



News & Ramblings

Message from the President

Well it has been 5 months since I assumed the helm from Gordon and I must admit that it has been a pleasure to be your President. I have met most of the new members and look forward to seeing a lot of you on the trails.

Gordon has been our savior for the wonderful trails that he has set up with the help of many of you and the time that was put into mapping and making them a joy to walk. My thanks to Gordon and all that have helped.

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.

The year is closing fast on the walking Events and I believe that it has been a banner year for the club. I will let you all know the final stats in the next newsletter and I am sure that you will all be happy.

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

Yours in Volkssporting,

Bruce Hillier
President
Nepean Nomads



Our next walk is on October 13th at St Monica's Church on Merivale Road, registration time 9 to 10:30 a.m. As always, breakfast will be served afterwards for a small extra charge.

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THE WALK OF THE WORLD

The 4-days marches of Nijmegen, known by many as the 4-daagse, is considered to be The Walk of the World and with so many people wanting to participate each year to walk it is easy to understand why. It has taken more than 20 years but after a long absence this event has once again become an IVV event.

For me this was my 13th time at completing the event and it continues to be as enjoyable as the first time. This walking event is one of those things you have to experience yourself to really understand what it is about and why so many people enjoy it so much that they keep returning year after year. Soon you forget all about the blisters, the sore feet and having to wake up so early that even the roosters are still sleeping and start thinking about the next one.

With close to 50,000 applications and a limit of 45,000 walkers, it is becoming harder each year to get one of those spots. There are 3 distances, 30, 40 (civilian and military) and 50km routes with your age and gender determining how far you must walk in order to earn that well deserved cross. At the age of 60 everyone is allowed to walk the same distance – 30 kms. The only age restriction is that you must turn 12 before the end of the current year in order to participate.



The “fun” (one of the F’s in Volkssporting) begins bright and early – dark and early if you are walking 50 km – on Tuesday morning. With the majority of the walkers doing the 40 kms, they are divided into two groups, people starting early and another group for late starters. The timings alternate so everyone has two early starts and two late starts. Everyone must be finished by 5PM the first three days and 6PM the last day.



Setting off on the first day

Although each day starts and finishes at the same location, the routes are all different. Day 1 is considered by many to be the hardest, Day 2 is Pink Wednesday, Day 3 the 7 Hills and Day 4 crossing the pontoon bridge and the final 5km down Via Gladiola to the finish and receiving your medal.

The routes take you through small villages and towns such as Elst, Lent, Wijchen, Beuningen, Cuijk, Groesbeek and Linden, as well as along dirt trails in the woods and along the canals. All walkers must wear an armband and carry a start card which shows what distance they are walking and also that they are allowed to walk. Two or three times along the route each day are Control or Check points where you must get your card punched.



No matter what the weather is like, and this year we had one very wet day, the Dutch supporters were out every day all along the route cheering and encouraging the walkers. In the small villages, larger towns and out in the country they were there. Some days there are as many supporters as there are walkers.



Another supporter!

The 4-daagse isn’t all about walking. It is normal to see a wedding or two almost every year, usually on the last day somewhere along the route. Couples who have met during a previous event decide to get married and want to do it here in Nijmegen. This year there were two ceremonies and on the last day.

The last 5 kms on Day 4 is for celebrating and having fun, not just the walkers but the spectators as well. This is where one would think that walking between 120-200 kms would be something to be proud of. Well a team of Dutch and Danish soldiers marched about 650 kms from Denmark to Nijmegen arriving 16 days later on Sunday before the official march began. According to the team leader the march was the dessert or as we say the icing on the cake. Thousands of flowers, gladiolas and other kinds, are given to the walkers as they continue down Via Gladiola to the finish. When you see all those people along the route cheering you on all your aches and pains magically disappear.

In the square where all the activities take place there is a huge barometer with the number of walkers who started, fell out and finished each day. The first number this year was 41,472 and the last number was 38,144. Can you imagine having a volksmarsch event with that many participants?



