



Vancouver 'Venturers Volkssport Club

Email: vancouverventurers@gmail.com

Website: <https://vancouverventurers.com/>

Facebook: <https://www.facebook.com/groups/vancouverventurers/>

Meetup: <https://www.meetup.com/Vancouver-Venturers-Meetup/>

Newsletter #92

January – June 2020

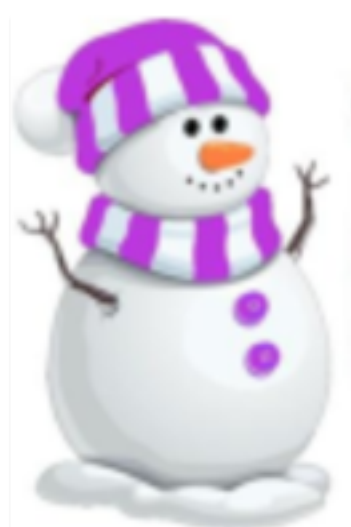
2019/2020 VVVC EXECUTIVE

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.

Nothing 'Ventured – Nothing Gained

VOLKSSPORT AWARDS

from Jul/Aug/Sep 2019 and
Oct/Nov/Dec 2019 issues of
Volkssport Canada



Congratulations to all the event and distance award winners:

Doug J.	75 & 100 events
Hélène D.	1,200 events
JC (Jean-Claude) D.	1,250 events
Doug J.	500 & 1,000 & 1,500 km
Dick P.	3,000 km
Jerry v. Z.	4,000 km
Markku V.	4,000 km

Mail your completed IVV record books to:
Marion Boom, CVF Awards Coordinator,
42 Billingham Crescent,
Ottawa, ON K2K 2T7

WELCOME ALL NEW CLUB MEMBERS !!!

It's no secret that our club is continuing to grow. On September 14 our membership count reached 100 and as of December 28, we had 111 full-fledged (dues-paying) members. Our membership director Patricia L. reports that 52 members live in Vancouver, 10 in Burnaby/ New West., 7 on the North Shore, 3 in Richmond, 4 in Port Moody/Coquitlam, 8 in Delta, 12 in Surrey/White Rock, and 5 in Langley. Ten members live outside B.C. -- 3 in Ontario, 5 in Washington State and 2 in Oregon.

Our lucky 100th member - Phyllis M - was rewarded with a free club shirt, courtesy of our newsletter editor, Jerry v. Z.

*Submitted by Doug J.,
President, VVVC*



Do you have a club shirt yet?



PRESIDENT'S LETTER

I am going to write this newsletter article without using my favourite word WOW! too many times. The word WOW! to me means being impressed or pleased - and I am both, due to what I see our club becoming. The effort put forth by our volunteer executives to build a club that has structure and culture is working. People are looking for this.

We have a calendar that shows where and when we are getting together for all of 2020. Our website has detailed information - who we are, what our mission is, when and where we walk. Our Meetup site has 109 walk invitations entered. I doubt that any other Meetup site has that many upcoming events showing on their calendar. What this shows is that we have structure and are here for the long haul. With all this information, anyone interested can choose to walk with us this week or next November. They can check us out and decide if we are what they are looking for.

Our Facebook page showcases our culture - pictures of happy smiling faces on friendly, social and kind people who are joining our club every month. We are planning social events so we can get together after a walk. The best way we demonstrate our culture though is during our walks; we are welcoming and social and include everyone. Hearing so many conversations during a walk is really nice. We recently had a first-time walker express that he had not had so much social interchange in a two-hour time period - ever. Well done, Vancouver 'Venturer members!

The enthusiasm I feel at every one of our walks is really amazing. THANKS to everyone who is a part of "Growing Our Club". 2020 is going to be FUN with all of you.



Submitted by Brenda D., VABC President

VABC MESSAGE TO VVVC



“Keep walking alive in B.C.”

I hope you all had a good summer and fall and enjoyed some of the walks that have been offered around the province. Shortly you will receive the 2020 edition of VolkssportingBC. I trust that you'll read through it and try to attend some of the walks offered outside the Lower Mainland. There are four new special walking programs starting January 1st, which are described in the above-mentioned magazine. These programs have been developed so you can explore other areas of BC and Canada.

Best wishes for a successful 2020 walking year.



Submitted by Doug J.

