



FOOTPRINTS



Published by the Dartmouth Volksmarch Club, P.O. Box 28064, Tacoma R.P.O., Dartmouth, NS B2W 6E2
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PRESIDENT'S MESSAGE

- Jerry Everard

Ten years ago a small group of people had the vision to start a walking club in Dartmouth. Thanks to the foundation they established, their organizational skills, tenacity and hard work, the Dartmouth Volksmarch Club evolved into what it is today - the largest and most active walking club in Atlantic Canada, if not in Canada. 1993 is our tenth anniversary and special events will be held to mark this milestone in the Club's history. A small committee, under the leadership of Lionel Conrod, is presently planning for this special occasion and we will be hearing more about this in the near future.

We are well into our 1993 program, having completed the weekly walks as noted on the schedule since January 2nd. The walks have been fairly well attended and while admittedly some days have been cold at the start, the weather has been reasonably good for walking. If you haven't joined us yet this year, why not start at the next scheduled walk. I'm sure you will find it enjoyable and invigorating.

Our Trails Committee has developed a very comprehensive program for 1993. It provides considerable opportunity for people to walk as well as socialize. We have the usual weekly walks, our fourth annual marathon, our tenth annual IVV, a weekend in Fundy, and of course, our many social events. Our schedule reflects all of the planned walks and you should ensure you have a copy.

In January 1993 we opened another year-round walk, this one in Dartmouth. We now have two year-round walks - Dartmouth and Halifax - and awards are available for both. Year-round walks provide an excellent opportunity for volksmarchers to increase their distance walked and number of events.

The CVF will be holding its Annual General Meeting in Ottawa this year from May 14-16. I realize most members will be unable to attend; however, I intend to solicit your views on the various agenda topics to ensure my input at the AGM reflects the views of the DVC membership.

From the foregoing, you can see that 1993 promises to be an exciting and hopefully satisfying year for all our members. I look forward to the remaining months as President and with your help, will do my best to promote the Dartmouth Volksmarch Club and volksmarching in general. See you on the trails!

VICE-PRESIDENT'S REPORT

- Cal Bechard

The Club is holding its 10th Annual Volksmarch on Natal Day weekend (July 31st to August 2nd) in the Dartmouth/Halifax area. Come out and enjoy one of North America's largest festivals. The volksmarch will take place regardless of weather. Walkers are asked to obey all traffic/pedestrian signs. Special awards will be presented by the executive to deserving participants.

The 10th Annual IVV Volksmarch will start on Saturday, the 31st. of July from the Kinsmen Community Service Centre, 30 Caledonia Road, Dartmouth, Nova Scotia. You may start between 8 and 11 am and are required to be finished by 4 pm. 10k and 20k routes will be provided. Pins and IVV awards available as well as "B" awards.

The 10k Bridge Walk will commence at 1:30 pm on Sunday, August 1st., from the Findlay Community Centre, 130 Elliot St., Dartmouth and will wind through beautiful downtown Dartmouth, across and through the party on the MacDonald Bridge, viewing picturesque Halifax Harbour and passing along Halifax's historic and event laden streets.

The 11k Parade Walk will commence at 8:30 am on Monday, August 2nd, from the Fairbanks Centre, Shubie Park, Locks Road,

Dartmouth and walk to the parade start point; walk in the Natal Day Parade through Dartmouth to the MicMac Parcelo and then return to the Fairbanks Centre. This is a great time to dress like a hiker in your club regalia complete with backpack.

This is a fun filled weekend so come out and support your club and enjoy the possibilities of a Five-Stamp-Weekend. Come walk with us for fun, fitness and friendship. Contact is Cal Bechard, 63 Mowat Crescent, Lr. Sackville, NS, B4C 2A4. Telephone (902) 864-0836 (home) and 427-4782 (work).

TRAILS REPORT

- Eric Burke

To paraphrase a famous Postal Service Motto "Neither snow nor ice nor the cold of day shall keep us from our guided walks: The initial Dartmouth Year Round, wind chill factor, minus 35C, a sea of parkas and hoods with only red noses serving to identify the occupants, losing sight of the person ahead in blowing snow while on the pedway, a human chain descending an ice slick hill. Two weeks later, listening to the groan while following the leader across the glittering Lake Banook remembering that said leader outweighs me by 100 pounds (alright only 50 lbs. since he went on his diet). For the many who participated these were some of the memories, for the rest, come and form your own memories on future Sundays. Upcoming walks of special note include Pioneer Village (welcome to four of the steepest hills in the province) and the Fourth Annual 42km Marathon (my feet don't hurt I always limp the last 5kms.) This issue's question concerns a club song; should we adopt Nancy Sinatra's *These Boots Are Made For Walking* or the Dale Evans and Roy Rogers Classic *Happy Trails Ahead*? See me on Sundays with your choice; for any of you too young to remember either song, additions to the list may be accepted.

