



FOOTNOTES

Newsletter of the Garden City Wanderers

Fall 2017

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*Garden City Wanderers
Volkssport Club*

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Garden City Wanderers

Annual General Meeting

Saturday, November 4, 2017

Location: Grace Lutheran Church
1273 Fort Street, Victoria

WALK: 5km and 10 km (rated 1A/2A)

Registration: 9:30 am

Both the 5 km and 10 km routes wander through the stately residential area of Rockland. The 10 km route also includes quiet streets in the Fairfield area.

LUNCH: Potluck – Bring your favourite dish to share
Coffee and cold drinks will be provided.

MEETING: 2017 Annual General Meeting at 1pm

NOTE: This is a good time to renew your club membership

President's Message by George Copley

Hello fellow Volkssporters: in my last message in the Spring Footnotes I observed that the walkers' grumbles in May of "it's too cold" were just giving way to the first "it's too hot" of the season. Well, since then we have had a number of occasions during the months that have passed that well deserved the latter grumble but by and large the weather has been perfect for walking.

The last few months have seen some great walks. The new Cobble Hill walk was a stellar success with almost fifty walkers coming out to enjoy the trails and the beautiful views from vantage points on Cobble Hill. The Cobblestone Inn rose to the occasion providing good food for lunch in an impressively timely fashion for about fifty walkers.

The US/Canada Friendship walk in July saw a number of Olympic Peninsula Explorers coming over to enjoy the stunning views along the route starting on Turkey Head and ending at Windsor Park pavilion. The walk was a great success despite some last minute scrambling to reorganize the start point to avoid an unexpected bicycle race around Windsor Park taking place at the walk start time. And a similar number of Victoria walkers in August accepted the reciprocal invitation to go to Port Angeles for the Friendship walk despite the atrocious early hour of the Black Ball Ferry departure time. Could the attraction have been the special tickets available at the Black Ball ticket booth that entitled the holder to three pints of beer for five dollars?

The Galiano Island walk in July, a replacement for the cancelled Saturna Island walk, provided trails, beautiful views, a number of routes of varying distances and great weather. The Hummingbird Pub on Galiano was a welcome food and beverage stop along the way notwithstanding that there was still 2 or 3 km to walk to the ferry dock after stopping at the pub.

Coming up in the near term, there are two items to note. First, Harbour Towers has plans to renovate so it is not accepting reservations past the end of September and will be closing soon. We have made arrangements to move the PT Walkbox to the Coast Hotel just down the street a couple of blocks at 146 Kingston Street. We hope the transition will be seamless around the end of September or early in October and the actual date will be announced by e-mail when it is set. Second, the GCW AGM is going to be held this year on November 4 in the Church Hall at Grace Lutheran Church at 1273 Fort Street. There is a totally new walk route planned by Ada with registration at the Hall starting as usual at 9:30 AM and the walk itself starting at 10:00 AM. We will start the AGM at 1:00PM and hope to be finished, realistically, between 2:00 PM and 3:00 PM. So, please mark your calendars accordingly.

Finally, the cycle of the Volkssport year moves on and the planning of the walk schedule for the next year is well advanced. There will be, as expected, some new walks, some old modified walks and a number of old favourites for our walking pleasure next year. Since this is an off year for Phoenix, which is held every two years, GCW will again be hosting WalkFest next year after a rest of one year.

Happy Walking! George

UPCOMING WALKS

Sunday, October 1 – 5/10 km Map Walk (rated 2B)
Gyro Park, Foot of Sinclair Road
Contact: Gail or Ed at 250-477-4472
Enjoy vistas of the ocean, and trails through UVic and Henderson including Mystic Vale.

Saturday, October 7 – 5/10 km Map Walk (rated 1A/2A)
Oaklands Park (Kings Road parking lot off Shelbourne Street)
Contact: Frances at faknai@shaw.ca
Enjoy a lovely walk through the neighbourhoods of Fernwood. 10 km walkers will also climb up Summit Hill for gorgeous views of the city.

Saturday, November 4 - 5/10 km (rated 1A/2A)
Map Walk/Potluck/AGM
Grace Lutheran Church, 1273 Fort Street
Contact: Ada at 778-922-1950
Both the 5 km and 10 km routes wander through the stately residential area of Rockland. The 10 km route also includes quiet streets in the Fairfield area.

