



# VOYAGEUR

The Newsletter of the Ottawa Voyageurs Walking Club  
Bulletin du Club de marche des Voyageurs d'Ottawa

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2016

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## President's Report

By Marion Boom, President

As this is the final club newsletter for the year I would like to wish everyone and your family a Merry Christmas and a Happy New Year. As I write this the sun is shining and it's a beautiful autumn day outside but by the time you read this it will be Dec and hopefully the sun will still be shining and no white stuff on the ground. Another year has passed with many walks along the way so thanks to all those who helped in any way; designing the route, checking the trails, doing the registration, and so on. 2017 is just around the corner and with it brings a special year. Canada will be celebrating her 150th birthday so if you have any suggestions as to how we as a club can celebrate this please let anyone on the committee know.

Volunteers run the Club, from the executive to those who look after the PT boxes to those who organize trails for our walks and everything in between. If you are reading this and are new to the club and would like to become involved please let us know. Some important dates to mark on your calendar for 2017 are the AGM (Sat 18 Feb) and our club bus trip (30 May – 1 Jun). You can read more on both of these in our newsletter.

Season's Greetings, Happy Trails and hope to see you in the New Year.

## CVF AWARDS COORDINATOR

Don't forget to send your IVV Awards Booklets and Passport to:

**Marion Boom**  
42 Billingham Cres  
Ottawa, ON K2K 2T7

N° 37642 P International Record of Popular Sports EVENT Record Book

DO NOT FOLD, LAMINATE OR SEAL - PROTECT FROM MOISTURE

AVA REGISTRATION #

This book records 50 events. It is to be used only for recording event number 01 through 50. Enter the total number of events you will have completed in the above block when the record book is full.

(Type or print information only)

Last Name \_\_\_\_\_ Mr./Mrs./Other \_\_\_\_\_

First Name/Middle Initial \_\_\_\_\_

Mail Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

AMERICAN VOLKSSPORT ASSOCIATION  
1901 PRY BOEKER ROAD  
PHOENIX SQUARE SUITE 203  
UNIVERSAL CITY, TEXAS 78148

Member of International Federation of Popular Sports (Internationaler Volkssportverband e.V.)



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## 2016 VOLUNTEER APPRECIATION DAY

Every year around this time the two clubs – Ottawa Voyageurs and Nepean Nomads – get together with a walk and social to say Thank You to all who have volunteered for their clubs. This year the event was hosted by the Nepean Nomads with the walks starting at St Paul’s United Church in Richmond followed by a chili lunch.

Fortunately for the walkers, the sun was shining and even the temperatures were perfect for walking.

We cannot say *Thank You* enough to you, who volunteer your services and without you the clubs would not be able to survive.

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### FEET’S FEATS

*Congratulations to all OVO walkers who have achieved the following awards.*

#### EVENT ACHIEVEMENT AWARDS:

750 John Osborn Kingston, ON  
750 Susan Osborn Kingston, ON  
1300 Lorna Giles, Nepean, ON  
1300 Donna Sullivan, Nepean, ON

1350 Benoît Pinsonneault, Ottawa, ON  
1400 Benoit Pinsonneault, Ottawa, ON  
2300 Marion Boom, Kanata, ON  
2500 Darlene Blight, Orleans, ON

#### DISTANCE ACHIEVEMENT AWARDS:

16,000 Bryan Gallimore, Ottawa, ON  
19,000 Benoit Pinsonneault, Ottawa, ON  
20,000 Lorna Giles, Nepean, ON

40,000 Marion Boom, Kanata, ON  
75,000 Helene Viel, Ottawa, ON

#### CYCLE ACHIEVEMENT AWARDS:

1,000 KM Graham Fawcett, Greely, ON

Congratulations to Maureen White for recently having completed walks in all 51 US State capitals.





## OVO Birthdays ~ January to June 2017

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 (no year required, date only) when completing your Membership Application for the up-coming year.

### January

- 1 Mich Bell
- 2 Jane Fawcett
- 10 Georgina King
- 12 Andrew Macleod
- 13 Claire Goulet
- 19 Patrick Kelly
- 25 Lorna Giles

### February

- 14 Jack Crossman
- 15 Doug Chase
- 16 Betty Gallimore
- 19 Eugene Perabo
- 27 Nancy Pouliot

### March

- 1 Bob Blight
- 13 Barbara Flynn
- 13 Frank Simpson
- 19 Kathleen Kurtz

### April

- 3 Lynda O'Dwyer
- 4 H  l  ne Viel
- 5 Maria McConkey
- 10 Joan McDougall
- 13 Dorothy Prieur
- 15 Diane Hoskins
- 16 Kathy Luten
- 18 Guylaine Bouchard

### May

- 3 Bruce Schooley
- 8 John Osborne
- 10 Earl Campsall
- 13 Mary Lynn Perabo
- 15 Marion Boom
- 18 David Edmunds|
- 18 Pierrette Bastien
- 27 Jacinthe Mallon
- 28 Heather Briggs
- 29 Karen Venema

### June

- 1 Graham Fawcett
- 4 Karen Rice
- 7 Christine Wirta
- 10 Diane Miron
- 11 Val  rie Lee
- 12 Marlene Lake
- 14 James Atkin
- 17 Lise Tremblay
- 18 Richard Johnson
- 24 Caroline Kuate
- 27 Audrey Langelier
- 29 Kevin Kluge



