550 Events
			Donna Sullivan
			Graham Fawcett
			575 Events
			Graham Fawcett
			600 Events
			Graham Fawcett
			900 Events
			Trevor Luten
			950 Events
			Darlene Blight
			1050 Events
			Bernice Murphy
			1100 Events
			Doug Chase
			Bernice Murphy
			1300 Events
			Hélen Viel
			1350 Events
			Ole Olson
			1400 Events
			Maureen White
			1450 Events
			Ole Olson
			Maureen White

DISTANCE

500 Km	Kevin Kluke	4500 Km	Rosalee Milford	7500 Km	Graham Fawcett
1500 Km	Steve Gallimore	5000 Km	Lynda O'Dwyer		Donna Sullivan
2000 Km	Marc St-Germain		Rosalee Milford	8000 Km	Graham Fawcett
	Marion Tyo	5500 Km	Rosalee Milford		Donna Sullivan
2500 Km	Charles Powell	6000 Km	Graham Fawcett	10 000 Km	Betty Gallimore
3000 Km	H. R. Tyo		Michel Lameroux	11 000 Km	Betty Gallimore
3500 Km	Robert Gilles	6500 Km	Rosalee Milford	16 000 Km	Darlene Blight
	H. R. Tyo		Graham Fawcett	17 000 Km	Darlene Blight
	Jean Fink	7000 Km	Rosalee Milford	18 000 Km	Darlene Blight
	Dale Powell		Graham Fawcett	21 000 Km	Maureen White
4000 Km	Shirley Atkins		Benoit Pinsonneault		
	H. R. Tyo		Dorothy Prieur		

Congratulations to one and all!



Avis de convocation Assemblée générale annuelle Le Club de marche des Voyageurs d'Ottawa



Notice Annual General Meeting Ottawa Voyageurs Walking Club

Date : le 15 février 2006
Temps : 19h00
Dîner : 18h00 Souper attablé avec bar payant
(Coût à être déterminé)
Lieu : Légion royale canadienne
 800, Promenade Taylor Creek Orléans, Ontario

Date : 15 February 2006
Dinner: 18:00 a sit down dinner with cash bar
(Cost to be determined)
Time : 1900 hours
Location : Royal Canadian Legion
 800 Taylor Creek Dr. Orléans, Ontario

CUMBERLAND AREA OTTAWA RURAL HEALTH

Cumberland's 7th Annual Winter Walking Program

WINTERWALK 2006 – Walking South America
 Free Registration forms are available at the OCVA Fall/Winter Walking Program

The distance to covert is 10,225 miles or 16,455 Km.
 For the participants who register, a Potluck Celebration is planned to celebrate the end of the program, on Wednesday May 17, 2006 at RJ Kennedy Centre, 1115 Dunning Road, Cumberland, ON.

Your contact is Benoît Pinsonneault:
 Tel.: 613)-746-9071 E-mail: benoitpinson@rogers.com

N.B.: Participation in this program is free. The only thing you have to do is to register and report on a monthly basis all your walking during the said period as indicated in the registration form.



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.)

I have two doctors, my left leg and my right.

- G. M. Trevelyan

In every walk with nature one receives far more than he seeks.

- John Muir

Footpaths/Sentiers 2006

Will soon be available from the CVF office

contact: Canadian Volkssport Federation

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

Telephone: 613-234-7333

Fax: 613-233-1056

Email: cvffcv@bellnet.ca

2006 CVF CONFERENCE ACCOMMODATION OPTIONS:

You are responsible for making your own reservations.

The Westin Edmonton

10135 - 100 Street, Edmonton, Alberta T5J 0N7, 1-800-359-7384 or (780) 426-3636

Arrangements have been made for a group rate at the Westin Edmonton.

Hotel-style Accommodation, University of Alberta

With queen or two double beds. Single or double occupancy, \$69.00 plus taxes per night.

Only fifteen prepaid units available. To reserve this accommodation for two nights, submit \$154.00 with this registration form. Make cheque out to: CVF/FCV Convention 2006.

(Transportation from the University to the Conference Centre takes only a few minutes.)

Phone Myrna at (780) 459-7836 or Marilyn at (780) 352-2481 to find out if a unit is still available.

Guest Services, University of Alberta

C102 Lister Centre, 87 Avenue and 116 Street, Edmonton, Alberta T6G 2H6. Single rooms with private bathrooms are available for \$40.00 a night. Dormitory-style with single or twin occupancy are available for \$30 - \$40 per night. (Delegates would book these on their own, contacting the University as below. Prices subject to change.