PACIFIC SPIRIT REGIONAL PARK MAP WALK

Sunday, June 16, 2019 (Father's Day)



This was a very special walk that the Vancouver 'Venturers organized. With the help (\$\$\$) given to us by ParticipACTION, we were able to purchase signage and lots of special treats. Many volunteers helped put this event together. It was our best attended walk of the year up to that point, with 87 walkers enjoying the forest trails. Many of those 87 were enjoying this walk so much that they decided to walk a couple of kilometres more on those forest trails – well ok, they were off track (hehe) - and most returned happy to enjoy a snack and stamp their book(s). What we learned: Offer to have a *led* walk when doing forest trails.

Submitted by Agnes L.

North Vancouver - Lonsdale Quay - Mosquito Creek Map Walk

Sunday, August 25, 2019



Photo by Nancy

It was a nice cloudy day and 75 enthusiastic walkers came out. The view across the water was just incredible and ...



Photo by Sheldon

look at what some of us saw!!!
Who knew we had such big octopuses in our waters?

There's not just **Volkssport**.
... How about a **Volkfest** in
someone's house along the route?



Photo by Nancy

Submitted by Susan M.

A Testimonial

I very much enjoy walking with the Vancouver 'Venturers, a happy welcoming group. At each walk there are usually a few new people from all parts of the world and it makes for interesting conversations and different perspectives. I particularly enjoy the Stanley Park walks. We have been fortunate in having some beautiful sunny days throughout the fall, right up until the end of November, which has made the walks even more appealing. Kudos to our president, Doug Jackson, his wife Nancy and all of the executive, whose hard work has really paid off.



Submitted by Doug J.

KEEPING TRACK – PART 2

In our last newsletter I submitted an article on “STAMPING” – which is basically just keeping track of where we’ve walked and the distances we’ve walked. Personally, I keep track of the distances I’ve walked. Some Volkssporters also keep track of “events”. When they complete a sanctioned walk, they get IVV credit for an “event”, although you can get credit for the same sanctioned event no more than twice in a calendar year. (This restriction does not apply to distances walked.) The good news is that starting on January 1st, the CVF is offering several new walking programs. I’ll let CVF Special Program Coordinator Sharon Tchir describe these 4 new programs:

- **Boardwalks** is simple. To qualify for this program, the Volkssport walk must include at least 50 metres of boardwalk, anywhere in the world. This program will run for 5 years and you can download the stamping sheet from www.walks.ca. Upon completion, send your sheet and \$5 to CVF for a certificate and recognition in our “Volkssport Canada” newsletter.
- **Walk in the Footsteps of Famous Canadians** has more detailed requirements, which are listed on the CVF website www.walks.ca. This one is fun, as one watches for statues, homes, museums, etc. of significant Canadians on walks. Even if only of local fame, those Canadians can come from various walks of life: artists, writers, sports figures, politicians, architects, missionaries, inventors, to name a few, can be used. Clubs will be identifying Canadians of local fame in some manner to assist walkers in their search. Again, you download the stamping sheet from www.walks.ca. The program runs for 5 years; upon completion your certificate will be free. Just send the completed stamp sheet to CVF.

- **WALK100:** This program starts January 1st and runs for one year only. The idea is to do 100 Volkssport walks of any length in one year. The same walk may be recorded as many times as you wish, even 100 times. The walk must be an IVV sanctioned walk, and can be anywhere in the world, not just Canada. This program costs \$5 for the booklet and I (Doug) will have some on hand. The reward, besides bragging rights, is a certificate and recognition in the "Volkssport Canada" newsletter.
- **Festivals:** This program runs for 10 years. The idea is to attend 15 Volkssport festivals (walking events lasting 2 days or more) anywhere in the world. Examples are the CVF Convention, an IVV Olympiad, the Phoenix Festival in Victoria, the regional AGM walking weekend, or an Alberta Majesty weekend or wherever. Collect stamps for anywhere from 3 to 6 Volkssport events (they can be walking, swimming, or cycling events) at the festival. You'll also need to submit a photograph celebrating Volkssport at the festival. The cost is \$5 and the booklet must be ordered from CVF also.

For more details, and to download or order stamping sheets and booklets, go to www.walks.ca. In the drop-down menu headed "What is Volkssport", click on "Walking Programs". If you have any questions, email Sharon at sdtchir@me.com.