Less than a year to go before the 97th Nijmegen March begins !

Written by Marion Boom

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they carried him on to the winning platform!! Yeeeaaa!!
Congrats to Marv, Doug Chase, Debbie Dore and Evan
Desborough. Let's make it at least 40 next year. Thanks for a
good turn- out. Bob

Welcome New Members

Suzanne Bisson

Helen and Otto Huberlein

Joke Kongingstein

Pat Scotcher



Road Scholar trip to Grand Canyon, Bryce and Zion.

This organization is a great way to travel as all accommodations, meals and transport are arranged once you reach the start point. Also the group leader is a college professor whose subject is related to the trip. It used to be known as Elderhostel but perhaps owing to the negative impact, it has changed its name and now accepts participants as young as 40! There were several "singles" in our group and we all got on well together so a safe way to travel if alone.



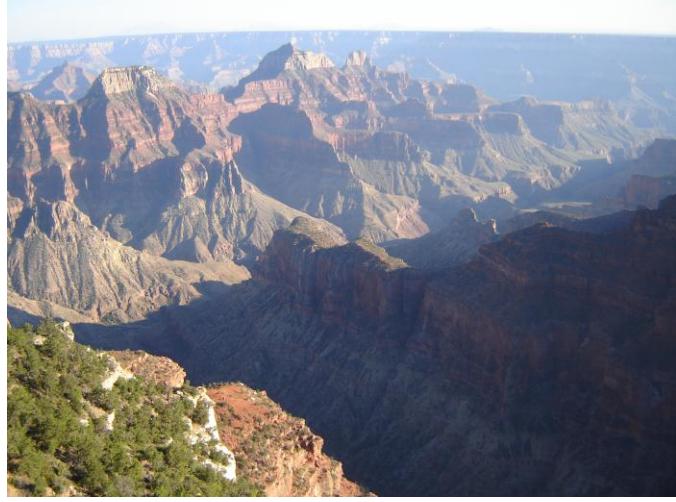
Elaine Giles at
Zion National
park

After
overnighting at
the Hilton in Las
Vegas, we set off
for the first stop
which was Zion
National park in
Utah. Everyone
was awestruck by
the magnificence
of the towering
red and orange

NOMADS GOLF TOURNAMENT 20 JULY 2012

Once again, we had a great turn out for the golf tournament and from all comments, I am sure all had a great (laughable) time. We not only ended up with 39 golfers(???) which is the largest group so far, but we had nine members who could not make the golf tournament come over and join us for the BBQ at our home after. We had a great mixture of 4-somes and our new Vice, no names but her initials are (Jaqui Duck) even found out which way she swung the club - LEFT!!!! even though she brought a RIGHT handed set of clubs. The weather cooperated and all enjoyed the BBQ. Marv Hinton was happy with the other three players I put in his group as

cliffs. We did some exciting walks including the “Narrows” where the canyon ends, but for the brave hearted there was the optional walk up river. This entailed crossing the river at least 4 times which was somewhat difficult as owing to the earlier storm, the water was opaque and we had no idea where our feet were going. The water was also fast flowing but only one person lost their balance and got even wetter than the rest of us! On the way back we saw a tarantula on the path! It seemed to be posing for a photo shoot. Our next stop was the Grand Canyon North rim. This is in Arizona so it meant another time change for our watches. The first walk took us out onto Angel’s landing lookout. This is not for those afraid of heights as at some points, the path is only 4 feet wide with a massive drop off at either side. There was a 1 foot high wall but it didn’t seem to reassure much. However the view was totally worth it when looking down into the canyon which is a mile deep. We were so impressed that we were up by 5.45 the next morning to catch the sunrise at the same point. It was impressive to see the sunlight catch the canyon at different angles.



