



FOOTNOTES

Newsletter of the Garden City Wanderers

Summer 2018

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Enjoy Summer Walks and Picnics

Sunday, July 1	Canada Day Cobble Hill walk
Wednesday, July 18	Salt Spring Island
Saturday, August 4	Gowlland Tod Provincial Park
Saturday, August 11	Beaver Lake Walk and Picnic
Sunday, August 12	Lochside Park
Sunday, Sept. 2	McMinn Park
Sunday, Sept. 30	Gyro Park

See Upcoming Walks on pages 7 and 8 for details.

Bicycle Permanent Trail Event – Sept. 9

The second Bicycle Permanent Trail Event takes place on Sunday, September 9 from Henderson Recreation Centre, 2291 Cedar Hill X Road. Two routes – 10 km and 26 km are available. Route instructions and maps are available in the Henderson Walk Box.



Garden City Wanderers
Volkssport Club

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President's Message by George Copley

Hello Fellow Volkssporters:

My President's Report for this edition of Footnotes may be slightly shorter than usual since as I write this Diane and I are in Switzerland along with Rick and Christine. We have just completed 6 days of hiking in the Jura Mountains between Balsthal and Couvet and are now moving on to Geneva for more sightseeing. I want to touch upon three topics in this Report: the CVF Convention in Halifax May 25 to 27, the wanderlust of our fellow Volkssporters and a brief update on the Greater Victoria Volkssport Meetup status.

First, the CVF Convention and AGM in Halifax- in short, it was a great success. The host club, Dartmouth Volksmarch Club, did a superb job of organizing the event with many volunteers readily identifiable by their Nova Scotia tartan scarves assisting and so the walks and events ran smoothly. There were about 250 Volkssporters in attendance from virtually every province in Canada and from various states in the U.S. The West Coast was well represented with about 15 from the Island, mainly from Victoria, and another dozen or so from the Vancouver area, mostly Surrey Trekkers. The walks were all interesting and well attended with the Salt Marsh walk on Sunday offering a unique location for a walk-definitely a popular walking place. Finally, the AGM ran smoothly as expected with little controversy and ended with our Beverley Cattrall again being elected CVF President-a great result!

Second, the wanderlust of Volkssporters seems particularly strong this year, perhaps as a result of the CVF Convention being in Halifax. If you went to the Convention you were already halfway to Europe and other destinations near and far! By my count, which may be off a bit, some 27 of our Volkssporters were travelling to distant locations. In Canada, two went to Ottawa and one went to Newfoundland. In Europe and beyond, eight went to Switzerland, five to England, thirteen to Wales to walk the Pembrokeshire Coast path, four to France including Paris, one to Ireland, one (or two) to Egypt and two to Norway (the numbers add up to more than 30 since some Volkssporters went to several locations). Even with 27 of our fellow Volkssporters away travelling, more than 20 walkers turned out to do the Mount Douglas to the Top walk-Volkssporters are truly an intrepid bunch!

Third, a brief update on Meetup. It is now 5 months since the Greater Victoria Meetup website went truly "live". My impression, so far, is that there has been a steadily increasing number of non-club members signing up for walks on the website with a smaller but distinct number actually showing up to do the walk they signed up for. And it does seem to be attracting a younger demographic. Two things follow from this. First, if you see someone who is obviously a new walker - ie. a non-club member who is new to Volkssporting - please do your best to welcome them to our walk and make them feel comfortable. We would like them to have the first impression that we really do stand for Fun, Fitness and Friendship. Second, please do not forget to sign up on the website for the walks you are attending. The more apparently active participants for walks on the website, the more inviting it will appear for newcomers.

Finally, I hope each of you is having a good time walking this summer and I wish you well. Happy walking!

Congratulations!

George and Diane Copley received their 10 Year Volunteer Awards in Halifax



Welcome New Members

**Yvonne Rooswinkel
Irene Kuhrana**

Record Books

To receive acknowledgement of your distance and event credits, you should send your completed record books, along with your CVF passport, to:

Marion Boom
42 Billingham Crescent
Ottawa, ON K2K 2T7
walking4fun2@gmail.com

Note: please do not send your books to Marion until after August 6th as she is on vacation

Greetings from VABC President, Brenda Dudfield

It was great to see many Island members in Halifax for the CVF Convention, and on the Post-Convention Tour. Although the weather could have been better, a good time was had by all. Congratulations to George and Diane Copley on their 10 year CVF Volunteer Award.