## Notice of 2017

### Annual General Meeting Ottawa Voyageurs Walking Club

**Date:** 18 February 2017  
**Walk:** 10:00 hrs 10km 11:00 hrs 5km  
**Lunch:** 12:30 hours  
**AGM:** 13:00 hours  
**Location:** Royal Canadian Legion  
 800 Taylor Creek Dr.  
 Orl  ans, Ontario

We need to **confirm** numbers by **Feb 15<sup>th</sup>**  
 Please call Perry Crowder (613) 837-9914



## Avis de convocation

### Assembl  e g  n  rale annuelle 2017 Le Club de marche des Voyageurs d'Ottawa

**Date :** le 18 f  vrier 2017  
**Marche :** 10h00=10km; 11h00=5km  
**D  jeuner :** 12h30  
**AGA :** 13h00  
**Lieu:** L  gion Royale Canadienne  
 800 prom. Taylor Creek  
 Orl  ans, Ontario

**Confirmer** votre pr  sence pour le **15 f  vrier**  
 Le num  ro de Perry est le (613) 837-9914



## OTTAWA VOYAGEUR SOCIAL ACTIVITIES 2017

**Saturday, February 18, 2017 - Annual General Meeting & Walk**, at the Royal Canadian Legion, 800 Taylor Creek Dr. Walk & Lunch are free for all paid members who pre-register for the Walk & Lunch. RSVP your attendance to Marion Boom by email to [walking4fun2@gmail.com](mailto:walking4fun2@gmail.com) AGM Lunch registrations must be received by **Feb 15, 2017**. Non-members may participate in the walk for \$2.00 and pre-order lunch for \$6.00.

**Sunday, April 23, 2017 or rain date Sunday, April 30, 2017 - Cleaning the Capital - Spring Clean-up.** Starting from the UltraMar Gas Station at the corner of Orléans Blvd and Jeanne D'Arc Blvd North (home of the UltraMar PT). Meet at 9:00 am. All participants will receive a free UltraMar PT event stamp. Group bunch is planned, with one lucky volunteer receiving a free lunch. Mark your calendars!



**May 30 to June 1st, 2017 - Club Bus Trip** - More info to follow about this trip through Quebec to Quebec City, please check your emails and the club website at [www.ottawavoyageurs.ca](http://www.ottawavoyageurs.ca)

**Saturday, August 19 & Sunday August 20, 2017 More Days Walk** - a group walk of 2 or more. More info to follow, watch your email and check the club website at [www.ottawavoyageurs.ca](http://www.ottawavoyageurs.ca)

**Sunday, September 24, 2017 or rain date Sunday, October 1, 2017 - Cleaning the Capital - Fall Clean-up.** Starting from the UltraMar Gas Station at the corner of Orléans Blvd and Jeanne D'Arc Blvd North (home of the UltraMar PT). Meet at 9:00 am. All participants will receive a free UltraMar PT event stamp. Group bunch is planned, with one lucky volunteer receiving a free lunch. Mark your calendars!



**Saturday, September 30, 2017 - Fall Rhapsody Walk**, Gatineau Park. Remember to bring your lunch and stay for a picnic after the walk. Bring some dessert to share with other walkers. Check the club website a [www.ottawavoyageurs.ca](http://www.ottawavoyageurs.ca) and watch your email.



**Saturday, November 4, 2017 - Volunteer Appreciation Walk and Lunch.** This event will be hosted by the Ottawa Voyageurs Walking Club. Watch your emails as details will be circulated later in the season and posted on our website: [www.ottawavoyageurs.ca](http://www.ottawavoyageurs.ca)

**Saturday, November 11, 2017 – Remembrance Day Walk** This event is a group walk, in Tribute to the Canadian Forces and will begin at Champagne Bath beginning at 9:30 am so that walkers arrive at the National War Memorial on time to participate in the service.



**Sunday, November 26, 2018 - 13th Annual Ottawa Voyageurs Christmas Party.** Location TBA - an email will be circulated in October and notices will be at club walks. Make sure you check the club website at [www.ottawavoyageurs.ca](http://www.ottawavoyageurs.ca)



