



FOOTNOTES

Newsletter of Victoria Pathfinders Walking Club

Fall 2020

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*Victoria Pathfinders
Walking Club*

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Welcome!

Fall Footnotes is the first newsletter produced by Victoria Pathfinders Walking Club.

**Several people made this edition possible.
Check out the following:**

- **Our President's Message**
- **Upcoming Walks**
- **Monday and Wednesday Morning Walks**
- **First Aid Kits**
- **Articles and Photos**

My thanks to everyone who contributed to Fall Footnotes.

Enjoy!

Frances Aknai

President's Message by Wendy Renwick

This is my first chance to communicate with all of you since taking over as President. I will cover two topics in this message – the impact of COVID-19 and the first meeting of the Victoria Pathfinders.

Impact of COVID-19

Since the last edition of Footnotes in February a lot has happened to volkssporting in Victoria and to the world at large.

In late 2019 many of us had great plans to travel, to attend walking festivals in the U.S. and the CVF convention in Yellowknife. We had no inkling that a new virus was about to disrupt our plans and, for a time, cancel our walks and confine us to our homes. We existed in a strange new normal from mid-March to mid-July. All walks were cancelled, we walked alone or with a very few others in socially distanced groups. Then, with the virus apparently on the wane (at least on Vancouver Island), we started talking about re-starting our walks in a way that would comply with public health directives and allow our members to be safe. Members of our Managing Group put their heads together and came up with touchless, distanced procedures that allowed the walks to resume. Instead of stamps we now had labels. To protect those doing registration we were asked to wear masks while at the registration table. To spare the registrars having to handle money, we were asked to bring exact change or, in the case of PTs, use coupons. To avoid having to touch a pile of printed maps at the registration table the maps are now emailed to all members, who print their own. To allow members to walk PTs on their own and still get Volkssport credit when many walk boxes are not available our Managing Group came up with a Personal PT sheet on which members could record 20 PTs, then submit the completed form to receive their stamps (labels). The time allowed to complete Event Walks was extended so members who are not comfortable walking in a group could do the walks on their own and still get Volkssport credit.

The response from our members was gratifying, to say the least. It was obvious how much we had all missed our group walks. Attendance at walks has gone up significantly since the July restart and we all adapted quickly to the new procedures. We will continue to schedule a full calendar of walks while it is safe to do so. We are so fortunate to have an activity that we can continue to do and to have so many willing volunteers to make the walks happen.

First Meeting of New Club

On September 5, 2020 Victoria Pathfinders Walking Club held a Special General Meeting with 35 members in attendance and, with that, inaugurated the new club. The new executive of the Victoria Pathfinders consists of myself as President, Monique Murphy as Vice-President, Lyn Wray as Secretary and Joan Sanderson as Treasurer. In addition to the executive Rick and Christine Desjardins, David and Beverley Cattrall, Sandy Malcolm, George and Diane Copley, and Frances Aknai have all agreed to continue to be part of the Managing Group.

A huge thank you to everyone who has agreed to serve on the Managing Group. Their knowledge and experience are an invaluable asset to the club.

Until next time – be calm, be kind, be safe. See you on the trails!

Wendy

UPCOMING WALKS

Sunday, November 1 – 10 Mile Point 5/10 km

Map Walk (rated 2B)

Gyro Park, Sinclair Road & Cadboro Bay Road,
Victoria V8N 4G1

Contact: Susan at 250-727-6826

This is a scenic walk on beach, the quiet roads of Ten Mile Point & trails along the water & through the Queen Alexandra Hospital grounds.

Saturday, November 7 – Fairfield – Moss Park 5/10 km Map Walk (rated 2A)

Meet in the Beacon Hill Park cricket pitch parking lot at Park Boulevard and Heywood Way.

Contact: Ada at 778-922-1950

Walk through historic Victoria.

Sunday, November 8 – Layritz Park 5/10 km

Map Walk (rated 2B)

Meet in the parking lot at the Markham Street entrance to the park, Saanich V8Z 5N3.

Contact: Rob at 250-658-4998

Walk through several parks connected by country roads of Saanich.

Saturday, November 14 - 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.

Sunday, November 15 – 5/10 km Map Walk (rated 2B)

Central Saanich Municipal Hall, 1903 Mt Newton
Cross Rd, Saanichton, BC V8M 2A9

Contact Carol V. 250-818-1481

This is a beautiful walk in Central Saanich.