There are many good walks coming up in the months ahead and I hope you will take advantage of those offered now that Summer has arrived.

I am planning a Mayne Island walk for Tuesday, August 14, 2018, so I hope you will be able to join me and other walkers from both sides of the Strait. Check future emails from the Club.

Hopefully, I'll see you on the trails.

Brenda

WALKfest 2018 by Beth Braithwaite

This year was the 27th WALKfest. It was held at Cadboro Bay United Church on April 7th. Over 25 businesses were contacted to solicit prizes and more than 30 prizes were distributed to participants following our potluck lunch. The prizes ranged from restaurant gift cards and certificates to bottles of wine generously donated by Garden City Members and included merchandise from New Balance Victoria and The Running Room and complimentary passes from recreation centres as well as a gift basket from For Good Measure. All businesses who donated prizes received a thank you letter within one month of the event.

There were over 60 participants in WALKfest 2018 who walked 5K, 10k or 12K. Many volunteers were instrumental in making it a success. I would like to thank Beverley Catrall who co-organized WALKfest with me, everyone who helped in the kitchen, and those who set up and took down chairs and tables in the hall. Of course none of our walks would happen without the people who plan and map the walks, the registration people or the markers who set out early in the morning. Many other people also contributed to

the day; there was a quiz and a photo board with photos of previous WALKfest events as well as pictures of Kaye Farmer. Thank you to everyone whose contribution made this event successful.

Here are some pictures from a very successful event



The day begins with registration



On the trails



Working on the quiz



Time to eat



Prizes! Beth with Susan & Ian Farmer



The hard-working kitchen crew back at work

WALKfest 2018 was a tribute to Kaye Farmer, a longtime member and the coordinator of many of the previous WALKfest events. Kaye's son Ian and daughter Susan attended the potluck and enjoyed listening to how valued Kaye was by our membership and learning a few new stories about her as well. Ross Holloway led the group in singing a Farewell to Nova Scotia in honour of Kaye's birthplace and in recognition of the many contributions she made to both Garden City wanders and Volkssport Canada over the years. We all miss her very much!

Farewell to Nova Scotia

Farewell to Nova Scotia
And your sea bound coast
Let your mountains dark and
dreary be
When I am far away on the
Briney oceans tossed
Will you ever heave a sigh
Or a wish for me

The sun is setting in the west
The birds are singing from every
tree
All nature seems inclined to rest
But still there will be
No rest for me

I grieve to leave my native land
I grieve to leave my comrades all
And my aged parents
Whom I love so dear
And the bonny bonny lassie
That I adore

Farewell to Nova Scotia
And your sea bound coast
Let your mountains dark and
dreary be
When I am far away on the
Briney oceans tossed
Will you ever heave a sigh
Or a wish for me



Memories of Kaye in pictures, words and song



CVF AGM & Convention, Halifax, Nova Scotia, May 25-27

Report from Beverley Cattrall, President, Canadian Volkssport Federation

What a great convention CVF had, thanks to the Dartmouth Volksmarch Club and all the friendly volunteers who ensured that everything would run smoothly. Halifax and the surrounding area are replete with gardens and parks and historical monuments and memorials, so every walk was pleasant, meaningful and interesting. And it was a super way to meet up with old friends.

I was elected for another 2 year term. However, a few positions have changed on the CVF Board and Executive Committee. Michelle Demers is now our Treasurer. Sharon Tchir is our Special Programs Coordinator. Nancy Makepeace has volunteered to become our Prairies and North Director. In the absence of a Quebec Director, Louis Myre and Marjolaine Talbot have offered to represent Quebec unofficially.

The Board also endorsed two committees, one whose mandate is to explore emerging technologies that are of potential interest to Volkssporters, the other focussing on marketing and promotions strategies.

At our Open Meeting, David Hall, who chairs our tech committee, spoke about technologies such as digital mapping, a new more streamlined way of stamping books and on line payment. The feeling is that much will be changing about how we do business over the coming years. Doug Jackson, who is our marketing and promotions volunteer, shared his practical thoughts on how we can encourage more people to join Volkssporting, an important topic in view of declining membership.