## OTTAWA VOYAGEUR'S PERMANENT TRAILS (PTs)

1. **Bob McQuarrie Recreation Complex CVF-18:-** 1490 Youville Drive, Orléans. Open from 0800-1900 Sunday to Saturday with registration closing at 5 pm. Walk Box located at the registration desk in lower lobby. Free parking and washrooms are available. **DIRECTIONS:** Take Highway 174 East towards Orleans, exit at Jeanne D'Arc Blvd. Turn right on Jeanne D'Arc Blvd to the next set of traffic lights Turn right on Youville Dr. The Bob McQuarrie Recreation Centre is on your immediate right. For more info on this walk call Darlene Blight (613) 830-4782
2. **Mac's Store CVF-152:-** 1600 Forest Valley Drive, Orléans, Open Monday to Friday 07:00- 23:00 and Saturday/Sunday from 08:00 - 23:00. Walk Box located at the end of the counter closest to the door to the gas bar, ask staff for the walk box. Free parking is available at the store. Washrooms are not available. **DIRECTIONS:** from hwy 174 exit Jeanne d'Arc Blvd, turn south on Jeanne d'Arc Blvd pass straight through the traffic circle continuing on Jeanne d'Arc Blvd up the hill, at the 2nd traffic light (Orleans Blvd) turn right continue to Forest Valley Dr. Mac's Milk convenience is on your right at the gas bar. For more info on this walk call David Darlene Blight (613) 830-4782
3. **Ultramar Service Station CVF-213:-** Corner of Orléans Blvd. and Jeanne d'Arc Blvd. (north intersection). Ultramar is open every day. Registration is from 08:00 - 19:00 hrs. Trail closes at 21:00 pm. Walk box on floor behind counter to the left of the coffee bar. Ask Staff for the walk box. Free parking is available at the shopping centre. Washrooms at start point. **DIRECTIONS:** Exit Highway 174 at Jeanne d'Arc Blvd, head North on Jeanne d'Arc to the intersection with Orleans Blvd. Turn left on Orleans Blvd and then immediately right into the mall parking lot. For more info on this walk call Kathy Luten (613) 830-7437
4. **Ray Friel Centre CVF-50:-** 1585 Tenth Line Road. Open daily from 8:00 am - 9:00 pm. Walk box is located in the wooden box mounted on the wall to your immediate right as you enter the washroom foyer. Free parking and washrooms available. **DIRECTIONS:** Exit highway 174 at Tenth Line, head south on Old Tenth Line to Tenth Line and turn left (South) to the Ray Friel Centre on your left just past the Ottawa Public Library lots of parking. For more info on this walk call Ole Olson (613) 824-1583
5. **Beacon Hill Shopping Centre, The Hill Butcher CVF-195:-** 2339 Ogilvie Road. Open weekdays from 9:30 am - 5:00 pm. Weekends 10:00 - 5:00 pm Closed statutory holidays. Walk box is on floor to your immediate left in the corner behind the counter. Let Staff know you are getting the walk box. Free parking and washrooms available. **DIRECTIONS:** Exit highway 174 at Montreal Rd and head west to Ogilvie Rd. Turn right on Ogilvie Rd to the Beacon Hill Shopping Centre on your left. For more info on this walk call Carol Jobst (613) 747-2507 [ijobst@sympatico.ca](mailto:ijobst@sympatico.ca)
6. **Blackburn Hamlet, Shoppers Drugmart Store CVF-233:-** 2638 Innes Road, Ottawa, ON K1B 4Z5. Open daily 8 am to 10 pm daily. Please ask staff for the walk box. Free parking available at the mall. **DIRECTIONS:** Exit highway 174 at the Montreal Rd exit and go East towards Green's Creek. At the traffic lights turn right on Bearbrook Rd into Blackburn Hamlet to Old Innes Rd. Turn left and then right into the parking lot just past the Tim Hortons. Shoppers Drug Mart is straight ahead as you enter the parking lot. For more info on this walk call Perry Crowder (613) 837-9914
7. **SPORT 4 - Ottawa Downtown CVF-268:-** 151 Bank St. (between Laurier and Slater) K1P 5N7. The walk will be open during store hours: M-W 9:30 - 18:00; Th -F 9:30 - 20:00; Sa 9:30 - 17:30 and Su 12:00 - 17:00. **DIRECTIONS:** From the WEST take Hwy 417 East exiting at Kent St (Exit 120) follow Kent North to Somerset St, turn RIGHT to Bank St, turn LEFT and the Sport 4 store is on your left just past Laurier Ave. Note: there is limited parking on Gloucester St (turn left off Bank St) or to access underground paid parking at L'esplanade Laurier, turn right onto Laurier, then right on O'Connor, and right onto Gloucester: entrance to parking lot is on your right. From the EAST exit the 417 at Metcalfe going down the ramp and straight ahead on Catherine St to Bank, RIGHT on Bank St following the above instructions for parking. If you wish to confirm the hours of operation please phone (613) 234-6562. For more info on this walk call Pat Deroche (613) 230-5659
8. **RA Centre, East Entrance Reception CVF-273:-** 2451 Riverside Drive. Open daily from 8:00 am - 10:00 pm. Ask for the Walk Box at the East Entrance Reception counter. Free parking and washrooms available. **DIRECTIONS:** From Hwy 417 exit at Bronson Ave. Go south on Bronson and exit at Riverside Drive. Go east on Riverside Dr. to the RA Centre on your immediate right. For more info on this walk call Dori Prieur (613) 224-6880

## OTTAWA VOYAGEUR'S PERMANENT TRAILS (PTs) cont'd

9. **Champagne Bath, Tribute to the Canadian Forces CVF-277:-** 321 King Edward Ave. Open 06:15 - 22:00 except Thursday, Saturday and Sunday from 09:00. Ask for Walk Box at reception desk. Parking on street beside the Champagne Bath or immediately behind the centre. Washrooms are available in the centre. **DIRECTIONS** Exit highway 417 at King Edward through Sandy Hill passing Rideau Street to 321 King Edward Ave. Champagne Baths are on your right. For more info on this walk call Benoit Pinsonneault (613) 746-9071
10. **Shoppers Drug Mart, Ottawa Lighthouse Walk CVF-281:-** 1559 Alta Vista Dr, Ottawa, ON K1G 0E9 Open daily from 8:00 am to midnight. Walk Box behind the sales counter. Please ask cashier for the Walk Box. Free parking and washrooms available at the Tim Horton's in plaza. **DIRECTIONS:** Highway 417 to the Alta Vista exit. South on Riverside Drive to the lights at Industrial Ave. Left on Industrial to the next set of lights, turn right on Alta Vista Drive to 1559 in the plaza on your left. For more info on this walk call Benoit Pinsonneault (613) 746-9071
11. **Greely Cycle SE CVF- PT355:-** 6485 Greely West Dr. Ottawa, ON K4P 1E8 Daylight hours. There is no walk box at this location. Participants must contact Graham Fawcett for instructions. The various routes follow many possibilities through the rural-urban neighborhoods of Greely West, Orchard View, Deer Meadows and Rideau Forest. All routes use varying distances of the Doug Thompson Trail. The 60 km route will include the village of Osgoode, at the southern end of the Doug Thompson Trail. As the trails are developed distances will increase from 20 km through 60 km in 5 km increments. For more info on this walk call Graham Fawcett (613) 821-0056
12. **Greely Walk SE CVF- PT356:- 6485** Greely West Dr. Ottawa, ON K4P Daylight hours. There is no walk box at this location. Participants must register online. The 5 - 15 km walks follow many possibilities through the rural-urban neighborhoods of Greely West, Orchard View and Deer Meadows. The 21 - 42 km distances also use parts of the Leitrim-Osgoode Trail. For more info on this walk call Graham Fawcett (613) 821-0056

