



Vancouver Venturers Walking 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 #96

Jan – June 2022

Nothing Ventured – Nothing Gained

	President	Doug J.
	Vice President	Jerry v. Z.
2021/2022	Secretary	Susan M.
VVWC	Treasurer	Denise M.
EXECUTIVE	Membership Director	Patricia L.
	Trail Master	Markku V.

**WELCOME
ALL NEW
CLUB
MEMBERS !!!**

Our club continues to grow by leaps and bounds. In fact, the Vancouver Venturers is now the largest Canadian Volkssport club ever. Our membership director Patricia reports that as of December 21 we had **281** fully paid-up members.

Mail your completed *Event* and *Distance* record books to:

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

Mail Special Program books
(e.g., *Walk 100*,
Winter Walking Program) to:

Canadian Volkssport Federation
Suite 604 - 251 Bank Street
Ottawa, ON K2P 1X2

VOLKSSPORT AWARDS

Congratulations to the Winter Walking Program
(2020 - 21) award winners:

Verni B. *James Knight Award* 275 km

Markku V. *David Thompson Award* 652 km

Jerry v. Z. *David Thompson Award* 653 km

Congratulations to the Walk 100 (2021) award winners:

Doug J. Jerry v. Z. Marie H. Markku V. Nancy J.

Congratulations to the Event award winner:

Verni B. 1,650 events & 1,700 events

Congratulations to the Distance award winners:

Victoria H. 3,000 km

Dick P. 4,000 km

Doug J. 4,000 km & 4,500 km

Jerry v. Z. 6,000 km & 6,500 km

Markku V. 6,000 km & 6,500 km

VABC President's Report

by Beverley Cattrall

Greetings to all of you. It's been good to hear via Facebook of some of your activities over the summer and fall, and, most recently, your exciting Christmas walk. And thank you for doing so much to support the BC CVF Director's walks over the past year.

VABC is proud to administer the BC CVF Director's walks, which are also known as on-line registration walks, since there is no walk box and the maps and registration procedures are available from the VABC website, www.volkssporting.bc. Despite so many restrictions and hurdles, including the pandemic and wildfires, a whopping 635 on-line registration walks have been completed so far in 2021. Many of these walks were done on Vancouver Island as part of the Island Walks, which turned out to be another very successful event, with walkers (including me) hoping that the Walks will be repeated in 2022. Thank you to all of you who made the Island Walks happen!

David Cattrall, who administers the on-line walks, would like to remind you that, if you are doing one of the on-line registration walks and you see that the instructions need updating, please let him know. He is always happy to hear from you.

Are you doing CVF's Walk 100 challenge? If you are, remember that all walks must be completed by year end in order to qualify, and the books must be submitted to CVF by February 15, 2022.

I hope to see many of you at CVF's walking festival in Penticton next May, if not before. In the meantime, keep walking - and best wishes for 2022.

Beverley Cattrall, President, Volkssport Association of BC, with input from Christine Desjardins, BC CVF Director



Useful web links

"Is walking enough exercise?"

<https://www.wellandgood.com/is-walking-enough-exercise/>

"What muscles does walking work?"






https://getpocket.com/explore/item/walking-for-fitness-what-muscles-does-walking-work?utm_source=pocket-newtab

CVF Special Walking Program

PERMANENT TRAILS (PTs), PHILATELY, AND FAMOUS CANADIANS

by Verni B

As a longtime Volkswalker, I have enjoyed participating in many of the “theme” programs that have been offered. In January 2020, the Canadian Volkssport Federation started the five-year “Famous Canadians” program. I was instantly interested. Because I like to challenge myself, I decided I would only include people who could be known across the country. Therefore, I decided all 24 people would have had at least one postage stamp issued in honour of them or their work. Here are the first 8 people I have “collected.”

