



# VOYAGEUR

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

Volume VI Issue 1

Summer/Été

June 2007 juin

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Articles published in this  
newsletter do not necessarily  
reflect the views of the Ottawa  
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## A WORD FROM THE PRESIDENT...

It's had to believe that winter is over and is has been 3 months since our Annual General meeting on February 7<sup>th</sup>. Member fees were kept at \$10 per person or \$20 for a family for 2008. Although our club is financial sound at the moment changes in the member fees for the CVF may require a change in our club fees. The executive is looking at other options which will allow the club to keep member fees at \$10 and \$20.

Representatives from the three Ottawa clubs met with Phil March, Eastern Ontario Regional Manager from the Running / Walking Room stores about organizing a Fall walking event similar to the 10 K running events that the Running/Walking Room stores support. We need someone to step up to the plate and represent our club on the working committee to get this event organized. The Running / Walking Rooms want to support our clubs and the net revenue will be split between the three clubs. This may be the way our club keeps our member fees low while generating \$s to cover the increased costs for the CVF. If you have event planning skills or are interested in volunteering to support this event please contact one of the executive.

### CVF AGM and Convention:

Here are some noteworthy items from the convention and Annual General Meeting:

- *Volkssport Canada* might be published in electronic form. Subscribers are being polled and discussions continued from there.
- The motion from Club Nord-Sud to raise the fees for walkers and eliminated the 'free' category was defeated.
- The OVO's motion to harmonize the language in the Rules and Regulations passed.
- The CVF 2008 Budget was eventually passed following a motion by the Ontario Director to charge each club \$50.00 plus \$5.00 per adult member was passed. The \$5 per adult member will be based on club membership numbers as of September 1, 2007.
- Steve McPhee was appointed CVF Auditor for 2007.
- The CVF's Service contract was approved at a 2.5 % increase.
- Two new CVF walking programs were approved for 2008, *Scholarship* and *'Wine, Beer and Cheese.'*
- CVF Club Guidelines will be distributed to the clubs on CD to update the CVF Club binder.
- Ole Olson is Chairing a Committeee to prepare a CVF 'business and marketing plan.
- CVF Director updates: Ole Olson was re-elected as Ontario Director. VABC has re-elected Ethel Hansen, and the VAA will re-elect Richard Parr. Atlantic Canada Director Lynda Kanne will continue until a replacement is found. Dave Rupar is the new CVF Treasurer.
- Annual General Meetings: 2008 Wolfville, NS, May 23-25; 2009 has not been awarded but there has been interest from Ontario North – North Bay and Sudbury.

We just finished a great weekend of walking at the Tulip festival walks. This year's weekend included the Tulip festival volksmarch on Saturday May 19<sup>th</sup> and it was our second year of working with Gottawalk to promote walking in Ottawa. The Sunday walk was from Major Hill Park which was the site of a number of tents with cultural activities and different food, arts, crafts and entertainment and all for free. Monday was our first ever Tulip Festival Marathon event and Walkers were able to walk 11, 21 or 42 Kms.

### Walking and Volkssport Association of Ontario (WVAO)

The By-Laws have been drafted for the WVAO, based on Volkssport Associations in Alberta and BC.

I want to thank Diane Hoskins and all those who have volunteer to assist at events. Please step up and volunteer when Diane calls, your support is critical to our success.

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## **New Walk Added to the Lighthouse Walks Program**

On March 24<sup>th</sup> the Ottawa Voyageurs d'Ottawa hosted a group walk in Ottawa starting from The Shopper's Drug Mart on Alta Vista Drive, just south of Roland. OVO Trail Director, Benoît Pinsonneault led a group of 30 plus walkers to launch the newest Lighthouse walk.

Contact the CVF office to register and you will receive a lighthouse pin, information booklet and record card. There are 3 levels of award: Assistant Lighthouse Keeper, Lighthouse Keeper and Superintendent of Lights. The higher levels are more difficult to achieve as they cannot be completed on only one coast. Cost for this program is \$5.00. Information on all of these programs is located on the CVF web site at [www.walks.ca](http://www.walks.ca)

The following is the history of this lighthouse which now resides just off St. Laurent Blvd in Ottawa on the grounds of the Canadian Museum of Technology.

### ***Cape North Lighthouse (Also known as Cape Race Light)***

**Location:** Canada Science and Technology Museum, southeast of downtown Ottawa.

This 1856 conical cast iron tower was originally at Cape Race NL, and it was moved to Cape North NS in 1908. In 1979 was relocated to the Canada Science and Technology Museum in Ottawa.

