



FOOTNOTES

Newsletter of the Garden City Wanderers

Fall 2018

Inside This Issue

Annual General Meeting	page 1
President's Message	page 2
New Members/Record Books	page 3
News from CVF, VABC	page 4
US/Canada Friendship Walks	page 5
Use of Social Media	page 6/7
Caleb Pike/Permanent Trails	page 8
Upcoming Walks	page 9/10
Phoenix Festival	page 11
St. Cuthbert's Way	page 12
Pembrokeshire Coast	page 13
Club Contacts/Surfing the Net/Thanks to Sponsors	page 14



*Garden City Wanderers
Volkssport Club*

*c/o 907 Richmond Avenue
Victoria, B.C., Canada V8S 3Z4*

info@gardencitywanderers.ca

Garden City Wanderers

Annual General Meeting

Saturday, November 3, 2018

Location: Grace Lutheran Church
1273 Fort Street

WALK: 5 km 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: 2018 Annual General Meeting at 1 pm

**NOTE: This is a good time to renew your
Club Membership**

President's Message by George Copley

Hello Fellow Volkssporters:

As I write this Message the summer has just ended, the 150th Saanich Fair has just closed its doors on another successful event and the days are drawing in. At this time of year planning for the next year's walks in 2019 is in full swing and the coordinated walk schedule for the three Volkssport clubs on the lower island is in the course of being drawn up. It is a busy planning time for all three clubs, especially so for their Walk Coordinators or equivalent volunteer positions. Before giving more detailed information about the status of the walk planning for 2019 I would like to reflect briefly on several of the GCW walks held since my Message in the last edition of Footnotes.

On July 1st the second Canada Day Walk at Cobble Hill was held attended by about 30 walkers. We sang Oh Canada before the walk began and the assembled walkers very kindly refrained from comment on my almost atonal rendition. Sadly, the Cobblestone Inn had suffered fire damage a few days before the walk so we were unable to suitably toast Canada's 151st Birthday (one more year than the Saanich Fair) and had to console ourselves with a picnic lunch.

On July 15 the first installment of the Canada/USA Friendship Walks took place as some dozen or so bleary eyed Victoria Volkssporters boarded the Coho at 6:00AM. The day was sunny and beautiful, just right for walking. The walk was followed by our Port Angeles neighbours' buffet lunch and their warm hospitality. We returned that hospitality on August 18 treating our US neighbours to a walk that passed just about every major iconic location in Victoria-the Legislative Buildings, Royal BC Museum, Helmcken House, Government House and Beacon Hill Park- and several local events of note-a major bicycle road race, Ryder Hesjedal's Tour de Victoria, Pet-A-Palooza-Day of the Dog at St. Ann's Academy for the animal lovers and Moss Street Market at Sir James Douglas School for the shoppers- followed by a great potluck lunch at the James Bay Community Centre. The highlight of the

day came when Ross Holloway brought in his guitar and treated us to an impromptu combined concert and sing-along - a truly inspired performance greatly enjoyed by all.

On July 8 Jim Dorby, a well-liked and very active walker with GCW, died suddenly and unexpectedly. In response to the feeling expressed by a number of members of the club that something should be done to remember Jim, the Managing Group decided to designate the Lochside Walk held on August 12 as a special walk this year commemorating Jim. The walk was very well attended by club members. In addition a number of Jim's close family, including his brother Ken, attended along with several of Jim's friends. Three Volkssporters who had known Jim well spoke movingly of their memories of him at a short ceremony before the walk got started. The Managing Group had also decided to donate the walk fees paid that day in addition to any other donations to the Legion Foundation in Jim's memory in recognition of his long-time support of and membership in that organization. In the result, over \$350.00 was generously donated by the walkers that day to the Foundation in Jim's memory.

Turning now to the walk planning for 2019, there are significant changes that will be made to the sanctioning of PT routes, the Tuesday evening walks, the Thursday evening walks and the weekend group PT walks. There will also be some new event walks including one out at the Sooke Potholes and some old favourites such as the Saturna Island walk returned. Given that space is limited I will only give a brief description of some of these changes.

First, changes to the sanctioning of the PT routes and the Tuesday evening walks - Ada has a very informative article in this edition of Footnotes that deals with these topics entitled "News about our Permanent Trails". So I need say no more on this topic.