Saturday, November 21 – 5/10 km PT031

Oak Bay Recreation Centre, 1975 Bee Street

Contact: Beverley at 250-598-4316

Choice of 3 routes in Oak Bay

Sunday, November 22 – 5/10 km PT 165

Esquimalt Recreation Centre, 527 Fraser Street

Contact: Marge at 250-727-0502

Choice of 4 routes in Esquimalt

Saturday, November 28 – 5/10 km PT 026

Sidney Travelodge, 2280 Beacon Avenue, Sidney

Contact: Carol J. 250-818-6870

Choice of 5 routes in and around Sidney

Sunday, November 29 – 5/10 km PT 029 Walk

Henderson Recreation Centre, 2291 Cedar Hill X
Road, Victoria V8P 5H9

Contact: Susan at 250-727-6826

One of three routes which include beach walks, Cadboro Bay, Ten Mile Point, Queen Alexander Hospital grounds, Uplands and UVic trails.

Saturday, December 5 – Arts Alive 5/10 km Map Walk, Oak Bay. (rated 1B)

Windsor Park Pavilion, 2451 Windsor Road, Oak
Bay V8S 5H3

Contact: Christine at 250-478-7020

This walk is a tour of Oak Bay's annual public art display and competition called Arts Alive. The sculptures are on display for one year and the public is invited to vote for their favourite. The winner becomes part of the permanent public art collection. The walk visits 20 sculptures displayed throughout Oak Bay and includes this year's entrants plus winners from previous years.

Sunday, December 6 – 5/10 km Map Walk (rated 2B)

Olympic View Golf Course, 643 Latoria Road,
Colwood V9C 3A3

Contact: Sandy at 250-812-0303

The 10 km walk will take you through Latoria Park, Outlook Park and other parks along the route with many splendid views of the Juan de Fuca Straits. The 5 km walk will take you through Royal Bay with splendid views of the Juan de Fuca straits

Saturday, December 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, December 13 – 5/10 km PT 108
 Elk Lake Parking Lot, Brookleigh Road
 Contact: Pat or Ed at 250-658-2325
 Choice of 5 routes around Elk Lake

Saturday, December 19 – 5/10 km PT 160
 Western Foods, 1400 – 6660 Sooke Road, Sooke
 Contact: Wendy at 250-812-5136
 Choice of 3 routes around Sooke

Sunday, December 20 – 10 km PT 019 (rated 1B)
 Coast Victoria Hotel, 146 Kingston Street, Victoria
 V8V 1V4
 Contact: Randy at 250-590-7175

Choice of several routes in the downtown, James Bay,
 Beacon Hill Park, Songhees, Selkirk areas.

Saturday, December 26 – James Bay – Oceanside
 5/10 km Map Walk (rated 1A)
 Fisherman's Wharf Park, Dallas Road & Erie Street,
 Victoria V8V 5A8
 Contact: Frances at faknai@shaw.ca
 Scenic walk on waterfront areas of Victoria, including
 Ogden Point, Clover Point & streets of Fairfield &
 James Bay.

Sunday, December 27 – 5/10 km PT 109
 Greenhawk Harness & Equestrian Supplies, 7154 West
 Saanich Road, Brentwood Bay
 Contact: Carol V at 250-818-1481
 Explore the charming seaside village of
 Brentwood Bay, passing totem poles and the
 Brentwood Bay Marina.

MONDAY/WEDNESDAY MORNING WALKS

The following schedule of Permanent Trails (PTs) has been established for Volkssporters who like to walk Monday and Wednesday mornings in the Greater Victoria area. The walks are not marked. Due to Covid-19 there will be a walk leader at the start point to organize the walk. The walk leader will have maps, labels and a registration sheet. If a large group of walkers show up, the group will be broken into smaller groups. There may not be a leader for the 5 km walkers. We may go for coffee on completion.