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### MEMBERSHIP RENEWAL TIME!!!!

**NOTE** it is time to renew your Ottawa Voyageurs Membership. Please print off the form on the last page, fill it out and mail it with your member fees to the address on the form. Alternatively you can call a member of the Executive (see the listing on page 1).

### Ottawa Voyageurs Walking Club - LIFE MEMBERSHIP

Do you know a member who is deserving of this award? Let's recognize them at the 2017 AGM. Please submit their name to Marion Boom at [walking4fun2@gmail.com](mailto:walking4fun2@gmail.com)

The Ottawa Voyageur Walking Club Constitution Section Membership 4.b states:

- b. For services rendered, any regular member may be admitted to life membership status upon reaching:
  - (1) 75 years of age, or (2) the number 75 by adding up age of the regular member with full years of service to volkssporting, after initiation by or submission to and approval of the Executive Committee. Life members have the same privileges as regular members but pay no annual fee and must fill the Club Membership Application Form annually, in order to maintain current the Club members' records.<sup>1</sup>

Current **LIFE MEMBERS** are: Helene Viel, Ole Olson, Diane Hoskins, Kathleen Kurtz





## VOYAGEURS EVENTS 2017

*The following is a listing of club events for the New Year. Don't forget to sign up to volunteer at the Annual General Meeting. Speak to our Volunteer Coordinator, Jane Fawcett*

DAY	DATE	EVENT	LOCATION	TIME	TYPE
Sun	1/29/17	MER BLEUE SNOWSHOE/WALK - CVF15455	NCC Greenbelt Trail, P-20, 2617 Anderson Rd, Orléans, ON K1A 0E7	10:00	GW
Sat	2/11/17	WINTERLUDE - OTTAWA RIVER - CVF15456	Mill St. Brew Pub, 555 Wellington St, Ottawa, ON K1R 1C5	10:00-11:00	MW
Sat	2/18/17	OVO ANNUAL GENERAL MEETING & MAP WALK - CVF15457	Orléans Legion, 800 Taylor Creek Dr. Orléans ON K1C 1T1	10:00-11:00	MW
Sat	5/13/17	Move Your Feet - CHARITY WALK - CVF15458	Shenkman Arts Centre, 245 Centrum Boulevard, Orléans, Ontario, K1E 0A1	10:00-11:00	GW
Sat	5/20/17	NWW - Tulip Festival - MAP WALK - CVF6960	Hogs Back Falls Park Pavillion, Hogs Back Rd, Ottawa, ON K1A 0M2	9:00-11:00	MW
Sun	5/21/17	NWW - Tulip Festival - MAP WALK - CVF6961	Ottawa City Hall, 111 Lisgar Street, Ottawa, ON K2P 0C1	9:00-10:00	MW
Mon	5/22/17	NWW - Tulip Festival - MAP WALK - CVF6962	Friends of the Farm, Bldg. 72, Arboretum, Central Experimental Farm Ottawa ON K1A 0C6	9:00-10:00	MW
Sat	5/27/17	DISCOVER WESTERN QUÉBEC - CVF15459	Centre Wakefield La Pêche, 38 Valley Drive, Wakefield, QC J0X 3G0	9:00-10:00	MW
Wed	6/14/17	EXPLORING ORLÉANS - CVF15460	Broadway Bar and Grill, 1968 Portobello Blvd, Orléans, ON K4A 4E7	17:30-18:30	EMW
Sat	6/17/17	HONOURING FRENCH HERITAGE - CVF15461	Richelieu-Vanier Community Centre, 300 Des Pères-Blancs Avenue, Ottawa, ON K1L 7L5	9:00-10:00	MW
Wed	6/28/17	EXPLORE CYRVILLE/CARSON GROVE - CVF15462	Grace O'Malley's East Coast Pub and Restaurant, 1151 Ogilvie Road, Ottawa, ON K1J 7P6	17:30-18:30	EMW
Sat	7/01/17	CANADA DAY WALK - CVF15463	Taggart Family YMCA-YWCA, 180 Argyle Ave, Ottawa, ON K2P 1B7	9:00-10:00	MW
Wed	7/12/17	RIDEAU RIVER SOUTH - CVF15464	Riverside Pub, 3673 Riverside Drive, Ottawa, ON K1V 0P5	17:30-18:30	EMW
Wed	7/26/17	ROCKCLIFFE/RIDEAU RIVER NORTH - CVF15465	Clocktower Brew Pub, 422 MacKay St, Ottawa ON K1M 1M1	17:30-18:30	EMW
Wed	8/09/17	PETRIE ISLAND TOUR - CVF15466	Orléans Legion, 800 Taylor Creek Dr. Orléans ON K1C 1T1	17:30-18:30	EMW
Sat	8/19/17	MORE DAYS WALK - CVF15467 / CYCLE - CVF 15468	Auberge Du Vieux Foyer, 3167 Chemin du 1er Rang de Doncaster, Val-David, QC J0T 2N0	9:00	GW
Sun	8/20/17	MORE DAYS WALK - CVF15467 / CYCLE - CVF 15468	Auberge Du Vieux Foyer, 3167 Chemin du 1er Rang de Doncaster, Val-David, QC J0T 2N0	9:00	GW
Wed	8/23/17	BEACON HILL PROMENADE - CVF15469	Dunn's Famous Restaurant, 902 Shefford Road, Ottawa, ON K1J 6X4	17:30-18:30	EMW
Sat	9/09/17	33rd VOYAGEURS ANNUAL WALK - CVF15470	Bob MacQuarrie Recreation Complex, 1490 Youville Drive, Orleans ON K1C 2X8	10:00-11:00	MW
Sun	9/17/17	CAVORTING IN CUMBERLAND WALK - CVF154071	R.J. Kennedy Arena, 1115 Dunning Rd, Cumberland, ON K4C 1P6	10:00-11:00	MW
Sat	9/30/17	NCC FALL RHAPSODY FESTIVAL - CVF15472	Location to be determined. Check our website in September for more details	9:00-10:00	MW
Sun	11/04/17	VOLUNTEER APPRECIATION WALK - CVF15473	NCC Greenbelt, Pine Grove Trail, Parking P-19, 4058 Leitrim Rd, Ottawa, ON K0A 2Y0	9:00-9:30	GW
Sat	11/11/17	PT 277 - REMEMBRANCE DAY WALK	Champagne Fitness Centre, 321 King Edward Ave. Ottawa, ON K2N 7M5	9:30	GW
Sun	12/10/17	CHRISTMAS LIGHTS WALK - CVF15474	Fox and Feather Pub and Grill, 283 Elgin St, Ottawa, ON K2P 1M1	17:00-18:00	MW