1-800-615-4807 (Canada only) or (780) 492-6057, www.ualberta.ca/conferenceservices

REGISTRATION

CVF/FCV CONVENTION 2006

GATEWAY TO WELLNESS



This form must be returned by December 1, 2005 to qualify for the Earlybird Registration. Fill in one form per person. Please print.

IDENTIFICATION:

Name _____

Address _____

City _____ Province _____

Country _____ Postal/Zip Code _____

Telephone (____) _____ E-mail Address _____

Club Name _____

Official _____ Delegate _____ Observer _____

My club will need a table to display items at the Convention: Yes No
 (Display tables are limited; granted on a first come, first serve basis.)

CONVENTION ACTIVITIES:

	Earlybird Rate	Regular Rate	
Registration	\$12	\$15	\$ _____
Friday Meet and Greet	\$12	\$15	\$ _____
Saturday Buffet	\$34	\$36	\$ _____
Walks:			
President's Walk, Free		\$0	\$ _____
IVV Credit only		\$2	\$ _____
IVV Credit with pin		\$5	\$ _____
Convention Walk, Free		\$0	\$ _____
IVV Credit only		\$2	\$ _____
IVV Credit with pin		\$5	\$ _____
T-Shirt (No refunds for T-Shirt after April 30.)		\$15	\$ _____
Please circle size required. S M L XL XXL			

TOTAL COST: \$ _____

SEND CHEQUE AND APPLICATION TO:
 CVF/FCV CONVENTION 2006
 PO BOX 6882, WETASKIWIN AB T9A 2G5

No refunds after April 30, 2006.

CONVENTION TOURS: (Deadline to register is 15 February 2006.)

Pre- and Post-Convention Tours to Yellowknife and Whitehorse

Please send me detailed information about these tours. Yes No



OVO Membership

Here are the statistics from the merger of the Rockcliffe Rovers Volksmarch Club and Club Volkssport Orléans
As of: 10/11/05

Year Année	Regular Member Membre régulier	Family Member Membre familial	Honorary Member Membre honoraire	Life Member Membre à vie	Total
2002	135	114	1	N/A – S/O	250
2003	130	105	2	N/A – S/O	237
2004	119	77	2	0	198
2005	164	28	2	0	194
2006	26	4	0	0	30

As you can notice our membership is decreasing year after year. Have you phoned a friend, talked to a neighbour, brought a co-worker, and promoted walking in all your daily activities? Have you brought in 2005 a new member to OVO? Our survival depends on new blood and ideas. If not, let's do it in 2006!

OVO Cuvée 2005 of New Members (Since June 2005 up to now)

BRISTER, DAVID
BUONO, PINA LUCIA
CHARTRAND, MARY
DUNCAN, SHERRI
ESHELMAN, LARRY
ESHELMAN, LUCIENNE
FARDOTKO, CAROLE
GILLETTE, SHIRLEY

GUNTER, ALF
HAMILTON, ELIZABETH
IVES, AMANDA
IVES, BARBARA
IVES, WILLIAM
KLUKE, KEVIN
LALWANI, MARTHE
LALWANI, RAMESH

RIEMER, CARMEN
RIEMER, FRED
TREMBLAY, JULIE
TREMBLAY, LISE
TREMBLAY, YVES
WRIGHT, BARBARA

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

.....

Lake Ontario Shores 2005

By Donna Sullivan

I am a little bit biased, but I had a great time on this trip.

I have plans to eventually completing my Ontario Director's Pin and this walk gave me 6 walks toward it. I now have all of my clubs finished, save one. I was able to get in a couple of Director's walks in that I had not done since the pin was announced.

The walks were a series of contrast, two small towns Brighton and Peterborough and then Toronto - Downtown and Downsview and lastly, Niagara Falls and Niagara-on-the-Lake.

Then there was the food! A big thanks you to all the folks who helped find the restaurants. Oh, did I

mention the tour of the winery and the wine tasting too. (I will not mention that someone was on the floor there!) I am very glad this was a walking trip, I needed all the exercise I could get.

The company of a great group of people on the bus finished off a great weekend.

In addition, I need to thanks the people from the three clubs, the Argosy Rovers, the Niagara Escarpment Volkssport Association, and the Downsview Trekkers who helped make all of the walks a success.

Plans are underway for 2006. Look for more information elsewhere in the newsletter.



Réflexion sur notre voyage OVO annuel en autobus

par/by Benoît Pinsonneault

Reflection on Our OVO Annual Bus Trip

Cette initiative a déjà trois années d'existence. Un premier voyage au Québec, le deuxième dans le Nord de l'Ontario et celui de cette année nous a amenés à Toronto après un arrêt à Brighton, une visite dans la région de Niagara et un détour à Peterborough sur notre chemin de retour.