This light is operational. It now guides all the ghost ships sailing in the National Capital sky.

At least a million people a year pass by the red and white checkerboard Cape North tower and lighthouse in front of the National Museum of Science and Technology in Ottawa. It's third-order Fresnel lens now throws its rotating beam across the museum grounds instead of out over the sea at its former home on the shoreline at the foot of the high hills on the northern tip of Cape Breton Island.

When David M. Baird was Director of the National Museum of Science and Technology he wanted to make a real lighthouse available to the people of Canada in a public place. As soon as the Coast Guard decided to replace the cast-iron tower at Cape North in 1978, a museum crew was dispatched to the site. A few weeks later, the veteran of 70-years on that lonely coast (and prior to that at Cape Race) had been disassembled and its lens and lights carefully packed and transported to Ottawa.

A new reinforced concrete light platform was designed and built to replace the original, which over the decades had been eaten away by salt spray. The lamp house had to be refurbished and painted, the lens and rotating gear cleaned and repaired and several matching stanchions for railings were cast at a local foundry.

In the spring of 1979, the new base was ready and the lighthouse began to be reassembled. The new concrete platform was lowered by crane onto the tower. Then the lamp house, the lenses, and the light were installed. The checkerboard pattern of red and white squares (32 plates), its original day mark, was carefully repainted. Huge limestone blocks were arranged to give the impression of a lighthouse on an island, albeit in a sea of grass.

Now, in the nation's capital city, thousands of visitors troop through a real lighthouse steeped in Maritime history, and passersby see its rotating Fresnel lens flashing atop its red and white tower every day.



## OVO SOCIAL ACTIVITIES

1. **July 1<sup>st</sup> – CVF/FCV 20<sup>th</sup> Anniversary** – This year's Canada Day walks starts from the Newfoundland Pub 940 Montréal Road. The walking routes are the routes used for the first volksmarch held at Rockcliffe Base. Immediately following the walks you are encouraged to join fellow walker at the Newfoundland Pub for lunch and Anniversary cake, before you head downtown to join the Canada Day festivities.
2. **July 27 – 29<sup>th</sup> 4<sup>th</sup> Annual Bus Trip** – This trip will be a tour to Quebec City with the opportunity to walk 6 walks and do a little sightseeing/shopping. Contact Donna Sullivan to ensure your spot on the Bus.
3. **September 29<sup>th</sup> Fall Rhapsody Gatineau Park** - This walk is held in conjunction with the NCC's Fall Rhapsody in Gatineau Park to view the colorful fall foliage. Location TBC. You are invited to bring a picnic lunch and a dessert to share with fellow walkers after the walk.
4. **November 24<sup>th</sup> 3<sup>rd</sup> Annual OVO Christmas Party** – Sit down dinner at a local restaurant – Plan to enjoy a nice meal and the fellowship of other walkers. Details will follow.

## RESULTS of the CVF 2006 – 2007 WINTER WALKING PROGRAM

During the Winter of 2006-2007 the Canadian Volkspport Federation offered a winter walking program to encourage walker to walk during the Winter months. A great number of walkers took up the challenge.

Provincial Challenge: **British Columbia** – 18,974 Kms  
**Ontario** – 13,856 Kms  
 Alberta – 8,714 Kms  
 Quebec – 6,266 Kms  
 Nova Scotia – 2,895 Kms  
 Manitoba – 180 Kms  
 Saskatchewan – 135 Kms

Individual Challenge: **Darlene Blight**, Orleans Ontario – 2,045 Kms **The Canadian Yeti Award** for Winter Walking

Congratulation to all those who participated you all need to celebrate your increased physical activity and I am sure your health has improved.