Second, changes to the Thursday evening walks - A number of regular participants in the Thursday evening walks were consulted by the organizer,

David Cattrall, and the consensus was to continue these walks more-or-less the same way as before except that there will be some new walk routes and volunteers to design and lead these new routes. David has prepared a suggested schedule for Thursday evening walks that is similar to this year's schedule-start point for these walks in a different location each month, nominally 10 km walks and start at 6:00 PM-with one notable exception. The last Thursday in each month will be a mystery route starting from Fairfield Village Plaza (except April which starts from Cedar Hill Rec Centre) and led by the volunteer who designed that route. It should be fun!

Third- changes to the weekend group PT walks- As Ada has indicated in her article discontinuing the sanctions PT #25 from Coast Victoria Hotel and Round and Long Distance (#4) from Broadmead will simply have the result that the discontinued sanction stamp number will not be available. The routes associated with the discontinued sanction numbers can still be walked and recorded using the stamp for the remaining sanction numbers PT#19 and PT#260.

In early August Judy Haynes of the VicY club advised us that her club will only be renewing the sanction for one of its event walks, the Harvest Walk in September, and will only be doing one group PT walk, the walk on New Year's Day, PT 007. This leaves over 15 days on the weekends in 2019 with no walk scheduled where there would have been a VicY event walk or group PT. VicY, however, will be renewing all of their PT sanctions so the PT walks from the Oak Bay Rec Centre,

Esquimalt Rec Centre, Cedar Hill Rec Centre and YM-YWCA will still be available for Volkssport credit. Vic Y has indicated they have no objection to GCW, or presumably Juan de Fuca, including these VicY PT's on the 2019 South Vancouver Island Volkssport schedule (aka the Walk Calendar) as group walks and providing people to look after registration each time. There is still a lot of scheduling and planning work to be done but I anticipate that in addition to the GCW group PT's on the weekend in 2019 from GCW PT locations, Pearkes Rec Centre, Henderson Rec Centre, Coast Victoria Hotel and Broadmead Running Room, there will be group PT's from the VicY locations organized by one of the other clubs, GCW or Juan de Fuca, on a number of weekends. And, of course, the Thursday evening walks which originated from a VicY location in previous years will still be able to start from that same location.

All in all these changes and new event walks have as their guiding principle one of Volkssporting's fundamental triad of "F's": FUN. But, in addition, the organizers of the changes have implicitly added another guiding principle to that fundamental triad: FLEXIBILITY. When you add in yet another implicit guiding "F" principle, often referred to laughingly at our picnics, potlucks, parties, lunches and other gatherings, the fundamental triad becomes a fundamental pentad of "F's": FUN, FITNESS, FRIENDSHIP, FLEXIBILITY AND FOOD. Those are pretty good guiding principles for any social organization! Happy walking!

George

Welcome New Members

John & Maureen Clifford
James & Sally Jeffrey

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

News from CVF

The CVF Board has agreed to eliminate the plus sign from PT stamps, starting in January 2019. You can still stamp your event books a maximum of twice per year and of course you can stamp your distance books as often as you like. There were several reasons for this change, but in part it was to make things a little easier for the volunteers who look after walk boxes.

Greetings from VABC President, Brenda Dudfield

I think you will agree we had a good summer for walking although some days were rather warm. I hope you will enjoy the two walks that were postponed until September.

I received a report about the successful and fun Friendship Walk event with the Olympic Peninsula Explorers in August. It is good to keep this association between the clubs going each year.

Unfortunately only 2 walkers from the Island went to Mayne Island for the Permanent Trail in August, but I hope you will add May 5, 2019 to your calendar when a Map Walk on Mayne has been scheduled. There is a choice of distances and the ambitious can hike to the top of Mount Parke. Others can walk through parks out to the Gulf Islands National Park Reserve.

Please participate in and enjoy the eight walks in the Victoria area until the end of the year. Hopefully there will not be too many cold, rainy days.

There are many Volkssporters in BC, Alberta and Washington State looking forward to the Phoenix Festival next May, so your volunteer participation will be much appreciated by the attendees.