Saturday, November 18 – PT 019 – 5/10 km (rated 1B)
Coast Hotel, 146 Kingston Street
Contact: Randy at 250-590-7175
A lovely walk through Beacon Hill Park, out to Cook Street Village, and the 10 km route continues on to Government House.

Sunday, November 19 – 5/10 km Map Walk (rated 1A)
Fisherman's Wharf Park, Dallas Road and Erie Street
Contact: Frances at faknai@shaw.ca
This is a refreshing walk along Dallas Road, where clear weather offers a view of the USA shore. The route returns through residential areas of Fairfield and James Bay.

Saturday, December 9 – 5/10 km Map Walk (rated 2B) & Christmas Potluck
4555 Bissenden Place
Contact: Beth at 250-721-3395
Walk through the streets of Gordon Head and Gordon Point.

NOTE: Following the walk, you are invited to attend the Christmas potluck. The 2018 Walk Calendars will be distributed to those members who have paid their 2018 membership dues.

Saturday, December 16 – 5/10 km PT 025
Coast Hotel, 146 Kingston Street
Contact: Randy at 250-590-7175
This is the Songhees Christmas Walk which takes in Fisherman's Wharf and the path around the Inner Harbour to the end of the Songhees Walkway and back. We also visit the Christmas displays in three hotels.

Saturday, December 30 – 5/10 km PT 260
Running Room/Walking Room, Broadmead Shopping Centre
Contact: Marion at 250-477-9851
This walk takes place in Broadmead and will include many of the lovely trails, parks and neighbourhoods in that area.

2018

Sunday, January 7 – “Heritage Walk” PT 019 – 5/10 km (rated 1B)
Coast Hotel, 146 Kingston Street
Contact: Randy at 250-590-7175
Walk through Victoria, Chinatown, and out to Cook Street Village, passing historical places along the way. Historical notes are printed on the route map. This walk is part of the Capital City Walk Program.

Sunday, January 14 – 5/10 km PT 260
Running Room, Broadmead Shopping Centre, 777 Royal Oak Drive
Contact: Marion at 250-477-9851
This walk takes place in Broadmead and will include many of the lovely trails, parks and neighbourhoods in that area.

Saturday, January 27 - 5/10 km PT 029 (rated 2B)
Henderson Recreation Centre, 2291 Cedar Hill X Road
Contact: Susan at 250-727-6826

These walks will be a combination of paved streets and trails. This is the Anniversary walk, so walkers are invited to stay for a piece of cake after the walk.

Sunday, February 4 – 5/10 km Map Walk (rated 2A, 2B)

Fairfield Community Center, 1335 Thurlow Rd
Contact Marg 250-370-5076

Walk is on streets in Fairfield area including Government House grounds and the historic Chinese cemetery.

Sunday, February 11 – 6/10 km PT 140 (rated 2B)

G.R. Pearkes Recreation Centre, 3100 Tillicum Road

Contact: Gord at 250-479-6512

Walk on the trails through Cuthbert Holmes Park and the Gorge area.

Sunday, February 25 – “10 Mile Point” 5/10 km Map Walk (rated 2B)

Gyro Park, Foot of Sinclair Avenue

Contact: Susan at 250-727-6826

Scenic walk on beach, the quiet roads of Ten Mile Point & trails along the water & through the Queen Alexandra Hospital grounds.

Sunday, March 11 – 5/10 km PT 260

Running Room, Broadmead Shopping Centre, 777 Royal Oak Drive

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.

Sunday, March 18 – 5/10 km Map Walk (rated 1A, 2B) –

Crystal Pool, 2275 Quadra Street

Contact Diane 250-477-4785

Explore the nooks and crannies of Summit Park and the Fernwood area.

Please note: This listing of PT and Weekend Walks only contains abbreviated information about the walks. Detailed information about GCW map walks, including directions on how to get to the start point, can be accessed by going to the GCW website, opening 'Calendar' and clicking on the coloured date box for a GCW map walk e.g. Sept. 9 for Mount Doug. For PT walks go to the website, open 'Permanent Trails' and click on 'Map of Start Point'.

US/Canada Friendship Walks

On Sunday, July 23, walkers from Olympic Peninsula Explorers came over for a walk, lunch and friendship.

Thank you letter from George Christensen, President, Olympic Peninsula Explorers

To all of our special Canadian Friends, I want to thank you on behalf of the Olympic Peninsula Explorers. We have shared many wonderful times in Canada where you have gone out of your way to make us feel welcome, each time we have left feeling special and a kinship that we will value for the rest of our lives. Each of you meet and greet us at the ferry with hugs and handshakes like ones we only get from family members, it shows us what it means to be kindred spirits.

