



## News & Ramblings

May 2013 Volume 23 Issue 2

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### Message from the President

Well so far this year we have had good walks and attendance. We have some really good walks planned for the rest of the year and I hope to see you all on the trails.

Marian and I are now starting to get ready for our retirement and will be doing a lot of RVing this summer on the off weekends from walking.

For those of you who were not at the AGM, I gave my announcement of resigning from the Executive at the next AGM, 1 year away.

I hope there is someone who would like to step up and take on the role.

There have been a couple of items that have come to light in the past few months that I was not aware of. They have to do with volunteering for Event Walks. If you are the trail director, pre-walker or registration table person, you are entitled to a free stamp for the walk.

I hope you all strive to do your part for the club and do some volunteering

Well, keep happy on the trails and I hope you all have a great remainder of the year.

Yours in Volkssporting,

Bruce Hillier

President

## Michele Bell – CVF Executive Assistant

As many of you know, I have taken over for Donna Sullivan as the CVF Executive Assistant. I would like to start off by saying thank you to Donna for all her hard work the past few years, and for all the help she has given, and continues to give me. I am certainly enjoying the job, and getting to know people from all the different clubs. Still lots to learn, but I enjoy the challenge!

Thirty two of our club members finished the 25th Anniversary Challenge last year. Congratulations! To all of you who participated in the Winter Walking Program this winter, well done! I look forward to walking with all of you.

Remember, you can give your finished books and passports to me at any of the walks, and I will get them to Marion.

Mich

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## 14 MAY 2013 AGM NOTES

(as recorded by Secretary Anne Pearce)

- 60+ in attendance
- Special Guests were Susan Osborn, Past Ontario Director and Father Freely (Church hall)
- 2012 participation excellent with 1331 participants and over 11,074 km walked. So far 2013 has had 272 walkers in first 5 Events for total 2150 km. Check your Calendars and the Website – Fitzroy coming up and this is a new venue
- President Bruce announced that he has given 1yr Notice that he will not seek re-election
- The **NOMAD Financial Report** was presented in hard copy for individuals for review. Balance as of 30 April 2013 is \$7,972.50(+GIC). Q. about “Internic” under expenses \$66.44 and it was explained this is the annual payment for the internet Domain Name.

- Stats were provided to members for YREs – 165 x\$2, repeats 100 and 6 Free. \$430 (\$51 paid to the Ontario Director for Manotick)
- Susan Osborn spoke about her experience as Ontario Director. She found the role challenging and provided an opportunity to promote Volkswalking in Ontario plus her goal of Fun/Fitness/Friendship. Susan has walked the 22 Ontario Director Routes and is proud to have instituted the Mail-In Registration for those Walk-boxes as it saves not only money but time/travel.
- Susan assisted Pres Bruce with presentation of Awards for 1) Winter Walking 2) CVF 25<sup>th</sup> Anniversary Participation Challenge 2012 and 3) CVF Volunteer Awards as chosen by Pres Bruce. CVF VP Gord presented Susan Osborn with a Plaque – Ontario Director 2009-2013
- **NOMAD Volunteer of the Year:** Gordon Bell
- Bus Trip will be 27/28/29 Sept – Busman Bob explained 3 options and after a vote by show of hands, members preferred the Quebec City choice. Price to be announced once hotel, stops/walks, etc verified. New Rule for travel day; 5km only in afternoon.
- New Member Bev Rothwell and her pal Liz conducted the draw for Lottario Tickets plus 6 lucky winners of Club T-Shirts.

## MOTIONS:

**Elections** - Gord as Past President chaired this portion of the meeting. Executive agree to continue in current positions, exception - VP and Trail Director: vacant. **VP** – no Nominations or Volunteers from floor so remains vacant. **Trail Director** – Jamie Flynn volunteered. Appointed.

**Financial** - \$2200 assigned to the annual Bus Trip (1<sup>st</sup> Don Cooper, 2<sup>nd</sup> Jamie Flynn) – all agreed; none oppose.

Meeting adjourned 9:25pm.

## YRE's for all Seasons by Gord Bell

Although the two Ottawa clubs try diligently to provide walks every weekend of the year, a string on Tuesdays, Wed Eve and Thur the thirst for walks remains. So what to do....hmm what about one of the clubs 13 YRE walks, or the Ontario Directors walk, or even one of the 12 OVO walks (that's 26 all told, not including the Long and Rounds Walk). These walks are available YEAR ROUND so that you can fill your thirst for KMs and fit them into your walking schedule.

