



News & Ramblings

January 2013 Volume 23 Issue 1

MESSAGE FROM THE PRESIDENT

Well, we are off to a great start in 2013. We had our first Event of the year on January 1st and had 35 walkers out to brave the -23 temperature. Well done.

We have a great line up of Events planned for this year and I hope that all of you will enjoy all of them. Please refer to your calendars to make sure that you do not miss any of the wonderful walks.

We have taken over the YRE 005 Walk starting from the Exchange Pub at the Rideau Centre. Please make sure to get out and experience this route that Gordon has made for us and if you have any comments please make sure to let me know.

I will be letting everyone know when an Event is part of the new Special Walking Programs, such as, Winter Walking, Group Walks and now Trans Canada Trails. So if you are taking part in these events pay attention to the walking notices that will be sent out.

I am a firm believer in letting all the membership know of everything that is going on in the club and trying to get feedback for things that I hope will be of interest to you all. I will keep sending out tidbits from time to time about upcoming events and I hope you will all partake in them.

I have sent out the request for Volunteers and will be sending it out again to get all the slots filled in plenty of time. So if you want to help, it will be greatly appreciated. Without your support as Volunteers we will have a hard time to get some of the walks done, like the pre-walking and registration desk. Please step up to the plate and help out your fellow walkers by making their walking experience a great one.

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

Yours in Volkssporting,

Bruce Hillier President

2013 NEW YEARS DAY WALK



On January 1st, 2013 the Nepean Nomads had their first Walking Event of the season. We had 35 enthusiastic walkers show up to brave the minus 23 temperature, but all in all a well laid out route and kudos to Lorna Giles for planning the route.



22 of us stayed behind for brunch at the Chances "R" Restaurant and were treated to a very nice meal with excellent service. It was a welcome sight to have all that hot coffee and tea for us when we returned from the walk.

Thanks to all that came for this walk and I look forward to seeing you all on the trails during the year.

Thanks to Gordon Bell for the pictures.

Bruce Hillier

BUS TRIP SEPTEMBER 28, 29, 30

We left bright and early at the usual time of 6 a.m. for our Finger Lakes trip. Once we were underway, busman Bob very nicely volunteered 2 of our newest members, Ruth and Helene to serve us all with muffins for breakfast. Our first walk took place in Watertown. We walked through older parts of the town, past large, graceful homes with well kept lots. The sun was shining and it was pleasantly warm. A particularly nice stretch went through Thompson Park with the only drawback being the long uphill drag. However, the view across Watertown from the Pinnacle was well worth it.



The afternoon walks were in Oswego under overcast skies but no luckily no rain. The route took us along the river and past more large, older homes. We walked beside Fort Ontario originally built in 1755 by the British before being destroyed and rebuilt several times depending on which war was taking place. Fort Ontario became a safe haven to approximately 982 Jewish refugees during WW II. Now it is a museum and well worth a visit.

We passed a home that had two enormous pumpkins on a trailer in the drive. As we all felt obliged to get close to get photos, the house dog went into a barking frenzy as he



couldn't reach us.

As we got off the bus at the hotel, bountiful busman Bob handed each couple a bottle of homemade wine to lift our spirits as it was now raining heavily. Some of our ladies really understood why the bus trip was such good value for money when they opened their room door to find it already occupied. They passed up on the opportunity to convert this occupant to the joys of walking and asked to be assigned to another room. Despite the heavy rain, most of us managed to walk an extra kilometre to find a restaurant for supper.

Day 2 started off with cloud and the odd shower but this had all stopped by the time we got to Canandaigua. The start point was the waterfront restaurant and we all made a mental note not to dawdle on the walk so we could enjoy a leisurely lunch. It's always good to get the priorities right. The first part of the walk was out along the pier, passing little rows of "boat" houses – an interesting way to live.



Then up to the town centre along Main Street. Canandaigua did not disappoint with its architectural detail and gracious homes. We had been informed of a bakery en route that sold the best Nanaimo bars. Two of our walkers (no names but are commonly known as Bob and Lorna) went in to check this out. After struggling with a language difficulty as being Brits they sometimes have trouble, they finally understood that the bakery had never heard of Nanaimo bars and so came out with a giant sized chocolate fudge brownie bar instead. Excellent! On passing an ice-cream shop it became necessary (under the excuse of looking for a washroom) for several walkers to go in and buy an ice-cream. By the time the walkers returned to the start point, it was lunch time so a good meal was enjoyed by all. This walking certainly increases the appetite!