I hope you will consider participating in the "Walk the Island Coast to Coast" series of walks in the days following the Phoenix Festival. We will be doing PTs along the way, out to the west coast and ending in Nanaimo for the VABC President's walk and Annual General Meeting on May 11, 2019. You will need to start booking your hotels.

If you are a Meetup member, it is important for you to show that you will be attending a walk. This indicates to a newcomer that they will not be walking on their own if they turn up.

I thank those of you who volunteer to help Garden City Wanderers to be successful. As I have said before, volunteers are the backbone of the organization.

Brenda

If you're on a walk and come to a fork in the road, what should you do?... Stop for lunch.

2018 US/Canada Friendship Walks by Rob Dalrymple

Part 1: Port Angeles, WA



On Sunday, July 15, 11 brave souls from the Victoria walking clubs boarded the Coho ferry at 6:10 am and headed to Port Angeles for the first leg of this year's US/Canada Friendship Walks. Our hosts in the Olympic Peninsula Explorers Walking Club were at the dock to greet us in their usual enthusiastic manner. It was a great start to the day's activities. We also met up with 4 more of our Victoria walkers who had travelled over a day or two before to participate in the NW Regional Walking Festival for a total of 15 walkers from Victoria.

We headed out immediately from the ferry terminal on our walk, which took us to many points of interest in and around downtown Port Angeles, including parks, historical sites, one of the local colleges and the new hospital. For me, two of the highlights of the walk were the campus of Peninsula College and the grounds of the Port Angeles Fine Arts Centre, where Shakespeare in the Park productions are presented annually. We finished up our walk at the Vern Burton Community Centre where we were treated by our hosts to a "make your own taco salad" potluck lunch, which also included some of the best-tasting slow-cooked spareribs this correspondent has ever tasted! And I would be remiss if I didn't mention Janet Lenfant's rhubarb dream bars among the many sweet choices provided for dessert! It was a wonderful way to finish our day's journey!

As always the hospitality of our OPE hosts was amazing. We even received gifts of brightly-coloured kitchen towels hand-made by OPE members Jane Radish and Mary Allen Clark. These were so much appreciated! After lunch, some of our walkers headed back to the ferry to catch the 12:45 pm ferry while others spent some time exploring Port Angeles until they caught the 5:20 pm ferry.

Part 2: Victoria, BC

On Saturday, August 18, Garden City Wanderers hosted the return engagement of the 2018 US/Canada Friendship Walks. The walk itself took us through quiet residential areas and parks in the James Bay area of Victoria, starting and finishing at the James Bay Community Centre (JBCC) where we also held the usual potluck lunch! Our Victoria walkers headed out from the community centre to meet 11 OPE walkers at the Coho Ferry Terminal. After our guests cleared Canada Customs and following a brief welcome from George Copley, we all proceeded on the walk!



After all the walkers had arrived safely back at the JBCC, we were treated to an amazing potluck lunch thanks to the incredible chefs among our members who brought dishes to share. There was a huge variety of food, including salmon, chicken wings, salads galore and the usual sweet treats for dessert. The food component was coordinated at the JBCC by Joan in her usual efficient and friendly manner. Thanks to Joan and all the founders of the feast! It was truly a meal to remember. And thanks to Britta, some of whose photos accompany this article.

Before taking the OPE walkers back to the ferry, or in a few cases letting them loose on the shops of downtown Victoria, we were treated to a sing-along led by Ross Holloway and his guitar! It was a hoot and I believe everyone thoroughly enjoyed it! A great finish to a great day! A strum of the guitar to Ross in appreciation for his talents!

All in all, these were wonderful days of walking, dining and international fellowship that only serve to reinforce our commitment to keeping these US/Canada Friendship Walks regular events in our Volksporing calendar!



Use of Social Media by GCW - Agenda Item for the AGM by George Copley

At its regularly scheduled meeting on August 28, 2018, the GCW Managing Group engaged in an extended discussion of the use of social media by Garden City Wanderers which in turn raised fundamental questions of what are we trying to achieve by the use of social media, what types of social media are appropriate and effective in achieving our objectives and at its most basic what do we want our club to do and develop in the future. That discussion, while somewhat wide ranging, was extremely valuable in identifying some of the issues that arise with respect to the use of social media. But in the end the discussion did not lead to any definite plan for GCW going forward or any guiding principles to govern our use of social media. The purpose of this article is to set down some of my thoughts on the subject, to hopefully establish a context and provide some structure to a continuation of this discussion by the membership at the GCW AGM on November 3, 2018.