One does not have to wait for someone to organize a walk, take advantage of these 26 events. If you want company, just send an email out to the club and let them know you are planning to do one (best to give 3-4 days advance warning though.) Ensure you put down the date, YRE and start time you wish to do it. You will be amazed at how many people may turn up!



Mich and I have done this a couple of times, on weekends we wanted to walk but knew that there wasn't an event. So I sent a note to some walking friends and to the club President that we (Mich & I) were going to be doing the Manotick YRE on a Sunday morning. I was expecting 3-4 people – 20 showed up!

Don't wait for someone to organize a YRE walk, just pick a day and time and let people know!

These events are tailor made for that sort of spontaneity. If you have a friend coming to town who is a walker why not arrange to have some club members join you and make it an event. It's easy and a lot of fun. YRE's are for all seasons and for any day there isn't a walk already organized.

So get out there and enjoy them.

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## Life as CVF Vice President by Gord Bell

At the 2012 CVF convention I ran as a candidate for the president's position, unfortunately I didn't make it but I was accepted and voted in as Vice President.

Having been involved with Volkssports since 1987 and had served on two club executives becoming involved with the national level was my logical next step. Now nearly a year into it I can say it has been interesting. The Canadian Volkssport needs to get off its butt and stop resting on this is how we have been doing it for the last 20 years. We need to seek out different venues and approaches to our sport and regenerate or we will be lost.

As VP I have placed all CVF walks on the ParticipAction web site and I believe we need to work more closely with organizations such as this to promote and enhance our sport. We also are using social media (Facebook) to promote the sport, again all CVF events are listed on a group page. But we need to do more, and I intend to push the CVF into the 21<sup>st</sup> century.

The CVF Office is in a bad state, we need to find a better office and accommodations that would be less costly but meet our needs. With Donna retiring after 4 years of service as the Executive Administrator, we are lucky to have Michele take over. She too has a wealth of Volkssport experience and is in the process of getting acquainted with her new role and is enjoying the work. We are looking for some new office space but it is hard to find a 350 sq ft space downtown (if possible). So our search is ongoing.

The CVF held its first ever AGM via tele-conference this year. It was a success and the meeting was held to just over an hour. It accomplished all the business and will be used whenever there is no club willing to support an AGM & convention.

Another exciting thing that will affect the CVF is the IVV revamping of its organization structure shifting to Regional areas with the forming of IVV-Europe, IVV America, IVV Asia. As of today, the IVV Americas has been created with Canada and Brazil signed on, the US is to make a decision at their AGM this month. I have been asked to head the nomination committee for the IVV –America executive. The creation of the IVV – America allows us to manage the unique regional cultures and requirements. Lots to follow on this as it moves forward.

It is keeping me busy and I am enjoying representing our local clubs at this national level.

## Being a Trail Director by Gord Bell

There have been many discussions on this position within a club and I thought it might be a good idea to shed some light on how I approach the job and some of the tools that I use to produce a trail. First let's go over the basic process for creating a trail:

- a. **Have an idea about the trail required** – Where would the trail go from the Start Point and what points of interest can we find on the trail.
- b. **Use the appropriate tools to map out the trail** – Use Map My Walk to map out the trail and check the distances. Once the correct distances are found, then save the trail and copy/print the map.
- c. **Once the distance is done, add directions** – From the saved map, use a word processor (i.e. MS Word) to put the step by step instructions for the trail. Use Google Map or Google Earth Street View to view areas of concern (i.e. house numbers, entrances to pathways etc.)
- d. **Have pre-walkers do the trail** – Send copies to the pre-walkers and have them do the trail and then send the Trail Director any required changes.
- e. **Finalize the trail** – Make changes based on the feedback from the pre-walkers.
- f. **Print the trail directions** – Get the revised trials out to print in time for the walk.
- g. **ENJOY the walk** – nothing left to do but go and enjoy the walk!

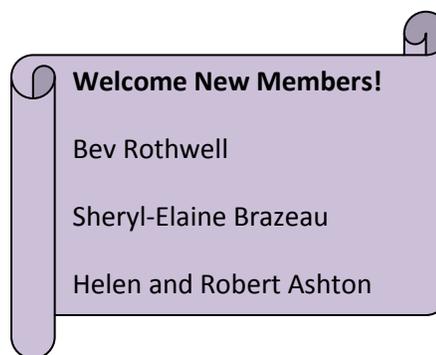
So that in a nutshell is all you have to do (but 23+plus times a year). But let's take a look at each step in a bit more detail so you can see that by using technology, it assists in creating the walks you enjoy each year.