A short bus drive took us to Cortland for the afternoon. There was a little bit of excitement on the bus as despite frantic searching Jane could not find her loot bag. Perhaps because it had been given to Lorna who had had trouble finding hers and naturally assumed (as she was quite sure she had put it on the seat rack), that it was hers. When Jane dramatically pointed to the spot where she had left her bag, Lorna reluctantly handed it back, muttering quietly to herself that she was really sure it was hers. Jane was generous enough to give Lorna a couple of goodies that she did not like. On arriving at Cortland, Lorna opened her back pack to put in an umbrella, and would you believe it, there was her lost loot bag!



University were laid out beside many scenic waterfalls.

As we exited the bus, we were surprised to find a chicken BBQ fundraiser taking place. If only we hadn't eaten so much lunch but despite it being a good cause, no one could find room for any more food. Cortland is home to a large university so many of the large, older homes have been converted to student housing. The sun was shining, it was warm and the walk was very enjoyable although there did seem to be more uphill parts than down.

Day 3 Ithaca walk

This morning's walks took us along a country road and then a recreational path, before winding through the grounds of Cornell University. The whole area was beautiful, the architecture of the buildings was so detailed and the grounds of the



Sacket's Harbor was our last walk of the weekend. It's a very historic, small place and really interesting to walk around. The walk started off

beside the harbor, meandered through a military and a civilian cemetery before entering Madison barracks. One stone row house had been home to Ulysses S. Grant who was stationed here twice before becoming President.



Thanks again, busman Bob for putting together such an interesting trip where a great time was had by all.

Welcome New Members!

Suzanne Bisson
Richard Lane
Virginia Olerhead
Andrea Todd
Susan Kay Vines
Liping Xie

CVF#	Distance	Total	2012	Total kms	Total Walkers
16001	5 10	19 28	New Year walk New Balance Store	95 280	47
16002	6 10 13	19 24 11	Winterlude Walk Winterlude Skate	114 240 143	54
16003	5 10	23 27	Luck of the Irish Grace O'Malley's	115 270	50
16004	5 10	11 32	Barrhaven Bramble Walter Baker Centre	55 320	43
16005	5 10	10 38	Festival of Maples Perth	50 380	48
16006	5 10	17 28	Whispering Winds Whispers	85 280	45
16007	5 10	15 30	Carleton Place Caper Carleton Place	75 300	45
16008	5 10	11 10	Cookhouse Stroll Pinecrest Mall	55 100	21
16009	6 10	17 34	Canada Day Eve Heart & Crown	102 340	51
16010	5 10	11 22	Experimental Farm Lone Star	55 220	33
16011	5 10	13 36	Sensplex Stroll Kanata	65 360	49
16012	5 10	21 35	President's Pace Maki Park	105 350	56
16013	5 10	16 20	Merivale Meander Boston Pizza	80 200	36
16014	5 10	26 24	Les Bateaux de Chemin – Aylmer	130 240	50
16015	5 10	19 30	Mario's March Bell's Corners	95 300	49
16016	6 11	18 17	Kanata Krawl Centrum Plaza	108 187	35
16018 & 16017	5 10 11 21	21 9 27 7	National Capital Walkfest	105 90 297 147	64
16019 & 16017	5 10 11 21	15 10 12 5	National Capital Walkfest	75 100 132 105	42
16020 & 16017	5 10 11 21	19 8 25 2	National Capital Walkfest	95 80 275 42	54
16021	5 10	18 17	Longfields Loppett Johnny Canuck's	90 170	35
16022	5 10	28 48	Almonte Adventure Almonte	140 480	76
16023	5 10	22 42	Brittannia Breeze Busters	110 420	64
16024	5 10	21 29	Stittsville Stumble Stittsville Arena	105 290	50
16025	6 10	12 25	Merrickville Artist walk Merrickville	72 250	37
16026	5 10	30 38	Autumn Leaves St Monica's	150 380	68
16027	5 10	18 23	Soft Shoe Shuffle	90 230	41
16028	5 10	13 18	Hunter's Moon Trot Legion Kent St	65 180	31
16029	5 10	31 26	Volunteer Walk St Monica's	155 260	57
			TOTALS	11074	1331