MEMBERSHIP REPORT

- Elizabeth Nifort

The Club presently has 135 members. We would like to take this opportunity to welcome the following new members (those joined since November 1992) to our club:

Shirley Butler	Charles Forest	Bernie Shiers
Dan Robataille	Patrick Lachance	Mel Baird
Lynda Kanne	Rick Kanne	Eric Jorden
Margaret Bayer	Dave Wells	Anne Tilley
Mary Costelo	Rodney Padmore	Judith Padmore
Charles Quon	Bonny Thomson	

Membership dues for 1993 are now due and members are encouraged to renew memberships as soon as possible in order to remain on our mailing list.

I am setting up a telephone committee in the near future and will be approaching "volunteers". This committee will be very useful when contacting previous members for the 10th Anniversary and Reunion Celebrations.

CLUB NAME TAGS STILL AVAILABLE

Club members who wish to purchase club name tags may do so by sending a cheque or money order in the amount of \$3.00 (US funds) to the following address: Penn Specialty Company, P.O. Box 572, Trevorton, Pa 17881-0572. When placing your order, you must specify that you wish your name to be printed on a DARTMOUTH VOLKSMARCH CLUB pin.

SECRETARY'S REPORT

- Val Bechard

Our new executive held a meeting in January to facilitate a smooth and timely turnover from old to new executive. A master plan for the way ahead was formulated in regards to special events, awards and patches, 10th Annual IVV, a club newsletter, our 10th Anniversary, job descriptions, and the general safety of our members on walks. In the safety category, it was recommended

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that all members carry a whistle as a means of signalling in event of injury or disorientation.

FINANCIAL REPORT

- Sue Banks

November 1, 1992 Opening balance	\$3290.74
Revenue	\$2006.38
Expenses	2034.07
February 1, 1993 Closing balance	3263.05

PUBLICITY REPORT

- Lionel Conrod

A news release has been sent out to the local media promoting our new Year Round Event in Dartmouth; an ad has been placed in *The American Wanderer* to encourage American participation in our Fundy National Park weekend on September 4th, 5th, & 6th; another combined ad has been placed in *Volkssport Canada* to invite Canadian walkers to our Natal Day Festivities, July 31st., Aug. 1st., & 2nd. and our Labour Day weekend in Fundy. Media and specialty advertizing help to promote our product; however, "word of mouth" advertizing is so much more believable and effective. We are much more likely to attend an event when a friend or acquaintance has enthusiastically told us how they personally enjoyed it rather than reading about it in a newspaper advertisement. The point being made here is: Elizabeth Nifort, reports we have 135 current members, imagine the additional support our club would receive if all 135 of us enthusiastically tell others about the positive aspects of our club. If you are already promoting our club, keep up the good work, if you are not, why not start today! Complimentary schedules are available at *The Trail Shop*, Quinpool Road, Halifax and the *Findlay Community Centre*, Elliot Street, Dartmouth.

At a January, 1993 meeting of the Club Executive, I proposed we start a club newsletter. This was supported by all members of the executive and they have followed up with reports on their various responsibilities. This is just a start folks, if you have something of interest to our members, please do a write-up or "letter to the editor" and it will be included in our summer issue. This is an additional way to advertize our product: exercise, fun, friendship, beautiful scenery, security (in numbers) and all of this at minimal cost per member.

Since the idea of a newsletter was passed, I have been searching for a name. *Footprints* came to mind at the 11th hour, if you like it please let me know or perhaps you can suggest a more appropriate name.

Plans are being made to enter a Club Float in the Dartmouth Natal Day parade. If you have any spare building materials, such as 2 X 2, 2 X 4, plywood, exterior paint, etc. taking up space around your home, please consider donating it to the club for a good publicity cause.

1994 VOLKSMARCH TOUR

- Judy Everard

Plans are underway for the first organized Volksmarch Tour by the Dartmouth Volksmarch Club scheduled for the spring of 1994. The initial response has been great and it looks like we are going to have a very exciting time.

