



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 #93

July – December 2020

Nothing 'Ventured – Nothing Gained

2020/2021 VVVC EXECUTIVE

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

VOLKSSPORT AWARDS

from Jan/Feb/Mar 2020 and
Apr/May/Jun 2020 issues of
Volkssport Canada

Congratulations to all the award winners.

Hélène D.	16,000 km
JC (Jean-Claude) D.	17,000 km
Jerry v. Z.	4,500 km
Markku V.	4,500 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 a testament to our club's success that, even though the VVVC hasn't been fully functional for several months now, our membership numbers continue to grow steadily. Patricia L. reports that as of July 4 we had 135 full-fledged (dues-paying) members.

PRESIDENT'S LETTER

It has been an interesting five months. From March until now we have been in a constant state of change. We will be making more adjustments going forward, but we feel confident that the plan we have in place will allow us to get out and do what we like to do - Walk & Talk. You will have noticed a lot of changes at the start of our walks to minimize contact:

- Walking together now means staggered groups of 6 rather than one large group.
- Lunch afterwards – only 6 per group (restaurant rule)
- Stamping our books has changed to “peel & stick” labels.
- Signing the waiver will change soon to once a year.
- We are also exploring a yearly membership fee that will be all inclusive - no more loonies at each walk.
- Maps - you can request that we send you one. You then print it and bring it to the walk.

If we can make our walks together safer - what a positive step! If you are comfortable with these guidelines, please join us for a walk, and maybe lunch too.

You will notice also that we are now trialing having walks on Tuesday mornings. The thought behind this was to “thin the crowd”, three walks a week, less people at the other two, this has not been the result. Our club is very exercise-oriented and social and the Tuesday walk is attracting as many walkers as our Thursday walk. What a great problem to have. Since Tuesday is popular and we want to continue having this day on our schedule, we need some help. We need to have at least three volunteers to help us host. Can you commit to hosting one walk a month? Please talk to Agnes or me. We need you and we will be happy to assist you.

For the next couple of months we will not be inviting people to walk with us via Meetup. Our walks will be for members only. Only “club members” will get the weekly walk email - this is your invitation that shows where we are walking. If you have friends or neighbours that want to “Come Walk With Us”, have them fill out a membership form; they are welcome to join. We just need to slow our growth so that we can easily satisfy health regulations.

We have discontinued the “5 Free Walks” program for newcomers. Everyone now pays \$1.00 for each of our regular walks (PT) and \$2.00 for our special walks (MW).

I want to say that **YOU** have made the Vancouver 'Venturers Volkssport Club interesting, enjoyable and social, something to look forward to every week. I do.

Stay tuned for more news regarding our *WalkFest Vancouver* in September 2021 and be assured that our club members will get advance notice on the events we are planning.

See you soon.

Doug J.

VABC MESSAGE TO VVVC



Keeping IVV alive in B.C.

*Submitted by Brenda D.,
Volkssport Association of BC
President*

I trust that you are all well and have been able to get out doing your own walks these past few months.

I am sure you are pleased that in BC we have now entered Phase 3 of our COVID-19 Restart Plan, thus enabling group walks to start up again. Although not back to the normal we had previously, you must observe and follow the rules that have been developed by your club for everyone's safety. I look forward to the time when walks are open to everyone, not just club members.

I would like to congratulate your President, Doug, on being elected as the Canadian Volkssport Federation's Vice-President. With the assistance of our new President David H., I am sure we see might see some changes made in the way our Association operates.

I would also like to congratulate Rita H. on being awarded the CVF 20 year Volunteer Award plaque and certificate for her services to Volkssporting. Rita is the contact for the Vancouver - Downtown walk box and has also hosted Map Walk events over the years.

I trust that you will enjoy the schedule of walks that are being offered, some of which have new routes. These have been developed for your walking pleasure.

Hopefully I will see you on the trails soon, so please take care, be kind, be calm and be safe.





Long-time club member and walk host Rita H. with her CVF 20 year service award plaque and certificate.

Have something you would like to share in our next newsletter?

Please email your submissions directly to Jerry at jerry@vancouverventurers.com.