C'est la seule occasion où les membres de notre club ont réellement l'opportunité de se côtoyer pendant trois jours, de se découvrir, d'échanger, de se divertir et d'affermir une amitié, parfois superficielle, en une plus approfondie et durable, bénéfique à tous et à toutes pour, possiblement, des années à venir.

En même temps, c'est comme une mi-vacance d'une longue fin de semaine, loin des soucis quotidiens, dans un décor nouveau de marches. En plus des conversations et échanges multiples lors des marches entre les divers participants, quelques repas communs favorisent des combinaisons impromptues et fort intéressantes.

C'est une expérience qui vaut réellement la peine d'être vécue et j'invite nos membres à participer à pareil voyage en autobus, naturellement, vos horaires le permettant.

Le prochain voyage OVO en autobus, est planifié pour les 2-3-4 septembre 2006, soit la fin de semaine de la Fête du travail, avec une tournée tentative de six marches parrainées par le directeur FCV de l'Ontario.

Soyez du voyage en autobus 2006 !
Des souvenirs à se remémorer pour des années à venir vous y attendent !

This initiative has been in existence for the last three years. A first trip in Québec, the second one in Northern Ontario, and this year, we went to Toronto, after a stop in Brighton, plus a visit in the Niagara area and, finally, a detour to Peterborough on our way back.

It is the only occasion where our membership can really have an opportunity to mix for three days, to learn about each other, to exchange, to enjoy themselves and to consolidate their friendship, sometimes superficial into one more profound and durable, beneficial to all involved, possibly for years to come.

At the same time, it is like a long weekend mini-vacation away from our daily worries, in a new walking environment. Apart from the multitude of conversations and exchanges during those walks among all the participants, some common meals promote unexpected and far interesting combinations.

It is an experience worth living and I invite our members to join us on such bus trips, naturally, your schedule permitting.

The next OVO Bus trip is scheduled for September 2-3-4, 2006 during the Labor Day Weekend, tentatively, a round tour of six walks sponsored by the CVF Ontario Director.

Be on our 2006 Bus Trip!

Memories to recollect for years to come await you!

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

Ottawa Voyageurs Bus Trip 2006

After a successful third bus trip the plans for the 4th Annual bus trip are being laid, and we're looking for your input.

Two tentative options are being considered:

- The first would involve a trip through 'Cottage Country' which would include the Muskoka area Director's Walks and help those who are working towards the Ontario Director's pin complete some key walks.
- The second would be a trip to the Quebec City areas and include some Montreal walks. While there would be no 'pin' involved many of us remember the great hospitality of our sister club, Club Volkssport Nord-Sud.



It is our intention to offer six walks on either route. Let us know what you think. Do you have other suggestions?

The bus trip will be up for discussion and decision at the Feb 2006 club AGM.

55 Km on the Cataraqi Trail 6 – 7 August 2005

by Helen Viel

We all met on Saturday morning at the intersection of Wills Road and the Cataraqi Trail. It was a beautiful, sunny morning and everyone was anxious to start the expedition. So at 0900 hours we started to put our foot prints on the trail which was an old railway bed for a railway that ran from Napanee to Smith Falls designed to transport forest and agriculture products along the way. We were 21 of us joyful walkers having great enthusiasm to make it a memorable event. Trees giving us lots of shade surrounded the trail. There were farm roads here and there, some ponds where we saw water lilies and the blue heron, plus osprey which had their nests on the top of the hydro towers. Also there were interpretation plaques on the flora and fauna, making it even more interesting.

Shortly after 1100 hours, we arrived at Forfar for our first break. Forfar is the home of the Forfar Cheese Factory and they sell excellent ice cream. We indulged ourselves with cheese curds and ice cream. Following it we decided

to have our lunch break at the Forfar Community Centre as they had a huge canopy and picnic tables, which came in handy. What a way to live! After a good rest, we then resumed our walk and we were on our way to the resort.

We arrived at the Opinicon Lodge around 1530 hours. After we were assigned our rooms, everyone settled in and then relaxed, either on the hotel veranda, visiting around or at a get together at a chalet to toast a good day with an aperitif. Sitting outside, having tall trees all around us as guardians and a ceiling of blue sky, we had jovial and joyous moments with plenty of good laughs. At 1800 hours we all directed ourselves to the dining room and had a delicious meal. It ended up with a birthday cake for Benoit Pinsonneault and we all sang "Happy Birthday". He has been in the limelight and shared the cake with all of us. We were definitely all happy for him. It has been followed with further presentations by Graham Fawcett. Then slowly, everyone moved

to their rooms and prepared for night-night.