It is almost a given that we as Volkssporters want to provide an opportunity for others, members of the general public, to also enjoy the benefits we have from recreational walking which are usually summarized as fun, fitness and friendship. Traditionally GCW has used brochures, notices in various publications including the Times-Colonist, word of mouth and, when the internet was developed, our website to get our message out. With the advent of social media, of which there are many forms, new tools have been given to us to reach out to the general public and try to encourage like-minded people to come out and walk with us. So far we have just started to use one social media tool, Meetup, and other clubs and organizations have in addition started to use another, Facebook.

It seems to me (this is only my opinion-feel free to disagree) that there are three stages in reaching out to the general public and getting some members of that group to come out, walk with us and eventually join a Volkssport club. Those are:

1. **Reaching Out Stage**- making our existence and what we offer as a walking club known generally to the public;
2. **Enticement Stage**- encouraging individual members of the public to actually come out and walk and interact with us; and
3. **Joining Stage**- convincing individual members of the public that the path to fun, fitness and friendship is best achieved by joining in and participating in our organized walking activities.

I will address and comment on each stage in turn.

Reaching Out Stage- It is almost axiomatic that the traditional methods we have used since the inception of GCW in the early 90's mostly appeal to an aging and by definition shrinking demographic- those older folk who are not comfortable with using social media. Given our type of activity, recreational walking, older and younger are very much relative terms. When I suggest we should be trying to attract a younger demographic, I mean relatively younger- those people who are no longer striving to rise in their careers, whose children have long ago left the nest, who are either newly retired or are within spitting distance of retirement and who have either been physically active but are slowing down or are aware of the evil that gravity wreaks on the human body and are seeking a low impact exercise regime that is fun as well. Meetup has been doing what I would term a superb job at the **Reaching Out Stage**. In the seven months since our Meetup site went "live" as of the beginning of September some 196 people have been interested enough in the site to take the time and make the effort to join the site and at least find out more about Volkssporting. Some of these are club members already - numbers are hard to estimate but I would be extremely surprised if the number of club members exceeded 40 out of the 196. One only has to scan down the list of recently joined members, say within the last three weeks, to see that they are predominantly non-members of a Victoria Volkssport club. However, it is impossible to say if any given person is a member of our target demographic. We have to leave that to the next stage when they self identify and actually come out for a walk or two.

Enticement Stage-It is at this stage that, in my humble opinion, we are falling down. It is hard to give exact numbers but I have been keeping track so far as I can at GCW walks of new walkers who came out after hearing about us at Meetup. I would estimate no more than a dozen or so, if that, were walking with us as a result of Meetup. Just looking at pictures on the Meetup website of people joining the numbers in our target demographic appear to be much larger than that. Of course there are all sorts of reasons why a person after joining Meetup decides not to come out and walk with us. But it seems to me we could be doing a better job of "enticement". A number of useful suggestions were put forward at the Managing Group meeting: the walk descriptions on Meetup could be made less

utilitarian and more inviting (eg “beautiful walk along forest trails with stunning views of Mount Baker and the Olympic Mountains ...”); comments could be added about how great the walks are, how friendly the people are etc. and a few striking pictures from each walk added. Some of the negative observations were: too many Meetup walks listed on the website and too many notifications-you reach a point where you are overwhelmed with information; we should only concentrate on weekend walks; and most important too few club members are indicating they will attend a particular walk. When only a couple or a handful of members say they are attending a potential new walker is bound to be put off. We need to have a good number of enthusiastic participants signed up for each Meetup walk to portray the image of a vibrant, active, desirable organization that the new walker would like to join. A good example of the portrayal of enthusiastic walkers is the recent (last few months or so) practice of Surrey Trekkers posting a couple of pictures of unique sights seen on each walk and short, pithy, enthusiastic comments about their weekend walks on the VABC Facebook site. We don’t do that now but we could. Which raises the question of whether GCW or GCW and Juan de Fuca should have their own Facebook site or should they use the VABC Facebook site as Surrey Trekkers do? If they should have their own website, there is a host of follow-up questions to be addressed such as: how should it be organized, who can post on it, who is it aimed at, who will set up and maintain it and monitor the postings and so on?

