



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 #97 July – Dec 2022

Nothing Ventured – Nothing Gained

	President	Doug J.
2022/2023	Vice President	Jerry v. Z.
VVWC	Secretary	Susan M.
EXECUTIVE	Treasurer	Denise M.
	Membership Coordinator	Arleen T.
	Trail Master	Markku V.

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

We must be doing something right. The Vancouver Venturers has grown to the point where we are now the largest Volkssport club in Canada ever. Arleen, our Membership Coordinator, reports that as of June 27 we had **350** 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

From *Volkssport Canada* Jan/Feb/Mar 2022 and Apr/May/June 2022

Congratulations to the *Walk 100* (2021) award winners:

**Dennis H.
Egil J.
Patti-Lynn E.**

Congratulations to the *Distance* award winners:

**Jerry v. Z. 7,000 km
John C. 500 km & 1,000 km
Markku V. 7,000 km
Mirka K. 500 km**

VABC President's Message for VVVC

by Beverley Cattrall

Greetings, fellow Volkssporters! It was super seeing so many of you in Penticton. And I'm hoping to see you and other members of the Vancouver 'Venturers when we walk on Mayne Island on July 20.

VABC has had a good start to the year, with people doing many of the CVF Director's walks across BC, from Campbell River to Golden and everywhere in between. Apart from the pleasure I've taken in learning that so many Volkssporters have enjoyed the walks, the walk fees paid have helped us with our bank balance.

As a result we are assured that VABC can continue to pay for the BC clubs' Meetup licences. Good news, because all the clubs are reporting that they have had an increase in attendance because of Meetup. Thank you for supporting the BC Director's PTs and for welcoming new people at your walks!

The two VABC challenges are continuing to create interest. One challenge is to walk every PT in BC. This is a formidable endeavour, so it's heartening to see how many people are up for it. The other challenge is to do a group walk with each of the BC clubs, plus VABC. (The walk on Mayne Island would qualify as a VABC group walk.) Congratulations to Wayne Maillet, who has recently been awarded a certificate, pin and patch for doing group walks with each of the clubs.

The challenges are totally free to enter. You can find out more about them at *Special Walking Programs* – Volkssport Association of British Columbia (volkssportingbc.ca) And thank you to the volunteers who, I hear, are at work making an attractive booklet for you to record your walks.

See you on the trails!

Beverley Cattrall, President, Volkssport Association of BC



Interesting web links

Walk ... to ward off knee pain.

<https://www.nytimes.com/2022/06/08/well/move/walking-knee-pain-relief.html?searchResultPosition=1>

“Walking in a natural environment has powerful physical and psychological effects.”

<https://www.psychologytoday.com/ca/blog/i-hear-you/202206/feeling-sick-tired-or-tense-try-forest-bathing>

Club President's Letter

by Doug J.

My job as president of our walking club is to make sure everyone knows how great we are. LOL. The team of volunteers that have stepped up to make this a great walking club have made my job very, very easy. What this team of volunteers has created seems to be exactly what so many in the Lower Mainland are looking for -- a club that provides exercise with a social component.... or is it a social club with an active/exercise component? It really does not matter, because with 197 walks per year on our schedule, walking on 64 different trails, YOU can join us on a walk and make it exercise or social-based – your choice.

Want to see NEW areas with your walking friends? What??? A walking club that travels out of town together? Join us on one of our bus trips. See Canmore/Banff in September or Nevada, Arizona and Utah in October. Travel safely with like-minded walkers to scenic, interesting places and you get to spend time with your walking friends. Ask anyone who has been on a walking tour how much fun it is. How about coming to San Antonio next February with our group? Seven days of walking and exploring. YES!

Picnics, club luncheon and of course lunch together after every walk if you want to come along. What if the Vancouver Venturers Walking Club hosts a walking weekend next year and invites walkers from all the other clubs in our Volkssport organization? Now that will be a social/walking event to showcase Vancouver to our walking world.

Our walking club is ... nice people attracting nice people to enjoy what we offer.

I want to say “THANKS” to YOU for the part you have played in making our club what it is – a club that many want to be a part of.



Princeton, May 26. Photo by Garry D.