<p>#1 – Jan 9/20 Vancouver, BC – Downtown PT #079 “Marathon of Hope” (143 days / 5,373 km) 4 Statues (by Coupland, 2011) Stamps: 1982, 2000, 2017</p>	<p style="text-align: center;">Terry Fox (1958-1981)</p> 	<p>#6 – Mar 6/21 Vancouver, BC – Downtown PT #079 Architect Vancouver Library + Square (1995) Stamp: 2017</p>	<p style="text-align: center;">Moshe Safdie (1938-____)</p> 
<p>#2 – Jan 30/20 Vancouver, BC – Kitsilano PT #162 Governor General (first French-Canadian) Vanier Park (1967) Stamp: 1967</p>	<p style="text-align: center;">Georges Vanier (1888-1967)</p> 	<p>#7 – July 24/21 Vancouver, BC – Shaughnessy PT #164 Artist and Author Statue “Emily Carr and Friends” (by Fafard, 2007) Stamps: 1971, 1991, 2016</p>	<p style="text-align: center;">Emily Carr (1871-1945)</p> 
<p>#3 – Feb 9/20 Vancouver, BC – False Creek PT #101 Architect Condo building “The Erickson” (2010) Stamps: 1999, 2007</p>	<p style="text-align: center;">Arthur Erickson (1924-2009)</p> 	<p>#8 – Aug 9/21 Vancouver, BC – Downtown PT #079 CPR Director Lord Strathcona School (1891) Stamp: 1970</p>	<p style="text-align: center;">Lord Strathcona (Donald Smith) (1820-1914)</p> 
<p>#4 – Feb 16/20 Vancouver, BC – Kitsilano PT #162 Explorer Sculpture in Vanier Park (by Hung, 1980) Stamps: 1988, 2007</p>	<p style="text-align: center;">George Vancouver (1757-1798)</p> 	<p style="text-align: center;">Current Special Programs (to encourage you to explore locally and further away while Volkswalking):</p> <p>Canada-Wide: Canada A-Z; Capital Cities; Provinces; Lighthouses (ongoing) Winter Walking (Oct 15 to Mar 31 annually) Boardwalks; Famous Canadians (2020-2024) Public Art (2022-2026) *NEW* Program Details: http://www.walks.ca/what%20is%20volkssport.html#programs</p> <p>Province-Wide: Walk BC (participate in group walk with each club) (ongoing) Walk BC PT Challenge (walk PTs in one, two or all three regions of BC) (ongoing) Program Details: https://volkssportingbc.ca/what-is-volkssport/</p>	
<p>#5 – Jan 2/21 Vancouver, BC – Stanley Park PT #053 Governor General Stanley Park (opened 1888; dedicated by him in 1889) Stamp: 2002</p>	<p style="text-align: center;">Lord Stanley (1841-1908)</p> 		

KEEPING TRACK

by Doug J.

This article is adapted from an article originally published in the July to December 2019 issue of our newsletter




Date	Location	Distance (km)
10/2021	VICTORIA BC CAN	262
10/2021	KAMLOOPS BC CAN	266
5/2021	QUALICUM BEACH BC CAN	137
10/2021	VANCOUVER BC CAN	162
10/2021	BURNABY BC CAN	16459
10/2021	BURNABY BC CAN	179
10/2021	RICHMOND BC CAN	155
10/2021	VANCOUVER BC CAN	164
10/2021	VANCOUVER BC CAN	164
10/2021	VANCOUVER BC CAN	053
10/2021	RICHMOND BC CAN	155
10/2021	RICHMOND BC CAN	046
10/2021	BURNABY BC CAN	179

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 exactly how many walks I've completed since January 1, keeps me motivated. I know that I am doing what I should be doing with my time, which is keeping healthy.

How do I KEEP TRACK?

You may have noticed that a few of your fellow walkers quietly grab a sticker (label) or two from a little plastic bag every time they come out for a walk. What they do when they get home is place those stickers into colored record books. Each label shows where they walked – e.g., **VANCOUVER BC CAN - STANLEY PARK**. The record book is like a passport; it provides a means of KEEPING TRACK of all the walks you do and how many kilometres you've walked.

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

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. Your name (first name and last initial) will be published in this Vancouver Venturers newsletter and your first name and full last name 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.

Personally, I keep track of the *distances* I've walked. Some Volkssporters also keep track of "events" (the *number* of different walks they've done). 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 CVF also offers a number of additional ("special") walking programs such as "Walk 100" (see the article that follows) and the Winter Walking Program.

For more details, and to download or order stamping sheets and booklets, go to www.walks.ca. In the drop-down menu headed "Volkssport" (at the top of the page), click on "Awards and Programs". If you have any questions, email Sharon Tchir, the CVF's Special Walking Programs Coordinator, at sdtchir@me.



WALK 100

by Doug J.

I would like to invite you to join others in our walking club and participate in a FUN challenge for 2022. The CVF is offering a special program modeled after an identical program offered by the AVA (the American Volkssport Association). If you decide to participate, your goal will be to do 100 Volkswalks in the 2022 calendar year.