View across the North Rim Grand Canyon

One of the volunteers had a telescope and we were lucky enough to see Saturn and its ring through the lens. It was only visible in the sky for 5 minutes but several of us got the chance to see it. It was awesome. We also saw Antares and Mars. Apart from Mars having a reddish tinge, it was obviously a planet as it was completely round. The Milky Way was also visible to the naked eye and many people there had never seen it owing to living in cities with artificial light. We stayed in quaint rustic cabins, not much bigger than my kitchen but at least it did have a bathroom!

Next we went back to Utah, another time change (!) and to see Bryce National park. We walked along the rim for the

first walk. Not too scary as the drop off into the canyon was only on one side.



Natural Bridge formation at Bryce Canyon

Bryce Canyon is famous for its hoodoos, where the rocks have eroded into massive formations with different shades of white, orange and red according to the type of rock. We found out why our walk down into the canyon was called Queens Gardens as one hoodoo closely resembled Queen Victoria!

After a great evening at the Cowboy buffet where we were entertained by a country group before a buffet style dinner, it was off to the hot tub and pool at the hotel to get rid of a few aches and pains.



Sunrise at Bryce Canyon

We spent 2 nights in each National park so plenty of time to take in all the beautiful scenery, and make new friends with the group. We were the only Canadians on the trip so check out their website at roadscholar.org and see what might be of interest to you.

Lorna Giles

Kanata YRE Hazeldean Mall

Maureen White did this YRE in June and was able to snap the following photos.



Europiad 2012

What do a Roman soldier, a Roman lady, a Benedictine monk, a Viking and a walker have in common? And what significance did they hold for the Europiad? These were the mascots for the first Europiad as the theme for the walks on Friday and Saturday in both Echternach and in Irrel were “Following the footsteps of the Benedictines and Romans”. These mascots in caricature were featured on the backs of the Europiad t-shirts available for purchase. Members of the two federations organizing the weekend dressed in these costumes for various events such as the Opening and Closing Ceremonies and parades.

Graham and I attended the first Europiad held in Echternach, Luxembourg and Irrel, Germany from September 7 to 9th. Attendance for the three days was rumoured to be close to 10,000 people but in fact, it was closer to 6,300. People came from all over Europe, Asia, Canada, UK and the United States. Echternach is a small medieval town of about 5,500 people in a valley surrounded by the Sauer River, red pine forests and farmlands. It is also at the entrance to what is called “Little Switzerland” on the Mullerthal Trail and in the German-Luxembourgish Natural Park.

Our first walk in Echternach was with Ottawa walking friends: Heather Briggs, Pat de Roche, Jane and Sally Hare who were travelling with Walking Adventures International. We met outside of the Trifolion Cultural Centre by chance and walked together on the President’s 5 km walk. This walk took us through the Benedictine Abbey grounds, past a two story stone folly surrounded by a gorgeous garden, along the Sauer River (with Germany across the river), on a shaded pathway, past campgrounds, to a Youth Hostel that was the checkpoint. Here Graham met up with two Brits that we had met in years past, got our cards stamped and could have stayed to have a beer on the patio as others did. Instead, we continued down the path for a few minutes coming to a small glass museum on our right and a set of stairs to a lookout. At the lookout, we saw in front of us magnificent excavations of a large Roman villa complete with a reflecting pool filled with water. At one end of the excavations was a set of very tall white stone columns that would have been ornamental on the outside of the villa. We had seen similar columns in Ephesus, Turkey last year.

The path then took us through old neighbourhoods past beautiful, old expensive looking homes clad in neutral stucco except for one home that was in a gorgeous shade of ochre. All of the driveways were over a small creek. Gardens were plentiful with marigolds, hydrangeas, geraniums, and interesting trees and shrubs. One tree we did see was a monkey puzzle tree, which is a pine species that grows out in Victoria, BC. It is called a monkey puzzle tree, as apparently monkeys can't climb them. Arriving back at the Cultural

Centre after getting our books stamped we parted ways until the Opening Ceremonies that evening. That evening we watched folk dancing with our Ottawa friends who proudly wore their IVV Vice President Fan Club (Canada Chapter) t-shirts that Graham had made for all of us after Heather had earlier this summer joked that Graham's fans would be attending the Europiad.