It was once said that we choose the people we meet in life and with that said, I know that we have met the best that life could offer when we met each of you. The hike was great, the food was the best and the friendship will always be precious to each of us, we will look forward to seeing you when you come over and welcome you to our home.

George

August Walk Signals Fifteen Years of Friendship

by Britta Gundersen-Bryden

The second stage of the annual USA-Canada Friendship Walk took place on August 20, 2017 when it was the turn of Victoria Volkssporters to pay a return visit.



Sixteen walkers boarded the Coho ferry at 6 am to make the 90 minute crossing to Port Angeles, where we were greeted at the pier with the traditional hugs and handshakes.

The 10 km route took us from the downtown waterfront up the hill past the courthouse and then west, through neighbourhoods that have been developed over the past many decades. It was like walking forward in history, from the Port Angeles of yesteryear and back down to the scenic new harbour pathway.



At the walk's end, our hosts drove us out to Lincoln Park. (No, Betsy didn't get a ride on the Harley. But she did get to try on the jacket.)

The park was the perfect spot to relax, as Beverley, Rick, Jim, Diane and Barry demonstrated.



Olympic Peninsula Explorers, much like Garden City Wanderers, believe that there is a fourth "f" related to Volkssporting: fun, fitness, friendship and - food (maybe even feast)! We were treated to fried chicken, salads galore and some fabulous desserts. Jack and Donna can attest to that.

We sang “Happy Birthday” to Astrid, who celebrated one of those milestone years in August; she then asked Kathleen for some tips on making it to the next decade. Maybe walking 10kms on a regular basis is one of Kathleen’s secrets.



But the very best part was being able to share time with friends. Just ask Beverley and Janet.



Or Susan and Mary Ellen.

Or Ada and any of the OPEs.



After lunch our hosts drove us back into town. On the way we chatted about next year, when the OPEs are planning something special (details to come, of course)!

We then had a few hours to explore Port Angeles: walking a waterfront PT, checking out the bookstore, browsing in antique shops or tasting craft beers.

By 5 pm we were back on the Coho, heading home to Vancouver Island, after a day celebrating fifteen years of cross-border Volkssport friendship.

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 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 shall be doing 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 last Wednesday of each month we hope to explore possible new routes in the Greater Victoria area. Promising routes will be measured and mapped. 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 9:15 am, walk 9:30 am

| MONDAY | | WEDNESDAY | |
|-------------|-----------------------|-------------|----------------------------|
| DATE | LOCATION | DATE | LOCATION |
| October 2 | RLDW Running Room | October 4 | Running Room, Millstream |
| October 9 | Elk Lake Parking Lot | October 11 | West Shore Parks & Rec. |
| October 16 | Esquimalt Rec. Centre | October 18 | TBA |
| October 23 | Henderson Rec. Centre | October 25 | Witty's Lagoon Parking Lot |
| October 30 | Fairfield Plaza | November 1 | Frontrunners |
| November 6 | RLDW Running Room | November 8 | Pearkes Rec. Centre |
| November 13 | Coast Hotel | November 15 | TBA |
| November 20 | Oak Bay Rec. Centre | November 22 | Running Room, Millstream |
| November 27 | Greenhawk Harness | November 29 | West Shore Parks & Rec. |
| December 4 | RLDW Running Room | December 6 | Elk Lake Parking Lot |
| December 11 | Sidney Travelodge | December 13 | My Chosen Café |
| December 18 | Frontrunners | December 20 | TBA |
| December 25 | NO WALK TODAY | December 27 | Cedar Hill 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

Note: No more Thursday evening walks until
April 2018

VABC President's Report

By Brenda Dudfield

All the BC Clubs have had a busy summer with some kind of walk scheduled on most days of the week.

There have been walks to commemorate Canada's 150th and CVF's 30th Anniversaries. I congratulate you on the high turn out you experienced in July with two Events with over 40 walkers in attendance. The hot weather in B.C., accompanied by wildfire hazy skies doesn't seem to have stopped the hardy walkers from going out and enjoying the walks.

Next year, two new mail-in walks will be sanctioned in Abbotsford and Revelstoke. Thanks to David and Beverley Catrall for suggesting and planning it out. I also walked in Revelstoke and agree it will be a good 'stopping off' place en route to Alberta. These walks will count towards the Canada Walks A - Z programme.