So, much to think about, and you'll be hearing more, but in the meantime let's get walking!

Lyn Wray reports: Around a dozen members of Garden City Wanderers attended the CVF convention. The accompanying photographs show a group of Vancouver Islanders getting ready to do the President's Walk, a view of Halifax Harbour and Beverley and David Cattrall at the memorial for the Halifax explosion.



A big thank you to our own Beverley Cattrall who presided as CVF President over the AGM, and to the Dartmouth Trekkers and everyone else who organized such a wonderful weekend of fitness, fun, food and friendship.

UPCOMING WALKS

Sunday, July 1 – Canada Day Walk 5/7/10 km

Map Walk (rated 2B/3C)

Cowichan Valley - Cobble Hill - Cobble Hill Mountain Recreation Area

Meet at Quarry Nature Park parking lot, 3606 Empress Road, Cobble Hill V0R 1L5

Contact: David Cattrall at 250-598-4316

Explore the trails of this beautiful recreation area. The trails of Quarry Nature Park and the huge Cobble Hill Mountain Recreation Area lead through a variety of forest ecosystems & feature several viewpoints that collectively offer a 360-degree view of the surrounding area. The 7 and 10 km routes climb to the top of the 336m Cobble Hill (7 km route is less steep). After the walk we will have a picnic lunch.

Sunday, July 15

USA/Canada Friendship Walk

Port Angeles

Contact: Rob at 250-658-4998

This is the day the Olympic Peninsula Explorers Volkssport Club has invited us to come for a walk in Port Angeles. This date coincides with a three-day Regional Walking Festival in Port Angeles, making an opportunity for a mini-vacation. For more information about the festival, see the Evergreen State Volkssport Association web site (<http://www.esva.online/news/2018-nw-regional-walking-festival-july-13-15-2018/>).

We will be met at the Coho ferry landing on Sunday morning. The walk will be “historical Port Angeles” and will be followed by lunch provided by our hosts.

For those coming just for the day, we will catch the 6:10 am ferry. The return ferry is at 5:20 pm.

Wednesday, July 18 – Salt Spring Island 7/10 km (rated 2C/3C)

Meet at Swartz Bay ferry terminal, 11300 Patricia Bay Hwy, V8L 5J4 for the 9 a.m. ferry

Contact: David Cattrall 250-598-4316

The walk is in Ruckle Provincial Park which is a 10 km drive from the Fulford Harbour ferry terminal. The walk is mostly on trails through a mixture of forest, field and shore habitats. Views

of shoreline, rocky headlands and tiny coves and bays abound. After the walk we will enjoy a picnic lunch in the park, leaving the afternoon free to relax or explore other parts of the island such as the lovely town of Ganges.

Saturday, August 4 – 6/8/10 km Map Walk (rated 3C)

Gowlland Tod Parking Lot, 733 Caleb Pike Road, Victoria V9B 6G5

Contact: Lyn at 778-440-3326

All distance options follow the Ridge trail up from the parking lot, through a mix of woodland and rougher ground. It has several ups and downs, with beautiful water views of Finlayson Arm at several points. A 2 km option continues up a steeper section to the summit of Jocelyn Hill. An additional 2 km option is on lower trails. Walkers should bring water and a snack to hydrate and enjoy the views before returning down the hill. Hiking poles advised for those who use them.

Saturday, August 11 – 5/10 km Map Walk (rated 2B)

Beaver Lake Picnic/Beach Area off Elk Lake Drive

Contact: Cecil 250-658-2279

Enjoy trails in Beaver Lake/Elk Lake area. Picnic follows walk.

Sunday, August 12 – 5/10 km Map Walk (rated 2B)

Lochside Park, 5300 - 5500 block of Lochside Drive V8Y 2G7

Contact: Bill or Eileen at 250-920-3745

Walk on streets, trails and beach in Cordova Bay.