## OVO Year Round Events,(YREs)

Area	Location	Address
Orleans	Orleans Recreation Centre	1490 Youville Drive (at Jeanne D'Arc Blvd)
Orleans	Quickie Store	1600 Forest Valley Drive (at Orleans Blvd)
Orleans	Ultramar Service Station	Corner of Orleans Blvd and Jeanne D'Arc Blvd-North)
Orleans	Ray Friel Recreation Centre	1585 Tenth Line Road
New Edinburgh	Shell Service Centre	1 Montreal Road, Vanier
Beacon Hill	The Hill Butcher Shop	Beacon Hill Shopping Centre 2339 Ogilvie Rd
Blackburn Hamlet	Mac's Store	2762 Innes Road
Ottawa	FoodMart Express	280 Laurier Avenue
Tribute to Cdn Forces	Champagne Bath	321 King Edward Avenue
Billings Bridge	RA Centre	2451 Riverside Drive
Lighthouse	Shopper's Drug Mart	Alta Vista Drive

### **OVO AGM DOOR-PRIZE WINNERS** **FEBRUARY 7, 2007**

**Hawaiian Calendar:** Céline Burnford  
**Carwash:** Bernice Murphy  
 Louis Myre  
 Richard Burnford  
 Marion Boom  
**Wendy's:** Stella Limoges  
**Watch & Pen:** Benoît Pinsonneault  
 Kathleen Kurtz

**Multi-Function Calculator:**  
 Donna Sullivan  
 Hélène Viel  
 Robert Sabourin  
**Binoculars:** Diane Hoskins  
**Gift Certificate at Letellier Shoes:**  
 Douglas Chase

## OVO Walking Events

Day	Date	Event	Address	Address	Walk
Wed.	13-Jun	"New" Exploring Orleans South of Innes	Barley Mow Pub	2034 Tenth Line Road	EMW
Sat.	23-Jun	Honouring French Heritage in Canada	Richelieu-Vanier Community Centre	300 Perès Blancs	MW
Wed.	27-Jun	Carson Grove Pub Walk	Montanna's Cookhouse Saloon	1759 Ogilvie Road	EMW
Sun.	1-Jul	Canada Day Map Walk- 20th Anniversary CVF	Newfoundland Pub	940 Montréal Road	MW
Wed.	11-Jul	Rideau River Walk	Thirsty Toad Pub	1344 Bank Street	EMW
Wed.	25-Jul	Vanier - Rockcliffe Park Walk	Finnigan's Pub	347 Montréal Road	EMW
Wed.	8-Aug	Wing Night at the Pub	Lunnergan's Eatery and Pub	1661 Montréal Road	EMW
Wed.	22-Aug	Petrie Island Tour	Canadian Legion Hall	800 Taylor Creek Blvd	EMW
Sat.	15-Sep	21st Annual OVO Volksmarch	Divine Infant RC Church	6658 Bilberry Drive	VW
Sun.	23-Sep	Move Your Feet so Kids Can Eat	Place d'Orleans Shopping Centre	Bauer Court	MW
Sat.	29-Sep	Fall Rhapsody - Festival of the NCC	Gatineau Park, Gatineau	TBA	MW
Sun.	16-Dec	Christmas Lights Walk	Rideau Centre	Elephant & Castle Restaurant	EMW

**Legend**   **EMW** - Evening Map Walk  
**MW** - Map Walk  
**VW** - Volksmarch

### WHY DO I WALK?

WHY DO I WALK? TAIN'T NO MYSTERY --  
 WANNA HAVE A GOOD  
 MEDICAL HISTORY,  
 DOCTOR TOLD ME WALKIN' IS GREAT --  
 HELPS THEM BLOOD CELL CIRCULATE,  
 GREAT FOR THE LUNGS,  
 GREAT FOR THE TICKER,  
 CAN' NOTHIN' GETCHA  
 IN BETTER SHAPE QUICKER,  
 FEELS SO HEALTHY, FEELS SO SWEET,  
 PUMPIN' MY ARMS  
 AND FLAPPIN' MY FEET,  
 MOLDIN' MY MUSCLES, FIRMIN' MY FORM,  
 PANTIN' LIKE A PACK MULE,  
 SWEATIN' UP A STORM,  
 KEEPS ME YOUTHFUL,  
 KEEPS ME LOOSE,  
 TIGHTENS MY TUMMY  
 AND SHRINKS MY CABOOSE,  
 BEATS BEIN' SLUGGISH,  
 BEATS BEIN' LAZY --  
 WHY DO I WALK? MAYBE I'M CRAZY!

*Ed Cunningham*



## Un mot de votre directeur des sentiers

par Benoît Pinsonneault

Lorsque vous lirez ces quelques lignes, au moins cinq de nos événements spéciaux sur 17 seront déjà du passé et même, peut-être, quelques autres planifiés pour le mois de juin.