Please be advised that:

- * Submissions may be edited for brevity and clarity.
- * We will publish your first name and the initial of your last name, unless you ask us not to.
- * Our newsletters may be cross-posted to Facebook and elsewhere on the Internet.
- * Not all submitted material will be published.

MANY CONGRATULATIONS TO LYNN & CHUCK D.*Submitted by Verni B.*

On July 2, 2020, Lynn and Chuck toasted their 60th wedding anniversary – with A&W rootbeer! They joined the Vancouver 'Venturers Volkssport Club in June 1999, and although they haven't participated in club events in recent years, they have accumulated over 325 events and 5000 km in their Volkssport record books.



February 2000 – Cypress Bowl, North Vancouver
Chuck, Lucille, Karen, Jean, Jim, Tom, Verni, Gillian



August 2014 – Chuck received 5- and 10-year
CVF volunteer awards from Brenda, VABC President

Over the years, Lynn and Chuck coordinated 11 map walks and hikes for the club (Pacific Spirit Park, Dunbar area, UBC, Sea-to-Sky Highway area, North Shore mountains), as well as a snowshoe event. They were complimented for detailed instructions and maps, as well as excellent leadership on the Volkshikes.

I have often wondered why Lynn and Chuck joined VVVC, because they enjoyed participating in much more physically-challenging activities than our usual walks: cross-country skiing and snowshoeing in winter, and canoeing, hiking, and cycle touring in other seasons. More than once in the not-so-distant past, they did a week of camping and hiking in the mountains near Squamish – being dropped off and picked up by helicopter!

Earlier in life, Lynn had crewed on a sailboat across the Pacific Ocean, and Chuck had been a competitive racewalker. They were long-time members of the Stanley Park Lawn Bowling Club, where he was a head coach and also a national-level umpire.

A few years ago, Lynn had a major stroke, and Chuck has been the main caregiver since. I last saw them in September 2018 at a small social gathering. Although they have had to give up their very active lifestyle, their home is full of photos and souvenirs of the many world-wide adventures they enjoyed over the years.



Lynn (and Lisa Schwabe)

VVVC Club Social
July 22, 2010

Salade de Fruits
(French Café/Bistro)
1551 West 7th Avenue
Vancouver

* * * * *

**VVVCers Lynn and Chuck
are a most interesting couple!!**



Chuck

We would like to thank Gord H. for bringing to our attention the following article from www.berkeleywellness.com.

A Walking Workout

by Wellness Letter

One of the ways the COVID-19 pandemic has reshaped our lives is that it has deprived many of us of our customary forms of exercise, such as gym workouts and group sports. (Another way is how we are eating.) To maintain fitness, health, and indeed sanity, many people have turned to walking (along with running and cycling)—which is fine to do outside as long as you keep your distance from others by observing the 6-foot rule (even in states where lockdown restrictions are being eased) and wear a face mask if you can't avoid passing too close to other people on your walk.

If you are still staying home, just walking around your house or yard (if you have one) can help reduce the adverse health effects of being sedentary. And if it's rainy and you happen to have a treadmill, you have no excuse not to get walking. Or perhaps your local mall has reopened, where you can get in a good walk on a rainy or hot day, as long as it is not crowded.

Of all the ways to stay fit, walking is the easiest and safest, and is a great way to enjoy nature or city streetscapes. And after your walk, you know you've done yourself some good. A brisk walk (usually 3½ to 4 miles per hour, depending on the length of your stride) burns nearly as many calories as running the same distance at a moderate pace and confers similar health benefits. Many studies in people with a variety of conditions, notably heart disease, diabetes, and prostate or breast cancer, have linked walking (and physical activity in general) with better health outcomes. Even slow walking and short walks may provide some benefits.

Here's a small sampling of research about walking from the past few years:

Metabolic benefits

Mile for mile, brisk walking can reduce the risk of developing high blood pressure, diabetes, high cholesterol, and heart disease as much as running, according to a large observational study in *Arteriosclerosis, Thrombosis, and Vascular Biology*. The farther people ran or walked and the more calories they burned, the greater the reduction in risk. Of course, it takes much longer to walk a mile than to run it, so you need to spend more time walking to get the same benefits as you would running.

