



FOOTNOTES

Newsletter of the Garden City Wanderers

Spring 2019

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*Garden City Wanderers
Volkssport Club*

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

Phoenix Walking Festival

Friday, May 3

to

Sunday, May 5

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

- 7 Multi-Day Events, Swim
- Friday Night Meet & Greet
- Saturday Night Dinner
- Walk the Island Coast to Coast May 6 – 11
- More information: website: www.vvpf.ca / email: phoenix@vvpf.ca

Turn to page #4 for Phoenix Update.

President's Message by George Copley

Hello Fellow Volkssporters:

As I reported to you on January 21, 2019, Francine Thivierge resigned from her positions on the GCW Managing Group as Trail Marking Coordinator / Membership Coordinator. Frances Aknai was appointed on January 15, 2019, to the position of Membership Coordinator. I am pleased to advise that Marion Davidson was also appointed on February 3, 2019, to the position of Trail Marking Coordinator. GCW is extremely fortunate to have the services of both Frances and Marion in these extremely important positions. And I would also like to thank David Cattrall for undertaking the trail marking coordination task until Marion was appointed, thus ensuring a seamless continuation of this important function.

Among other things, trail marking is part of the Volkssporting "brand"; it distinguishes and sets us apart from the many other community groups that feature walking as their main focus. Several of our long time stalwart markers are finding it difficult to continue and so we are asking for volunteers to join the marking team. If you are interested you should let Marion and/or David know and they can explain what is involved.

GCW's Annual General Meeting was held on November 3, 2018, at Grace Lutheran Church again this year and the potluck and meeting afterward were all well attended. In the month of November GCW had 3 other event walks with cool but good walking weather. On December 9 the walk from Coast Victoria Hotel, devised by David Cattrall, again led us through the Christmas tree display at the Bay Centre and the gingerbread house display at the Parkside Hotel, a fitting treat at that time of year. This was followed by a festive Christmassy lunch for a number of us at the Blue Crab Restaurant. The combined Christmas Party and potluck for the Juan de Fuca and GCW clubs after the walk on December 15 was held at the church recreation hall near Hatley Memorial Gardens and was well attended and enjoyed by all. Once again, we enjoyed a superlative musical performance and sing-along led by Ross Holloway to the amusement and delight of all who were there.

We ended the year 2018 with a walk on December 29 from Broadmead Running Room where it poured with rain all throughout the walk thoroughly drenching the intrepid few who bravely showed up for the walk. It rained so hard that all of the chalk arrows and most of the sawdust indicators so painstakingly laid down by the early morning markers were completely washed away. GCW's Anniversary Walk on January 26 in the New Year was a great success with Frances Aknai's famous cakes enjoyed by the returning walkers. Two very young children with their mother joined us for that walk. The children really appreciated the cake, the candies and the stamps on their five free walk cards. Finally, a windy and very chilly 2 degree C walk from the Fairfield Community Centre on February 2 showed how hardy Volkssporters can be. And it also showed how optimistic they can be since they turned up notwithstanding the gloomy forecast of heavy rain by Accuweather.

In January, several important announcements were circulated to provide up-to-date news to GCW members. The most important were: as a result of decreased revenue the Managing Group decided, effective January 1, 2019, to make the PT walk fee the same as the event walk fee, \$2.00; the cost of event and distance books purchased from CVF has been reduced from \$7.00 to \$5.00 per book; GCW PT Blue Cards will go to \$20.00 for 20 walks; consideration of the proposed amalgamation of the GCW and Juan de Fuca clubs is ongoing; and the Victoria Y club intends to disband at the end of the year.

On a positive note, it appears from comments on Facebook that the Surrey Trekkers and the newly revitalized Vancouver 'Venturers under the enthusiastic leadership of Doug Jackson are attracting significant numbers of new walkers through Meetup. And it is fair to say that recently Juan de Fuca and GCW have seen a noticeable increase in new walkers showing up for our walks. Let's make them all feel welcome and show them we stand for fun, fitness and friendship.