So if you want to "KEEP TRACK" of the walks you do, I hope you will join me and participate in one of these programs. Continue reading to learn how we are going to make "STAMPING" even better!

KEEPING TRACK – PART 3

Keeping track of the walks you have participated in, whether it is by distance or event, or getting IVV credit for another walk that includes a Boardwalk (always a good walk) is fun and a great memory.

Looking at your "Keeping Track" stamp book (and showing others) really shows that you like what you are doing to be a healthier person. The CVF has asked our club to trial a new stamp system like the one that Volkssport clubs in the USA are using.



As you can see in the photograph, this new style of stamp includes the walk location (e.g., VANCOUVER BC STANLEY PARK). This stamp will have a cleaner, crisper look that will show nicely in your “Keeping Track” stamp book and will help create an impressive record of your accomplishments. It has been suggested that the new stamp makes for a nice “souvenir” of the walk you have just completed.

One of our NEW “Keeping Track” programs starting in 2020 is called “Walk 100”. Can we walk 100 walks in 2020 – two a week? I think we can, and I hope that you will do this with Nancy and me. How gratifying it will be to look at your book next December and see all the places you walked, and knowing that you have met a lot of great people while doing something really good for YOU. Let’s do this!



Submitted by Denise M. (walk host)

RICHMOND – SEA ISLAND & BURKEVILLE MAP WALK

Saturday, September 14, 2019

Although it was overcast, we had 61 participants and only 10 minutes of rain. This walk offered good variety – a walk through the Larry Berg Flight Path Park (see picture; many enjoyed finding their birthplace on the globe), through the small heritage community of Burkeville, and along the dyke to YVR South Terminal. Over half the walkers enjoyed lunch at the Flying Beaver Bar & Grill afterwards where our 100th member – one of three new members that day - joined our club (and received a free T-shirt)! A delightful day!



Submitted by Doug J.

CHRISTMAS LIGHTS WALK – Downtown Vancouver & West End

Saturday, December 7, 2019

What a night!! This walk took us through the Hyatt Hotel's gingerbread houses, Canada Place – with the old Woodward's store displays, the Stanley Park Christmas Lights (donations went to the BC Professional Fire Fighters' Burn Fund), and the Lights of Hope at St. Paul's Hospital.

No fewer than 107 walkers – a new record - joined us on our Christmas Lights Walk!

We had 3 staggered starts and a large group finished the walk together. The best part – I know 2020 is going to be even better. WOW!



Submitted by Letitia (Tish) S.

Walk in the Footsteps of our Pioneers – a New Walk in Ladner

Sometimes, things just feel “old” (like this writer on a cold, winter day!); so, with encouragement from our club’s president Doug J., my husband Gary and I developed a new walk in Ladner, South Delta. The original walk, *Ladner Historical Walk*, will still be available and the new one, *Ladner Pioneer Walk*, will begin at the same start point, *Ricky’s All-Day Grill*. The new walk goes in a different direction than the old one – south-east instead of north-west. The reason for this is two-fold - **history** and **farming**.

Delta has always been a farming community, so this walk takes us on two historic farm roads past both long-established and more modern farms. You will see:

- A traditional crop farm – Guichon Farms – Likely, corn will be planted and you can reach out and touch it!
- A blueberry farm – Bancy Farms – If blueberries are in season, you can pick or purchase some.
- Greenhouse farming – Cannabis – we won’t get a tour, but you can see the impact this farming has on the area. Many local greenhouses have been converted from tomatoes to cannabis in recent years.

I will remind you as host both on the day and now, to be cautious and careful on these roads. This is a rural area with many large trucks coming and going. Crosswalks and sidewalks are in short supply! Historically, this is an extremely “rich” walk. You will also see:

- Kirkland House – Restored pioneer home. Ancestors still live in the area and one of them, Kent Kirkland, is my neighbour. He is a 6th generation Kirkland!
- Harris Barn – Preserved and restored; now serving as an event venue primarily for local artists. Farmland views!
- Augustinian Monastery – A working monastery that is part of the Sacred Heart Parish. Gorgeous setting.



Sadly, these buildings are not open to us but they are architecturally interesting and sit on beautiful grounds so I encourage you to take your time and explore a bit!

Finally, a word about walk development. **YOU CAN DO IT.** Use the language and phrasing from previous walk maps, investigate landmarks, and consult Google satellite photos for those “hidden” pathways! The trail master will double and triple check everything; and, along with at least two pre-walks, your final version will be accurate. It does take time and kilometres, but we are walkers, right?