SEMINAR AT NEW BALANCE

On November 4th, 2012 we had a seminar at the New Balance Anna, the Assistant Manager gave the seminar and she talked



about and had articles to show, such as undergarments that help to wick away perspiration, walking apparel, socks, shoes, nutrition bars and many more items.

The seminar lasted one hour and it was well received and we look forward to having other seminars in the future.

Bruce Hillier

BYTOWN REVISITED 2013

Hi Walkers, the club has a new YRE for you to do..... With the OCVA being closed down the Nepean Nomads inherited one of the best tourist walks in town. Yes the Nomads now operate the YRE-005 from the Exchange Pub in the Rideau Centre.

This walk has sentimental value for me, the Kanata Wanderers, did a downtown trail in 1988 as a guided walk, which I created. This trail became the basis for the original downtown YRE. It is nice to have the trail back. I have revised the trail to a 5 km and 10 km version that follows some of the original route. There is also a list of Points of Interest (POI) listed in the walk and also a guide in the Walk Box. Still some work to do on the guide to make it pretty, but that will come.

The intent of this trail is to allow visitors to the Nation's Capital get a warm glimpse of the beauty, history, shopping and entertainment this wonderful city provides. I hope you enjoy the walks, and take your camera as there is always something to snap.

Cheers,

Gord Trail Director



THE OTTAWA-CARLETON VOLKSSPORT ASSOCIATION

By Ole Olson

On 14 July 1989, the Canadian Volkssport Federation accepted The Ottawa-Carleton Volkssport Association (OCVA) as a member. John Virag was the president and the OCVA meeting room was John's dining room. The purpose of the association was to prevent conflicts in the Ottawa walking program amongst the four clubs in Ottawa and to offer to the Ontario Director the facility of sanctioning walks. Its most important function was to update and pay for the hotline. The OCVA organized two conventions in Ottawa in 1992 and 2001. When John was getting ready to go to Australia, Doug Chase became the president.

Doug Chase remained president until he moved to Stirling when he passed the torch to me in 2003. At that time there were two clubs in Ottawa. The OCVA had two year round events, one at the Elephant and Castle and the other at the YM/YWCA. It also organized three special events, the Winterlude Walk in February, The World Walking Day on 8 May and the More Days Walk that is now held on the last weekend of August.

The two clubs had developed their own communications system for notifying members of up-coming events. Rogers cancelled the hotline. It was determined that the OCVA was not needed. A meeting was held with the two members to dissolve the Association. The assets and walks were divided among the two clubs. The Nepean Nomads took over the Exchange YRE and the World Walking Day and the Ottawa Voyageurs took the YM/YWCA YRE and the Winterlude Walk. The More Days Walk would be operated by a committee from the two clubs.

I have enjoyed my term as president of the OCVA. Gerry Lake was the treasurer. I always enjoyed the More Days Walk with the camaraderie that was developed after the first day of walking and during the meal. It was a great activity.

Keep on walking.



REGISTRATION REMINDER

In case anyone has not received or returned their membership registration, an extra form is attached to this newsletter. Where else could we have so much fun and socialization for \$10 per person, or \$20 per family?

2012 VOLUNTEER WALK AND LUNCHEON

On November 3rd, 2012 we hosted the 2012 Volunteer Walk and Luncheon at St. Monica's Church Hall and it was well



attended by 57 people that did either the 5 or 10 km Volksmarches.

After the walks were all done we were treated to a wonderful luncheon of salad, rolls, chilli and coffee and tea. This was well received by all who stayed and the food was absolutely



fantastic. Well done to the Ladies Auxiliary at the United Church in Richmond who did the catering. There were a few speeches by me and Benoit from the Voyageurs to say thanks to the volunteers for a job well done this past year.

