



# "The Walkie Talkie"

Victoria 'Y' Volkssport Club, YM - YWCA, 851 Broughton St., Victoria, BC V8W 1E5  
[www.letswalkinvictoria.ca](http://www.letswalkinvictoria.ca) **September 2016**

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It has been quite a while since the last Walkie Talkie. Please note: Club email is now [yvolks@telus.net](mailto:yvolks@telus.net)  
If anyone has something they would like to share with the rest of the club please send me the info. No promises as to when the next Newsletter will be done. Photos and articles are greatly appreciated

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## **CHRISTMAS LIGHTS WALK AND SOCIAL**



**SATURDAY, DEC. 3**, Vic 'Y' hosts their 5/10km annual Christmas Lights Walk and Social. We are changing the location to the Oak Bay Recreation Centre – SportsView Bar & Grill. Join us between 3pm & 5pm for coffee/tea/cookies & social until walk time.

Registration in the Lounge from 4pm to 5pm. Open Start from 4pm to 5pm  
5km/10km - rated 1A. Contact is Judy 250.385-8519

The lighted trucks come through Oak Bay Avenue about 6pm, so if you want to see them you can adjust your walk time/distance accordingly. Don't forget warm clothing, gloves, flashlight and reflectors on clothing

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## **NEW MEMBERS**

We have some new members and I would like to extend a warm welcome to them.

Louise Klaassen

James & Shelley Campbell

Iman Adam

Pam Terry

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## **IVV ACHIEVEMENT AWARDS**

Completed books should be sent to:

Marion Boom, c/o CVF Office, PO Box 2668, Station D, Ottawa, ON K1P 5W7

First time applicants should send only their book(s). A passport will be issued with the first award. You will receive the appropriate awards for the events and/or distances you have completed.

If you do not want to receive pins, patch or certificate please include a note with your books indicating your preference.

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## **LOOKING FORWARD TO 2017**

Our AGM will be held at Oak Bay Rec Centre on March 4, 2017, in the Lounge of the SportsView Bar & Grill.

Mark your calendars and plan to attend. We have the meeting after lunch and it is usually quite short. Also, it is usually the ONLY meeting we have all year and is useful in helping members understand how the Club operates and the various ways that each and every club member can contribute to the successful running of our events each year.

**OUR WALKS DO NOT HAPPEN BY THEMSELVES – MEMBERS ARE INVOLVED**

## CVF Conference – Langley BC

Surrey Trekkers Volkssport Club hosted the Conference at the end of May 2016. Unfortunately the weather did not cooperate and when I arrived on Thursday afternoon the Hotel lobby was filled with walkers removing rain gear and dripping water all over. They all said they had a great walk even though some of their shoes were soaked and in some cases very muddy. Then Vernie turned up – she had figured out how to walk from Vancouver to Langley – and she had a big blister to show for it.

I was happy to check into my room and make some phone calls. After registering and looking at all the door prizes and silent auction items I decided to join some friends for dinner. I did the 5km group walks only. It was fun meeting up with folks from across Canada, the US and Australia. As I was the Club Delegate there were a couple of meetings to attend. Then there was also the fun stuff to attend. Meet n Greet on Friday evening and the banquet on Saturday night. Breakfast each morning at the hotel provided another opportunity to meet up with out of town folks and because the service was very slow another opportunity to socialize. Food seemed to be a part of everything we did.

I also went on the Winery Bus Tour following Conference. I had lived in the Fraser Valley for 10 years before moving to Victoria and it was very pleasant sitting on the bus and seeing all the changes. Even though I had friends in Langley I got completely turned around more than once – my things have changed. The dinner at the Greek Restaurant at the end of the tour was a lot of fun. More draw prizes and good food.

The next Conference just might be held in the Maritimes – probably in a couple of years – It will be fun.

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## **My Summer Fun. – Judy**

The rest of my summer was busy as my long time friend, Helen came from Australia for 6 weeks. The day after the above Winery Bus Tour I picked her up at Vancouver Airport at 8am and we spend 3 very busy days sightseeing/walking in Vancouver and once again getting very lost in North Vancouver (I had lived there for several years as well). So many changes.



After a couple of days in Victoria we headed to Port Hardy, then took a float plane to The Grizzly Bear Lodge in Smith Inlet for four days. We only saw one grizzly, but he was really big and he swam around, wandered along the bank and then lazed on a log for about 40 minutes. We saw many mink, otters a pod of transient Orcas (including one baby); had excellent companions from Holland, Germany and Australia and the best food imaginable. The Lodge itself was wonderful and the staff were so helpful and spent just the right amount of time with the guests.