The program is aptly called “Walk 100”. Can we walk 100 walks in 2022 – two a week? I think we can, and I hope that you will be part of this with many others in the club. How nice 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 good for YOU. Let’s do this! Not only will 100 of these labels be great to show off but think of how much better we will know others in our club, having walked with them regularly all year. Looking at your “Keeping Track” label book (and showing others) really shows that you like what you are doing to be a healthier person.

**WALK 100
MARCHÉZ 100**

January 1, 2021 - December 31, 2021
01 Janvier, 2021 - 31 Décembre, 2021

An official program of
The Canadian Volkssport Federation

Un programme officiel de
La Fédération Canadienne Volkssport

Nancy Jackson
Registrant's Name/Nom de l'inscrite(e)

Address/Adresse

Email

Vancouver Venturers
Club

2021	RICHMOND BC CAN RICHMOND CENTRE	P T	046
2021	VANCOUVER BC CAN SOUTHLANDS	P T	16463
2021	DELTA BC CAN LADNER	P T	063
2021	NORTH VANCOUVER BC CAN LOMSDALE QUAY	P T	328
2021	VANCOUVER BC CAN STANLEY PARK	P T	053
2021	VANCOUVER BC CAN DOWNTOWN	P T	079
2021	VANCOUVER BC CAN KITBLAND/PT GREY	P T	162
2021	BURNABY BC CAN CENTRAL PARK	P T	179
2021	VANCOUVER BC CAN SHALIMNESSY	P T	164
100 2021	RICHMOND BC CAN TERRA NOVA/SEA ISLAND	P T	155

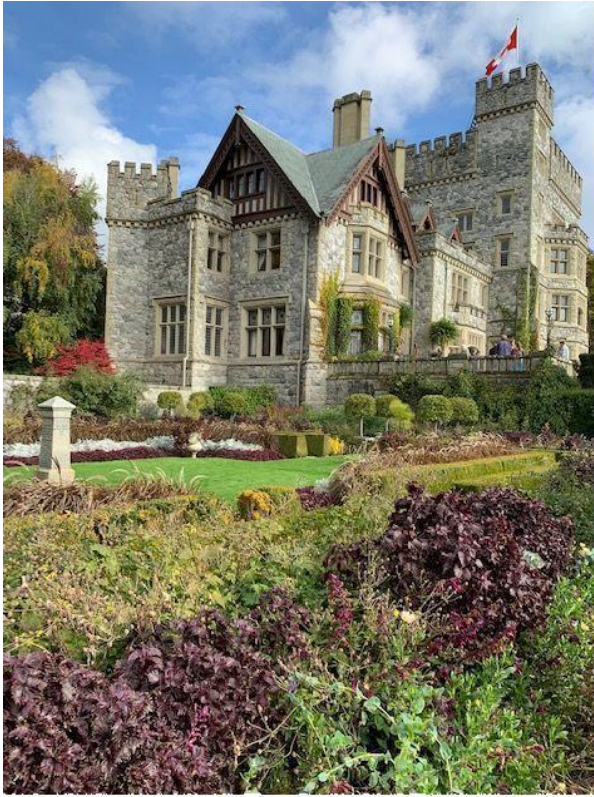
I have ordered in 50 of these books and hope you will get one for the \$5.00 cost and “KEEP TRACK” with us next year. I will bring these books to all our walks so you can GET YOURS. Let’s do this challenge together.

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## Walk the Island

A good number of the Vancouver Venturers (22 of us ?) enjoyed “walking the island” from October 17<sup>th</sup> to the 22<sup>nd</sup>. Jim M has kindly provided us with these great pictures he took over there.







### WE STOPPED AND LISTENED ...

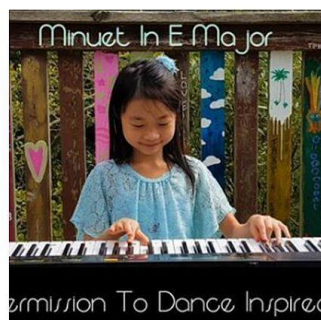
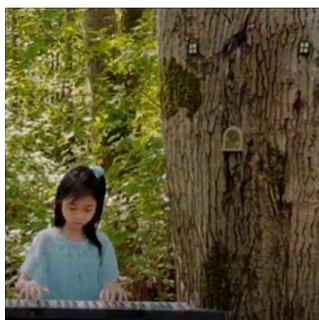
by Verni B.

On August 28, Linda M and I did the Ladner Parks Permanent Trail that starts and finishes in Ladner Harbour Park. It's not a route that either of us would have been comfortable doing on our own. We enjoyed a day with perfect weather, an unexpected treat in the middle, and a picnic at the end.