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 250-514-3181 or Carol V. at 250-818-1481.
3. Registration 8:45 am, walk 9:00 am.
4. Cost of walks is \$1.00 or a PT coupon

MONDAY		WEDNESDAY	
DATE	LOCATION	DATE	LOCATION
Nov. 2	Oak Bay Recreation Centre	Nov. 4	My-Chosen Café
Nov. 9	Westshore Parks & Recreation	Nov. 11	Frontrunners, Goldstream
Nov. 16	Henderson Recreation Centre	Nov. 18	TBA
Nov. 23	Pearkes Recreation Centre	Nov. 25	Elk Lake, Brookleigh Road
Nov. 30	Running Room	Dec. 2	Greenhawk Harness
Dec. 7	2:18 Run, Fairfield	Dec. 9	Pearkes Recreation Centre
Dec. 14	Travelodge, Sidney	Dec. 16	TBA
Dec. 21	Cedar Hill Recreation Centre	Dec. 23	Serious Coffee, Millstream
Dec. 28	Esquimalt Recreation Centre	Dec. 30	Frontrunners, Goldstream

First Aid Kits by Sandy Malcolm

Do you walk or hike with a first aid kit?

We never think our walking buddies or ourselves are going to be injured on a trail. Many of our experienced walkers can tell you of their unexpected falls and associated injuries while walking on everyday trails and walkways.

A well-stocked first-aid kit can help you respond effectively to common injuries.

I've come to the conclusion that having only the leader of a walk carry a first aid kit is not a practical solution. If you have an accident and you happen to be next to a leader then you're fortunate. Otherwise, you could be several kilometres away from the required first aid kit.

I would like to encourage all walkers to explore the possibilities of carrying their own personal first aid kit. For myself, I'm never without my first aid kit. I would feel irresponsible if a walker needed my assistance and I had nothing to offer.

As to what kind of first aid kit to purchase that would be an individual choice. I would recommend you purchase something that you can afford and comfortably carry in your backpack. There are many online suggestions you may want to research. Disinfectant, bandages, ankle and wrist wraps (along with many other items) take up very little space in my backpack.

Check out the first aid kit options at Robinsons, St. Johns Ambulance, online sources, outdoor stores and drugstores. If you prefer to purchase supplies individually and put them in a Ziploc bag that works too.

If nothing else convinces you – keep in mind that the people around you may not be as prepared as you are. Your first aid kit may come in handy if you or anyone around you experiences an injury.

PLEASE consider carrying a personal first aid kit. If you would like additional information or more detail please contact me.

Thanks to George for his first aid kit purchases for our group and to the many walkers that I've talked to who have now added first aid kits to their backpacks.

Record Books

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

Marion Boom
42 Billingham Crescent
Ottawa, ON K2K 2T7

Marion's email address is walking4fun2@gmail.com



Good news! We are pleased to announce we will be hosting **Walk the Island** in April 2021 - four days of walks in Victoria followed by a week of walking up-Island. These walks replace the Phoenix Festival, which cannot go ahead because of COVID-19. There will be many beautiful walks to choose from and prizes to win.

From Thursday afternoon, April 15 to Sunday, April 18 there will be eight different walks in Greater Victoria, each starting from a different start point and available to be walked at a time of your choosing. Due to COVID-19 restrictions there will be no organized group walks and walkers will be asked to walk in groups of six or fewer.

On Monday, April 19 the week of up-Island walks will begin, starting in Colwood and proceeding via Duncan and Port Alberni to Campbell River, then back to Victoria via Parksville. Expect some exciting new walks and some old favourites.

No advance registration is necessary, but we are offering packages for walkers who want to sign up for either four days of walking in Victoria or ten days of walking in Victoria and up-Island. The packages will include all walks, prizes and (for the ten-day package) lunch or dinner at Port Alberni and more. More information coming soon.

If for any reason the walks must be cancelled all pre-paid fees will be fully refunded.

Schedule (subject to change)

April 15 – 18 Walks planned in Victoria	April 21 PM Port Alberni
April 19 AM Juan de Fuca Recreation Centre PM Kinsol Trestle	April 22 AM Campbell River Elk Falls PM Comox
April 20 AM Mount Tzouhalem Ecological Reserve PM Duncan Town Walk	April 23 AM Qualicum Beach PM Parksville
April 21 AM 5 km walks Englishman River Falls & Little Qualicum Falls	April 24 AM Victoria

Walk the Island with us in April 2021!

Greetings from VABC President, Brenda Dudfield

As I have been in Victoria recently, I have seen how the Club's group walks are handled in these unprecedented times. You certainly seem to be following the Provincial COVID-19 guidelines. I did enjoy meeting some of you at registration or at the end. It is unfortunate that we can't have socialization at a food location. One thing that is missing, is the Friendship part of our Motto.