Legend: EMW – Evening Map Walk; MW – Map Walk; GW – Group Walk; VW - Volksmarch  
Full details on all walks is available at [www.ottawavoyageurs.ca](http://www.ottawavoyageurs.ca)

# The Walk of the World – 100 Years

## Later

By Marion

It took a long time, 107 years to be exact, but the 100th anniversary of the Nijmegen 4-days Walk has finally come and gone and what a walk it was.

The 4-days marches are held annually the third week of July and are considered by many to be the largest walking event in the world attracting participants from all corners of the globe. The 1st year for this event was back in 1909 with 15 routes and 306 participants including 10 civilians. For the 100th edition there were 4 routes for civilian walkers, 30, 40, 50, 55 km distances and a 40km route for military personnel. Originally for military participants there are now more civilian walkers than military

As this was a special year the number of participants who were allowed to walk was increased from 45,000 to 50,000. Of these 48,986 started on day 1 with 42,557 walking along Via Gladiola on day 4.

To mark this special occasion, 100 people were selected to participate in a “Lap of Honour”, an additional 50km walk (that’s a long lap) First you had to be nominated by someone and then selected by a committee to take part. Each night 25 different people walked the 50km route together then continued (after a rest) on with their day’s walk. This is not for everyone but think of the memories (and hopefully no blisters).

At the close of registration in April, over 54,000 people had signed up to walk however with start cards for only 50,000 people that meant a draw to see who would be eligible. Anyone who had walked and completed 4 of the past 6 years automatically got a start card and as well those who were unable to meet this prerequisite due to age did not have to go in the draw.

The 100th anniversary was hot for most of the week with temperatures up into the 30’s the first two days, and a few hours



of rain along with some thunder and lightning on day 4. Thankfully the organization allowed the 30km and 40km walkers to start early on these two days so we were able to get a bit of walking in before the sun really got hot. Although day 4 started off a bit wet the sun eventually came out for the afternoon and the walk down Via Gladiola.

Each day is named after the largest town that the walkers go through with day 3 being known for the 7 hills and the Canadian War Cemetery at Groesbeek which is along the route. The Canadian Military stop each year for a ceremony to remember all that have died and are buried there. Although it is a Canadian Cemetery many other military and civilians from other nationalities stop to pay their respects.

This year the walkers doing the longer distances were greeted along the route on the final day by the King of the Netherlands. He did not do the walk himself however his father did back in 1967.

As in past years, the supporters were out every day, in the hot weather and the rain, cheering on the walkers with water, fruit and other food along the way. Without them the walk would not be the same.

My goal was to be at the 100th edition of the 4-days march and then move on to something else. Well I was there and completed this event for the 17th time. So will this be my last time? Guess we will have to wait and see what happens next year. It was a great week, lots of fun and good times.