Lilac Road Trip

May 26 – June 12, 2022

by Joan Jaccard

Instigated by our fabulous four nights in Penticton for the CVF Walking Festival, where we walked, discovered, wined and dined, in total abandon to a potential ‘super spreader’ (!), I was spurred on to a grand tour that took me all the way to Edmonton (of all places), clutching my library edition, *Moon* guidebook ‘Vancouver and Canadian Rockies Road Trip’. It gave me a very inside track of what and where to seek out all the best places, history, adventures and eateries along the way. My eclectic CD playlist kept me charged throughout the journey. And of course, my trusty, old-school paper maps were always within reach.

I ‘jumped off the Club bus trip’ when I realized I could use Penticton as the starting point for my desire this summer to visit my ageing aunts and uncles in Kamloops and Calgary. I stayed with them each for a couple of nights, enjoying getting reconnected with cousins as well.

Before venturing on, I want to say I was totally impressed with the scope of our guided walks in and around Penticton. Thank you, organizers. Having been to Penticton many times, I have never experienced it like I did that weekend. So intimate to get out of the car, and truly explore Penticton on foot, both on the walks, and me meandering solo, through Saturday Market, vibrant shops on Main Street, chatting with the owner of a Greek shop, who was the previous owner of Kitsilano institution, the Parthenon Greek deli on West Broadway! (We concurred on my favourite Greek cheeses and olives.) I wandered previously unknown side streets and back lanes, snapping photos, smelling the lilacs, and encountering on two separate occasions, a couple of colourful local characters, and engaged in chats on life in the small town. I loved it! Got the lowdown on varieties of cherries, and our mutual gardening interest kept it going until the tug of our ‘Meet and Greet’ allowed me to escape!

I dubbed this tour the ‘Lilac Road Trip’, as I was so delighted by the masses of blooming lilacs throughout. Lilacs are noted for thriving in colder climates, and with the difference in bloom times from the coast, they were in their full glory. I saw great hedges of lilac bushes on country farms and homesteads, and everywhere in small towns. I admit to snitching a couple of fresh trusses every couple of days, wrapping their stems in wet paper towel and plastic, filling my car with scent!

My Kamloops stay saw me right on the banks of the broad, North Thompson River, something to be respected and slightly feared at this time of year. I encountered many so-called creeks on my travels, all fiercely raging with the spring run-off. One thundering creek bordering a Japanese garden in Nelson was the sight of the first hydro-electric system in B.C.

En route to Calgary from Kamloops, I visited my nephew Alex, living in rural Salmon Arm and working at Marionette Winery, across the road from his rental house. I was charmed by my first-ever look at Salmon Arm, a revived small downtown with local upgrades and diverse, alternative health, and other promising looking businesses. We lunched at the popular Pie Place Café, serving and selling to go, savoury and sweet pies (a personal weakness)...something to take to my Calgary hosts! Did a tasting at the unpretentious small winery, added to my box of wine from Penticton, and onward to Calgary.

Revelstoke beckoned a break from the road, a coffee and a meander through the historic town. Time was getting on, I had to bail at Banff. Getting dark, cruising down the main drag of luxury looking accommodations, the Hostel sign caught my eye. Sharing a room with three guys was all she could offer, but I was feeling kind of tired, so she redirected me to another hostel, where I booked a quad room, as an individual. Not the rates from my youthful hosteling experiences. Was a rustic, lodge-like compound partly up the hill, with full breakfast on offer....a lucky, last minute find.

Took a sunny morning stroll along the Bow River, a modest creek at the edge of downtown. Stunning views of craggy mountains surrounding Banff, and throughout the passage through the Rockies. Blown away by

the drama at every bend in the road, following the Bow River, meandering towards Calgary and creating the route for the historic rail line through the mountains.

A trip highlight was a drive out to the rolling hills southwest of Calgary with my aunt and uncle, impressed that my 84-year-old Uncle Ken, with the patient, back and forth with Aunt Sandra, navigated myriad back roads to bring us miraculously to our destination: the Leighton Art Centre. It is a repurposed former home of the artist founders, transformed into an exhibition gallery and shop for regional artists. Wonderful to enjoy the works with my fellow amateur artist, aunt. Couldn't resist buying. The house is perched at the crest of a hill of waving grassland, with a panoramic view to the foothills and Rockies.

