



FOOTNOTES

Newsletter of the Garden City Wanderers

Spring 2017

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Here is a sampling of Garden City Wanderers' upcoming walks

Sunday, March 19 – 5/10 km Map Walk
Crystal Pool, 2275 Quadra Street

Saturday, May 20 – 5/10 km Map Walk
Copley Park, Parkridge at Vanalman

Saturday, May 27 – 5/10 km Map Walk
Layritz Park, off Wilkinson Road

Sunday, June 4 – Challenging 7/10 km Map Walk (rated 3C) Mt. Work Parking Lot, Minn Rd

Go to page 4 to view complete details for these walks



*Garden City Wanderers
Volkssport Club*

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Victoria, B.C., Canada V8S 3Z4*

info@gardencitywanderers.ca

April 21 to 23

**Victoria Phoenix Walking Festival
Greek Community Centre
4048 Elk Lake Drive, Victoria**

Complete details are on page 3

President's Message by George Copley

Hello Fellow Volkssporters: Since my last report in the 2016 Footnotes Fall Edition, three club events remain in my memory as noteworthy: the Annual General Meeting last year on November 5, the Christmas potluck on December 17 and the 26th GCW Anniversary Walk starting at Willows Beach on January 28, 2017. I will just touch on a couple of memories of these events.

The AGM was well attended, the potluck was a great success and we are grateful to Kaye for again making the Recreation Centre at her home available to us. At the AGM, in addition to the routine business, there was what I would describe as a spirited, indeed, passionate debate about the inclusion of the word "brisk" in the new GCW Brochure aimed at new walkers. To my mind this was an incredibly healthy sign that the members of our club were thinking seriously about what they wanted the club to be and passionate about where they wanted it to develop. It augurs well for the future.

David and Beverley again graciously offered their home for the Christmas potluck and walk for which we are very grateful. Cold, wet snow and slush marked the day. In spite of the weather the walk was well attended and the potluck, complete with musical interlude and sing-along led by Beverley on recorder, Marg (Tighe) on flute and Ross (Holloway) on guitar, was greatly enjoyed by all. As were the beautifully wrapped presents courtesy of Joan.



The weather gods graced us at the Anniversary Walk from Willows Beach with sun, clear skies and a not so cold day, the kind of day that lifts the spirits in winter here on the coast. The many members of the club who enjoyed the walk that day also enjoyed some home baked treats that Frances brought - delicious as always.

Finally, looking ahead there are a number of special event walks to come, which are in addition to the routine weekly and weekend walks of all three clubs which fill out the calendar, but I will mention just two: Phoenix on April 21 to 23 and Saturna Island on Saturday, July 1. Talking to the Phoenix organizers it appears that it is all coming together, the walks mostly pre-walked, and the same fabulous venue as last year, the Greek Community Centre on Elk Lake Drive.

The Saturna Island Walk (details will be in Summer Footnotes), which takes place on Canada Day or as some of us old-timers call it, Dominion Day, is the 150th Anniversary of the Confederation of the original 4 provinces: Ontario, Quebec, Nova Scotia and New Brunswick - later joined by B.C. in 1871. Unlike Eastern Canada we get to celebrate two sesquicentennials: Canada's this year and B.C.'s on July 20, 2021. Also, this year is the 30th anniversary of the founding of the Canadian Volkssport Federation. So, this year we encourage you to participate in the two CVF programs created to celebrate Canada's 150th and CVF's 30th: "The 150 – 30 Program" and "GO FOR 30!!". In addition to being fun to do these special event walks, Phoenix and Saturna, with friends and promoting your fitness, they have the added bonus of being eligible for credits in these two CVF programs.

George

VICTORIA PHOENIX WALKING FESTIVAL

The Phoenix Festival is almost here! The Festival will take place at the Greek Community Centre, 4648 Elk Lake Drive, next door to the Commonwealth Pool.



The Festival will open Friday morning, April 21, at 10:00 am with four walks available with distances from 5 to 12 km. At 4:00 pm, there will be a group opening walk of the 6 & 10 km Broadmead Trails. Local walkers are encouraged to come out Friday to welcome the out-of-town walkers as they arrive and to join them in the group walk. Also come out to the pre & post walks, Thursday evening, Friday morning and Monday morning to walk with visiting walkers who arrived early and stay longer. Check our website for details.

