



News & Rambling

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Club News

John Desborough is now our Nepean Nomads President and has been out on several walks, so most of us have had a chance to meet him and enjoy his sense of humour. We are still looking for a Vice President to help him out and give him a hand. Please consider volunteering your help in some way. It is a difficult role to fill alone, especially with work commitments. So, the question remains, if you enjoy the walks and social aspects of this club, how much are you prepared to do to ensure that our club keeps on going?

Gord Bell was elected at the Banff Convention to be Vice President of the Canadian Volkssport Federation. He has held this position for the last two years, and has done an admiral job. Thank you, Gord!

At this year's Convention, Carol Harrison was elected as Treasurer of the CVF and Dave Rupar who had held the position of Treasurer for several years, agreed to take on the role of Auditor.

The Executive roles of the CVF require even more dedication and work than volunteering for the Nomads, so perhaps we could each think about helping out our own club in some way. Please let John know if you can or if you can think of any way we can improve things.

15 MAY 2014 AGM NOTES (as recorded by

Secretary Anne Pearse)

- 62 in attendance; members treated to Pizza from Colonnade Restaurant because Buffet Dinner was cancelled due to the illness of Caterer Franz who suffered a stroke.
- 2013 participation saw 1205 participants and over 9636km walked. To date in 2014 there have been 176 walkers in first 5 Events for total 1314km. Check your Calendars and the Website – June has 3 events kicking off on the 4th at the Royal Oak, Hunt Club Rd, 5:30pm.
- The **NOMAD Financial Report** was presented in hard copy for individuals for review. The Club is in good standing. Balance as at 30 April 2014 is \$6879.28(GIC included). 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. South Keys will remain closed due to safety issues. Kanata North will re-open as a Seasonal
- Graham Fawcett presented CVF Awards to Michele and Gordon Bell.
- Graham Fawcett announced that Ottawa Walking Day had 250 Registered. Next year this event will expand in the City, seeing events in the east and west end.
- **NOMAD Volunteer of the Year:** Donna Sullivan who served as A/President from the 27th June 2013 to 18 March 2014.
- Bus Trip will be 26/27/28 Sept – Busman Bob has selected Vermont, details to be provided by e-mail
- July Golf Tournament, Best Ball format, \$22 with BBQ to follow on-site in Richmond
- Gord Bell announced that he and John have been working with an external agency to run an Octoberfest Volksmarch on 4 October 2014 in Barrhaven. This is a great opportunity for PR, awareness and membership potential. NOMAD and OVO information will be allowed as a dedicated table. The event registration will commence at Noon, so that there is no conflict with the walk in Gatineau the morning of the 4th. Also, that same



weekend, 5 Oct, an event is being organized by the Kingston Club with 1Cdn Div for an 100th Anniversary event at RMC. This will conflict with our Merrickville event and a post-walk for those who attend the Kingston event will be held on the evening on 7 Oct.

- 25 lucky members won Ontario 49 Lotto Tickets for the Saturday night draw

MOTIONS:

1) CVF Convention Vote: The Executive recommended a YES vote for Gordon Bell as President. (1st John Desborough, 2nd Jacqui Duck) All agreed. A Proxy will be documented and provided to the Ontario Director for voting on behalf of the Nepean NOMADS Walking Club.

2) Elections – Gordon Bell, as Past President, chaired this portion of the meeting. A Nomination was heard for John Desborough (1st Gord Bell, 2nd Marv Hinton) All concur on this appointment. A Nomination was presented from floor for Carol Harrison to serve as **Treasurer**. (1st Marv Hinton, 2nd Lorna Giles) All concur. No volunteer came forward to serve as **VP**, thus position will remain vacant. The remaining Executive members agreed to continue to serve in their current positions for another one year term.

3) Financial – The Club Statement of Revenues and Expenditures was adopted as prepared (1st Marv Hinton, 2nd Don Cooper)

4) Financial - \$2200 assigned to the annual Bus Trip (1st Lorna Giles, 2nd Jacqui Duck) – all agreed; none opposed.

CHALLENGE FROM THE PRESIDENT JOHN:

A show of hands indicates that approximately 15+ members are heading out to attend the CVF Convention in Banff. President John asked that they seek ideas from attendees, what type of events do Clubs’ plan for fun, ideas to expand membership, etc. The Club needs to consider alternative ways to bring in new

members. Take pictures of where you walk and send them in as they will be posted on a Map. We will show getting fit and healthy can be fun – a slogan to entice others to join us.

A huge Thank You was expressed to Angela Stever for her organizing skills on the food, etc.; Marv Hinton for acting as bartender; and Randy, Ron, Anne for hall set-up.