For those who will be making their first trip overseas, we will be covering a good portion of England and Scotland - Windsor, Oxford, Salisbury, Isle of Wight, Stratford-upon-Avon, the Lake District, Hadrian's Wall, Edinburgh, Perth, Balmoral, The Scottish Highlands, visit a whiskey distillery, York, Leeds, Cambridge, Canterbury, London, and much, much more. For those interested in IVV credits, there's a possibility of doing about 16-17 walks over the three weeks and although most of the walks are in England and Scotland, there will be some in Holland and Belgium as well.

Arrangements are being made by John Lake of Derwent Travel and who also runs the Hit and Run Walking Club in Aylesbury, England. Having received favorable comments on the proposed itinerary, I advised John accordingly and he is now confirming the dates and prices with the various hotels so that he can give us a firm price on the land cost of the tour. Arrangements will then be made with Air Canada to book a block of seats on one of their overnight flights from Halifax to London. By arriving together, John will meet us at Heathrow and our tour will be underway.

I hope everyone who has expressed an interest in this trip has received a copy of the proposed itinerary but if I have missed anyone, please let me know.

Start saving, get out your maps & books, brush up on your history, and familiarize yourself with the places we're going to visit. We want everyone to have a great trip, get their money's worth, and return with fond memories. If there are any questions, please don't hesitate to give me a call at 462-1458.

WEDDING BELLS!

Word has been received from the West Coast that Stan Buxcey recently married. Most of you will remember Stan accompanied the DVC on many guided walks when residing in Dartmouth helping his daughter through an extended convalescence. Apparently Stan met Joyce "on the trail" and they fell in love and decided to take the "Walk of Life" together, and started off on the right foot with an Hawaiian Honeymoon. Stan and Joyce plan to visit the East Coast in June, we hope they can join us in as many walks as time permits, and we wish them all the best.

10TH ANNIVERSARY

A committee of volunteers has been formed to plan for our club's 10th anniversary. One meeting been held, and tentative plans are to include the anniversary theme in our major walking/social events of 1993 and a combined 10th Anniversary and Reunion Party to be held on October 16th, including a walk in the afternoon, banquet and dance in the evening. Committee members are as follows: Elizabeth Nifort, Ron Colpitts, Dawn Swanson, Sue Banks, Winnie Hutchinson, Theresa MacLellan, Gerry Everard, and Lionel Conrod. Give your ideas to any committee member, we'll keep you posted as plans are finalized. We have many things to celebrate besides 10 years of walking in beautiful Nova Scotia. We are the oldest Volkssport club in Canada, we sponsor more sanctioned events (over 60 each year) than any club in North America and perhaps the world, we had the first sanctioned guided walks in Canada in 1984, we sponsored the first sanctioned marathon guided walk in Canada in June, 1990 and we probably have sponsored more sanctioned IVV events than any other club in the World!

DVC MEMBER DISCOUNTS

Just a reminder when you are shopping at *The Trail Shop* for sports wear, etc. this store offers 10% discount to DVC members. All they ask is that you show your Membership Card. Another good reason for being a DVC Member!

1993 EXECUTIVE (elected)

President	- Gerry Everard	- 462-1458
Vice-President	- Cal Bechard	- 864-0836
Secretary	- Val Bechard	- 864-0836
Treasurer	- Sue Banks	- 443-0365
Trails	- Eric Burke	- 463-2458
Membership	- Elizabeth Nifort	- 435-5252
Publicity	- Lionel Conrod	- 466-4421

SUPPORT (selected)

N.S. Trails Federation	- Eric Burke	- 463-2458
Auditor	- Simone Pitzel	- 835-8843
Historian	- Joyce MacAskill	- 434-7493
Souvenir Sales	- Judy Everard	- 462-1458

You have walked with the rest, now come, walk with the best!

YEAR ROUND EVENTS

Club members are encouraged to make use of the two YRE's our Club has established in Dartmouth and Halifax. This is a great opportunity to keep fit and build your mileage credits at the same time. When travelling in the Maritimes, YRE's are also available, or soon will be, in Truro, NS, Moncton and Oromocto, NB. For information on these walks or those available anywhere you might be travelling, contact Jerry Everard or Lionel Conrod.

Please do not litter, leave only your footprints behind!