Chilukthan Slough, Ladner

***Consider developing a walk in your neighbourhood
as a way of volunteering for the club! It's fun!***



“Kindness is the language which the deaf can hear and the blind can see.” Mark Twain

10 Simple Ways to Practice Kindness Every Day

- Use your manners
- Smile at a stranger
- Don't be stingy with hugs
- Use your coins by donating them
- Send (real) cards
- Pick up the phone and call someone
- Help a stranger
- Bake and give cookies or donuts
- Let someone go ahead of you in line
- Pay it forward – every chance you get!

Submitted by Verni B.

SOME PERSONAL MEMORIES OF CONNIE MACLEAN

Connie Maclean was an avid Volkssporter from the moment she joined the Vancouver 'Venturers Volkssport Club in June 2001. She had an accounting background, and she soon became the club's Treasurer, a position she held for a total of ten years. Between 2009 and 2013, she was the coordinator for the Stanley Park Permanent Trail. She also wrote over 10 "travel" articles for the club newsletter. Connie was particularly appreciated as the Treasurer and a volunteer for the CVF Mini-Convention which VVVC hosted in Whistler in 2011. She received her 10-year CVF Volunteer Service Merit Award in 2014.

In 2004, Connie went on the first of 13 Tater Tours in different areas of the United States. The American Volkssport Association has a "Fifty State Walker Program," and Connie completed this challenge (including DC) between 2004 and 2018. She and I did eight states together during three walking vacations.

In June 2015, Connie and I did a two-week trip by flying to and from but travelling by Greyhound bus throughout Kansas, Nebraska, South Dakota, and North Dakota. A memorable walk was in Mitchell, SD, which has the only "Corn Palace" in the world. Another day, we played tourist and enjoyed seeing Mount Rushmore and Crazy Horse Memorial. (By the end of this trip, Connie had walked in 36 states.)

The two of us made a quick four-day trip to New Mexico in November 2016. We stayed in Albuquerque and took the "Rail Runner" train to and from the capital Santa Fe. (The ride was 1½ hours each way and cost only \$7 return!) We enjoyed the two Volkswalks as both cities are very interesting. (By the end of this trip, Connie had walked in 40 states.)

Our final trip together was in June 2018, when we travelled to Minnesota, Iowa, and Indiana. Thanks to the kindness of some Volkssporters in Iowa, we were able to do the walk in Winterset – known for the birthplace of John Wayne and the setting of the movie "The Bridges of Madison County." (By the end of this trip, Connie had walked in 49 states and DC. Three months later, at age 82, she did a Tater Tour in California and completed her 50th state!)

Connie and I did a number of local 5K Volkswalks on our own, usually along English Bay or False Creek. We literally lived across the street from each other in the West End, so I often think of her when passing her building. She died of cancer in September 2019, but she kept a positive attitude right up to the end. I miss her as a friend and as a walking and travelling companion. She was a "lovely lady" (to quote a VVVC member) with a very pleasant personality. Connie will be missed by many Volkssporters from Tater Tours and the Lower Mainland.