We were especially looking forward to checking out the South Arm Marshes with all its charming wood carvings. We dutifully said hello to Art, Gary, Mr. Turtle, and Ray. But better than that, we were privileged to meet a family with a young and very talented daughter. They had a wagon to transport equipment and an electronic piano in order to record Trea playing music beside the "fairy" tree and on the Lookout. We stopped and chatted with them and were rewarded to hear Trea play a piece. You might want to check out the finished recording at:

<https://www.youtube.com/watch?v=ISmyx3TRL4>

Let's visit hidden fairies in the forest...



## VOLUNTEERS NEEDED

Three and a half years ago a group of walkers got together and decided that we did not want the Vancouver Venturers Walking Club to disappear. In fact, this group of volunteers decided, with the approval of the existing club members, to put a plan together to see if we could grow the membership and make this walking club a place that would attract a group of socially (and) active Lower Mainland people. Guess what? We were successful as evidenced by YOU reading this newsletter. We have attracted a LOT of very nice people (YOU), we all really enjoy our walks together each week and we all are hoping that our club continues to schedule multiple walks each week. I always think of those that are yet to find us and will make our club even better.

To have this very special social walking club continue, we need some of these very nice people that have found us, to help us.

Some of our volunteer executives are in the last year of their volunteer term. By next February we will be needing 1) a membership volunteer, 2) a treasurer, 3) a trail master, 4) a president, and 5) a technology director / webmaster. These are not onerous jobs, but they are volunteer positions that need to be filled. How about you and a friend sharing one of these positions? Share the position for the 2-year term or take 1 year each, also available is all the guidance you might need. Can you help? A small amount of your time will ensure that the Vancouver 'Venturers Walking Club and the enjoyment that we all get from the scheduled activities can continue.

If you would like to know more about any of these 5 positions, please talk to Frank who is on our nominating committee.

Doug

### Executive Job Descriptions

#### Technology Director / Webmaster

- Monitor and maintain the club website and Facebook group page
- Post annual walk schedule, semi-annual newsletters, and special notices in club website and/or Facebook
- Enter the walk information onto the electronic calendar and Permanent Trail webpage

#### Trail Master

- Pre-walk our 12 special walks to check that the trails are still walkable
- Check any NEW walk directions that have been created to ensure directions are correct and that the walk is 10k or 5k
- Create a map for the back of the newly created walk directions -- **optional**

#### Membership

- Contact members to renew membership
- Keep membership list up to date (add new – delete non renewals)
- Check club email to respond to potential new members (send membership form)
- Send "Welcome" letter after receiving membership form and membership fee

#### President

- Organize the agenda and conduct executive meetings
- Represent the club at provincial Volkssport Association of BC meetings and represent the club at the national Canadian Volkssport Federation meetings.
- Write a report for the bi-annual newsletter

#### Treasurer

- Maintain club finances, keeping an accurate record of and tabulating income and expenses.
- Deposit monies in either of our two accounts.
- Write and distribute cheques/cash for expenses or reimbursement.
- Present a financial statement at the AGM.





The CVF Board of Directors would like to invite you, your walking friends, and your fellow club members to the first CVF Festival in Penticton, BC, May 27th to 29th 2022.

For details and registration form, please go to the website, at <https://walks.ca/cvf-fcv-2022-festival/>.

We hope that you are planning on joining us for the festival and that you will enjoy the walking, talking, and eating, and will make this part of your 2022 holiday plans.

At this time (December) about 200 have already registered, so the organizing committee is thrilled.

This will be a fun weekend - five brand new walks, including Kettle Valley East, Kettle Valley West and a “Highlights of Penticton” (a.k.a. a Pub Crawl) in Penticton for everyone to explore. There will be a “Meet & Greet” on Friday and a banquet on Saturday - both planned so that everyone can visit, visit, visit - and of course eat.

Three of the 4 hotels that we have a block of rooms reserved at are no more than 500 meters away from “Walk Central”, so that once you are booked into your hotel, your car will not be needed until you leave town.

PENTICTON – A GREAT PLACE TO WALK AND SOCIALIZE.

Register soon. See you there!



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

Please email your submissions directly to the editor at [jerry@vancouverventurers.com](mailto:jerry@vancouverventurers.com).

*Please be advised that:*

- \* Submissions may be edited for brevity and clarity.
- \* We will publish your first name and last initial, 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.