Happy walking! *George*



Annual Christmas Party



On the morning of December 15, 2018, members of all three Greater Victoria clubs (Garden City Wanderers, Victoria Y and Juan de Fuca Pathfinders) gathered together at Emery Hall in Colwood for our annual Christmas party. To work up an appetite we first completed 10 km or 5 km walks in Royal Roads' forested paths and the surrounding area along the Galloping Goose trail. Considering the time of year, we were blessed with decent weather which was ideal for walking.

As usual, the pot luck selection of entrees, salads and desserts worked out to be perfectly balanced and delicious. At the end of the meal we were entertained by our own Ross Holloway on his guitar with opportunities to join in the songs.

The organizing committee consisted of Christine Desjardins, Joan Sanderson, Rick Desjardins, Gord Keeble, and Malca Casiro. We also thank Ken Lee for taking the time to cook for all of us, even though he doesn't walk with us. As with all our group walks we had many volunteers helping to lighten our work load and make this a lovely event.



Welcome New Member

Kate Young

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

Phoenix Update By Joan Sanderson



Less than three months before the ten days of walking begins! To date we have 211 walkers registered from as far away as Nova Scotia in Canada and Minnesota and Maryland in the US. Registration not yet received and not included in the total, are 51 walkers confirmed coming with Tater Tours. For anyone not registered and planning to join us for the Saturday night dinner, they are almost sold out.

All the walks have been mapped out and are being pre-walked to check directions and trails. Due to the number of walks, only the Saturday 21 km walk will be marked. Instead we have added numbers to the maps to correspond to the instructions in case any walkers get lost.

The Coast to Coast six days of walking beginning the Monday following Phoenix are proving to be quite popular. Many of the walkers attending Phoenix have indicated they are joining the group for all or some of the walks. Tater Tours will also be doing the walks.

Plan to come out to the Thursday, May 2, walk to welcome all the walkers to Phoenix. Walk starts at 6:00 pm at Crystal Pool. Please come early to register, we anticipate a large group.

Thank you to all who have signed up to volunteer. The new program we tried this year, SignUpGenius, has worked out well. The SignUpGenius invite to sign up was sent out to all the Victoria club members. If anyone did not received the email, please let Joan know at phoenix@vvpf.ca.

For further information, check our website - vvpf.ca. Come out and join us for ten days of walking!

I like to walk early in the morning, before my brain figures out what I'm doing..

Walking in Japan by David Cattrall

In November of last year, Beverley and I, together with Randy and Gisèle, Oscar and Malca, plus a friend, Claire, spent almost 3 weeks in Japan. We explored the cities of Tokyo and Kyoto, visited Mount Fuji, (no we didn't hike to the summit!) and did several Volkssport walks in the two cities, but the highlight was, undoubtedly, 7 days spent walking part of the Nakasendo.



The 6 Sumarai enter town!

The Nakasendo (Central Mountain Way) is a route from the Edo Period (1603-1838) used by samurai warriors, princesses, merchants and anyone else who needed to travel between Kyoto and Edo (now renamed Tokyo). Walking the route - past tea houses, Shinto shrines and Buddhist temples - we passed through 11 different towns, places like Narai, Kiso-Fukushima, Tsumago, Magome and Karuizawa, where, for centuries, weary walkers could spend a night, eat a meal, have an onsen (a hot bath) and restore themselves.

Kyoto to Tokyo is close to 500 kilometres. Much of this ancient route no longer exists, or has been replaced by busy roads. However, the parts that we walked - about 110 kilometres - have been restored, and the small towns along the way have been upgraded or rebuilt in a style consistent with the path and the architecture as it would have been a few centuries ago.

The path itself is very varied. Some parts are paved with ancient cobble stones, some go through the picturesque main street (often the only street) of the small towns, and some are forest paths leading past waterfalls, shrines and temples. As the name implies, the Way crosses over several mountain passes so there are several sections of a fairly steep uphill climb of 2 or 3 hours, followed by 2 or 3



Dressed for dinner!

hours of descending down the other side. Being November, the fall colours were magnificent at times - of course, they varied tremendously depending on what elevation we were at. Overall, the route is very beautiful whether in town or country. Very well signed, immaculately well maintained, with many waves, smiles and greetings from residents as we passed by.