# Walking in the Sunny South

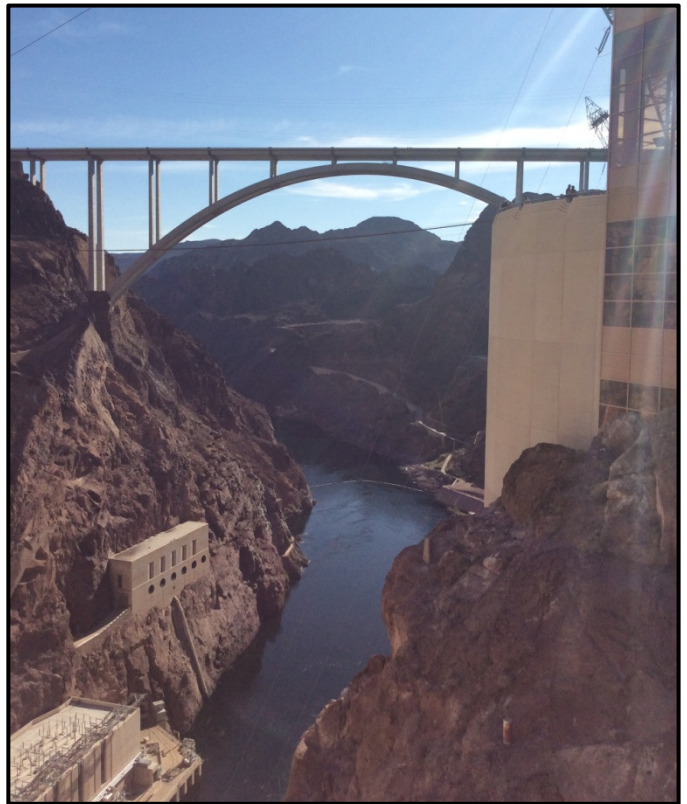
By Marion Boom

Having visited and walked in many of the US states I, thanks to Tater Tours trip to the Southwest Parks, finally had the opportunity to visit the south west states, New Mexico, Arizona, Texas and Nevada, and mark them off my list. What a great trip it was. All those places I had read and heard about from people who had been there – the Grand Canyon, Las Vegas, Sedona to name a few, well I finally was able to see them myself.

Other than one chilly morning the next ten days were sunny and warm, sometimes too warm for walking. Although the days were warm, it really cooled down at night especially in New Mexico and Arizona.



Our trip started in Albuquerque, NM and ended in Las Vegas, Nevada with stops in between at Santa Fe, NM with its beautiful downtown area and lots of restaurants, White Sands National Monument where all you can see for miles and miles is white gypsum sand. You can actually rent a toboggan to go sliding down the hills. Then there was a visit to the Carlsbad Caverns, a walk in El Paso Texas thanks to the local club who put this event on for our group and then onto Phoenix, Arizona; Sedona, Arizona with all the red rocks, then on to the Grand Canyon. What more can you say about the Grand Canyon other than Wow! No matter how much people describe it, it's one of those places that you have to see yourself to really appreciate it. We were able to walk around both the west and east rims; the east is less crowded so you can really enjoy the beauty without being



run over by people taking "selfies".

walking the Strip. There are casinos and more casinos in every hotel, restaurants and shows. Oh, did I mention there were casinos? You can go "around the world" without leaving Las Vegas. There's Paris and the Eiffel Tower, New York, Venice, and so on.



Then it was on to Las Vegas for the last few nights of our trip. What can I say about Las Vegas other than it's Las Vegas. Guess I could have packed my sequined dress after all for a stroll down the Strip! I think we saw everything (and I do mean everything) while

We did lots of walks (some good and others not so) throughout the trip as well as lots of sightseeing. Met old friends and made new ones and ate lots of good food (maybe too much). As many of you who have traveled with Tater Tours know, Mary (the Head Tater) does many of these trips to help walkers who are trying to finish up those special programs – walking all 50 States, all the Capital cities, the A-Z program, etc, which several Canadian walkers participate in. Congratulations to Maureen White who completed her last state capital (not sure for which time) on this trip. Well done Maureen.

Also on this trip, besides myself and Maureen, were Sue and John Osborn from Kingston, ON and Sharon Morrow (my roomie) from Vancouver.

# THOUGHTS ON THREE OVO EVENTS, WHICH ARE REPEATED EVERY YEAR BUT ALWAYS IN A DIFFERENT VENUE

by Benoît Pinsonneault

## (1) DISCOVER FAR-EASTERN ONTARIO/FAR-WESTERN QUÉBEC

This event has been going for some years now, which alternates each year from one province to the other and so on. Its aim is to invite people to join us to discover a new place, where we have never walked before in either Far-Eastern Ontario one year and in Far-Western Québec the next one. This year, on June 25, 2016, we discovered Plantagenet, ON. The year before, we explored the "La Blanche Forest" in Mayo, QC, and for 2017, we plan to discover Wakefield, QC, which is a wonderful and pectoral village in Western Québec on the Gatineau River. Wakefield is home to the Vorlage Ski Centre as well as the final resting area for former Canadian Prime Minister, Lester B. Pearson and his wife in the MaLaren Cemetery. Amongst other attractions, there is the famous Wakefield Mill as well as the Red Covered Bridge over the Gatineau River and several Craft Boutiques. This event is always followed by a lunch in one of the local restaurants to taste and support their local food and economy. This is a unique event not to be missed, which will certainly welcome and appreciate more participation, as you may already know a lot of work and travelling is put into the preparation of such a one-time event.

