



## Vancouver 'Venturers Volkssport Club

Email: [vancouverventurers@gmail.com](mailto:vancouverventurers@gmail.com)  
 Facebook: <https://www.facebook.com/groups/vancouverventurers/>  
 Meetup: <https://www.meetup.com/Vancouver-Venturers-Meetup/>  
 Website: <https://vancouverventurers.com/>

### Newsletter #91

July – December 2019

### Nothing 'Ventured – Nothing Gained

2019/2020

#### VVVC EXECUTIVE

President	Doug J.
Vice President	Agnes L.
Secretary	Jerry v.Z.
Treasurer	Denise M.
Membership	Patricia L.
Trail Master	Markku V.
Technology Director	Rob O.

#### VOLKSSPORT AWARDS

from Jan/Feb/Mar 2019 and  
 Apr/May/Jun 2019 issues of  
*Volkssport Canada*



Congratulations to all the distance and event award winners!

Doug J.	10 & 30 & 50 events
Hélène D.	1150 events
JC (Jean-Claude) D.	1200 events
Rita H.	1600 events
Letitia (Tish) S.	2000 K
Markku V.	3000 & 3500 K
Jerry v. Z.	3500 K
<b><u>Rita H.</u></b>	<b><u>35,000 K</u></b> WOW! Way to go, Rita!

Send completed IVV Record Books to:

Marion Boom, CVF Awards Coordinator  
 42 Billingham Cres.  
 Ottawa, ON K2K 2T7

**WELCOME TO 42 NEW  
 VVVC MEMBERS!!!!!!!**

Our club has grown by leaps and bounds; we must be doing something right! The VVVC now has **87** full-fledged (dues-paying) members, including 42 who have joined since the last club newsletter was published last October. WELCOME ALL NEW MEMBERS!



**PRESIDENT'S LETTER**

July 2019

If you are enjoying being a member of the Vancouver 'Venturers as much as I am, then we are doing our job. It really has been very satisfying to help put together a plan to "Grow this Club".

I want to THANK Vemi for her many years of work in keeping this club around and I also want to THANK Gillian for staying on as our Treasurer and helping us while we transitioned to the new focus - "Growth". The growth we have experienced is amazing and I want to bring to your attention some of the ways this was attained: Agnes developing many new walks, Christine P suggesting a walk that has become a favourite, Gord H developing a map walk for the club that is on our 2020 schedule. There are so many choices and reasons to walk with us.

Agnes in particular, in her position as Vice President, has been so busy. Our walk schedule - all Agnes. Formatting the maps we follow - all Agnes. Coordinating all things VVVC - all Agnes. Agnes is truly a great asset to our club.



A number of long-time members of the Surrey Trekkers have joined our club. They have helped explain Volkssporting to the many, many newcomers who have found us through Meetup. Without this help we would not be growing so fast.

Jerry v. Z. – THANKS for keeping our Meetup site so current - 1700 + members now. This shows that people are looking for what we are offering – "Fun, Fitness & Friendship". I hope that you – our club members – introduce yourselves and walk with these new people who are looking to socialize with us. Jerry is also our new Secretary and Newsletter Editor. THANKS for stepping up to take these positions, Jerry. We appreciate your help and I hope everyone gives you the kudos you deserve. Without Jerry you would not be reading this.

Rob O. – What do we keep hearing? Our club has a website that rivals any professionally developed site and a Facebook site that now has 200 + Volkssporters from many different places watching us. AMAZING!

Patricia L. -- Patricia's job will only get busier as we grow but we like the job she is doing with membership. Patricia also is hosting all of the walks in our Stanley Park Series, 21 in total and always with a smile. THANKS.

Markku V. – How lucky we are to have a Trail Master willing to literally go the extra mile (kilometre) and with the skills to make our maps. Markku has been busy with all the new walks.

Our new Treasurer, Denise M. -- THANKS for helping us. I hope you know we appreciate you offering to do this job.

Then there's Lynn, our *photographer extraordinaire*. It is Lynn's many fabulous pictures that make our social media shine and so eagerly followed by so many people.

And of course Nancy - my silent partner, always helping with everything we want to do to make this club better.

WHAT A TEAM! How lucky I am.

Everyone else -- It would be nice if you could help out a bit. We have some walks that need a host - especially on Thursdays. You would ensure that people sign in, make a short announcement and give the loonies to Denise. Interested?

I look forward to walking and talking with you. See you soon.