The 5 to 12 km walks will be available all weekend with open starts. On Saturday morning at 10:00 am there will be an optional group walk of the 5 & 10 km Ocean Views walk. On Sunday morning at 10:00 am there will be an optional group start of the 5 & 10 km Saanich Trails walk. On Saturday morning the 21, 32 & 42 km Ocean Views walk start time is between 7:00 and 9:00 am. Walkers are encouraged to start early. On Sunday morning the 21 km Saanich Trails walk open start walk will begin at 7:00 am.

Good food is an important part of any Festival. The Greek Community Centre will be offering Greek & Italian snacks and lunch items each day starting at 11:00 am. After a morning walk, enjoy a delicious lunch before setting out on an afternoon walk. There will also be a cash bar offering local beer on tap, wine & pop. Complimentary coffee will be available all weekend and lots of home baking available before the walks and at the check points.

Friday after the 4:00 pm opening group walk there will be a Meet & Greet for all registered walkers and included in the Festival registration fee. Appys will be served and there will be a cash bar. Saturday evening a delicious Greek & Italian dinner is available. Tickets must be purchased in advance and are quickly selling out. Both events will be held at the Greek Community Centre.

New this year is a swim event at the Commonwealth Pool. Anyone can do this event even if you do not swim: you can walk in the water. A special Volkssport swim event stamp is available for those who stamp Volkssport books. Registration is at the Festival registration desk at the Greek Community Centre. See our website for times and further information.

More exciting news: Running Room at Broadmead Shopping Centre is offering great discounts on everything in their store for ONE day only, Saturday, April 22nd. This offer is good only at the Broadmead Running Room location. A discount coupon will be enclosed in your registration envelope.

We hope you will all come out for a weekend of walks and meet new and old friends from the rest of Canada, USA and other parts of the world. We hope you will consider coming out and volunteering to help make the Festival a great event. Volunteer forms are available at the walks or email us to let us know how you would like to help.

Victoria Phoenix Walking Festival Committee

Rick & Christine Desjardins, Judy Haynes, Malca Casiro, Cec Cranston & Joan Sanderson

Website - www.vvpf.ca

email - phoenix@vvpf.ca

2017 Seabreeze Walking Festival - Ocean Shores by George Copley

The Evergreen State (aka Washington State) Volkssport Association hosted its fifth biennial Seabreeze Walking Festival in the tourist town of Ocean Shores situated on a peninsula 3 ½ hours by car south of Port Angeles on the West coast. This three day affair, Feb. 18-20 (the 20th being a holiday in the U.S. called Presidents Day), featured local beach walks along long sandy beaches that surround the town, dune walks in Griffiths-Priday State Park, forest and beach walks in nearby Seabrooke, a recently established vacation and retirement village, more beach walks at nearby town called Moclips and walks around a narrow long peninsula called Damon Point at the southern tip of Ocean Shores.

A contingent of some 12 Volkssporters from Victoria along with several friends, about 15 walkers in all, converged on Ocean Shores on Friday, Feb. 17, for the Festival which began next day. On the first day of the Festival, with mostly dry, cool and cloudy weather, the Victoria walkers en masse did the Seabrooke and Griffiths-Priday walks with various distances between 5km and 10km. Later in the afternoon a number of these walkers did the beach walk in Ocean Shores. The day was capped by what was described as “a scrumptious Italian buffet and BYOB” at the local Lions Club facility which also served as walk central for registration, and the centre for walk information, socializing and other services.



Sunday dawned gray, gloomy, wet, windy and cold. The intrepid Victoria walkers, undaunted by the weather, drove to Moclips for a soggy 5 km beach walk slogging through rain-fed rivulets and wet sand. After lunch, a much smaller group set out from the jetty in Ocean Shores for a different beach walk, out and back. Going out, the wind was at our back driving the rain and hail drumming on wet rain gear. Returning,



the wind was from the front driving the rain and hail drumming on wet rain gear. When we reached the jetty the tide had come in so that the wind-driven ocean waves were relentlessly but intermittently splashing against huge black boulders piled 20 feet high at the top of the beach. Several walkers clambered up and over the boulders to gain dry land.

The others dashed a couple of hundred feet between, and inevitably in, wave surges on the wet sand to get past the boulders. Returning to the hotel to dry clothes and hot showers, those walkers possessed of acute foresight renewed their intimate friendship with Messrs Jameson and John Walker (for medicinal purposes only of course).

On Monday, Presidents Day, most of the Victoria walkers departed for home or other destinations while some diehards, or otherwise foolhardy folk, remained for a third day of walking. All in all the Festival was an adventure which we, or at least some of us, hope to repeat again in two years time, whatever the weather!