The Meeting adjourned 8:30pm (1st Jane Estabrooks, 2nd Frank Simpson).

AGM PHOTOS MAY 2014



A good time was had by all!

WELCOME to our New Members

Brian and Margaret Grant
Brenda Emerson
Andrew Douglas
Andrea Laurel
Peter Fischl

Please introduce yourselves at our walks, so that we can get to know you and find you some walking buddies.

Rocky Mountains Bus tour

This took place from June 2 to June 6th, directly after the CVF Convention in Banff. There were just over 100 participants, divided between 2 buses. The first bus known as “Grizzlies” set off 30 minutes before the second one – the “Eagles.” This made it a lot easier arriving and departing at different times, so we didn’t get mixed up at any of the walks, and try to get on a different bus.

Our first walk was at Johnson Canyon. We did a 5km and saw both the Lower Falls and Upper Falls. After hiking up a very steep slope, no-one complained that they wanted to go on and complete a 10 km. We had all realised after hiking 10 km uphill and downhill during the Convention walks, that it is a very different thing to doing the same distance on the level in Ottawa. Much more labour

intensive going uphill! The view from both waterfalls was impressive, including parts of the walkway



attached to the rock face, and attached by some major feat of engineering over the rushing torrent of water.

Next was a trip to the Columbia Ice Fields and the Athabasca glacier. We had a buffet lunch first and then it was onto

another bus to drive the kilometre or so uphill where we transferred onto the shuttle to be taken onto the glacier. Getting there was almost like being on a big dipper at the funfair, as we went down an almost vertical slope and then up onto the glacier.

Some people filled their water bottles from the melting glacier, though common consensus was that it didn’t taste that good. We have probably got used to chemicals in our tap water. As we waited for the bus to pick us up to return us to our tour bus, some mountain



sheep were ambling across the road, including a few young ones. Amazingly enough, they refused to move out of the way of the next bus as they licked rocks to get the salt off. Honking horns had absolutely no effect on these road warriors. Our guide explained that usually the bus has to give them a gentle shove in order to get them to move off the road. It took several



minutes and a couple of shoves before the sheep decided that they had enough and took off up the hill.

We arrived in Jasper about 6 pm and the plan was to meet later and do the Discovery trail together. Some walkers decided to set off straight away and unfortunately a few misread their instructions and went off in the wrong direction. In our defence, the trail to the left behind the hotel which we should have taken was hidden by parked cars, so we took the next one that vaguely went left. We eventually realised

something was wrong after about 45 minutes of climbing uphill in a wooded area and we still hadn't found the blue townhomes where we were supposed to turn left onto a road. In actual fact, there were no homes of any sort and we were still on the first instruction so that was another clue we were lost! Finally we met a couple of cyclists who explained how we could reach civilisation again and as we went downhill and exited the trail, we saw a notice stating a grizzly had been seen on that very trail on the same day and not to use it! We were luckier than some other walkers who were harassed and bothered by a female elk who rushed down the hillside towards them, necessitating several moves trying to hide behind trees for about 30 minutes until she gave up the battle. This is the time of year that calving takes place so female elks become very aggressive. All was well in the end for all walkers with most of us taking supper in Jasper before completing the walk and reporting our tales of woe to anyone who would listen.

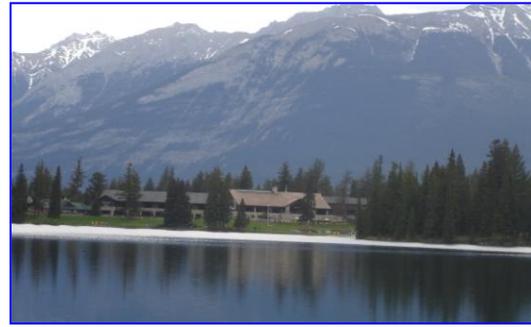
On Tuesday June 3rd, we set off bright and early at 8 am to walk to Lake Beauvert. This was actually a level walk so quite a relief for our legs. As we crossed over the



bridge, a black bear was spotted climbing up the bank, and shaking himself off

so had probably just come out of the water.

Usually the 10 km goes all around the lake but part of the trail was blocked off to avoid encounters with elks (as one walker put it "the elk maternity ward") so we walked on one side of the lake as far as the Jasper Lodge and then returned to Jasper the same way we had come. We took a quick break inside the lodge to check it out and see if it was as luxurious as we had heard. It was, and it had an extra feature. A black labrador called Stanley with his own kennel and comfy bed. Apparently Stanley did not make the grade as a



guide dog, so now comes to work every day with

his owner and has the job of "official greeter." He was very friendly and made us welcome so obviously is now in the right job.