Joining Stage- As at the second stage, the Enticement Stage, our record at the Joining Stage is not so good. By my count only a few of the dozen or so new walkers brought out by Meetup stayed with us and joined a club. By the time this stage is reached the new walker has come out, participated in a walk or walks and it is up to each of us individually to make that person welcome and give them information and encouragement that will lead them to conclude that he/she wants to walk with us on a regular basis. And hopefully each of us will lead them to conclude that they should join and support one of the Volkssport clubs in Victoria. At this stage social media has little or no role to play; instead each of us must make an

effort to make the new walker welcome and let them know that they too can enjoy the fun, fitness and friendship that is a result of regular walking with a Volkssport club, such as GCW, and participating in its numerous social events and activities.

Conclusion- In a recent report by CVF BC Director, Brenda Dudfield, she notes that Surrey Trekkers club membership continues to increase, much of the increase attributable to that club’s use of Meetup and Facebook. VABC Publicity Director, Doug Jackson, who is also the new President of Vancouver ‘Venturers and the Chair of CVF marketing and promotions, is a strong and enthusiastic supporter of Meetup and Facebook as tools to get our message out there. In his recent CVF report Doug said: “Marketing and promotion needs to be talked about and written about by all of us and more often than just in our newsletter. One of the ways that is good is Facebook. We should have as many of our (CVF) members as possible looking at it. **It is a message board.**” (emphasis in the original) For us in GCW there is a challenge here for the future. How do you think we should be acting to meet that challenge? Please share your views on this important subject at the upcoming AGM.

PS Just this morning, September 6, Wendy Renwick posted a note on the VABC Facebook page about the walk from My Chosen Café yesterday along with a picture of two cute little donkeys saying that the walkers “enjoyed the stunning scenery, the ripe blackberries and these two little donkeys before sitting down to second breakfast at the My Chosen Café.” Now that’s an enticement to walk!



I have two doctors, my left leg and my right. - G.M. Trevelyan

Caleb Pike Walk by Lyn Wray



On Saturday August 4, 2018 Garden City Wanderers offered a "hikey walk" up Jocelyn hill from Caleb Pike, about 30 minutes from Victoria. A dozen walkers made it all the way to the scenic summit including a final steep stretch with some loose rock. 5 more hiked the 6.5 km option to a turnaround. On the way up walkers were able to catch their breath at several spectacular viewpoints overlooking Finlayson Arm. To reward ourselves for the exertions of the trail, there was a pub lunch afterwards in Langford.

If anyone would like to be walk owner for a "hikey walk" in 2019, please contact Walk Coordinator Ada Robinson at elrobin3451@gmail.com or Trailmaster David Cattrall at david.cattrall@telus.net.



News about our Permanent Trails by Ada Robinson

At this time of year, decisions are made about sanctioning one-day events and Permanent Trails (PTs). Our club has sanctioned the same set of PTs for quite a few years, but for various reasons there are several changes to the PTs for 2019. Here is a summary of these changes.

1. The Managing Group were surprised to discover that the participation in the walks from the Coast Hotel is drastically less than it was from Harbour Towers. This seems mainly due to far fewer walkers from out of town. Perhaps the new location, being farther away from downtown, has discouraged walkers. As a short-term response, we have decided to save a few dollars by not sanctioning PT #25 in future years. The other PT from Coast Hotel, #19, will continue, using all the routes from both walks. If participation stays low, we will consider finding a new start point for 2020, closer to the Coho ferry terminal and downtown.
2. One of the PTs from Broadmead, the Round and Long Distance (#4), has had very few people registering for the past two or three years. The Managing Group has decided not to sanction this PT in future years. The other Broadmead PT, #260, will continue, using all the routes from both walks.
3. Speaking of Broadmead, the organizers of the Tuesday evening walks, Marion and Gail, have decided on a different approach to the walks. They will be held from March to the second Tuesday in December, and will be 5 km, which suits the slower pace of the usual participants. This change will be for a trial period of one year, after which its success or lack of success will be reviewed. While the people who regularly attend these walks enjoy the opportunity to socialize, one of the possible options is that the scheduled walks for Tuesday night may be discontinued in 2020 if more people do not participate.
4. The bicycle PT, #66, will be sanctioned for six months in 2019 – mid-April to mid-October. In particular, we wanted the event to be available in early May for the Phoenix Festival attendees.