UPCOMING WALKS

Sunday, March 12 – 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 19 – 5/10 km Map Walk (rated 2B)
 Crystal Pool, 2275 Quadra Street
 Contact: Diane at 250-477-4785
 A lovely walk with views from the Summit and
 Peacock Hill. **After the walk you are invited to stay
 for lunch and the VABC AGM**

Sunday, April 9 – 5/10 km Map Walk (rated 2B)
 Mount Douglas Park, Cordova Bay Road
 Contact: Ada at 778-922-1950
 A new route that will take you along the lower trails in
 the park and through residential areas of Gordon Head.

Saturday, April 15 - 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.

Monday, May 15 - Mayne Island 6/9/12/15/18 km
 PT 303 Walk (rated 2B)
 Ferry from Swartz Bay: 10:25 am
 Start Point: Mayne Island Ferry Terminal, VON 2J2
 Sponsor: CVF BC Director
 Contact on the day: Brenda Dudfield, 778-859-0201

Saturday, May 20 – 5/10 km Map Walk (rated 2B)
 Copley Park, Parkridge at Vanalman
 Contact: Cec at 250-658-2279
 The walk will follow the Colquitz Creek mainly on
 well groomed trails through several parks and the
 Glanford Rd and Carey Rd. area. There is parking
 along Vanalman Ave. and Parkridge Street.

Saturday, May 27 – 5/10 km Map Walk (rated 2B)
 Layritz Park, off Wilkinson Road
 Contact: Rob at 250-658-4998
 This is an interesting walk through Saanich trails, parks
 and country roads.

Sunday, June 4 – 7/10 km Map Walk (rated 3C)
 Mt. Work Parking Lot, Munn Road
 Contact: George at 250-386-1279
 Forest path up and down for over half the route, in
 other places, gravel Forest Service Road, with overall
 elevation gain in the region of 400 m. Stewart
 Mountain is generally a stroll up and down but Scafe
 Hill has some scrambly bits on the ascent requiring
 caution. There are some fine views at the top,
 especially towards Mount Finlayson and Bear
 Mountain.

Sunday, June 11 – 5/10 km Map Walk (rated 1A/2B)
 Kings Road Parking Lot, off Shelbourne Street
 Contact: Greg at 250-580-4709
 Enjoy a lovely walk through the Fernwood area, taking
 in heritage homes and beautiful flowers popping up in
 Summit Park.

Welcome New Members

**Carmon Currie
 Mariem Martinson
 Carol McMehen
 Peter & Rosemarie Ransier**

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

MONDAY/WEDNESDAY MORNING WALKS

The following schedule of Permanent Trail walks (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
March 13	Fairfield Plaza	March 15	TBA
March 20	Sidney Travelodge	March 22	Cedar Hill Rec. Centre
March 27	Elk Lake, Brookleigh Road	March 29	Esquimalt Rec. Centre
April 3	RLDW Running Room	April 5	Harbour Towers
April 10	Henderson Rec. Centre	April 12	Witty's Lagoon
April 17	Fairfield Plaza	April 19	TBA
April 24	West Shore Parks & Rec.	April 26	Greenhawk Harness
May 1	RLDW Running Room	May 3	Frontrunners
May 8	Esquimalt Rec. Centre	May 10	Pearkes Rec. Centre
May 15	Sidney Travelodge	May 17	TBA
May 22	Cedar Hill Rec. Centre	May 24	Running Room, Millstream
May 29	Oak Bay Rec Centre	May 31	West Shore Parks & Rec. Centre
June 5	RLDW Running Room	June 7	Running Room, Broadmead

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

April: Oak Bay Recreation Centre

Contact: David at 250-598-4316

May: Harbour Towers

Contact: Bill at 250-920-3745

June: Henderson Recreation Centre

Contact: Susan at 250-727-6826

Greetings from VABC President, Brenda Dudfield

What a winter we are having! I trust that despite all the snow you have been able to get out and do some of the scheduled walks. VolkssportingBC is the 'go to' book for walks all around the Province, so I trust you have received your copy, been through it and made a list of the walks you would like to participate in.



Check out Pages 24 and 30 for Special Programs for 2017 - the CVF 150-30 Program (Page 24) celebrates both Canada's 150th and the CVF's 30 Anniversaries. You can also work on the "Go for 30 .. or more!" Challenge (Page 30). More details of both are in VolkssportingBC and also in the last issue of Volkssport Canada. The "Go for 30" Challenge has two versions, one for Individuals and one for Clubs, which Garden City Wanderers has agreed to participate in. So get on board and get points for yourself and help your Club accumulate points as well. Certificates will be awarded at the end of 2017.