But perhaps the highlight is the traditional Japanese inns (ryokans and minshukus) where we stayed along the Way. We thoroughly enjoyed the warm hospitality of these inns some of which have been in the same family for up to 18 generations. Of course, the ancient buildings have been thoroughly modernised and are always immaculately maintained and beautifully decorated. Each evening, the inn featured futons, tatami mats, sliding doors, slippers, kimonos, yukatas (cotton robe), a vest (ahon) and a hot, steaming bath to shake off the day's walk followed by dinner. We feasted each night on freshly prepared dishes from the regional cuisine. It varied nightly, but tended to be an array of local stuff: steamed, pan-fried and raw fish, seasonal mushrooms, various pickled vegetables and a number of regional specialties, all served in a succession of tiny, perfect porcelain and wooden dishes.

We loved Japan and the Nakasendo. The beauty, courtesy, friendliness, orderliness and tranquillity are a joy. Already we are planning our next trip - the Kumano Kodo Trail, south of Osaka, in April.



Fall colours



Dinner time!

UPCOMING WALKS

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, and parks of the Broadmead area.

Sunday, March 17 – 5/10 km Map Walk (2B)
Crystal Pool, 2275 Quadra St, Victoria V8T 4C4
Contact: Diane 250-477-4785
A new route that encompasses three significant
parks & 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
This is a walk in the downtown/James Bay area.

Saturday, April 6 – 10 Mile Point 5/10 km Map
Walk (rated 2B)
Gyro Park, Sinclair Road & Cadboro Bay Road,
Victoria V8N 4G1
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

Saturday, April 13 - 5/10 km Map Walk (2B)
Mount Doug Park Lower Trails, Cordova Bay Rd
Contact: Ada at 778-922-1950
This is a new route on lower trails of Mt Doug Pk.
The 10k route also goes over the shoulder of Mt
Doug to the Lochside Trail.

Sunday, April 28 - 5/10 km PT 029 (rated 2B)
Henderson Recreation Centre, 2291 Cedar Hill X
Road, Victoria V8P 5H9
Contact: Susan at 250-727-6826
This walk will be a combination of paved streets
and trails.

Saturday, May 18 – National Walking Weekend
5/10 km Map Walk (rated 2B)

Copley Park, 750 Parkridge Street at Vanalman,
Victoria V8Z 3A7
Contact: Cecil at 250-658-2279
Walk on trails along Colquitz Creek & through
Panama Flats.

Saturday, May 25 – Saanich – Boulderwood Hill
6/10 km Map Walk (rated 2B/3C)
Saanich Commonwealth Place, 4636 Elk Lake
Drive, Saanich V8Z 7K2
Contact: Ada at 778-922-1950
A new route which uses trails near Beaver Lake
and in the Royal Oak Burial Park area. The 10k
route also climbs into Boulderwood Hill Park &
includes some short sections of rough trail & steep
(downhill) trail where poles may be appreciated.

Sunday, June 2 – James Bay – Oceanside 5/10
km Map Walk (rated 1A)
Fisherman's Wharf Park, Dallas Road & Erie
Street, Victoria V8V 5A8
Contact: Frances at faknai@shaw.ca
Scenic walk on waterfront areas of Victoria,
including Ogden Point, Clover Point & streets of
Fairfield & James Bay.

Sunday, June 9 - 5/10 km PT 260 Walk
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.

Sunday, June 16 – 5/10 km Map Walk (rated 2B)
Saanich Commonwealth Place, 4636 Elk Lake Dr
V8Z 7K2
Contact: George or Diane at 250-386-1279
Walk on trails to Beaver Lake & on country roads.

Saturday, June 29 – 5/10 km Map Walk (2B)
Layritz Park, Layritz Avenue, Saanich V8Z 7C3
Contact: Rob at 250-658-4998
Walk through several parks connected by country
roads of Saanich.

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 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.
2. Contacts: Rick at 250-478-7020 or Jan at 250-896-4970.
3. Registration 8:45 am, walk 9:00 am.