Tuesday, August 14 – Mayne Island Walk

Contact: Brenda Dudfield, VABC

Details to be confirmed

Saturday, August 18 – 5/10 km Map Walk USA/Canada Walk

James Bay Community Centre,

Contact: Rob at 250-658-4998

Details to be announced

Sunday, August 26 – 6/10 km PT 140
 Pearkes Recreation Centre, 3100 Tillicum Road,
 Victoria V9A 6T2
 Contact: Gord at 250-479-6512
 This walk winds along Colquitz Creek, then
 through Cuthbert Holmes Park and Tillicum Park.

Sunday, September 2 – 5/10 km Map Walk
 (rated 1A/3C)
 McMinn Park, Maplegrove Street V8Y 3B9
 Contact: Jan at 250-665-6062
 After an exhilarating uphill climb, be rewarded by
 fabulous views & then a walk on the beach in
 Cordova Bay. The 5 km route avoids the climb.

Saturday, September 8 – 5/10 km Map Walk
 (rated 2B)
 Saanich Commonwealth Place, 4636 Elk Lake
 Drive, Victoria V8Z 5M1
 Contact: George at 250-386-1279
 Walk trails to Beaver Lake Regional Park and on
 country roads.

Sunday, September 9 – 10/26 km Bike PT 066R
 Henderson Recreation Centre, 2291 Cedar Hill X
 Road, Victoria V8P 5H9
 Contact: Beverley at 250-598-4316

Saturday, September 22 – 5/10 km (rated 2B)

Wednesday 'TBA Walks'

The Monday/Wednesday morning walks continue to be very popular. We are "club neutral" in that we set up a calendar for the year that includes a balance of the Permanent Trail walks for the three South Vancouver Island Clubs - Garden City Wanderers, Juan de Fuca Pathfinders and the Vic Y Volkssport Club.

However on the third Wednesday of each month, noted on the calendar as a TBA, something different happens. A few years ago, we decided to reserve this day to explore new trails. As a result we have come up with some great new routes which have been on past calendars, and will be on future calendars. Our efforts often take three or four trips out to plan, measure and record. The attached photo is us checking out the woolly mammoth on a new walk from Ocean Boulevard to Royal Bay.

If you choose to join us, please be prepared to have input into the route, accept that we may take longer than usual and that we may occasionally get lost!

Jan and Rick, Monday/Wednesday Coordinators

Layritz Park, Layritz Avenue, Victoria V8Z 7C3
 Contact: Rob at 250-658-4998
 Walk through several parks connected by country
 road of Saanich. Washrooms are available at
 start/finish only.

Sunday, September 30 – 5/10 km Map Walk
 (rated 2B)
 Cadboro-Gyro Park, Sinclair Road & Cadboro
 Bay Road V8N 4G1
 Contact: Gail or Ed at 250-477-4472
 This is a lovely walk on Cadboro Bay's streets &
 trails including University of Victoria chip trails &
 beautiful Mystic Vale.

Saturday, October 6 – 5/10 km Walk (rated 1A)
 Willows Beach, 2740 Dalhousie St V8R 2J1
 Contact: Renee at 250-294-7099
 This is a scenic walk through streets of Oak Bay
 Village, residential areas & along ocean pathways.

Sunday, October 7 – 5/10 km PT 260
 Running Room, Broadmead Shopping Centre, 777
 Royal Oak Drive, Victoria V8X 4V1
 Contact: Marion at 250-477-9851
 This walk takes place in Broadmead and includes
 part of the Lochside Trail across the Blenkinsop
 Lake and trails around Beckwith Park.



MONDAY/WEDNESDAY MORNING WALKS

The following schedule of Permanent Trails (PTs) has been established for Volkssporters who like to walk during the week and during the day in the Greater Victoria area. The walks are not marked and there may not always be a leader. Walk boxes containing maps, registration books and stamps are available at all of the locations noted below.

1. On the first Monday of each month, we do a Round and Long Distance Walk (RLDW) starting from the Broadmead Running Room. Walkers who are not collecting RLDW stamps may collect a PT stamp from that location.
2. On the third Wednesday of each month we explore possible new routes in the Greater Victoria area. Promising routes are measured and mapped. Occasionally, we pre-walk an upcoming walk, or do one of the PTs. You will be informed of the location through the weekly memo.
3. Contacts: Rick at 250-478-7020 or Jan at 250-665-6062
4. Registration 8:45 am, walk 9:00 am.

