



FOOTNOTES

Newsletter of the Garden City Wanderers

Fall 2019

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*Garden City Wanderers
Volkssport Club*

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info@gardencitywanderers.ca

Garden City Wanderers

Annual General Meeting

Saturday, November 2, 2019

Location: Grace Lutheran Church
1273 Fort Street, Victoria

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: 2019 Annual General Meeting at 1:00 pm

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

President's Message by George Copley

Hello Fellow Volkssporters:

It feels like it was only yesterday that I was drafting the President's Message for the summer edition of Footnotes. The summer has flitted by while we were out walking.

I would like to touch upon two topics in this Message: the recent USA/Canada Friendship Walks and an update on the amalgamation initiative for combining the GCW and Juan de Fuca clubs.

First is the resounding success of the recent USA/Canada Friendship Walks. On July 14, 2019, a number of Olympic Peninsula Explorers with Todd Oberlander, their president, came over from Port Angeles to join us for a walk starting from the Beaver Lake picnic shelter. The weather was just great, not too hot for walking and the walk route was an interesting variation from the usual around the two lakes. Our guests were greeted by Susan and Ross along with several other drivers and efficiently transported out to the lake. After the walk there was a potluck lunch which was enjoyed greatly by everyone and especially by our visitors judging from their comments to me. Thank you to everyone who contributed to the success of this event. There are too many of you to thank individually but I would like to especially thank Rob for helping to organize the event, Joan for her ever helpful role in bringing order to the potluck chaos and arranging for the makings for "bunwiches", Ross and Susan for greeting and transporting our guests and Ross for once again treating us to a musical finish to the meal.

The return engagement on August 18, 2019, saw a dozen Victoria Volkssporters travel to Port Angeles on the Coho, either the night before or on the first sailing at 6:10AM. Our OPE hosts usually treat us very well on these walks but this time they outdid themselves. They picked us up at the ferry terminal, or the hotel for those who stayed overnight, and drove to Port Townsend, about 40 minutes east of Port Angeles, where the walk began. It was a new route, the Chief Chetzemoka Interpretive Trail, which

meanders throughout Port Townsend with interpretive plaques at various locations. The plaques chronicle the history of the S'Klallam people and the European settlers as they worked to co-exist in the area. After the walk we were taken to a nearby location called Chimacum to have lunch at Finn River, a cidery with permanent food stalls and outside roofed seating. The cidery had 6 or 7 flavours of cider on tap and our hosts provided tokens for us to taste whatever flavour we wanted. The food stalls offered a wide range of very delicious foods: crepes with a number of different fillings, pizzas of every variety, chicken or pork skewers with salad, for example. And our OPE hosts paid for it all!

After lunch our driver had some time to spare so she gave us a guided tour along the backroads returning to Port Angeles. All in all, the whole day was a unique and very enjoyable experience.

Second is a short update on the proposal to amalgamate the GCW and Juan de Fuca clubs. On August 11, 2019, Frances sent out an Update Announcement to all GCW members which dealt with the Amalgamation Committee's meetings on July 19 and 26, Guiding Principles for an amalgamated club suggested by the Committee, a proposed Transition Procedure, a general description of what the Constitution and Bylaws of an amalgamated club would look like and an invitation to consult with me or other GCW members on the Amalgamation Committee, Rob or Joan, if you have any questions or concerns.

Since that Announcement the Constitution and Bylaws of the amalgamated club have been drafted (except for the name of the amalgamated club; it is simply called NEWNAME WALKING CLUB in the draft). The draft Constitution and Bylaws will be sent out to every GCW member and to every Juan de Fuca member well in advance of the GCW AGM, to be held on November 2nd, and well in advance of the Juan de Fuca special general meeting, to be held in early November. At those meetings the membership of each club will be asked, by formal motion, whether they wish the

two clubs to amalgamate and, if so, do they want to approve and adopt the draft Constitution and Bylaws.

As an integral part of this whole process, one of the Guiding Principles adopted by the Amalgamation Committee was that the name of the amalgamated club will be changed to a new name to be chosen by a process involving the members of both clubs. To begin the process of choosing a name Frances sent out an e-mail headed Invitation to Submit Names giving a procedure whereby the members of

each club could suggest a name or name(s) for the amalgamated club. The names had to be submitted by September 21st. The Amalgamation Committee will create a shortlist of 2 names to be voted upon by the members of each club by e-mail during the period of October 1 to October 14. And so **NEWNAME WALKING CLUB** will bear the name you choose.