Then we headed to Port Neville and took the passenger ferry to Alert Bay to see the new Native Cultural Centre and the Totems at the Cemetery. I had sailed the many inlets above Campbell River years ago so we were revisiting some of my favourite places while allowing Helen to see parts of BC she had never heard of. Some of the totems have fallen since my last visit but the remaining ones are still worth the trip. Telegraph Cove and Resort was a great spot to spend a couple of days – BBQ Salmon on the dock, whaling museum, cabins on the water, kayaking, hiking. We stopped to visit some friends in Qualicum Beach and then on to Port Alberni where we did the day trip to Ucluelet on the MV Frances Barclay. As we wandered around Port Alberni we remembered our first visit. (We left Australia the day of the Alaskan earthquake in 1964. We were in P.A. in May 1964 and there were boats/cars on sidewalks, houses with mud all over them etc – the tsunami that came up the Alberni Inlet will never be forgotten).



Another couple of days in Victoria then it was off to Banff via Hwy 1. We did a couple of Volkssport walks along the way. These were Directors walks and we got the instructions and Registration off the Internet. We did the 10k in Salmon Arm – one of my favourite walks through a bird sanctuary.

From Revelstoke we went south and took the Galena Bay ferry – one of the free inland ferries – and then down to Halcyon Hot Springs. We happily spent a couple of hours soaking in the pools and enjoying the scenery. We stayed 2 nights in Golden and went back and forth to Banff National Park from there.



One day we went to Emerald Lake and did the 5k walk around it. The trail on one side is designated accessible the lake is so beautiful – the most beautiful colour. We took many photos because the reflections and the changing light seemed to make it even more spectacular at every turn. That night we went into Field as the Truffle Pig was recommended as a good place to eat. We were lucky to get the last two seats at the bar and enjoyed some fabulous food. Learned that you could only live in Field if you were a Parks employee.



We did stay in Banff one night, went up the chair lift. What spectacular views from the top plus a wonderful walkway. We walked through the great Fairmont Banff Springs Hotel and bought ice creams from two Japanese students who were impressed with my 2 Japanese phrases. Originally built in 1888, destroyed by fire, then re built and reopened in 1928. Just a short drive to Lake Moraine. This is my favourite lake and we enjoyed the in/out walk along one side of the lake with some spectacular views. Then onto to Lake Louise. Neither of us was impressed with this lake or the famous hotel.

Our hotel in Radium was a treat with spectacular views over the valley and a fabulous restaurant next door operated by a Hungarian couple. I had always gone on down the highway and never taken the side road into Invermere. Rick and Christine had laid out a 10k/5k walk so that we would have and I (for Invermere) for the new Canada A-Z Program, so we decided to check it out. It was so hot we only did the 5k but thoroughly enjoyed the town, its small shops (Helen found a deer skin clutch that she immediately bought for her daughter) and a great bakery where we renewed our energy.

We crossed the border into the US and they did not care that we had an apple they were only interested in guns and tobacco (and I had been preaching about some of the border crossings and their strictness). HUH? Two minutes after clearing Customs we spotted an odd assortment of adults and kids milling around so we stopped to see why. A food truck – specifically homemade ice cream made by a US veteran who also collected small change donations to buy assistance dogs for his fellow veterans. FANTASTIC ice cream. We were becoming connoisseurs of ice cream and this was THE BEST.

Did a lot of shopping in Missoula, MT (no tax). Also a very poor State so we found good prices, inexpensive food and very nice inexpensive accommodation. We wandered around the old part of Missoula and enjoyed the old buildings, a former hotel with a fabulous Art Deco Lobby (now an apt building) and another very busy so therefore, very great Ice Cream place. We watch people rafting and paddle boarding, and found the historical plaques recounting the Lewis & Clark Expedition in this area filled in large gaps in my knowledge of American History. Next day we ended up on 93S – a road I had wanted to travel on for a long time but had decided we would be better taking one of the freeways. Guess what. As we left Cabala's (yes we did more shopping), I asked the cashier how to get to Idaho Falls - Left on that road outside the store. We were on 93South. A delightful road to drive with spectacular scenery (but narrow and only 2 lanes). A bathroom break necessitated a stop in Darby, a very small interesting town. One of the smallest liquor stores with the most fantastic selection of whisky I have seen in a long while. Helen bought some wine and a raffle ticket for a gun (as a joke for George in Australia). A vacant lot had a variety of metal animals, stagecoaches, figures – all done by one man and the store can't get enough. While we were in the "antique" store the metalworker produced 2 sheep, 3 dogs and a pig from the back of his car.



And so we continued on our way to Idaho Falls when it started to rain. So heavy it sounded like hail on the roof of the car. So dark even the headlights and wipers were ineffectual so we tucked in behind a big truck and followed its lights for miles and miles. I did not want to stop as I was concerned about rock slides. We finally arrived in Challis and stopped for a much needed leg stretch, followed by the 10 or more cars that had been behind us. The kid that filled the car said they had no rain, only sun all day - and the truck we were following? It just kept on truckin'.