Vu les changements apportés à notre programmation de 2007, soit, entre autre, une marche à chaque deuxième mercredi en soirée, en alternance avec les Nomades de Nepean, tout au cours de l'été, je compte sur votre appui et votre participation en grand nombre à ces marches du mercredi soir. Notre première marche OVO est fixée pour le mercredi 13 juin 2007 en partance du Pub Barley Mow, au 2034, chemin 10<sup>e</sup> Ligne, à Orléans, presque au coin du chemin Innes. Nous avons six de ces marches du mercredi soir dont la dernière est celle de la traditionnelle épluchette de blé d'Inde et BBQ de la Légion royale canadienne suite à la marche sur l'Île Pétrie.

Je vous invite spécialement à la marche du 1<sup>er</sup> juillet 2007 où nous revivrons dans le cadre du jour anniversaire du 20<sup>e</sup> Anniversaire de la FCV, les mêmes parcours que les marches inaugurales du Rockcliffe Rovers Volksmarch Club en 1986, soit un 20, 10 et 5 km. Joignez-vous à nous au Pub et Restaurant Newfoundland, au 940, chemin Montréal pour célébrer le 20<sup>e</sup> Anniversaire de la FCV et déguster un gâteau anniversaire pour cette occasion unique avec le président de la FCV lui-même.

Une nouvelle marche continuelle s'est ajoutée à notre répertoire, soit une randonnée du seul et unique phare de la région de la capitale nationale. Elle part du Shoppers Drug Mart, au 1559, promenade AltaVista, et vous amène au Musée des Sciences et de la Technologie du Canada, coin boulevard St-Laurent et chemin Lancaster.

Les résultats des marches du Festival Canadien des Tulipes se résument comme suit : 286 participants et 2957 km parcourus. Merci à tous et à **Au pas Ottawa** pour son partenariat !

Consultez notre programmation pour les autres événements de l'année et participez en grand nombre. Votre club compte sur vous pour sa survie.

Continuez à marcher !



## A Word from your Trail Director

by Benoît Pinsonneault

When you read these lines, at least five out of our 17 special events will have been already completed and maybe even a few others planned for the month of June.

Considering the changes brought to our 2007 Schedule, i.e. a walk every second Wednesday evening, alternating with the Nepean Nomads, all summer long, I am counting on the support and participation of as many of you as possible in those Wednesday Evening Walks. Our first OVO walk is scheduled for Wednesday, June 13<sup>th</sup>, 2007 from the Barley Mow Pub, at 2034, 10<sup>th</sup> Line Road, in Orléans, almost at the corner of Innes Rd. We have six of these Wednesday Evening Walks, our last one being our traditional BBQ and corn roast at the Royal Canadian Legion Hall, following the walk on Pétrie Island.

I especially invite all of you to the July 1<sup>st</sup>, 2007 walk, where you will relive, on the occasion of the 20<sup>th</sup> Anniversary of the CVF, the same routes as the original walks put up by the Rockcliffe Rovers Volksmarch Club in 1986, i.e. a 20, 10 and 5 km. Join us at the Newfoundland Pub and Restaurant, at 940 Montreal Rd. to celebrate the CVF's 20<sup>th</sup> Anniversary and to enjoy a piece of the anniversary cake, prepared for this unique occasion, with the CVF President himself.

A new YRE was added to our repertoire, i.e. a Lighthouse Walk, the only and unique lighthouse in the National Capital Region. The start point is situated at the Shoppers Drug Mart, at 1559 Alta Vista Dr., and brings you to Canada Sciences and Technology Museum, located at the corner of St-Laurent Blvd. and Lancaster Rd.

The results of the Canadian Tulip Festival Walks, in a nutshell, are as follows: 286 participants, covering 2957 km. Thanks to all of you and to **Gottawalk** for its partnership!

Consult our Schedule for all the other events in 2007 and participate in as many as you can. Your Club needs your support for its survival.

Keep on walking!

*Benoît Pinonneault*



## Feet's Feats

(From VS Canada January & April 2007)

### EVENTS

10	Deborah Doré
30	Céline Burnford Jean Osborne
50	Richard Burnford Jean Osborne
75	Pat DeRoche
100	Joe MacDonell
125	Joe MacDonell
175	Lorna Giles
200	Lorna Giles
225	Lorna Giles
250	Georgina King

275	Georgina King Charles Powell
300	Dale Powell
300	Georgina King
325	Georgina King
350	Georgina King
375	Robert Giles Georgina King
400	Robert Giles Georgina King
425	Georgina King
500	Sally Hare Rosalee Milford
525	Rosalee Milford
550	Rosalee Milford
650	Kathleen Kurtz Steve McPhee
700	Kathleen Kurtz Benoît Pinsonneault