Frank & I took up the challenge given by Christine to purchase one of your \$10 PT walk cards with the Registration Sheet to complete 20 walks and to receive a Club personalized mask. This was a great incentive to do two 5km walks a day while we were here. I would like to encourage those of you who haven't done this PT challenge to do it.

Thanks to Rick D for having a great file of different walks that can be done in various areas of the CRD.

I hope those of you who work towards rewards by stamping either Distance and/or Event books, that you like the new labels. They certainly make for cleaner, tidier books and even lets you know where the walk was.

Also a reminder, the CVF Winter Walking Program is now in full swing since October 15 to March 31 next year. You can download the stamp sheet from walks.ca, under the Special Programs tab. Cost is \$5 when you send the completed sheet to the CVF office next April, to receive a certificate.

Keep up you walking throughout the winter, for Fun, Fitness and hopefully Friendship.

Christmas Hill Walk by Lyn Wray

Saturday October 3 featured a walk to Christmas Hill, a nature sanctuary with 360 degree views.

Registration (socially distanced, of course!) took place at the Broadmead Shopping Centre outside the Running Room.

We then set off in small groups through varied terrain including Rithets Bog, neighborhood streets and local parks. The climb up the hill was rewarded by a rest at the top to enjoy the views and say hi to the group who had set off a little later.

Volkssporting is a wonderful way to get through Covid 19!



Goldstream Park Hike

Article by Sandy Malcolm, Photos by Monique Murphy

This walk is almost completely on trails through lush, ancient forest. We pass the majestic Upper Goldstream Falls and ancient Douglas Fir trees draped in moss up to 600 years old.

This hike is beautiful and rarely crowded as you climb steadily along the trail toward the creek which feeds Hidden Springs Falls. This water contains four times the calcium level. Good footwear and a hiking pole are recommended.



Club Contacts

Wendy Renwick, President	info@victoriapathfinders.ca	250-812-5136
Monique Murphy, Vice-President	moniquemurphy@yahoo.com	
Joan Sanderson, Treasurer	sanderonj@telus.net	
Lyn Wray, Secretary	lwray@shaw.ca	778-440-3326
George Copley, Past President	gcopley@telus.net	250-386-1279
Beverley Cattrall, Webmaster	beverley.cattrall@telus.net	
Frances Aknai, Publicity & Membership	faknai@shaw.ca	
Christine Desjardins, Walk Coordinator	rickandchristine@shaw.ca	250-478-7020
Diane Copley, Registration Coordinator	gdcopley@icloud.com	250-386-1279
David Cattrall, Trailmaster	david.cattrall@telus.net	250-598-4316
Sandy Malcolm, Trailmaster	cragybeach_125@hotmail.ca	250-812-0303
Rick Desjardins, Trailmaster	rickandchristine@shaw.ca	250-514-3181

Surfing the Net

Victoria Pathfinders Walking Club (VPWC):

www.victoriapathfinders.ca

Email: info@victoriapathfinders.ca

Take a stroll through our website to find:

- * Information about Victoria Pathfinders
- * Volkssporting information
- * 2020 schedule of all VPWC walks
- * 2020 details of all VPWC 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

Walk the Island: www.vvpf.ca

Canadian Volkssport Federation (CVF)

www.walks.ca Information on volkssporting in Canada, including all Canadian volkssport clubs

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:

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

Cedar Hill Recreation Centre

3220 Cedar Hill Road

Coast Victoria Hotel

146 Kingston Street

Esquimalt Recreation Centre

527 Fraser Street

Henderson Recreation Centre

2291 Cedar Hill X Road

Oak Bay Recreation Centre

1975 Bee Street

G.R. Pearkes Recreation Centre

3100 Tillicum Road

Running Room/Walking Room

Broadmead Shopping Centre

777 Royal Oak Drive

2:18 Run

1576 Fairfield Road

Greenhawk Harness & Equestrian Supplies

7154 West Saanich Road, Brentwood Bay

Cunningham's Fas Gas

5486 Patricia Bay Highway

Juan de Fuca Recreation Centre

(Westshore Parks & Rec)

1767 Island Highway

Frontrunners Footwear

123-755 Goldstream Avenue

Serious Coffee

Millstream Village,

#101- 2401G Millstream Road, Langford

My-Chosen Café

4492 Happy Valley Road, Metchosin

Travelodge by Wyndham

2280 Beacon Avenue, Sidney

Western Foods

1400-6660 Sooke Road, Sooke