There are no changes to the Pearkes Rec Centre or Henderson Rec Centre PTs.

We have a good variety of trails from each of our PT locations, and I look forward to seeing you on those walks in 2019.

UPCOMING WALKS

Saturday, October 6 – 5/10 km Walk (rated 1A)
Willows Beach on Beach Drive
Contact: Renee at 250-294-7099
Enjoy a scenic wander through the quaint Oak Bay Village, stroll beautiful residential streets and meander along ocean walkways.

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.

Saturday, November 3 - 5/10 km (rated 1A/2A) Map Walk/Potluck/AGM
Grace Lutheran Church, 1273 Fort Street, Victoria V8V 3L4
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 17 – “Heritage Walk” PT 019 – 5/10 km (rated 1B)
Coast Victoria Hotel, 146 Kingston Street, Victoria V8V 1V4
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.

Sunday, November 18 – 5/10 km Map Walk (1A/2A)
Oaklands Park (Kings Rd parking lot off Shelbourne St)
Contact: Frances at faknai@shaw.ca
Enjoy a lovely walk which includes wonderful views from the summit of Mount Tolmie and the trail around Cedar Hill Golf Course.

Sunday, November 25 – 5/10 km PT 029
Henderson Recreation Centre, 2291 Cedar Hill X Road, Victoria V8P 5H9
Contact: Susan at 250-727-6826
A combination of paved streets and trails.

Sunday, December 9 – 5/10 km PT 025
Coast Hotel, 146 Kingston Street, Victoria V8V 1V4
Contact: Randy at 250-590-7175
A Christmassy walk! Enjoy the sights and sounds of the season in downtown Victoria.

Saturday, December 29 – 5/10 km PT 260
Running Room/Walking Room, Broadmead Shopping Centre, Victoria V8X 4V1
Contact: Marion at 250-477-9851
Explore the trails and parks around Broadmead.

2019 Upcoming Walks

Sunday, January 13 – 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 will be one of a choice of routes through trails, parks & streets of the Broadmead area.

Saturday, January 19 - 5/10 km PT 196 in Mill Bay
Mill Bay Shopping Centre, Deloume Road, V0R 2P0
Sponsored by VABC
Contact: Christine at 250-478-7020
Walk includes local streets and a few trails.

Saturday, January 26 – Anniversary Walk 5/10 km PT 029 (rated 2B)
Henderson Recreation Centre, 2291 Cedar Hill X Road, Victoria V8P 5H9
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 3 – 5/10 km Map Walk (2A/ 2B)
Fairfield Community Center, 1335 Thurlow Road, Victoria V8S 1L6
Contact Marg 250-370-5076
Walk is on streets in Fairfield area including Government House grounds and the historic Chinese cemetery.

Sunday, February 10 – 6/10 km PT 140 (rated 2B)
G.R. Pearkes Recreation Centre, 3100 Tillicum Road, V9A 6T2
Contact: Gord at 250-479-6512
Walk on the trails through Cuthbert Holmes Park and the Gorge area.

Sunday, February 24 – 5/10 km PT 019 Heritage Walk
Coast Hotel, 146 Kingston Street, Victoria V8V 1V4
Contact: Randy at 250-590-7175
Walk through Victoria, Chinatown, and out to Cook Street Village, passing historical places along the way.

Sunday, March 10 – 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 will be one of a choice of routes through trails, parks & streets of the Broadmead area.

Sunday, March 17 – 5/10 km Map Walk (rated 2B)
 Crystal Pool, 2275 Quadra Street, Victoria V8T 4C4

Contact: Diane 250-477-4785
 This walk encompasses four significant parks and quiet residential streets with great views.