The next morning after a copious breakfast, we all went back to the trail for the last 30 kilometres. The good weather was still with us. Our fantastic volunteer team kept meeting us for coffee breaks and at road crossings; keeping a good watch on all of us and making sure that we had enough water. We saw a cave along our walk today. We ended up in Sydenham around 1600 hours on Sunday. We were warmly applauded at the end by our support staff, Ole Olson, Diane Pinsonneault, Robert Blight and Linda Christianson. They had worked eagerly in helping and supporting us. A sincere thank you goes to them.

Congratulations, Ole for this weekend to remember, all for fun fitness and friendship.

This walk was sponsored by the Ottawa-Carleton Volkssport Association and was prepared by Ole Olson, Graham Fawcett, Des Davidge, Doug Thompson and Helen Viel.

It is not talking but walking that will bring us to heaven.

- Matthew Henry

Thoughts on the More Days Walk Held on August 6-7, 2005

by Benoît Pinsonneault

This special event, sponsored by the Ottawa Carleton Volkssport Association (OCVA), started for the first time last year and was successfully repeated this year with an increase in participation from both local as well as outside walkers. Last year, the walk (48 km) was from Morrisburg to Cornwall along the St. Lawrence River with sleeping accommodation in Long Sault. This year, the walk was from South of Smiths Falls to Sydenham on an old railroad bed called "Catarqui Trail" with sleeping accommodation at the Opinicon Resort in Elgin, next to Chaffey's Lock on the Rideau Canal System. What a weekend! What an experience! What a wonderful group walk! It is certainly the perfect example of a full-fledged application of our walking motto of "Fun, Fitness and Friendship". The scenery was breathtaking. The peacefulness and the closeness to nature were at their maximum (25 km on the first day and 30 km on the second one). Our stay at the

Opinicon Resort and its food table were memorable and will be hard to beat.

Thank you to our Chase Vehicle Team: Ole Olson, Diane Pinsonneault, Bob Blight and Linda Christianson for meeting with us at strategic points for lunches, water and resting-chairs, as well as for carrying all that stuff for us. A multitude of exchanges and conversations took place between all the participants who were continuously revolving from sometimes leading the pack to some other times sweeping the slower or tired walkers.

I invite you all to join us for next year's adventure, which is tentatively scheduled for July 29 and 30, 2006 on Prescott-Russell Recreational Trail, from Hammond to Vankleek Hill with possible sleeping accommodation at Plantagenet.

See you there!

Ottawa Voyageurs d'Ottawa Walking Club

Membership for 2006



Please note that you must be a member in good standing to vote at the OVO Annual General Meeting. Please take a moment to renew your membership by

contacting:

Kevin Klute

Membership Director

Phone: 841-5438

kluke.jk@forces.gc.ca

OVO Marathon – September 10th

By Alf Gunter

When I showed up at the start of the Ottawa Voyageurs d'Ottawa walking marathon on September 10, I had a pretty good idea what to expect. I had participated in the Volkssport walk at Whispers two years previously, so knew that you were very nice and friendly people who didn't approach walking in a competitive manner. I had also walked four marathons, each in a single day, in the past 18 months. Two of these were training walks, over routes well-known to me, and where I took a break after the mid-point of the walk. The others were the National Capital marathon walks, which take place at the end of May, and where I had managed to be the fastest senior citizen on each occasion.

Although the OVO marathon had no entry fee, I knew that there was considerable labour and some expenses in preparing for and running such an event, but was only able to get the organizers to accept \$ 10. The course was well thought-out and two 6 K sections were well-marked. For the remainder, we were provided with clear directions and maps. Despite this assistance, I managed to get off the route for brief

periods on four occasions. I also spent considerable time studying the directions.

I was greeted with friendly smiles and encouragement at the check point/refreshment stations and was even provided with trail mix by Helen Viel, who also expressed concern that I was perhaps trying to walk too quickly. When I finally reached the finish it was to be greeted by a round of applause and to be told that my \$ 10 would be used to provide me with a club membership. Laid-back friendly people? You cannot beat them.

If you are a club member who has participated in several events, including one at least 20 K in length, I suggest that you try the marathon. There were only two of us in the walk on September 10: it would have been just as easy for the organizers if there had been twenty. As I learned after I completed my first marathon, it is truly something special, and when you have completed it you are welcomed into an exclusive cadre of walkers.