Reduced risk of heart failure

Walking at least 40 minutes two or three times a week at average or brisk pace was associated with a reduced risk of developing heart failure in postmenopausal women over a 10-year period, according to a 2018 observational study in the *Journal of the American College of Cardiology*, which analyzed data from almost 90,000 participants in the Women's Health Initiative.

Healthier arteries

Sitting for long periods has many adverse effects on the body, including endothelial dysfunction—a reduced ability of arteries to relax and contract, which decreases blood flow and may increase long-term cardiovascular risk. Walking can help counteract that, as was seen in a small study of 15 people, average age 36, in *Physiological Reports* in 2019. Participants sat at desks for four hours on three days, under three scenarios in random order: sitting without getting up; taking a two-minute walk every half hour; or taking an eight-minute walk every two hours. Uninterrupted sitting resulted in reduced blood flow in a main artery in the leg, while the longer walks prevented this (the shorter walks helped less).

Better blood sugar control

Increased daily walking may help control blood sugar in sedentary overweight or obese people with elevated levels, according to a small Thai study in *Diabetology International* in 2018. Over three months, the middle-aged participants increased their walking to at least 10,000 steps a day, which resulted in lower blood sugar as well as reduced blood pressure and waist circumference (though there was no control group).

Less low back pain

A review and meta-analysis of randomized trials in *Disability and Rehabilitation* in 2017 found that walking was as effective as other forms of exercise (including back-specific workouts) at reducing pain and disability and improving quality of life in people with chronic low back pain.

Improved knee osteoarthritis

People with knee osteoarthritis often avoid exercise, thinking it will make their condition worse, but exercise can be one of the best treatments. Among many studies that have shown this, a 2019 study in the *American Journal of Preventive Medicine* of 1,560 people with lower extremity (mostly knee) osteoarthritis found that moderate physical activity (including walking) for at least one hour a week over four years was associated with a significant reduction in disability, compared to being relatively inactive.

Enhanced brain function

A clinical trial from Duke University, published in *Neurology* in 2018, found that among 160 older adults with cognitive impairment, those who walked briskly (or cycled) for 35 minutes three times a week for six months had significant improvements in executive function (the ability to plan and prioritize), compared to those who did not exercise.

Better mood and stress reduction

Studies show that both walking and mindfulness (heightened attention and nonjudgmental awareness) can improve mood, and combining them (mindful walking) can have a synergistic effect, according to a study in *Psychology of Sport and Exercise* in 2018. What's more, a study in *Health Promotion Perspectives* in 2018 found that brisk walking can improve mood as much as a short bout of meditation, compared to just sitting. And walking in a scenic locale may improve mood and reduce stress (as measured by blood levels of cortisol, a stress hormone) more than indoor treadmill walking or simply watching a video of outdoor scenery, according to a 2020 [study](#) in *Environment and Behavior*.

Increased creativity

A series of four studies appearing in 2014 in the *Journal of Experimental Psychology*, entitled "Give Your Ideas Some Legs," found that students experienced a boost in creative thinking during and right after walking, compared to sitting. Walking, especially outdoors, "opens the free flow of ideas," presumably via both physical and psychological mechanisms, the researchers suggested.

Bottom line: Other types of exercise may be as beneficial as walking, and more strenuous workouts may yield additional benefits, but the simplicity of walking makes it a great option, especially these days. You need no equipment or special clothing, and you can do it just about any time, alone or with family or friends (keeping at least 6 feet from others until social distancing is no longer needed). Start by adding several short walks (even just five minutes) to your daily routine.

Source: https://www.berkeleywellness.com/fitness/active-lifestyle/article/walking-workout?s=EFA_200711_AA1&st=email&ap=ed&utm_source=Berkeley+Wellness&utm_campaign=c2baa501b5-EMAIL_CAMPAIGN_2019_05_16_11_46&utm_medium=email&utm_term=0_3ddd6463e7-c2baa501b5-87978065