My itinerary was timed to find me back on the road, Calgary to Edmonton, to arrive in time to join my daughter and new son-in-law (flew in from Vancouver) in celebration of their recent coastal marriage, with his extended family in and around Edmonton. Somewhat surreal, to arrive, after driving four hours, at a reserved picnic site in the extensive riverside parkways through central Edmonton, and find my daughter and partner, dressed in their informal wedding finery amidst a gathering of family, unknown at all to me. Delightful opportunity to meet Niall's family (his Vancouver Island parents, also there).

I possibly did seven or eight kilometers on foot, discovering Edmonton's historic district, Old Strathcona and back to the river's continuous network of parkland my second day there.

Day 11, and now to start the less planned return trip, via the Jasper-Banff Parkway and into the Kootenays. I set out on this trip particularly to explore as much as I could of the named towns on the map that have attracted my curiosity for many years: the various hot-springs (Radium, Fairmont, Ainsworth), Invermere, Fernie, Kimberley, Creston, Kaslo, New Denver, Nelson, and Rossland. I hadn't passed through this region for decades, and gave myself the luxury of taking a good look at most of these quaint and historically preserved towns, enjoying their main streets, artist's collective galleries, bakeries, antique shops, cafes. I had to see the alpine-themed, pedestrian-only heart of Kimberley, recently declared the "Best small town in BC" by an informal elimination poll on CBC radio.

Often taking the advice of my *Moon* guidebook, I savoured the offerings of some excellent and unconventional, casual restaurants. Middle Eastern fare outdoors at the Raven Bistro in Jasper. A happy discovery of a Beaver Tail outlet there as well. Fuze, in Invermere, eco-ethno fusion of healthy bowls, etc. And some local coffee roasting cafes, notably in Fernie and Nelson. Oso-Negro (black bear) in Nelson has a must-do outdoor garden patio: meandering paths through an open garden with free-form wooden benches in cozy niches....delightful! And a back-lane Quebecois bakery, Au Soleil Levant, that felt like something from a couple of centuries ago, small and hot, operated by four women. Rustic fare. Nelson does back lanes well.

Took time out for a 4 km hike just south of Jasper: Valley of the Five Lakes Trail, all different alpine shades of emerald, turquoise and blue! A well-used trail, so I wasn't overly concerned about bear encounters. My hot springs experience was the true natural kind, driving the 17-kilometre logging road to remote Lussier Hot Springs, south of Invermere. A couple of natural, rock-lined hot pools are beside a rushing cold river.....a cozy experience with several others enjoying the soak.

Taking the scenic route up the east side of Kootenay Lake, one crosses the lake on a free ferry to head towards Nelson, or as I did, to Kaslo for the night, and loop through New Denver to make Nelson. A woman arrived at the empty ferry terminal shortly after I did, both of us having not checked the ferry schedule. We had time to chat, and exchanged contact info. I managed to secure a room in the Kaslo Motel. Next morning walked a couple of blocks to main street Kaslo, a mostly intact, preserved Victorian streetscape...charming. Excellent eggs bennie at reputed café, and a wonderful stroll down what appeared to be yet another modestly surviving small town, with enough amenities to sustain the local community, and to thrive when tourist season kicks in. The world's oldest intact passenger sternwheeler, SS Moyie sits dry-docked and under restoration.

New Denver, and the Nikkei Internment Memorial Centre was my next destination. Throughout my trip I saw much wildlife roadside: deer, mountain sheep, black bears and a grizzly. That morning, I saw a young moose, drinking from a roadside puddle. The World War II, notorious Japanese internment camps were located in part in the Slocan Valley. This museum-like site gives a graphic depiction of what conditions were like. The cramped and grim huts that families shared, furnished with memorabilia from that time, contrast strikingly with the beautifully designed, traditional Japanese garden in which they are set. An opportunity for a sober reality check and memorial, while a sense of reflection, peace and solace is provided by the garden. A moving experience.

My trip was mostly rain-free, but the rains started as I headed towards Nelson, when a message appeared on my phone, inviting me to dinner at a restaurant, Pitchfork, in Nelson. ‘Reservation at 5:45....can I make it?’ My new ‘friend’ from our ferry waiting chat had taken the initiative. I was delighted. Arrived in the rain in Nelson, hurriedly and luckily found a moderately priced hotel downtown, and walked uphill two blocks to meet Jane for dinner. An upscale yet quaint restaurant. We got along famously.....someone to visit in Parksville.