We did get to Idaho Falls – quite late – very, very nice motel. A great family restaurant and Helen ordered Trout. I personally hate trout. She asked the waitress is the fish was fresh and she advised it was from a farm down the road and they got new supplies every two days. I suddenly realized it was sea trout or better known by us as farmed salmon. Helen was convinced it was rainbow trout. She was wrong. I ordered two fruit skewers and was served two very large bowls of cut up fruit. Waitress said the kitchen staff got carried away and they had to serve it as it could not be kept. So I got 6 fruit skewers. (Breakfast and lunch the next day included?)

The trip to Jackson Hole was uneventful and we arrived by noon. Our room was ready so we dropped our bags and went for a walk around town, got some groceries and then Karen and family arrived. Another walk into town followed by dinner at a Vietnamese Restaurant. Peter, Ursula and kids were delayed in Houston. I decided to head to Portland the next morning as the New York group were delayed another day. So I left at 7am and got to Portland about 9pm. Stayed with friends for 3 days, then 1 day in Silverton with Ric and home for 3 days then left for Brussels.....to be continued

Highlights? We rode 3 carousels, 4 chairlifts and ate many flavours of homemade ice cream.

This particular carousel went so fast we were strapped in with a 2” strap and had fun trying to pick off the rings as we went around. The boys in front of me were particularly good at getting the rings.



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**Victoria Y Volkssport walks Oct – Dec 2016**

- Oct 15, 2016 Highland Golf Course – 5k and 10k go around Thetis Lake and residential areas
- Nov 11, 2016 YMCA downtown – staggered start times to allow walkers to be at the Cenotaph for the 11am ceremony
- Nov 12, 2016 Lighthouse Walk from Oak Bay Rec Center. 5k and 10k walk to McNeil Bay overlooking Trial Island Lighthouse and Oak Bay residential areas
- Dec 03, 2016 Christmas Lights Walk – new location Oak Bay Rec Centre. Full info will be sent out as part of weekly walk notices
- Dec 18, 2016 Cedar Hill Rec Centre – 5k and 10k around the chip trails and residential areas.

Then we start 2017 with our Annual Welcome to the New Year Walk from the Y downtown on January 1, 2017

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A couple of photos from our Harvest Walk 2017 at Centennial Park, Central Saanich – pot luck picnic

Don't forget to check out the photos on our website – [www.letswalkinvictoria.ca](http://www.letswalkinvictoria.ca)

**Walkie Talkie** is YOUR newsletter. If you have anything you would like to share with your fellow club members please send the information to me, e.g. articles on the 'art of walking', specific health benefits, a great walk you have done, recipes, jokes, riddles, pictures. You can send me an email: [smoosh@telus.net](mailto:smoosh@telus.net) or give me any articles at a walk.

**WEBSITE Development and Maintenance:**

(Discount to Volkssport Club Members)

TS Computer Services

Michael (Mike) Tauber

Ph: 250-383-1595

email: [ts@islandnet.com](mailto:ts@islandnet.com)

**Some useful Web Sites**

Volkssport Assn of BC (VABC)**	<a href="http://www.volkssportingbc.ca">www.volkssportingbc.ca</a>	Info on all BC clubs and events
Canadian Volkssport Federation (CVF)	<a href="http://www.walks.ca">www.walks.ca</a>	Info on all Canadian Clubs, walks and Volkssport in Canada
American Volkssport Assn (AVA)	<a href="http://www.ava.org/">www.ava.org/</a>	Info re all American Clubs, walks and Volkssport in the United States
International Volkssport (IVV)	<a href="http://www.ivv-web.org">www.ivv-web.org</a>	Info about walks in other parts of the world
Volkssport Alberta	<a href="http://www.walkalberta.ca">www.walkalberta.ca</a>	Info on clubs and walks in Alberta
Juan de Fuca Pathfinders	<a href="http://www.jdfpathfinders.ca">www.jdfpathfinders.ca</a>	Walks in the Western Communities
Garden City Wanderers	<a href="http://www.gardencitywanderers.ca/">www.gardencitywanderers.ca/</a>	Walks in Victoria
Victoria 'Y' Volkssport Club	<a href="http://www.letswalkin victoria.ca">www.letswalkin victoria.ca</a>	Walks in Victoria

\*\* Last minute changes to any walk are posted, so if you do decide to do an out of town walk make sure you check this site before you leave. Also complete information for mail-in registrations is shown.

**Thank You** for your continued support:

<b>YRE Start Points:</b>	Oak Bay Recreation Centre Cedar Hill Recreation Centre Esquimalt Recreation Centre YM-YWCA	<b>NEWSPAPERS:</b>	Times Colonist Go Magazine Community News Group – Oak Bay
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**Vic 'Y' Volkssport Club Executive, 2015**

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Vice Pres	Vacant	
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Treasurer	Hazel Dunham	250 395-5439
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**Walkie Talkie** is the newsletter of the Victoria 'Y' Volkssport Club