## (2) MORE DAYS WALK/CYCLE EVENT

This special event started for the first time in 2004, which was then sponsored by the Ottawa Carleton Volkssport Association (OCVA) and has been successfully repeated since then with an increase in participation from both local as well as outside walkers. Following the folding of the Ottawa-Carleton Volkssport Association on December 31, 2012, the More Days Walk/Cycle Event is now operated by a Joint Committee of the two remaining CVF Clubs in the National Capitol Region: the Ottawa Voyageurs (represented by Benoît Pinsonneault and Doug Chase) and the Nepean Nomads (represented by Bob Giles and Jaqui Duck). This year's event took place on August 20-21, 2016 for a second year in a row on the "Le P'tit Train du Nord" - Linear Park (Laurentians Region, Québec) - This Linear Park starts at Mont Laurier, QC, and ends at Bois des Filion, QC, for a total distance of 232km. This year's walk/cycle event started from Saint-Faustin-Lac-Carré, QC, to Piedmont, QC, with accommodation/delicious cuisine at the Auberge du Vieux Foyer in Val-David, QC, for a total of 55 km for the walkers and 110 km for the cyclists, the latest being added for a third year in a row. The plan for 2017 is to do "Le P'tit Train du Nord" for a third and last time, starting from Val-David, QC, to Mirabel, QC, a total of approximately 50 km for the walkers and 100 km for the cyclists with accommodation once again at the same Auberge in Val-David, QC. This event has evolved with the years and is becoming more of a weekend away from Ottawa and less of a challenge for the participants to complete the entire sanctioned distance by completing only what they can do and by becoming more of a social gathering in a new environment. The invitation is open to all who enjoy such a challenge and/or are interested in such a social gathering away from the life in a city in good company.

## (3) FALL RHAPSODY FESTIVAL IN GATINEAU PARK

This year's event was our 17th annual walk in partnership with the National Capital Commission in Gatineau Park, QC, which took place on October 1, 2016, starting from the Wakefield Community Centre, at the extreme North-West part of the Park, where 29 people joined us and participated in this event. The start point's location changes every year and is determined in consultation with the NCC at the beginning of September. A bring-your-own picnic has always been part of this event where free Tim Horton's coffee is available to the participants by the club as well as dessert to share, brought by some participants at their discretion as suggested in the general invitation forwarded for this event, if possible. Again, this unique site for such a Fall Rhapsody is undeniably another event not to be missed, which certainly could welcome and appreciate more participation. The scenery, the colours and the surroundings are indescribable as well as being an ephemeral wonder of nature at our door step, free and accessible on a very short period of time. The invitation is open to all to come and join us every year in the Gatineau Park for the Fall Rhapsody Festival and by doing so discovering and enjoying a new part of the said Park.

# RÉFLEXIONS SUR TROIS ÉVÉNEMENTS OVO QUI SE RÉPÈTENT CHAQUE ANNÉE MAIS TOUJOURS DANS UN ENDROIT DIFFÉRENT

*par Benoît Pinsonneault*

## **(1) DÉCOUVREZ L'EXTRÊME-EST ONTARIEN/L'EXTRÊME-OUEST QUÉBÉCOIS**

Cet événement existe depuis déjà quelques années lequel alterne chaque année d'une province à l'autre et ainsi de suite. Son objectif est d'inviter les gens à se joindre à nous pour découvrir un nouvel endroit, où nous n'avons jamais marché avant, soit une année du côté de l'extrême-est ontarien et dans l'extrême-ouest québécois, l'année suivante. Cette année, le 25 juin 2016, nous avons découvert Plantagenet, Ontario. L'année précédente, nous avons exploré la forêt « La Blanche » à Mayo, au Québec, et pour 2017, nous avons l'intention de découvrir Wakefield, QC, ce merveilleux et pittoresque village dans l'ouest du Québec, le long de la rivière Gatineau. Wakefield héberge le Centre de ski Vorlage ainsi que l'aire du dernier repos de l'ancien premier ministre canadien, Lester B. Pearson, et son épouse dans le cimetière MacLaren. Parmi quelques autres attractions, il y a le fameux moulin de Wakefield ainsi que le pont couvert rouge au-dessus de la rivière Gatineau et plusieurs boutiques artisanales. Cet événement est toujours suivi d'un déjeuner dans un des restaurants locaux pour y déguster leurs spécialités alimentaires ainsi que pour soutenir leur économie. Il s'agit d'un événement unique à ne pas manquer, qui accueillerait certainement et apprécierait une plus grande participation, car comme vous le savez peut-être déjà, il y a beaucoup de travail et de voyage effectué dans la préparation d'un tel seul et unique événement.