Happy Walking! George

Here are some photos from the 2 Friendship walks



WELCOME NEW MEMBERS!

Laurie Page
Jean Saretsky

RECORD BOOKS

To receive acknowledgement of your distance and event credits, you should send your completed record books, and your CVF passport, to:

Marion Boom
42 Billingham Crescent
Ottawa, ON K2K 2T7
walking4fun2@gmail.com

UPCOMING WALKS

2019

Saturday, Oct. 5 – 5/10 km Map Walk (rated 1A)
Willows Beach, 2740 Dalhousie Street V8R 2J1
Contact: Renee 250-294-7099
Scenic walk through streets of Oak Bay Village,
residential areas & along ocean pathways

Saturday, Oct. 12 – 5/10 km PT 019 Walk
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, Oct. 20 – 5/10 km Oaklands Park – Fernwood
Map Walk (rated 1A)
Oaklands Park, Kings Road & Scott Street, Victoria
V8R 4J2
Contact: Gord 250-479-6512 or keebler@telus.net
Walk through trails & neighbourhoods in Fernwood.

Sunday, Oct. 27 – 5/10 km PT 260 Walk
Running Room, Broadmead Shopping Centre, 777
Royal Oak Drive
Contact: Marion at 250-477-9851
This walk includes trails, parks and splendid
neighborhoods in the Broadmead area.

Saturday, Nov. 2 – 5/10 km Map Walk (rated 2A), Pot
Luck & AGM
Grace Lutheran Church, 1273 Fort Street, Victoria
V8V 3L4
Contact: Ada 778-922-1950
Walk through quiet streets in the Rockland and
Fairfield areas. Potluck lunch & Garden City
Wanderers' AGM follow the walk.

Saturday, Nov. 9 – 6/10 km PT 140 Walk
G.R. Parkes 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.

Saturday, Nov. 16 – 5/10 km PT 019 “Heritage Walk”
Coast Victoria Hotel, 146 Kingston Street, Victoria
V8V 1V4
Contact: Randy at 250-590-7175

Walk through downtown Victoria and over the Johnson
Street Bridge to explore trails, parks and trestles of the
Victoria West area.

Saturday, Nov. 30 – 5/10 Map Walk and Christmas
Party put on by Victoria Phoenix Walking Festival
Society (see note on page 5)
Emery Hall, 537 Glencairn Lane, Colwood V9B 2E8
Contact: Christine at 250-478-7020
Our route will be through Royal Roads grounds and the
Lagoon.

Saturday, Dec. 1 – 5/10 km PT 029 Walk
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.

Sunday, Dec. 15 – 5/10 km PT 019 Walk
Coast Victoria Hotel, 146 Kingston Street, Victoria
V8V 1V4
Contact: Randy at 250-590-7175
This is our Christmas walk which will visit some of
Victoria's Christmas lights and displays.

Saturday, Dec. 28 – 5/10 km PT 260 Walk
Running Room, Broadmead Shopping Centre, 777
Royal Oak Drive
Contact: Marion at 250-477-9851
This walk includes trails, parks and splendid
neighborhoods in the Broadmead area.

2020

Sunday, January 12 – 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, January 19 - 5/10 km PT 022
2:18 Run, Fairfield Plaza, 1594 Fairfield Rd.,
Victoria V9S 1G1
Contact: Judy at 778-977-0455

This walk will be one of a choice of routes in the quiet residential areas of Fairfield, some of which include waterfront walkways with views of Trial Island Lighthouse and the Olympic Mountains, or the lovely gardens of Government House.

Saturday, January 25 – 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 2 – 5/10 km Map Walk (2A/2B)

Fairfield Community Center, 1335 Thurlow Road, Victoria V8S 5K2

Contact Marg 250-370-5076

Walk is on streets in Fairfield area including Government House grounds and the historic Chinese cemetery.

Sunday, February 9 – 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 16 – 5/10 km PT 031

Oak Bay Rec Centre, 1975 Bee St, V8R 5E6

Contact: Beverley at 250-598-4316

This walk will be one of a choice of routes in the lovely residential and waterfront areas of Oak Bay..

Sunday, February 23 – 5/10 km PT 019 Heritage Walk

Coast Hotel, 146 Kingston St, 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.