MONDAY		WEDNESDAY	
DATE	LOCATION	DATE	LOCATION
June 25	Cedar Hill Recreation Centre	June 27	West Shore Parks & Rec.
July 2	Running Room, Broadmead	July 4	Serious Coffee, Millstream
July 9	Coast Victoria Hotel	July 11	Frontrunners, Goldstream
July 16	Henderson Recreation Centre	July 18	Salt Spring Island
July 23	Ross Bay Pub, Fairfield Plaza	July 25	Elk Lake, Brookleigh Road
July 30	Cedar Hill Recreation Centre	August 1	Oak Bay Recreation Centre
August 6	Running Room, Broadmead	August 8	My Chosen Café
August 13	Greenhawk Harness	August 15	TBA
August 20	Coast Victoria Hotel	August 22	Esquimalt Rec. Centre
August 27	Elk Lake, Brookleigh Road	August 29	Western Foods, Sooke
Sept. 3	Running Room, Broadmead	Sept. 5	My Chosen Café
Sept. 10	Cedar Hill Recreation Centre	Sept. 12	Pearkes Recreation Centre
Sept. 17	Ross Bay Pub, Fairfield Plaza	Sept. 19	TBA
Sept. 24	Coast Victoria Hotel	Sept. 26	Frontrunners, Goldstream
Oct. 1	Running Room, Broadmead	Oct. 3	Esquimalt Rec. Centre

TUESDAY/THURSDAY EVENING WALKS

Tuesday Evenings

Registration: 5:45 pm

Start time: 6:00 pm

Running Room/Walking Room
Broadmead Shopping Centre

Contact: Gail at 250-477-4472

Thursday Evenings

Registration: 5:45 pm

Start time: 6:00 pm

July 5/12/19: Pearkes Rec. Centre

Contact: George at 250-386-1279

July 26: Ross Bay Pub

Contact: Eileen at 250-920-3745

August: Running Room/Walking Room

Contact: Susan at 250-727-6826 or

David at 250-598-4316

Sept.: Coast Victoria Hotel

Contact: Bill at 250-920-3745 or

George at 250-386-1279

CLUB CONTACTS

President	George Copley	250-386-127
Secretary	Lyn Wray	778-440-3326
Treasurer	Joan Sanderson	250-479-6512
Past President	Beverley Cattrall	250-598-4316
Footnotes Editor/Publicity	Frances Aknai	250-360-0356
Membership Coordinator	Francine Thivierge	250 361-4583
Registration Coordinator	Diane Copley	250-386-1279
Walk Coordinator	Ada Robinson	778-922-1950
Marking Coordinator	Francine Thivierge	250 361-4583
Trailmaster/Webmaster	David Cattrall	250-598-4316

SURFING THE NET

GCW: www.gardencitywanderers.ca

Email: info@gardencitywanderers.ca

Take a stroll through our website to find:

- * Information about Garden City Wanderers
- * Volkssporting information
- * 2018 schedule of all South Vancouver Island walks
- * 2018 GCW PTs and RLDW

VABC: www.volkssportingbc.ca

The complete listing of all the events and links to all Volkssport clubs in BC

Phoenix Festival: www.vvpf.ca

Canadian Volkssport Federation (CVF)

www.walks.ca Information on volkssporting in Canada, including all Canadian volkssport clubs

IVV: International Federation of Popular Sports www.ivv-web.org

Look here for information on volkssport events and clubs in all other parts of the world.

Other Volkssporting Links:

Juan de Fuca Pathfinders Walking Club

www.jdfpathfinders.com

Victoria 'Y' Volkssport Club

www.letswalkinvictoria.ca

Volkssport Alberta

walkalberta.ca

Walking and Volkssport Association of Ontario

www.wvao.ca

American Volkssport Association

www.ava.org

THANK YOU to the businesses who support our club

Our PT start points:

G.R. Parkes Recreation Centre

3100 Tillicum Road

Coast Victoria Hotel

146 Kingston Street

Henderson Recreation Centre

2291 Cedar Hill X Road

Running Room/Walking Room

Broadmead Shopping Centre

777 Royal Oak Drive