Given the location of the start point the first thing is to decide roughly where the trail should go. In some cases the walk will be on city streets as there are no trails close at hand or within easy walking distance (LOL). Next look to see if there are any interesting buildings, statues, events etc within the area to be walked. If it's on pathways or trails then make sure there are loops that will make it easier to create.

Log-in to Map May Walk (it's free to sign up), find the start point and then start clicking along the roads and trails. There is a running count on their map making tool which helps to see how far along you are. Once it is done, you can review and modify the trail to make sure

the distances are correct. Save the trail to your Map my walk account.

Now comes the tricky part – getting the map from Map My Walk to your PC. I use Corel's Paintshop Pro which allows you to do multiple screen captures of the Map and then stitch them together to great a copy of the original. Once the map is captured it is saved as an image/picture (.png or .jpg file) which can then be inserted into MS Word. There the secret is out!



## GOLF ANYONE?

The annual fun golf tournament will be held on July 19<sup>th</sup> at the Richmond Golf Club. A BBQ and "prize giving" will be held afterwards at Bob and Angela's house. This is always a fun day, and no-one needs to be an avid golfer to take part. Some of our members, who participated, never having played before, are now very keen golfers so here's your chance to take up the game.



## On the Trail

We'd like to go unnoticed, leave no mark,  
when we are walking, watching, on the trail.  
But creatures flee, inspect, ignore, or hide,  
as nonetheless we blunder through their lives.

Half-seen birds explode on whirring wings,  
escaping us with frantic cries.  
Contrary mosquitoes whine,  
flies bump our heads in clumsy greed.

With threatening castanets a rattlesnake  
attracts the ear, then eye. In cold coils  
taut with menace  
it holds its ground.

The probing heron stretched across the sky  
with firm intent flaps forward, flaps, flaps.  
We, meandering along our  
unimportant route, are no concern.

A porcupine squats privily behind  
a kindred thistle. Discovered –  
impregnable and unafraid –  
it lumbers off.

The hungry, focused hawk in dreadful draughts  
drifts, conserving strength, scanning below.  
Rabbits with nervous twitch, somehow aware,  
freeze in the too-bright sun, then... underground.

Bullocks lurch through a field toward us,  
investigate with muddy-water eyes  
and lowered heads, till some precise  
instinct makes them turn and charge away.

The hummingbird sips a flower's bell,  
denying weight and wingless for awhile.  
In a sudden iridescent streak  
it darts from sight.

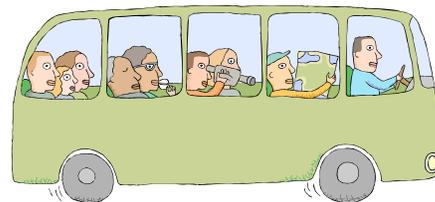
Another hiker approaches on the trail,  
there's no surprise response.  
We do not sting or bite or crush, but smile,  
on equal ground for once.

by *Barry Clegg* (submitted by Anne Pearce)

NEPEAN NOMADS WALKING CLUB 2013				
Year Round & Seasonal Totals				
YRE # - Location	1 <sup>st</sup> Qtr			
	\$2	\$1	Free	Total
YRE 3 Kanata South	6	0	0	6
YRE 5 Exchange Pub	10	0	1	11
YRE 30 Sportsplex	11	19	0	30
YRE 54 Manotick	25	1	0	26
YRE 90 Richmond	7	0	0	7
YRE 92 Crystal Beach	18	32	0	50
YRE 100 Greenbank	25	11	0	36
YRE 130 New Balance	11	17	0	28
YRE 147 South Keys	24	2	0	26
YRE 148 Stittsville	6	2	0	8
YRE 272 Westboro	28	16	5	49
Seas 290 Barrhaven	0	0	0	0
Seas 193 Aylmer	0	0	0	0
Seas 123 Kanata East	0	0	0	0
Totals	171	100	6	277

## Nomads Annual Bus Trip

Keep the weekend  
of September 27,  
28 and 29 free  
for a fun filled  
trip to Quebec  
City. As our club  
provides a  
subsidy, it is a very reasonable cost and a good time is  
always had by all.



## An Interesting thought.....



Do not regret growing older – it's a  
privilege not granted to all.



**AGM Photos**

Volunteer  
Awards  
presented by Sue  
Osborn



**Winter Walking Awards**



**25th Anniversary Challenge**



**Enjoying the dinner**