Saturday, March 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 will be a route through trails, parks & streets of the Broadmead area.

Sunday, March 15 – 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.

Sunday, March 29 – 5/10 km Map Walk (2B)

Crystal Pool, 2275 Quadra St, Victoria V8T 4C4

Contact: Diane 250-477-4785

This walk encompasses four significant parks and quiet residential streets with great views.



Christmas Party - November 30, 2019

In appreciation of all the club members who come out to volunteer and walk throughout the year, including the Phoenix Festival, we would like to invite everyone to come to the Christmas Party on November 30th at Emery Hall, 537 Glencairn Lane in Colwood. After a walk around the Lagoon and Royal Roads, a lunch will be provided by the Phoenix Festival Committee. For this event there will be no walk fee charged. Please mark your calendars and plan to join us.

Victoria Phoenix Walking Festival Committee

Questions - contact Christine at 250-478-7020 or email rickandchristine@shaw.ca



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
Oct. 7	Esquimalt Recreation Centre	Oct. 9	Pearkes Recreation Centre
Oct. 14	Greenhawk Harness	Oct. 16	TBA
Oct. 21	Ross Bay Pub	Oct. 23	Serious Coffee, Millstream
Oct. 28	Sidney Travelodge	Oct. 30	Elk Lake
Nov. 4	Greenhawk Harness	Nov. 6	My Chosen Café
Nov. 11	Henderson Recreation Centre	Nov. 13	Frontrunners
Nov. 18	Oak Bay Recreation Centre	Nov. 20	TBA
Nov. 25	Pearkes Recreation Centre	Nov. 27	Westshore Parks & Rec.
Dec. 2	Running Room, Broadmead	Dec. 4	Frontrunners, Goldstream
Dec. 9	Sidney Travelodge	Dec. 11	Esquimalt Recreation Centre
Dec. 16	Ross Bay Pub	Dec. 18	My Chosen Café
Dec. 23	Cedar Hill Recreation Centre	Dec. 25 – no walk	MERRY CHRISTMAS

TUESDAY EVENING WALKS to December 10, 2019

Registration: 5:45 pm

Start Time: 6:00 pm

Running Room/Walking Room

Broadmead Shopping Centre

Contact: Gail at 250-477-4472

Note: Tuesday Evening Walks will resume on March 3, 2020.

Thursday Evening Walks will resume on April 2, 2020

Salute to Central Oregon by Christine Desjardins

Victoria had a contingent of 14 walkers attend the walking festival in Bend, Oregon the weekend of September 13-15. We were the largest group attending from outside the USA.

The weather was warm & sunny for our walking in the high desert. Like most American Festivals the events were scattered all over the Deschutes County, but as there were several of us with cars, we had no problem carpooling with those that did not. There were so many routes sanctioned that there was no way we could walk them all, let alone even look at all the Permanent Trails in the area. The ones we did were stunningly beautiful. One of our walkers, after finishing the Smith Rock walk in Terrebonne, during which we saw a family of 5 river otters feeding, remarked that that one walk was worth the drive down.

The Meet & Mingle on Friday night was a great time to touch base with all our friends that we only see at these weekends. Everyone was excited to hear that the Phoenix Festival would again be held in 2021. It's always so encouraging to hear how much they enjoy coming to our area.

Saturday most of us got together to do the Green Lake walk where we walked by waterfall after waterfall. The highlight of my weekend was their unique "Walk to Raft" event. We did a 6km walk through the woods along the river to the launch point then climbed into rafts for the return trip down the rapids! The walkers who were not inclined to brave the rapids carpooled to the Sisters area to do the Tumalo Falls walk. There certainly was something for everyone from a 4C hike on Misery Ridge to a 1A stroll through downtown Bend to see the Art in the Alleyways.

I would like to be able to report that this wonderful festival will be on in another two years but the truth is the hosting club is looking for someone to take it on again. Interested walkers will have to keep an eye on their website at www.walking4fun.org. It is certainly worth attending. I do know of another Festival in the works, which is the Northwest Regional Conference taking place in Medford, Oregon June 25-29, 2020; find info at www.walkoregon.org and, of course, our own CVF Conference in Yellowknife NWT next June.

These weekends are always lots of fun, friendship, and food!