There was a special presentation done by Graham Fawcett (Vice President of the IVV) to Donna Sullivan and Benoit Pinsonneault for their years of service to the IVV. Congratulations to them both on behalf of the Nepean



Nomads. Next there was a presentation done by Gordon Bell (Vice President of the CVF) to myself and Benoit with a cheque from the CVF for all the clubs work in putting on a fantastic AGM.

Bruce Hillier President

BOWLING NIGHT

On December 6th, 2012 the Nepean Nomads had a fun bowling night at the Merivale Lanes and it was attended by 13 very enthusiastic bowlers. We had a lot of fun heckling one another and cheering one another on. It was time well spent away from the trails and doing something entirely different than walking. I look forward to doing this again this year and having a larger turnout.



Bruce Hillier President

WALKING AS A NOMAD

This year I was asked by the Merrickville Trails Committee to come and speak about walking at their AGM. Our continued ties to this lovely village is always a joy to keep up and so I accepted the opportunity for a 45 minute talk on walking. The committee came up with the title and have advertised it in their local newspaper. I will be talking about my adventures in London, both the permanent trails and the 'nomadic' rambling that I did.

I am also assisting them in getting their trails mapped and usable. This is being done with Map MY Walk and Paintshop Pro to capture and print their trails. How does this help the Nomads, well by showing our expertise we will be able to get access to some new trails to do in that area and help them develop them into 5 & 10 km trails we can use.

They came and asked us to help, and if we can expand this to other communities we will be doing both a favour and keeping to the CVF ideals as well as our clubs.

The meeting is at 10:00 am, 26th January 2013 at the Merrickville United Church, 100 St Lawrence Street. There will be an AGM which should take about an hour then the presentation.

Cheers

Gord Trail Director

Nepean Nomads Executive

President

Bruce Hillier 613-260-7916

Vice President

Vacant

Secretary

Ann Pearse 613-656-9603

Club Historian

Ron Gardner 613-225-3250

Treasurer

Angela Stever 613-692-1251

Trail Director

Gord Bell 613-825-7180

Membership Directors

Sally Hare 613-829-4809

Jane Hare 613-733-6943

Travel Director

Bob Hubbard 613-692-1251

Newsletter Editor

Lorna Giles 613-224-1332

MILESTONES

EVENTS

<p><u>1900 Events</u> Darlene Blight</p> <p><u>1600 Events</u> Douglas Chase</p> <p><u>1000 Events</u> M.J. Gibson</p>	<p><u>850 Events</u> Lorna Giles</p> <p><u>650 Events</u> Georgina King</p>	<p><u>475 Events</u> Sue Osborn John Osborn</p> <p><u>450 Events</u> Gord Bell</p>	<p><u>425 Events</u> Lise Tremblay</p> <p><u>350 Events</u> Michelle Bell</p>
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DISTANCE

<p><u>40000 KM</u> Bernice Murphy</p> <p><u>13000 KM</u> Lorna Giles</p> <p><u>10000 KM</u> Georgina King Jane Hare Sally Hare</p>	<p><u>7500 KM</u> Pat Deroche</p> <p><u>6000 KM</u> John Osborn</p> <p><u>5500 KM</u> Lise Tremblay</p>	<p><u>4000 KM</u> Gord Bell</p> <p><u>3500 KM</u> Michelle Bell</p> <p><u>3000 KM</u> Justin Schmidt-Clever</p>	<p><u>2500 KM</u> Bruce Hillier</p> <p><u>1000 KM</u> Candace Howey Colin Howey</p>
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Photos sent in by our members



Membership Application

Please enrol me as a member of the Nepean Nomads Walking Club. My annual membership fee of \$10.00, payable to the Nepean Nomads Walking Club, is enclosed.

Surname: _____ Given Name: _____
Street: _____ City: _____
Prov: _____ Postal Code: _____
Phone (W): _____ Phone (H): _____
Email: _____

Also please enrol the following family members in the Nepean Nomads Walking Club. The additional membership fee of \$10.00 is included for the family.

Name: _____ Name: _____ Name: _____ Name: _____

**Mail to: Nepean Nomads Walking Club
55 Westcliffe Rd,
Nepean, ON
K2H 8A4**