There are still plenty of Events happening in the last quarter of 2017, and your Club has put together a variety of good events for 2018.

See you on the trails.

Brenda

Changes to Event and Distance Books, and Pins in 2018 - Beverley Catrall

As many of you have heard, the IVV rules for distance and event books will be changing, effective 1 January 2018. It might seem a bit complicated at first, but hopefully it will all make sense over time.

For events, green event books, which are good for 10, 30, 50 events, will not change. You will then move to purple books, for up to 600 events, in increments of 25. After that, you will move to red event books. You can decide how many events to record in the red books, either 50 or 100.

For distance books you will use blue, in increments of 500 up to 10,000 km. After that you will use a yellow distance book. Again, you can decide how many kilometers to record, either 1,000 or 5,000 km.

If you are currently using either the salmon event book or the brown (beige) distance book, please continue to use them until you have reached the achievement award level you are aiming for with that book. As of 2018 pins and patches will be given out with the awards if requested, but only while quantities last. No new pins or patches will be ordered. You will still receive a certificate for each award level. If you have any questions, please contact me or Michele Bell at cvffcvwalk@outlook.com.

See you on the trails!

Record Books

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

Marion Boom 42 Billingham Crescent Ottawa, ON K2K 2T7

Marion's email address is walking4fun2@gmail.com

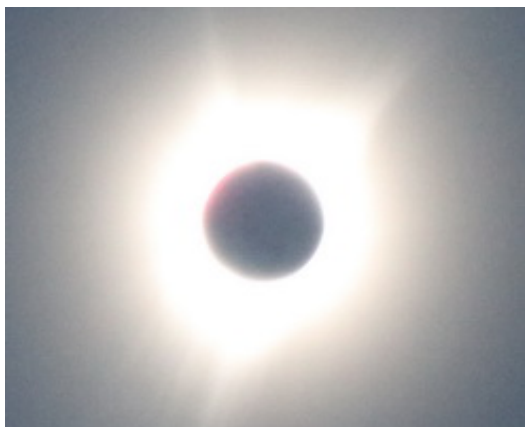
Total Eclipse August 21, 2017 by Kate Young

At midnight in early December 2016, people in the know were on line searching for camp sites for August 21, 2017, the day of the total eclipse of the sun. The “path of totality”, where the sun is totally covered by the moon, is approximately 70 miles wide. The length of time which the sun will be 100 percent covered diminishes as one moves to the outskirts of this path. Our friends are keeners, and after exhausting all sites in Oregon, scored a great site on the Cascade Reservoir in southern Idaho, just slightly off the midline of the path of totality. Our camping site required a minimum 5 day reservation and would be considered abandoned if we did not appear by August 17. The total eclipse would last 90 seconds.



Hundreds of thousands of tourists were expected to drive into the path of totality during the hours before the eclipse. Approximately half the population of the USA lives within 400 miles of its 2500 mile long path. There was talk of total grid lock, an inability to buy water and necessities during the period around the eclipse. We saw temporary washrooms set up at all public parks in anticipation of the influx. Golf courses and fields advertised areas to sit undisturbed to watch for up to \$200.00.

It was with great excitement that we waited on a grassy knoll as the moon started to cross in front of the sun. Viewing through very dark eclipse watching glasses it took over an hour for the moon to completely cover the sun. We marveled at the sophisticated societies which predict when and where these rare eclipses occur, and how easily it would be to obtain power over most of us by threatening the disappearance of the sun.



We observed very little change in the light or the temperature until over ninety percent of the sun was covered. Then there was a profound change as the sun was completely obscured. The temperature fell at least fifteen degrees Celsius, the sky darkened, and the planets and stars could be seen. The entire horizon turned pink as if the sun was setting in every direction. The moon was a black disc surrounded by a ring of light, the sun’s corona. 90 seconds has never passes so quickly. Birds fell silent, and shadows flickered across the ground. Then the sun emerged as a bright light in the corner of the moon, surrounded still by the corona, for the “diamond ring effect”. As the sun slowly emerges the light seems white, with sharp shadows, as on a movie set. The sun slowly

emerged for about an hour, but we had lost interest in observing through the glasses, after the awe of the totality. We welcomed the instantaneous impact of moving from night time to high desert intense sunshine in a few minutes.