Sunday, March 31 – 10 km PT 019 (rated 1B)
 Coast Victoria Hotel, 146 Kingston Street, Victoria V8V 1V4
 Contact: Randy at 250-590-7175
 A walk in the downtown/James Bay area.

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 until December, 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
Oct. 1	Running Room, Broadmead	Oct. 3	Esquimalt Rec. Centre
Oct. 8	Henderson Recreation Centre	Oct. 10	Elk Lake
Oct. 15	Sidney Travelodge	Oct. 17	TBA
Oct. 22	Oak Bay Recreation Centre	Oct. 24	Serious Coffee, Millstream Rd
Oct. 29	Greenhawk Harness, Brentwood Bay	Oct. 31	Pearkes Recreation Centre
Nov. 5	Running Room, Broadmead	Nov. 7	Frontrunners, Goldstream Ave
Nov. 12	Cedar Hill Recreation Centre	Nov. 14	Elk Lake
Nov. 19	Greenhawk Harness	Nov. 21	TBA
Nov. 26	Ross Bay Pub, Fairfield	Nov. 28	Pearkes Recreation Centre
Dec. 3	Running Room, Broadmead	Dec. 5	Frontrunners, Goldstream Ave
Dec. 10	Oak Bay Recreation Centre	Dec. 12	Esquimalt Rec. Centre
Dec. 17	Sidney Travelodge	Dec. 19	TBA
Dec. 24	Henderson Recreation Centre	Dec. 26	Serious Coffee, Millstream Rd
Dec. 31	Coast Victoria Hotel		

TUESDAY EVENINGS UNTIL DECEMBER, 2018

Registration: 5:45 pm
 Start Time: 6:00 pm

Running Room/Walking Room
 Broadmead Shopping Centre

Contact: Gail at 250-477-4472

**VICTORIA PHOENIX WALKING FESTIVAL
IS HAPPENING ONCE AGAIN
MAY 3rd to 5th, 2019**

Greek Community Centre, 4648 Elk Lake Dr, Victoria, BC V8Z 5M1

What is happening?

*Seven multi-day walks available with distances of 5, 6, 10, 11 & 12 km and one 21 km walk on Saturday. *All walks start and end at the Greek Community Centre.

*Open starts on all the 5 to 12 km walks with optional group starts each day, one in the morning and one in the afternoon.

*The popular swim event is offered again this year on Sat & Sunday.

*Complimentary coffee available all day and home baking to go with your coffee from 8:00 to 10:00 am. *Lunch, snacks, beer & wine available to purchase from 11:00 onward

*Meet & Greet on Friday with a tasty variety of snacks (included with registration fee).

*Dinner Saturday night will be the popular Greek buffet with delicious pastas, meats, salads, vegetables and dessert. Sells out at every Festival

*Cash bar available both nights.

*Once again, lots of prizes.



Not enough walking?

*Before the Festival, there will be a walk on Thursday evening along the Victoria waterfront starting from a downtown location yet to be determined.

*After the Festival, there will be a post Festival six days of walking on Vancouver Island, "Coast to Coast Walks". Walks begins Monday morning with a walk on the trails through Hatley Park National Historic site and continue up Island and out to the west coast to Ucluelet & Tofino ending in Nanaimo on Saturday, May 11th. Along the way we will be walking in parks, along the waterfront and on scenic trails. Join us for all the walks or one or two. No advance registration required. See Coast to Coast Walks page on our website for



Wild Pacific Trail, Ucluelet

walk schedule and suggested accommodation. Book early as hotels tend to book up.

*Some out of town walkers are looking for car-pooling with locals. If interested email phoenix@vvpf.ca or mention it to Joan Sanderson or Christine Desjardins.

Register online, by mail or give your registration form to Joan or Christine.

Check our website for further information - vvpf.ca or email us at phoenix@vvpf.ca

FUN, FITNESS, FRIENDSHIP & FOOD!!

St Cuthbert's Way by David Cattrall

In early June, Beverley and I walked the 101km of St Cuthbert's Way. This walk begins in the pretty little town of Melrose in southern Scotland and goes due east to the village of Lindisfarne on Holy island in Northumberland, England.

Cuthbert (c. 634 – 687) was a monk, bishop and hermit, who became bishop of Lindisfarne. After his death he became one of the most important medieval saints of Northern England. However, this walk is not just a pilgrimage; it's a way of retracing a route that he probably walked many times.