Of course, there is also the annual Winter Exercise Program which runs until March 31. Please send your completed Winter Exercise stamp sheet to the CVF Office by April 15, 2017. As a reminder the Trans Canada Trail Program ends on December 31, 2017. These and other program stamp/records sheets can be downloaded from the CVF website: www.walks.ca/what-is-volkssport.html#programs.

Coming up is the important Volkssport Association of BC Annual General Meeting to be held in Victoria this year. Your club has graciously volunteered to host the event on Sunday, March 19 with the walk starting at the Crystal Pool on Quadra Street, followed by the meeting. You are welcome to join the Board and Club representatives. Lunch will be provided for those in attendance. It is always good to find out how the organization is run and hopefully participate. This year the positions of President, (yes, I am willing to run again), Vice-President and one Director at Large are up for election.

I look forward to making another trip to the Island to attend the Phoenix Festival in April, and thanks go to all the volunteers who help to make this fabulous event so successful.

For your calendar: Looking ahead to the Fall, there is a Friendship Weekend Event planned between the NW Tulip Trekkers, Surrey Trekkers and Vancouver 'Venturers with two walks on September 9 in Point Roberts and Tsawwassen and September 10 two walks starting in both of the Peace Arch Parks. Additional PT/YRE group events are being planned for September 8 and 11. You might want to make hotel reservations if you wish to venture across the Straight to the Mainland.

See you on the trails

Brenda

"Coldest Night of the Year Walkathon"

Garden City Wanderers participated as a team in the "Coldest Night of the Year Walkathon" in aid of the Mustard Seed Church held on Saturday, February 25.



Go for 30 (or more) Challenges



By now you have probably heard of the “Go for 30!!” challenge but maybe don’t know the details. This is a special challenge for one year only to celebrate CVF’s 30th anniversary and recognize that Volkssport walks and adventures await you all over Canada – not just in Victoria.

Walkers can participate in the individual “Go for 30” Challenge and collect 30 (or more!) points by

- walking in other cities and provinces,
- spotting the BC Provincial bird or flower (do you know what they are?),
- doing a walk in a National Park (Saturna Island) or Historic Site (Fort Rodd Hill),
- doing a Volkssport bike or swim event (Phoenix Festival),
- pass a current or old railway station (Victoria, Cobble Hill, Duncan)
- or a variety of other ways. 61 points are on offer – all you need is 30 to win. Click [www.walks.ca/what is volkssport.html#programs](http://www.walks.ca/what-is-volkssport.html#programs). to download the form with all the details and have some fun.

In addition, there is a club challenge and Garden City Wanderers is participating in the “Go for 30” Challenge as a Club. Frances Aknai has agreed to be the Compiler for the Club. So, **if you do a walk in another province or territory please let Frances know the province and the date at faknai@shaw.ca**. We get a bonus point if your walk passes the provincial/territorial capital building so be sure to let Frances know if this is the case.

So, enjoy travelling and volkssporting in Canada in this year of our 150th anniversary.

US and Overseas Volkssport Walks in 2017

June 3 – 4 and October 1	Crazy Horse Memorial South Dakota https://crazyhorsememorial.org/crazy-horse-volksmarch.html
June 5 - 11	AVA Convention (June 7 - 9) plus Pre and Post Events Billings, Montana http://2017avaconvention.org/
June 6 - 10	15th IVV Olympiad Koblenz, Germany http://ivv-olympiad-2017.com/
August 18 – 21	Total Eclipse of the Sun Festival, Central Nebraska http://www.netrailblazers.club/total-solar-eclipse-events/
Sept. 29 – Oct. 1	Winthrop, WA Multi Day Event http://www.interlakentrailblazers.org/2017-in-winthrop.html

Various IML (International Marching League) events are held around the world, which give IVV credit - the calendar can be found at: <http://www.imlwalking.org/#/events/calendar>

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	Beverley Cattrall	250-598-4316
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/home.en.php

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.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. Pearkes Recreation Centre

3100 Tillicum Road

Harbour Towers Hotel

345 Quebec Avenue

Henderson Recreation Centre

2291 Cedar Hill X Road

Running Room/Walking Room

Broadmead Shopping Centre

777 Royal Oak Drive