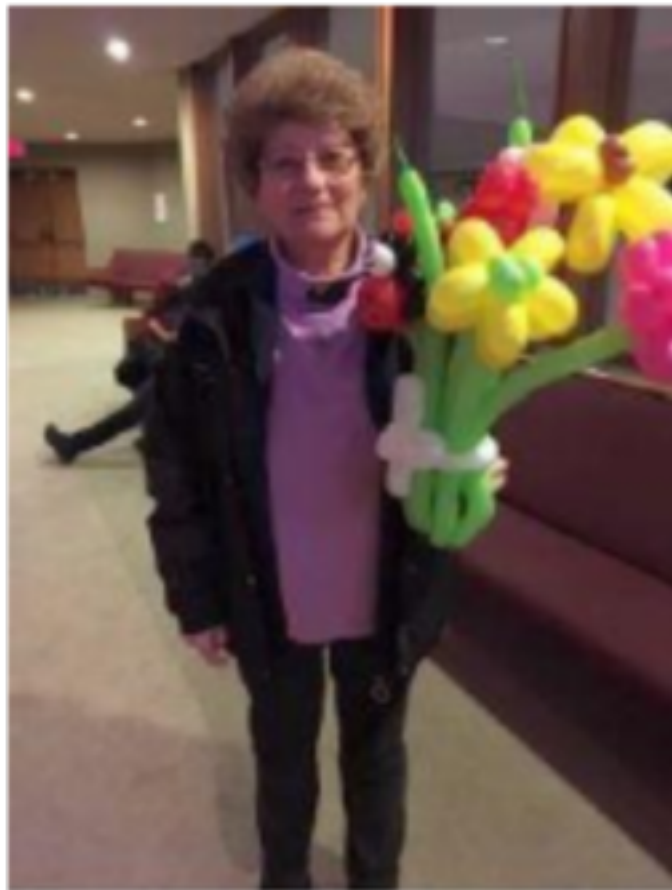
Mount Rushmore, SD



Albuquerque, NM



Winterset, IA



Submitted by Rita H.

I DID IT!

The pastor of my church found out that I had walked 35,000 km with my walking club. This had been my goal ever since I started with Volkssporting. It is almost equivalent to walking around the world. My pastor prepared a sermon about persistence and asked me if he could refer to my achievement - and he did. I received a big round of applause from the congregation and a beautiful bouquet of balloon flowers made by our church secretary.



*Submitted by Jerry v. Z.
Newsletter Editor*

The 16th IVV Olympiad

Aix-en-Provence, France

October 15 - 19, 2019



The International Federation of Popular Sports (the IVV) is the international governing organization for volkssporting. Every two years, the IVV holds an Olympiad somewhere in the world. In 2019 the event was held in Aix-en-Provence, in the south of France, from the 15th to the 19th of October. The participants, of whom there were several thousand, hailed from many different countries. There were about 15 Canadian delegates, including VABC President Brenda D and her husband Frank and CVF President Beverley C and her husband David. My husband Markku V and I were the only Vancouver 'Venturers at the Olympiad. Every day we were able to choose among several different walks. Besides walking, there were a few other kinds of activities we could have participated in, such as cycling and swimming, but the primary focus was on walking. The next IVV Olympiad will be held in Seoul, South Korea in October of 2021.



A German company - P.T.A. Tours - had organized a bus tour in conjunction with the Olympiad. The tour was reasonably priced and we had a very good time, although organization and communication were somewhat lacking at times. The tour started in Barcelona (stunning architecture!) on October 9 and ended in Paris on October 24. Our tour group was comprised of 10 Canadians, 17 Americans, 3 Australians, 3 Germans, 2 Luxembourgers, and 1 Belgian. Narration was in English and German. Of course there was lots of walking and sightseeing every day. We spent two nights in **Barcelona**, followed by two nights in **Andorra**, two nights in **Avignon**, four nights in **Aix-en-Provence**, three nights in **Nice**, and two nights in **Paris**. Besides all the aforementioned cities and towns, we also visited **Monaco** and the southern French towns and villages of **Carcassonne**, **Cassis**, **Saint-Tropez**, **Cannes**, and **Èze**. The final leg of our journey - from Nice to Paris - was by high-speed train rather than by bus. The meals and accommodations provided were generally quite good and the camaraderie among the participants added a great deal to everyone's enjoyment. We had nearly perfect walking weather throughout the tour, except for one day in Monaco when it rained.



Tour group photo taken on October 12. This was in northeastern Spain (Catalonia), in Alt Pirineu Natural Park. We were in the Pyrenees Mountains, near Andorra.

Markku and I on October 22 at the train station in Nice, proudly wearing our club shirts and waiting for the high-speed train to Paris.



While in Europe, Markku and I earned IVV credit for walking a total of 107 kilometres in four different countries.

E = España (Spain), AND = Andorra, F = France, MC = Monaco

km	IVV CERTIFICATION STAMP		
20	2019 →→ E	Barcelona	16117
10	2019 →→ AND	Alt Pirineu	16118
10	2019 F ↓		14722
14	2019 F →→	OLYMPIADES LA ROQUE D'ANTHERON	14723
13	2019 F →→	OLYMPIADES AIX EN PROVENCE	14724
14	2019 F ↓		14725
5	2019 →→ MC		16119
11	2019 F ↓		14726
10	2019 F →→	OLYMPIADES CALANQUES CASSIS	14727



THANK YOU to all those who have contributed content to this newsletter.

A special thank you also 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 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 4th 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