750	Kathleen Kurtz
900	Kathy Luten Joyce Taylor
950	Kathy Luten
1000	Marion Boom
1050	Trevor Luten Marion Boom
1100	Darlene Blight
1150	Darlene Blight
1100	Darlene Blight
1200	Darlene Blight Doug Chase
1250	Doug Chase
1400	Don Cooper Joan Cooper
1500	Kirsten Andreassen
1600	Kirsten Andreassen
1900	Dave Rupar

### DISTANCE

500 Km	Jean Opborne
1000 Km	Jean Osborne
1500 Km	Pat DeRoche
2000 Km	Kim Critchley
2500 Km	Lorna Giles
2500 Km	Marc St. Germain
4500 Km	Dale Powell
4500 Km	Robert Giles Georgina King

5000 Km	Georgina King
5500 Km	Sally Hare
5500 Km	Georgina King
6000 Km	Georgina King
6500 Km	Georgina King
8000 Km	Rosalee Milford
8000 Km	Bryan Gallimore
9000 Km	Kathleen Kurtz
10 000 Km	Kathleen Kurtz Benoît Pinsonneault

12 000 Km	Kathy Luten
12 000 Km	Betty Gallimore
15 000 Km	Steve McPhee
20 000 Km	Trevor Luten
21 000 Km	Marion Boom
21 000 Km	Darlene Blight
22 000 Km	Darlene Blight
25 000 Km	Dave Rupar



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

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



### July

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

### August

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

### September

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

### October

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

### November

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

### December

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

## CVF Winter Walking Program

Graham Fawcett, CVF President took a moment prior to walking in the Tulip Festival Volksmarch on Saturday, May 19<sup>th</sup> to present CVF Winter Walking Program certificates to walkers in attendance. (front row) M.J. Gibson, Jane Fawcett, Dorrie Prieur, Joan Cooper, Benoît Pinonneault, Don Cooper, (back row) Kathy Lutten, Donna Sullivan and Don Cooper and Graham Fawcett.



## MORE-DAYS WALK INFORMATION IROQUOIS TRAIL TRAMP 9-10 SEPTEMBER 2007

The Heat is turned off, the flies have quit biting, and itchy feet are eagerly awaiting their next experience. In this regard, Doug Chase has pre-walked a proposed trail starting in the Stirling area along an abandoned railway bed, some in-town routes and then along the Waterfront Trail heading west out of Trenton. The Tramp will be for two days endurance, 30 Kms on the Saturday and a 25 Km distance on the Sunday. The first day is mostly on the railway bed with good footing but some areas where there is lots of gravel; hiking boots are preferable but good thick-soled sneakers will also be satisfactory.

The first day walk passes through a small village, Glen Ross, through the larger town of Frankford, and ends in Trenton, where we will overnight at a Motel. There are numerous roads crossing the route where the support vehicles can watch you as you pass by. Lunch is suggested in Frankford at the 17 Km distance. The Trent River is crossed at Glen Ross and the route then parallels the river to Trenton.

The walk will start at the Arena at the west end of Stirling on West Front Street. Arrangements will be made for parking of vehicles at the Arena. The luggage will be transferred to the support vehicle(s). At 0900 hours, walkers will depart for the Tramp. The first break will be at Glen Ross at the 9 Km mark for 20 minutes. Walkers will then continue along the railway bed to Frankford where there will be a half-hour break for lunch. Walkers will then walk the remaining distance of 13 Kms to the DAY'S INN in Trenton for lodging on Saturday night. Dinner will be at 1800 hours (6 PM) either at Redneck's (the restaurant next to the DAY'S INN) or at another location.

On Sunday, after breakfast at Redneck's at 0730 hours and picking up a box lunch, the walkers will check out of the DAY'S INN and start walking at 0900 hours. The route will be on sidewalks and the pathway along the Trent River to downtown Trenton where you will join the Waterfront Trail. The Waterfront Trail goes along city sidewalks, paved highway roads and then along a dirt/gravel road for 10 Kms that parallels a Canal. There are good picnic areas along the canal to enjoy a 30 minute lunch break while watching the boat traffic sail by. After arriving at a swinging bridge where a highway crosses the canal, the route will follow highways, pathways, and streets to its conclusion near the entrance to Presqu'il Park. You will be picked up there and transported back to your vehicles.