After lunch, we were off to Mount Robson. Not unexpectedly it was uphill most of the way, some parts steeper than others and quite strenuous. We were



distracted from our pain by the fast moving river beside the trail, a foaming torrent of white and green. Both walks were together to start with, and after the 5k turned back, the 10k continued onto Kinney Lake. This was a greenish blue colour and extremely peaceful when we reached it. Some lucky walkers caught a glimpse of the top of Mount Robson as the cloud cover lifted for a brief second. Usually it is obscured so this was definitely impressive to see. Driving back to the hotel, we saw a grizzly bear on the side of the road who was eating dandelions, apparently part of their diet. Anyone like a grizzly for their dandelion infested grass? Perhaps most amazing were the number of people sitting on the grass beside their cars snapping photographs and some were approaching even closer to the bear, maybe to get their last photo of all.

Wednesday June 4th

The morning walk was to Maligne Canyon, only a fifteen minute ride from Jasper. We were really lucky to see a black bear eating grass on the side of the road with two very small cubs with her. While mother was eating, the little ones were frolicking around, play fighting and continued doing this as they climbed a small pine tree. No doubts now whether bears can climb.

This walk was downhill all the way. We knew now we would be in trouble on the way back. There were extremely steep flights of stairs and uneven bits of trail so foot placement was important. We had really good views of all the waterfalls and very deep canyon. As we crossed one bridge we noticed a crow's nest, consisting of a few twigs on a ledge against the rocky wall of the canyon. The parent was feeding the young one. Not sure whether they only had one offspring or the others fell off the ledge. Once we reached level ground, it was a peaceful route along the Athabasca river and then back a slightly less steep way than on the way down, much to our relief. No-one got lost and we were all back on the bus within the 3 hours allowed for the walk.

After a leisurely buffet lunch (plenty of time for



seconds) we were off to Emerald Lake. Most of us walked around the lake to the half way point and then returned as to continue around the lake was very muddy and uneven. A few hardy souls did do the circular walk. We all enjoyed looking at the lake which is an emerald green colour and well worth seeing with its variety of flora beside the trail. Another good point

was that it was on the level which was a definite plus after the steep hike in the morning.

Thursday June 5th.

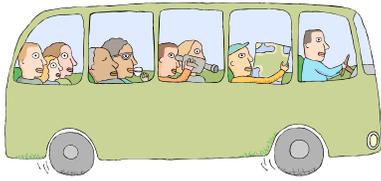
We had about an hour's drive to reach Lake Louise this morning. The temperature there was about 5 Celsius but that seemed quite warm to those of us who had survived the arctic winter in Ottawa. There was still lots of ice on the lake, but the water was an impressive blue/green colour. We all did a 5km walk so we could take our time and enjoy the beauty of Lake Louise. Most of us saw some unusual birds, known as Clark's Nutcrackers, cracking open pine cones to get at the seeds.



After lunch at our hotel, we did the Canmore YRE. Once we were outside the town, we began the uphill, strenuous part of the "walk". Luckily we were not in a rush and so took frequent "breathing" breaks. The view from the look out was well worth it and appreciated by all. Then downhill to relax before getting ready for our banquet dinner with the "grizzlies" bus people.

The banquet was the final touch to 4 days of hiking interesting trails and making friends with like minded people (some of whom were also geo-cachers!) Everyone of us was very appreciative of all the work, time and effort that our hosts on the bus had put in to make this a wonderful trip.

September Bus Trip



Our very own trip will take place on September 26, 27 and 28. We will be going

to Vermont. Our club subsidises the trip so the cost is very reasonable. Call busman Bob ASAP (613-692-1251) in order to reserve your place.



MILESTONES		
EVENTS		
2000 Events Marion Boom	650 Events Jane Fawcett	50 Events Tammy Simpson Frank Simpson
1800 Events Doug Chase	550 Events Lise Tremblay	
1050 Events Lorna Giles	125 Events Bill Swift	10 Events Ethel Knorr
DISTANCE		
16000 KM Lorna Giles	6500 KM Jane Fawcett	4500 KM Philip Douglas
8000 KM Linda Douglas		



Views from Lower Falls Johnson's Canyon.

The next evening walk of the season will be from the Kanata Centrum on August 27th. Registration starts at 5.30 pm.

Look forward to seeing you all there.



Completed books can be sent to:

Marion Boom CVF Co-ordinator
42 Billingham Crescent
Kanata, ON K2K 2T7