On Saturday, our walk with friends Bruce and Connie from Ottawa who are now living in Holland began in Irrel, Germany up a steep roadway past apple trees, to an area outside the entrance to the park. There we saw two WW11 bunkers in the ground behind barbed wire, an underground war museum, and a huge bronze plaque on a stone monument to soldiers. After leaving this area we headed into the red pine forest of old growth trees, extremely tall specimens with sunlight dappling through the trees. After the checkpoint, we continued through the forest and came upon a small waterfall underneath a covered bridge. The coolness of the forest was wonderful. Along the way, we saw blue tents well below us, and beyond at an intersection were 6 conical shaped structures, which were camping huts for rent. We then passed a Biergarten, corn fields, a stream and apple trees then crossed a bridge to enter town and back to the finish. On the way into town, we passed a yard with a small wooden clothesline on the lawn complete with wooden storks on each end holding up the whole line. On the left stork was a tag announcing the name of a new baby girl. Multiple tiny t-shirts were clipped onto the clothesline. This public announcement is done throughout the region to announce anniversaries, births, and birthdays. The weather was again fabulous – 27 degrees with lots of sunshine and clear blue skies. We heard that there were 2,500 participants today.

Sunday's walk began in Echternach from the Cultural Centre once again and the theme was "the Mullerthal Trail". We decided to do the 12 km walk which first led us along the Sauer River. Connie looked over to the German side of the river to a lookout high above the ground and remarked how high it was. Guess what – our walk took us to that lookout through the red pine forest, up a mountain along narrow pathways that were at times slippery with moss, hanging on to iron handholds as we made our way up higher and higher. The elevation rose, the air got cooler and up to the lookout, across the mountain, down the other side to the checkpoint for a needed drink of water. Then off we went, joining the walkers from the 21 km walk, along a deep valley floor where water once ran, surrounded by huge sandstone formations at least 6 storeys tall in an area called the Labyrinths, streams, and natural caverns. Then we climbed up and up again, then back down. We later found out that the walk was through what is called the Mullerthal Trail in the German-Luxembourgish Natural Park. It was a tough walk physically with spectacular scenery. The four hours it took to complete

went by fairly quickly and I would recommend anyone to walk it if they should visit the area.

We had a wonderful time over the weekend meeting old friends, making new ones, and enjoying some memorable scenery during our varied walks. The atmosphere was one of excitement from the participants and organizers alike. Walkers of all ages, plus some canine companions, enjoyed the walks, the food and beer.

Jane Fawcett



VOLUNTEER WALK & LUNCH

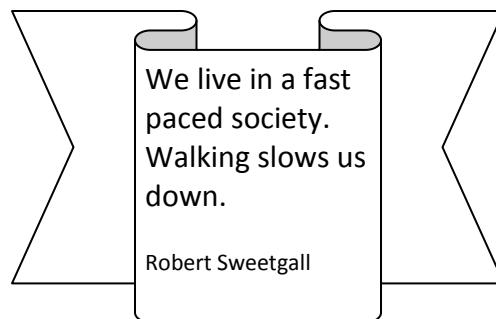


This is our turn to host this event and will take place on **November 3rd at Maki House** in Crystal Beach. There will be a 5km or 10 km group walk available followed by lunch at Maki House. There is no charge for the walk or lunch for any member who has volunteered during this year.

Other Upcoming Walks

Date	Location	Time
October 20	Legion on Richmond Rd	9 -10.30
October 29	Harvest Moon at Legion on Kent St	6 pm

A Quote to Remember





Our next newsletter will be published the first week of December via email. Please send any articles or photos to Lorna at sassyg@rogers.com by November 26th.