Smith Rock State Park



River Rafting

YELLOWKNIFE 2020 – CVF CONVENTION AND AGM
By David Catrall, Chair, Yellowknife Convention Committee

A lot has been happening in the past 3 months as preparations for next year's Convention continue. First of all, all 5 bus tours (3 from Edmonton to Yellowknife and 2 from Yellowknife to Edmonton) are full with a waiting list of 10 names. However, there are still almost 10 months to go before the Convention and plans can change and things can happen so if you would like a place on a bus, add your name to the waiting list – there's a good chance you will get on. In addition to the 251 people on the buses, a further 86 have registered. These people will either fly in and out of Yellowknife or are planning to make a trip of it and will drive there and back. So that's 337. This means there are still a few, but only a few, places left for people who would like to register and attend the Meet and Greet and Banquet. So, if you are still thinking about it I suggest you register now to reserve your place. You can get a full refund if you have to cancel before March 8.



In addition, Walking Adventures International is planning a 14 day bus trip from Yellowknife to Victoria and Seattle so that could mean another 40 or 50 people doing the walks in Yellowknife! It's going to be one heck of a party!



So, what are we doing to get ready for all these people? Well, a group of 9 of us went to Yellowknife in June of this year to check out the hotels, the walks, the bus tour routes, the entertainers, establish contacts with local groups and to generally get familiar with the city and its facilities. We were blown away by the experience. The hotels are excellent, the walks are beautiful; the local people are excited to be hosting our Convention and are looking forward to welcoming us. The weather was lovely – around 20°C – and the mosquitos in Yellowknife were not a problem. Although the sun goes down at 11:30pm and rises at about 3pm it never goes far beneath the horizon so it remains light all night. (one of the events next year will be a midnight walk!)

And there are many other places to visit during your time in Yellowknife. The Legislative Assembly is well worth a visit, as is the nearby Prince of Wales Northern Heritage Centre. You can learn about diamond mining in the Northwest Territories, visit the local brewery or any of a number of good restaurants and pubs near the Convention hotels.

More detailed planning and preparations have now begun. Keep watching the website <http://www.walks.ca/yk2020.html> as details develop. All-in-all, this promises to be a very special event. I hope you are coming!

David

News from CVF by Beverley Catrall

Four new CVF programs are coming in 2020, including “Walk in the Footsteps of Famous Canadians”, “Festivals”, “Boardwalks” and “Walk 100”. We have many walks in our area that would qualify for all these programs. In particular, Walking in the Footsteps of Famous Canadians, should be fun to do here in Victoria, given the rich history of our city. I’m thinking of Emily Carr, Frances Rattenbury and so many more. More information will soon be coming on how you can sign up for these programs. Stay tuned!

Greetings from Brenda Dudfield, VABC President

I hope you all will continue walking during the up-coming winter. Don't forget the Winter Walking Program starts on October 15th. Here is the link to download the form for your stamps
<http://www.walks.ca/what%20is%20volkssport.html#programs>

Your club has a great schedule so take advantage the offers to keep your Fitness up, along with the Friendship and Fun. I wish you all a great winter.

Greetings from Christine Desjardins, BC Director for CVF

The sunny weather here on the West Coast means our walks are being very well attended.

The clubs are working on finalizing the 2020 schedules and my calendar for the South Island clubs is nearing completion. Garden City Wanderers had walks on two of the Gulf Islands again this summer, and the exchange walk with our American friends of the Olympic Peninsula Explorers was done in Port Townsend this year.

I’m very happy to let everyone know that there will be a Victoria Phoenix Walking Festival in April 2021. Keep an eye on their website www.vvpf.ca for up to date details.

At Peden Lake, near
Sooke Potholes,
September 21 2019



CLUB CONTACTS

President	George Copley	250-386-1279
Secretary	Lyn Wray	778-440-3326
Treasurer	Joan Sanderson	250-479-6512
Past President	Beverley Catrall	250-598-4316
Footnotes Editor/Publicity	Frances Aknai	faknai@shaw.ca
Membership Coordinator	Frances Aknai	faknai@shaw.ca
Registration Coordinator	Diane Copley	250-386-1279
Walk Coordinator	Ada Robinson	778-922-1950
Marking Coordinator	Marion Davidson	250-477-9851
Trailmaster/Webmaster	David Catrall	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

Yellowknife 2020 AGM and Convention

www.walks.ca/yk2020

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. Parkes 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