## **(2) ÉVÉNEMENT DE MARCHE/BICYCLETTE SUR PLUSIEURS JOURS**

Cet événement spécial a commencé pour la première fois en 2004, lequel était alors parrainé par l'Ottawa Carleton Volkssport Association (OCVA) et qui fut répété avec succès par la suite avec une augmentation de participation tant de la part des marcheurs locaux que ceux de l'extérieur. Suite à la cessation des opérations de l'Ottawa-Carleton Volkssport Association, le 31 décembre 2012, l'événement de marche/bicyclette sur plusieurs jours est maintenant géré par un comité conjoint des deux clubs FCV restant dans la région de la capitale nationale : les Voyageurs d'Ottawa (représentés par Benoît Pinsonneault et Doug Chase) et les Nomades de Nepean (représentés par Bob Giles et Jaqui Duck). L'événement de cette année a eu lieu les 20 et 21 août 2016, pour une deuxième année consécutive, sur le sentier « Le P'tit Train du Nord » - parc linéaire (Région des Laurentides, Québec) – ce parc linéaire commence à Mont-Laurier, QC et se termine à Bois des Filion, QC, pour une distance totale de 232km. L'événement de marche/bicyclette de cette année est parti de Saint-Faustin-Lac-Carré, QC, jusqu'à Piedmont, QC, avec hébergement/délicieuse cuisine à l'Auberge du Vieux Foyer à Val-David, QC, pour un total de 55 km pour les marcheurs et 110 km pour les cyclistes, cette dernière activité ayant été ajoutée pour une troisième année consécutive. Le plan pour 2017 est de faire « Le P'tit Train du Nord » pour une troisième et dernière fois, à partir de Val-David, QC, jusqu'à Mirabel, QC, un total d'environ 50 km pour les marcheurs et de 100 km pour les cyclistes avec logement une fois de plus à la même Auberge à Val-David, QC. Cet événement a évolué avec les années en devenant de plus en plus une sorte de fin de semaine loin d'Ottawa et moins un défi pour les participants de compléter toute la distance sanctionnée en complétant seulement ce qu'ils peuvent faire et en devenant donc de plus en plus une activité sociale dans un nouvel environnement. L'invitation est ouverte à tous ceux et celles qui aiment pareil défi et/ou qui s'intéressent à un tel rassemblement social loin de la vie en ville, en bonne compagnie.

## **(3) FESTIVAL DU COLORIS AUTOMNAL DANS LE PARC DE LA GATINEAU**

L'événement de cette année était notre 17ème marche annuelle en partenariat avec la Commission de la capitale nationale dans le parc de la Gatineau, QC, lequel a eu lieu le 1er octobre 2016, à partir du Centre communautaire de Wakefield, QC, à l'extrême nord-ouest du parc, où 29 personnes nous ont rejoints pour participer à cet événement. Le point de départ change d'emplacement à chaque année et est déterminé en consultation avec la CCN au début de septembre. Un pique-nique à apporter-soi-même fait depuis toujours partie de cet événement où du café Tim Hortons est offert gratuitement aux participants par le club ainsi que du dessert à partager, apporté par certains participants à leur discrétion, comme le suggère l'invitation générale transmise pour cet événement, si possible. Encore une fois, ce site unique pour un tel coloris automnal est incontestablement un autre événement à ne pas manquer, qui certainement pourrait accueillir et apprécier une plus grande participation. Le paysage, les couleurs et les environs sont indescriptibles, en plus d'être une merveille éphémère de la nature à notre portée, gratuit et accessible sur une très courte période de temps. L'invitation est ouverte à tous et à toutes à venir nous rejoindre chaque année dans le parc de la Gatineau pour le Festival du coloris automnal et y découvrir et apprécier une nouvelle partie dudit parc.



**OTTAWA VOYAGEURS WALKING CLUB  
CLUB DE MARCHÉ DES VOYAGEURS D'OTTAWA**

**MEMBERSHIP APPLICATION  
DEMANDE D'ADHÉSION**

**MEMBER INFORMATION / RENSEIGNEMENTS SUR LE MEMBRE**

Date:  Renewal / Renouvellement  New Member / Nouveau membre

Name: / Nom :

Phone (H): / Téléphone (M) : Phone (W): / Téléphone (B) : Fax: / Télécopieur :

Address: / Adresse :

City: / Ville : Province: Postal Code: / Code Postal :

E-mail: / Courriel : Date of birth: / Date de naissance :

Would you be willing to help with club activities?  Yes / Oui  No / Non  
Accepteriez-vous d'aider le club dans ses activités ?

**COMPLETE THE FOLLOWING IF THIS IS A FAMILY MEMBERSHIP:  
À COMPÉTER DANS LE CAS D'UNE ADHÉSION FAMILIALE :**

Spouse Name: / Nom du conjoint:

Phone (H): / Téléphone (M) : Phone (W): / Téléphone (B) : Fax: / Télécopieur :

E-mail: / Courriel : Date of birth: / Date de naissance :

Would you be willing to help with club activities?  Yes / Oui  No / Non  
Accepteriez-vous d'aider le club dans ses activités ?

**CHILDREN (under 18) STILL LIVING AT HOME / ENFANTS (-18) VIVANT TOUJOURS À LA MAISON :**

Name: / Nom : DOB: / DDN : Name: / Nom : DOB: / DDN :

Name: / Nom : DOB: / DDN : Name: / Nom : DOB: / DDN :

**ANNUAL MEMBERSHIP FEE / FRAIS DE COTISATION ANNUELLE**

**Single Membership – \$15**  
**Adhésion individuelle – 15 \$**  **Family Membership – \$30**  
**Adhésion familiale – 30 \$**

**Amount Enclosed / Montant ci-inclus:**  **Cash / comptant**  **Cheque / cheque**

**PLEASE SEND APPLICATION FORM TO:  
ENVOYER LA DEMANDE D'ADHÉSION À :**

Ottawa Voyageurs Walking Club / Club de marche des Voyageurs d'Ottawa  
Attn: Membership Coordinator  
6491 Boul Jeanne D'Arc Blvd, PO Box 62041, ORLEANS ON K1C 7H8

Recommended by:

Date received: Package sent:  Cash \$ \_\_\_\_\_  Cheque # \_\_\_\_\_

Free Event Book given date: Membership #: Membership #: