



News & Rambling

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Message from the President

Well it has been almost a year since I was “voluntold” by Gord Bell to help out with the Nomads – and I did not know at the time that I would end up as the Acting and then President of the club. It has been an interesting and eventful year for me within the Club and, hopefully, for you, the members.

I was curious to do a review of the numbers from the last couple of years, to see if the Nomads were walking “more or less”, and this is what I found, based on the Events that we held over the last several years:

2014:

- 20 Events, 808 total walkers for an average of just over 40 walkers per event
- Participants walked 5,869 km for an average of 7.25 km per walk per participant

2013:

- 27 Events, 1,205 walkers for an average of just under 45 walkers per event
- Participants walked 9,636 km for an average of 8 km per walk per participant

2012:

- 28 events with 1,331 walkers for an average of 47.5 participants per event
- 11,074 km were travelled for an average of 8.3 km per walk per participant

While the number of events were down last year, what struck me was the average number of participants for each walk – we were significantly down in terms of average.

Good news for this year, we have increased the number of Event walks to 22 including walks in Carp, Kemptville and Almonte, to add a little more variety to last year. And we had a very successful start to the new year with over 40 people coming out to the walk on New Year's day – I think the 20 degree difference in temperature (it was warmer) from last year brought a few more folks out to enjoy the first walk of the season.

I would like to encourage each and every one of us to bring a friend to each of our walks this year – a challenge if you like, to encourage those around us to come out and have a walk with like-minded friends. I know it's not easy to convince someone to come out to each of our walks (until they get bitten by the bug) but see about rotating your invitation among a circle of friends so that a new person is invited to each walk. Who knows, we might be able to get some organic growth happening.

Our next Event is the Winterlude Skate and Walk, from Dow's Lake Pavilion on Feb 1st and I hope to see you all there with a new tag-along friend.



Enjoy the early winter days and see you on the paths shortly.

Welcome New Members

Rani Attipetty
Adina Constintini
Christine Davis
Michelle Demers
Richard and Josie Glass
Janice Ireland
Audrey Langelier
Anne Mundy-Markell
Norma Perry
Mary Jean Reeves
Roco and Sandra Sala
Shannon Robillard
Maggie Robillard
Janis Wereley

IN MEMORIAM



MARION WARREN

It is with deep sadness that we advise the passing of Marion Warren of Renfrew. Marion was a long time member of the Nepean Nomads and an active participant at our events and especially our bus trips. Our sincere condolences to her family.



More Days Walk 2014

This year's More Days Walk was the completion of the PCL bike trail that was started last year. The start of the walk was just north of Pembroke on the Quebec side and made its way back to Ft Cologne, which was the end point last year. The weather this year was warm and sunny which was mixed blessings. Nice for walking in the shade, not so nice for the road stretches.

As usual the road crew for the trip were wonderful and were at checkpoints when required with water and snacks, which were greatly appreciated since it was a warm walk.

Day 1 - Saturday



Intrepid walkers

This year there were two cyclists with us, Graham and Phillip, who took off from the start and weren't seen again till mid-day. The rest of us started our walk along the path beside the dirt road and into the woods. It was cool in the trees and so the moments we broke into an opening with sun it was a nice treat. This would change over the day!

This year since we were in the trees a lot, there was little wildlife to see but a lot of song birds to hear, though finding them was difficult.



Red Admiral Butterfly



There were lots of abandoned building and farm equipment out in the fields that we passed. This made a break from the trees and shrubs!



As we came to the second checkpoint we were told that the stretch ahead (5-6 km) was going to be along a busy road, and it would take us to the lunch spot. That stretch was really hot as the sun bounced off the road at the walkers. We were all glad to see the lunch spot turnoff arrive. Shortly after we arrived at the community park where the chase car and others had started our home packed lunches and it was a treat to sit, and enjoy a meal.

After lunch a group decided that 21 km was enough for one day, but a small group ventured on the last 9 km before completing the day's distance.



Spruceholme Inn

That evening a portion of the group met in the 'Party Room' which Mich and I had received. This room was a former apartment and was the largest one at the inn. After some cocktails it was off to dinner at the inn's restaurant. A wonderful setting and the food was absolutely wonderful. It was definitely a great evening to top off a day of walking.



Party Room

Day 2 – Sunday

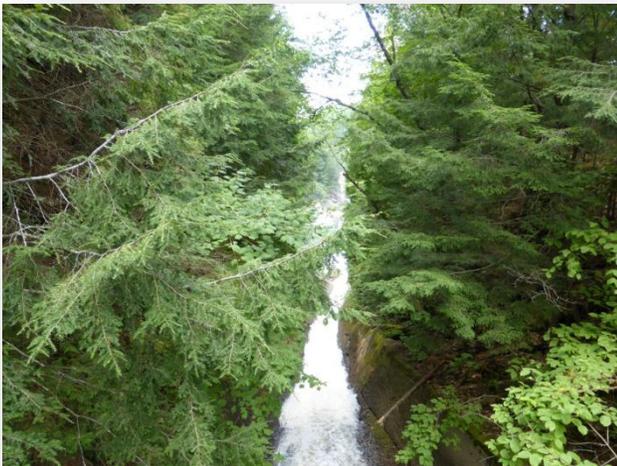
We all gathered for a lovely breakfast at the hotel and then split into two groups, the hardy walkers who were going to complete the whole trail; and the less hardy who would join the team at lunchtime at the Falls then finish the trail. So the hardy walkers went off after breakfast and the others did some walking in the town taking in some of the



The Falls - Top



The Falls - Bottom



The Chute

interesting buildings and site. The owner of the Inn said she would bring the box lunches to the Falls. That way they would be made fresh which was a step beyond what the organizers were thinking, but was accepted as it made sense.

At noon everyone was at the Falls Park and sure enough there was lunch. The hardy walkers arrived about the same time so we were able to eat together before doing the tour of the park. There were some wonderful photo

opportunities here and some of us shutterbugs clicked away! Once the tour was complete which included a short film of the history of the lumber industry in the area it was time to set off on the last leg of the journey.



Country road

The trail was now mainly country roads with little shade, which was unfortunate as the sun was blazing down upon us and making it necessary to have lots of water. At the checkpoint we replenished the water and enjoyed some cookies and snacks. There were some nice country scenes but not a lot of wildlife to be seen.



Walking on

After an hour or so we made it into the town and made our way to the wooden bridge which had just been closed to traffic recently due to structural issues. Fortunately we didn't have to cross it this year and so walked past it to the end point, where water and award stamps were handed out. Then it was time to collect our things and head back home to Ottawa.



The Bridge

Overall it was a great weekend for all those that attended, thanks to all the volunteers in the chase cars, the organization team for mapping and arranging everything.

September Bus Trip

As usual, our bus trip set off at 6 am and we were our normal, cheerful selves despite such an early start. Two of our newer members, Rani and her sister Maggie were “volunteered” to pass out the breakfast muffins and did a wonderful job. We passed through the border uneventfully as we had all remembered our passports and arrived in Burlington, beside Lake Champlain to do a 5 km walk. This was a very scenic walk through Battery Park with its impressive statue of Chief Gray Lock, along the waterfront and past gracious older buildings, including a large pedestrian precinct with cafes and shopping area.

After a quick break for lunch, we were all back on the bus on our way to the afternoon’s walk. About an hour later it became obvious that the bus was having some kind of problem. (A mechanical one, nothing to do with us walkers.) We pulled over to the side of the highway while phone calls were made hoping for some kind of assistance. There was a promise of a school bus being sent out to pick us up. No-one seemed too bothered by the delay as most of us decided this was a good time to go through our goodie bags, and have an afternoon snack. Some time later our driver tried starting the bus again and it actually went. So he drove quite cautiously to the Hilltop Inn and it was decided not to try the afternoon’s walk in case the bus broke down again, so we spent a couple of hours relaxing in our rooms.

A reservation was made for supper at a local restaurant but luckily just before we drove there, busman Bob called to make sure they were expecting us and found out they had given away our reservation! Off we went to Applebees but they were too busy for a bus load, and we were getting a bit desperate (and hungry) and ended up a restaurant called the Steak house. The owner was only too pleased to accommodate us in a special dining room just for us. We had fantastic service, and all agreed the food was very good and reasonably priced. Most entrees came with a salad bar choice and a dessert bar for the really hungry. We must have really liked it as we went back the next night for the same deal.

On Saturday, fully refreshed and after a good breakfast at the hotel because walkers need lots of food, we were off to tackle the Woodstock walk on a warm, sunny day. The 10 km route took us up to the top of Mount Tom with remarkable views over Woodstock, and then downhill to a picturesque lake and more downhill to the start point. We all chose different restaurants for lunch and managed a bit of shopping in the very interesting shops before returning to the bus.