Melrose Abbey



The trail visits a number of places closely associated with St Cuthbert's life, and is full of historical interest and natural beauty. We took 6 days to do the walk which gave us plenty of time to visit the three ancient abbeys along the way and explore the small towns that we went through. We had lovely weather (except for one rainy afternoon) so we also had leisurely picnics and the chance to stop and chat with people we met along the way including a very interesting shepherd who explained something of the intricacies and hard work of rearing sheep.

A typical scene

There were lots of highlights along the way. Pretty little villages and pubs, superb views from the tops of hills across the Border country (highest point reached was 1200 feet), and, of course, the ancient abbeys of Melrose, Jedburgh and Lindisfarne; all built in the 12th century, although the sites were established in the 7th century.



A typical view



A cozy hotel built in 1750

It is fairly easy to travel from Edinburgh by train and/or bus to the start of the walk and to return at the end which makes for easy logistics. We hired a company (Mac's Adventures) to make bookings at a delightful variety of B & Bs and small hotels along the way and to carry our suitcases from place to place while we only had to carry a small day pack with lunch, water, maps and an extra layer of clothing – just in case.

All-in-all this was a fairly easy walk; not too demanding but full of interest and beauty. One well worth considering.

Walking trip Pembrokeshire Coast, Wales by Gisele Bourgeois-Law

In May of this year, a group of 13 committed walkers, 9 volkssporters and 4 friends, spent 8 days walking the Wales coast. The Pembrokeshire Coast Path covers 186 miles (299 km) along the scenic West Coast of Wales. It is said that if you walk the entire path, you will have climbed the equivalent of Everest. Our little group was not that ambitious, contenting ourselves with walking in various stages most of the distance from Fishguard to St. David's.



Weather along the Pembrokeshire Coast can be unpredictable, and we had prepared for the worst. Fortunately, apart from one particularly windy day, the hiking gods shone on us and delivered perfect hiking weather. A cool and late Welsh spring meant that the flowers were unusually abundant: bluebells, ivy leaved toadflax (mother of thousands), red campion, common knapweed, gorse, thrift, (sea pink), ox-eyed daisies, wild carrots and ladies bedstraw. Signs everywhere with pictographs of a falling person warned us not to get too close to the cliff edges, and some of us admitted to having to avoid looking down on occasion.

Our base at Preseli Venture Eco Lodge was one of the first in Wales to be awarded the Green Key certification, an eco-label that encourages the tourism industry to be more environmentally friendly. The room binder contained a note not to kick balls against the lodge as the walls were made of Styrofoam. To turn on the showers, one pressed the knob several times until the temperature was as desired- and repeated the process every 30 seconds or so. In some ways it felt like summer camp for grown-ups – including the bar in the kitchen, although this particular group imbibed remarkably little.

A coastal bus travels the villages around the path; each day's walk started with a mile hike up the road (up being the operative word here) to the nearest village to catch the bus to the start of the day's walk. The day ended with catching the bus back from another village; if we were lucky, we were able to persuade the bus driver to drop us off in between stops but closer to our lodgings. Each evening, 2 or 3 of us met with the lodge's owner, Sophie, to pore over maps and plan the next day's walk.



We also, had we wished to, could have participated in an exciting new sport, "coasteering", which involves wearing a wetsuit, lifejacket, and helmet, and traveling along the coast by various combinations of scrambling on rocks, jumping off cliffs, swimming, and riding waves depending on tide, weather, waves and location. Perhaps if we'd been 40 years younger, we might have been tempted....

We didn't just walk of course. We visited the town of St. David's, with its magnificent old cathedral built in 1180, and its yarn-bombed public monuments. At the end of one walk, we stopped for refreshments at a local woolen mill. Evenings were spent reading, playing bridge or Scrabble, and even a game or two of foosball. The week passed all too quickly, and ended with the group scattering to further adventures across Europe.

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
- * 2018 schedule of all South Vancouver Island walks
- * 2018 GCW PTs and RLDW

VABC: www.volkssportingbc.ca

VABC Facebook:

<https://www.facebook.com/groups/volkssportingbc/>

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. 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