People talk about the life changing impact of observing an eclipse, that it is akin to a religious experience. What I can say is that the event left me with a profound affection for our sun, a recognition of how vital it is to our well-being. I am a confirmed sun worshiper.

The next chance to see a total eclipse in North America is on the eastern seaboard April 8, 2024.

Volkssport Canada Awards Presented

National Merit Awards for 5, 10, 15, 20 and 25 years of ongoing and exceptional service are awarded to people who have demonstrated a long term commitment to volunteering with Volkssporting. This summer, CVF President Beverley Cattrall presented the following awards. Many thanks to all of them for their work which keeps Garden City Wanderers a vibrant and fun club.



Ada Robinson



Gord Keeble



Greg Brereton



Lyn Wray

Alberta Majesty by David Cattrall

Every year in September the Volkssport clubs of Alberta get together for a weekend which they call Alberta Majesty. Always in a scenic place, often in the mountains, it's a celebration of the beauty of Alberta and an opportunity for Volkssporters from across the province to meet old and new friends.



Last year, Beverley and I attended a wonderful weekend in Waterton Lakes National Park and this year we, plus 5 others from BC (Lyn Wray, Rick and Christine Desjardins, Brenda and Frank Dudfield from Vancouver), joined the Albertans in Kananaskis. About 80 people attended, including a few from Saskatchewan and NW Territories, and enjoyed 4 days of warm weather in breathtaking scenery- albeit shrouded in BC smoke much of the time.

The opening walk on Friday afternoon was in Canmore, followed by 2 walks on both Saturday and Sunday in Kananaskis. After a group dinner on Sunday evening and a final walk on Monday morning we all said our goodbyes. I'm sure most of us will return next year. If you would like to attend next year here are the details.

Advance Notice - Alberta Majesty 2018 - JASPER Alberta

September 14, 15, 16 & 17 2018

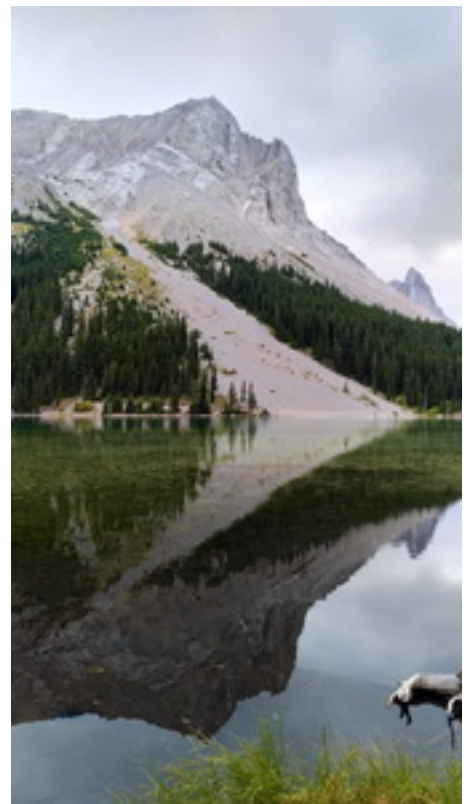
The home base for the weekend will be at Becker's Chalets on the Athabasca River just a few kilometres south of the Jasper town site. Chalets have kitchen facilities and the onsite restaurant receives great reviews. A special place to stay!

Check out the location at www.beckerschalets.com

The current plan is to walk the following walks:

- Edson (brand new)
- Hinton Beaver Walk (A provincial must see)
- Valley of the 5 Lakes (Unbelievable beauty)
- Lac Beauvert/Old Fort (Time for a cool drink at the Jasper Park Lodge!)
- Maligne Canyon (Amazing!)
- Optional in town or Discovery Trail (Perhaps you might see elk)

If you are interested in reserving a chalet, contact Gerry Vercammen at gerryipa@telus.net or David Hall at davidhall@live.ca



CLUB CONTACTS

| | | |
|----------------------------|--------------------|--------------|
| President | George Copley | 250-386-1279 |
| 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
- * 2017 schedule of all South Vancouver Island walks
- * 2017 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.vvvpf.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/english/

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

CVF Convention and AGM – Dartmouth NS
May 25 - 27th, 2018

www.dartmouthvolksmarchclub.com/event/cvf-convention-2018/

Other Volkssporting Links:

Juan de Fuca Pathfinders Walking Club

www.jdfpathfinders.ca

Victoria ‘Y’ Volkssport Club

www.letswalkinvictoria.ca

Volkssport Alberta

www.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. Pearkes 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