Doug



## INTRODUCTION FROM NEW NEWSLETTER EDITOR



Hello. My name is Jerry v. Z. Seven and a half years ago my husband Markku V. and I joined Volkssporting. Since then, we've walked over 4,000 kilometres and volunteered our time in various capacities with the Surrey Trekkers and Vancouver 'Venturers. I'm presently Secretary of the Vancouver 'Venturers and Vice President of the provincial association (VABC). I also look after the Meetup sites of both Lower Mainland Volkssport clubs. This is the first newsletter I've edited; I hope you all enjoy it. I welcome your feedback and encourage you to contribute content (Map Walk reports, other articles and photographs) for the next newsletter. I can be contacted at [vancouverventurers@gmail.com](mailto:vancouverventurers@gmail.com), attention Jerry.



## KEEPING TRACK



Do you like walking with the Vancouver 'Venturers as much as I do? Walking is a great way to get-keep-stay fit, and walking with others who want the same thing is such a huge motivator. The fact that I like these fellow walkers and want to see and talk to them while walking is another positive reason to meet with the club and go for a walk.

I really don't need any more motivation....but KEEPING TRACK of the walks I do, being able to look back and see that I completed 44 walks since January 1, confirms and keeps me motivated, that I am doing what I should be doing with my time, keeping healthy.

How do I KEEP TRACK?

You must have noticed many of your fellow walkers with their green or blue or red or yellow record books that they stamp at each walk. Those books and the stamps within, confirm that you walked a 5 or 10 km walk and where you did it. This is kind of like a passport, it KEEPS TRACK of all the walks you do and how many kilometres you walked.

Why the different coloured books? In one book you can keep track of how many DIFFERENT walks you have attended and in the other book you keep track of how many kilometres you have walked. It gets quite impressive, believe me.

On your first walk with our club, we give you a free little booklet that will let you keep track of your first 5 walks on one side and the distances you walked on the other side. After you have completely filled this booklet you can purchase a larger (coloured) book for \$5.00 and keep track of how many kilometres you have walked. You might also want to purchase a second book to keep track of how many DIFFERENT events (walks) you have done.

Tip: keep your books in a zip lock bag - we do walk in the rain.

Once you have filled a coloured book completely you may mail it to Marion Boom in Ottawa. She'll send you a certificate (award) showing what you have achieved and your name gets published in this Vancouver 'Venturers newsletter (if you wish) and in our national (CVF) newsletter, showing what you and others have accomplished. It really is satisfying to look at your completed books and realize that you are KEEPING TRACK while having FUN, being FIT and making friends.







Ask around – Ask Susan, or Sona, or Verni or JC or Hélène or Patricia or Jerry or Markku or me; we would be very happy to show you our KEEPING TRACK stamp books.

I hope KEEPING TRACK will motivate YOU to walk with us more. After all, that is the goal of our walking club.

See you soon

Doug J.  
President, Vancouver 'Venturers



## WALK REPORTS

### SOUTHLANDS

(Vancouver)

Sunday, June 2, 2019



Coordinator: Sharon M.

Weather: Warm and sunny

Distance: 6K/10K

Trail Rating: 2B

Number of Participants: 74

History: August 2014, August 2016

#### Report by Sharon M.:

The warm sunny day brought a good turnout to this relatively bucolic area of Vancouver. Horses being exercised on the quiet roads, and horses behind fences were spotted at various points. The breeze along the Fraser River path was welcomed, and we enjoyed the marina between Deering Island and the mainland. There was an interesting contrast between more recently built luxury homes, and some of the more modest farm houses from years past. About 20 or so folks enjoyed refreshments at McCleery Golf Course after their walk ended.

Many thanks to Verni for her help at the registration table both before and after the walk—hope your ankle is soon mended so that we will see you on the trails once again.



## **BOUNDARY BAY AREA OF TSAWWASSEN (Delta)**

Report by Verni B.

**Sunday, March 17, 2019**

Coordinator: Verni B.

Weather: Sunny and warmish (and great for walking)

Distance: 5K/10K      Trail Rating: 1B

Number of Participants (on day): 74 (22 VVVCers)

(Two other VVVCers had done prewalks.)

History: June 2009; October 2013; September 2017

Comments: The two prewalks and the actual Volkswalk in the Boundary Bay area of Tsawwassen were enhanced by sunny weather. At the end of the walk on March 17, it seemed to me that there were more comments and compliments about the “shamrock” cookies than about the actual walk route! However, I did hear “lovely walk” and “Secret Garden was a treat” and “we should do this walk again next year.” Besides the birds in the photos below, some herons and sandpipers were also seen. Thanks to Judy D and Linda M for accompanying me on the prewalks and to Judy D for offering to provide the cookies.



Mallards and widgeons on pond



Hawk and eagle  
Photos taken during January Prewalk



View northward with seagulls



**MOUNTAIN VIEW AREA OF VANCOUVER**

Report by Verni B.