Chief Gray Lock



View of Woodstock from Mt Tom

The afternoon walk took place in Littleton, New Hampshire. It was interesting to note that all the accommodations here were fully booked even though there were lots of them. We started the walk from a large pedestrian covered bridge over a wide river where numerous people were paddling and traversing the rocks so it was probably quite shallow in some places. For the 10km walkers, the route went uphill and downhill, and through a very large cemetery with its veterans section. The actual main street of Littleton was crammed full of shops, including the notorious "mile long candy store". Perhaps a slight exaggeration but with so many candies inside most people probably walked a mile making their selections. There were lots of places to sit and drink and watch the world (and the 10k walkers) go by, so a restful place to wait until it was time for the bus, and dinner in the Steak house again.



Sunday morning started off misty and damp, but nothing dampens the spirit of well fed and rested walkers so off to Stowe, where we all did a 5km walk starting off from the Stowe Inn right beside an old pedestrian covered bridge. The route took us through a large recreation area, and then around the small streets of Stowe. There was more than enough time for shopping, buying ice creams (this seems to be a compulsion for most walkers) and taking photos by which time the mist had lifted and it had turned into a warm day.

Last walk of the trip was in St Albans. Although we had noticed how the fall colour of the trees seemed more advanced than in Ottawa, it was particularly so in this small town. Owing to time restraints, we were all doing the 5km walk but even then we could not stay together in

one group as there were so many interesting things to see and admire, including a festival in the park. Some walkers got as far as there, stayed to enjoy the free drinks and food and who can really blame them as it had turned into a very warm day.

We were mostly back on the bus in time, and after a stop at the duty free we were through customs and home in Ottawa early evening – just in time for supper.

Our thanks to busman Bob for setting up this trip and the accompanying walks and all the unseen people who helped in the background. We all enjoyed the cookies provided by Frank and Tammy, Linda's homemade chocolate chip cookies, and then last but not least, Marilyn's "frying pan cookies" – a completely new concept and the recipe is in this newsletter! It's wonderful that we all have such good appetites - must be all the fresh air.



Frying Pan Cookies

1/3 cup butter
 1 cup sugar
 1 cup chopped dates (packed full)
 2 eggs – well beaten

Melt butter in large frying pan. Add sugar and chopped dates. Mix well and add well beaten eggs. Cook over medium heat, stirring constantly until well blended and very thick. While stirring, when mixture leaves pan (like scrambled eggs!) remove from heat.

Add 1 tsp vanilla essence and 2 full cups rice krispies. Mix well and cool a bit.
 Form into cookies or balls, roll in coconut and leave to cool. Enjoy!

NEPEAN NOMADS WALKING CLUB 2014							
Year Round & Seasonal Totals Jan 1 – Sept 30 2014							
YRE # - Location	\$2	\$1	Free	Total Walkers	Sanction Fee	Revenue	Loss or Gain
YRE 3 Kanata Hazeldean	38	7	0	45	\$110	\$83	-\$27
YRE 5 Exchange Pub	67	23	5	95	\$110	\$157	\$47
YRE 30 Sportsplex	27	25	3	55	\$110	\$79	-\$31
YRE 54 Manotick	47	6	2	55	0	0	0
YRE 92 Crystal Beach	27	133	0	160	\$110	\$187	\$77
YRE 100 Greenbank	41	42	0	83	\$110	\$124	\$14
YRE 130 New Balance	22	169	2	193	\$110	\$213	\$103
YRE 272 Westboro	33	83	1	117	\$110	\$149	\$39
Seasonal Walks							
YRE 147 Kanata Leis.Ctr	11	11	0	22	\$60	\$33	-\$27
YRE 148 Stittsville	25	2	0	27	\$60	\$52	-\$8
Seas 290 Barrhaven	16	5	1	22	\$60	\$37	-\$23
Seas 193 Aylmer	29	26	0	55	\$60	\$84	\$24
Totals				931	\$1198.00	\$1010.00	\$188.00

At the time of publishing, stats were only available to September 30th, so possibly only the seasonal routes lost money. The stamps for 2015 walks now reflect the new title of **Permanent Trails** rather than YRE but nothing else has changed. The seasonal routes can still be walked twice in any year, by walking once before June 30th and second time before September 30th.

Membership fees are now due. Please send a cheque (\$10 single, \$20 family) to our Treasurer:

Carol Harrison
 5 Mapleview Crescent
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See you on the trails!