MONDAY		WEDNESDAY	
DATE	LOCATION	DATE	LOCATION
March 4	Henderson Recreation Centre	March 6	Western Foods, Sooke
March 11	Westshore Parks & Recreation	March 13	Pearkes Recreation Centre
March 18	Cedar Hill Recreation Centre	March 20	Phoenix Pre-Walk
March 25	Greenhawk Harness	March 27	Elk Lake
April 1	Running Room, Broadmead	April 3	Frontrunners, Goldstream
April 8	Henderson Recreation Centre	April 10	Esquimalt Rec. Centre
April 15	Ross Bay Pub	April 17	Phoenix Pre-Walk
April 22	Coast Victoria Hotel	April 24	Sidney Travelodge
April 29	Pearkes Recreation Centre	May 1	Serious Coffee, Millstream
May 6	Phoenix Festival	May 8	Oak Bay Recreation Centre
May 13	Henderson Recreation Centre	May 15	TBA
May 20	Elk Lake	May 22	My Chosen Café
May 27	Coast Victoria Hotel	May 29	Westshore Parks & Recreation
June 3	Running Room, Broadmead	June 5	Western Foods, Sooke
June 10	Ross Bay Pub	June 12	Greenhawk Harness
June 17	Sidney Travelodge	June 19	TBA
June 24	Cedar Hill Recreation Centre	June 26	Serious Coffee, Millstream

TUESDAY/THURSDAY EVENINGS

Tuesday Evenings

Beginning March 5

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

NEW: Walks marked with * will be a Surprise Walk

April 4/11/25: Oak Bay Rec. Centre

Contact: David at 250-598-4316

*April 18: Cedar Hill Rec. Centre

Contact: Donna at 250-592-9090

May 9/16/23: Coast Victoria Hotel

Contact: Bill at 250-920-3745 or

George at 250-386-1279

*May 30: Fairfield Village Plaza

Contact: Louise 604-346-4509

June 6/13/20: Henderson Rec. Centre

Contact: Susan at 250-727-6827

*June 27: Fairfield Village Plaza

Contact: Beverley at 250-598-4318

Greetings from VABC President, Brenda Dudfield

I trust you are all taking advantage of the walks that are available during the winter months. The weather hasn't been too bad for our favourite 'hobby'.

VolkssportingBC for 2019 is available from President George and you should have received your copy by now. All the scheduled events being held in BC are listed and there are more than there were last year. The Phoenix Festival in May is an event not to be missed. I hope you have sent in your registration form, especially if you wish to have dinner with the attendees.

I know this is many months away, but the next Canadian Volkssport Convention will be held in Yellowknife in June 2020 - a place that is a bit out of the way, but interest has been terrific since the CVF Board announced the venue. Unfortunately the four tour buses are sold out, but it wouldn't hurt to send in a registration form, and be put on the waiting list. Make sure you watch for more information at www.walks.ca

You might be interested in CVF Apparel and specialty items. How about purchasing a CVF shirt or ball cap? Check out the order form at: www.walks.ca/resources

I expect you have heard about the American Volkssport Association (AVA)'s new virtual online program "Walkin' Canada", from Comox to St John's. You have to do 2,007,500 steps between now and December 31, about 6,000 steps per day to complete the challenge. It costs US\$22, but when completed you receive a T-shirt with the Walkin' Canada logo on it. We now have a BC Team, part of the CVF Team. Take a look at the program at <https://ava.walkertracker.com/> It is a fun way to encourage you to walk more.

I wish you all the best for 2019 with lots of walking. See you on the trails.

Brenda



“Resistance training is just as important as cardio. Train yourself to resist chocolate, pastries, fried foods, beer, pizza....”

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	Frances Aknai	250-360-0356
Registration Coordinator	Diane Copley	250-386-1279
Walk Coordinator	Ada Robinson	778-922-1950
Marking Coordinator	Marion Davidson	250-477-9851
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
- * 2019 schedule of all South Vancouver Island walks
- * 2019 GCW PTs

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