**Saturday, November 3, 2018**

Coordinator: Lucille P. (but ill on day so Verni covered for her)

Weather: Raining (and not so great for walking)

Distance: 5K/10K      Trail Rating: 2B

Number of Participants (on day): 43 (17 VVVCers)

History: June 2002; July 2006

Comments: The start/finish was at Kensington Community Centre (as it had been in 2002), and the route was a repeat of the one Lucille had devised that year. (In 2006, the route was a bit different as we had gathered that time in Lucille's nearby backyard.) Many favourable comments were heard about the route – and its interesting cemetery – as quite a few folks had not walked in the area before. Lucille's homemade cookies didn't get to this year's walk, but Brian at the Community Centre kindly provided some coffee and (store-bought) cookies which were very appreciated when the wet walkers returned.



Community garden bench



A "fish" in the cemetery



Reminders of Halloween



**HANDS OF TIME – AN INTERESTING VOLKSWALK IN VICTORIA**

Report and photos by Verni B

On May 2, prior to participating in some of the walks associated with Phoenix Festival 2019, I did this special Permanent Trail in BC's capital city. I highly recommend it – as long as you're willing to spend extra time searching for the 12 *Hands of Time*. It took me 4 hours to do the 10K.

The sculptures depict life-sized hands engaged in activities symbolic of Victoria's past.  
(Thanks to David Catrall for creating the 5K and 10K routes.)





### **A HEARTWARMING LETTER FROM A NEW MEMBER**

Hello everyone; my name is Lenize. I'm from Brazil and I've been living in Vancouver for five months. Okay, but why am I sharing that? And what does this have to do with the walking club?

Let me explain that to you.

I came to Vancouver to learn English and I'll be here for two years.

When I got here everybody told me about Meetup, an app that could help me find groups that interested me. I admit that my only goal was to speak English as much as possible. So, I just looked for conversation groups, but almost all of them met in coffee shops and I would have had to buy something there. I didn't want to spend any money, because I didn't have any. When I edited my interests on Meetup, I found the 'Venturers walking group. I saw that it was for free, and they had an event in Stanley Park.

I thought "why not?" I didn't read the instructions in the posting (don't do that), so I left my home at 9:30 and I walked to the start point. Doug was there waiting for me; I was the last person to arrive, at 10 am. He lent me an umbrella, and it helped me a lot, because it was raining heavily.

The walk was amazing. I talked a lot, I met wonderful people and I discovered a beautiful place.

Everybody told me that my English was good. I know it wasn't, but it helped me to become confident and to try to speak more and more.

After my first walk, I went a few more times. I became a member and I've been to wonderful places. As I don't have much free time to go outside, walking is the only way I've been able to discover new places. And I love it.

So, if you are an international student or a newcomer, please come to the walking club. You'll definitely be able to practice your English in a good environment, you'll have fun and you'll discover amazing places in the great city of Vancouver.





### The Personal Walking Challenge - Yes, You CAN! by Letitia (Tish) S.

Have you ever wondered about keeping track of and getting credit for walking while away from home or recovering from an injury? Well, the Canadian Volkssport Federation has a fantastic, no-cost program designed just for you! It's called the **Personal Walking Challenge (PWC)** and is available here:

<http://walks.ca/what%20is%20volkssport.html#awards> (Scroll to the **bottom** of the page). This program is ideal for people who:

- Are snowbirds
- Are recovering from injury and not able to walk with a group
- Are going on a short holiday that is walk-intensive
- Are going to a location with no club or Volkssport affiliation
- Are not ready for a group walk but want to chart progress in a meaningful way.

I am a snowbird in Mazatlan, Mexico, for four months every year. Mexico has no affiliation with the worldwide Volkssport Federation, so I felt "stuck" until I discovered the PWC. Although I missed walking with my 'Venturer friends, I was still able to accumulate 200 kilometres through a combination of daily, 2.5 k beach walks and self-developed 5 to 10 k routes. It was definitely a trial and error process. Although I was a regular 10 K'er in Vancouver, there were a few things in Mexico I hadn't counted on. Here they are, for the benefit of anyone thinking of doing an individual walking program in an unfamiliar environment. Now is also a good time to say "thank-you" to those hard-working hosts and trail masters who put so much time and preparation into making sure the walks back home run smoothly and glitch-free.

1. Walking on sand is a lot harder than it looks. 2.5 to 5 k became my new normal on beach terrain.
2. Starting mid to late morning in a hot country is a recipe for disaster. Often, the sun is simply too hot to complete the walk.
3. Exploring new neighborhoods? Consider walking with another person whose ability is similar to yours (safety in numbers) and stick with lower kilometres until you get a good route planned out.
4. Incoming tides and celebrations - Mexico has a LOT of holidays (not great for exploring new areas when roads are blocked off) and I had to do some wading (not walking) because I forgot to check the tide calendars!
5. Learning to settle for shorter walks - This is important when you are out of your "comfort zone" either through injury, unfamiliarity with your surroundings, or adjusting to a new climate. Take it easy.

Finally, remember to record your distances daily or else you will forget. There are several options for record keeping including time, steps or distance. So, no Fitbit? No problem!

I am definitely aiming for a Personal Walking Challenge of 250 kilometres next year and I hope you will consider doing one too!





*The following article was written last November and published shortly thereafter in the national (CVF) newsletter. In the seven months since the article was written, the membership of the Vancouver 'Venturers Meetup site has tripled, having increased from 566 members to over 1,700.*

## Meetup Rocks!

My name is Jerry v. Z. I'm a member of two Volkssport clubs in B.C. - the Surrey Trekkers and the Vancouver 'Venturers. I'm also the Vice President of the Volkssport Association of B.C. During the past 15 months, I've been very active in using Meetup (<https://www.meetup.com/>) as a marketing and promotional tool for Volkssport clubs in Canada. What is Meetup? Let's go with Wikipedia's descriptions: "Meetup is a service used to organize online groups that host in-person events for people with similar interests" and "Meetup operates as a website providing membership software, allowing its users to schedule events using a common platform."

The Surrey Trekkers Meetup site (<https://www.meetup.com/Surrey-Trekkers-Volkssport-Club-Meet/>) launched in August of last year and as of this writing (November 21) has 656 members. The Vancouver 'Venturers Meetup (<https://www.meetup.com/Vancouver-Venturers-Meetup/>) went live on August 19th of this year and already has 566 members. Both of these B.C. clubs have seen significant increases in participation and membership since they have been on Meetup. I've also assisted two clubs in other provinces with their Meetups. The Dartmouth Volksmarch Club's Meetup (<https://www.meetup.com/Dartmouth-Volksmarch-Club/>) started on November 8th of this year and has 100 members. Quebec City's Club Volkssport Nord-Sud Meetup is a work in progress.

Not all members of a Volkssport Meetup will become full-fledged Volkssporters, or even come out for a single walk. Many are simply people who want to be kept in the loop about a local walking club and who may or may not ultimately decide to become actively involved in our movement.

It costs US\$89.94 for a 6-month Meetup license. The license can be shared by up to 3 different groups, which means that in the case of a Meetup license shared by 3 Volkssport clubs, each club would pay just US\$29.98 for 6 months on Meetup. Each club would have an entirely independent Meetup site despite sharing a single license.

I can be contacted at [vancouverventurers@gmail.com](mailto:vancouverventurers@gmail.com), attention Jerry.



*Our Map Walk in Pacific Spirit Regional Park on Father's Day (June 16) attracted 87 walkers (a record), including 59 who RSVP'd on Meetup (also a record). More on this event in the next newsletter.*



**Tip!**

If you literally "love someone to the moon and back" you will have to take 956 MILLION steps. Now that's love!

**Tip!**

Government guidelines suggest 150 minutes each week of moderate-intensity aerobic physical activity, such as brisk walking. Exercise in episodes of at least 10 minutes.

**Tip!**

Join a walking group. It helps keep you motivated in so many ways beyond just logging your steps.

**Tip!**

Avoid wearing cotton socks. Cotton makes it harder for sweat to evaporate and for the body to cool down.

**Tip!**

Reward yourself when you reach your activity goal, with a smoothie or an episode of your favorite show.



THANK YOU to all the businesses that support our club.

\*\*\* *Please show your appreciation to our start point hosts by patronizing their businesses.* \*\*\*

Our PT start points (including VABC PT's that will be officially ours as of next January) are:

BURNABY – Central Park: Starbucks Coffee – #120 – 6200 McKay Ave

DELTA – Ladner: Ricky's All-Day Grill – 5239 Ladner Trunk Rd

RICHMOND – Richmond Centre: Ronsons Shoe Store – 6551 No. 3 Rd

RICHMOND – Steveston: Steveston Community Centre – 4111 Moncton St

RICHMOND – Terra Nova: Thompson Community Centre – 5151 Granville Ave

VANCOUVER – Downtown/West End: JJ Bean Coffee – 1188 Alberni St

VANCOUVER – Kitsilano: the Running Room – 2112 West 4<sup>th</sup> Ave

VANCOUVER – Shaughnessy/Queen Elizabeth Park: Indigo Books – 2505 Granville St

VANCOUVER – Stanley Park: the Running Room – 679 Denman St

WEST VANCOUVER – Ambleside: Café Crema – 1495 Bellevue Ave