Nelson, a throwback to its counterculture days, is downtown Kootenays. Lively and historically revitalized Baker Street is a pleasant place to be, especially on the sunny day I woke up to. I so enjoyed the walkability and scale of the towns, and Nelson’s downtown core boasts a diversity of interesting shops, galleries and restaurants. I toured the museum, beautifully housed in the former stone-structured Post Office. The main street Co-op bakery and café is a popular place to enjoy moderately priced good food. I reluctantly drove out of Nelson, regretting not to stay long enough to try the many restaurant options.

My final destination was to stay with a friend in Rossland, perched on the slopes of a mountainside. I was amazed at how all of the towns I visited had a relatively intact historic main street. Like time had stood still. We had the Saturday together, and hiked up above the town to a viewpoint, enjoying the panorama of surrounding small-scale mountains, and looking down at Trail a few kilometres away. Gabriella’s, an Italian restaurant in a newer hotel on the main street, offers good quality dining, with a view to the surrounding mountains.

Last day of travel, Sunday, was a long journey, but for me it was about the journey, and not overly concerned about the timing of the destination. Another glorious, sunny day, I was advised that a stop at the Copper Eagle Bakery Café in “Canada’s smallest city”, Greenwood would be a wise choice. I did get there for late lunch, and to take away pie, but not before passing by Christina Lake and deciding I needed to check out the lake front. Dipping my fingers into the water, I had to take advantage of this opportune lake and opportune summery weather.

The water, so clear, was indeed cold, but I managed to stay in for a brief paddle about before relaxing on the beach. I was totally equipped for such spontaneous diversions. I witnessed a cluster of yellow-winged, and black-winged butterflies doing a sort of dance over, and finally settling on the sand.

Ok...swimming urge indulged, I drove on to tiny Greenwood, where I snatched my final lilac spray to scent me all the way home. The landscape begins to shift somewhere around Grand Forks, and the interior dryness, and Ponderosa pines begin to show themselves. Descending down from the mountains, to that dramatic overlook of Osoyoos and beyond, the Okanagan Valley brings me back to familiar territory. I stopped for a windy walk along the shore of Skaha Lake before heading back up out of the sagebrush palette I love so much.

My car still not quite full, picked up apples, and apple cider in Cawston. At Keremeos, I realized I had come full circle. It seemed like ages ago I had blown through there, trying to make my dinner reservation with fellow Venturers in Penticton. Final evening stop was for comfort food at the Home restaurant in Hope. Mac and cheese....almost as good as my mother’s. Yes, it was all about the journey, but for me good food was always intrinsically involved.

Penticton

The author Joan Jaccard (left) and Sharon M., in Penticton



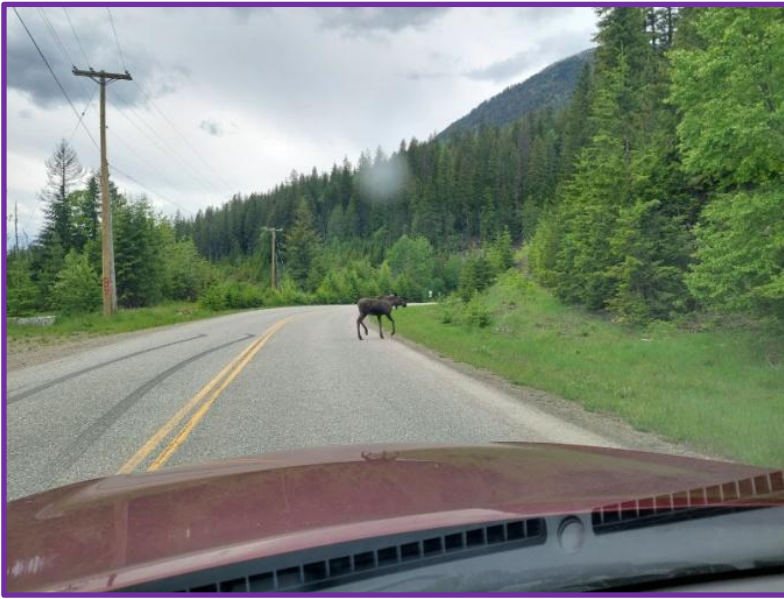
St. Andrews United Church, Rossland, BC



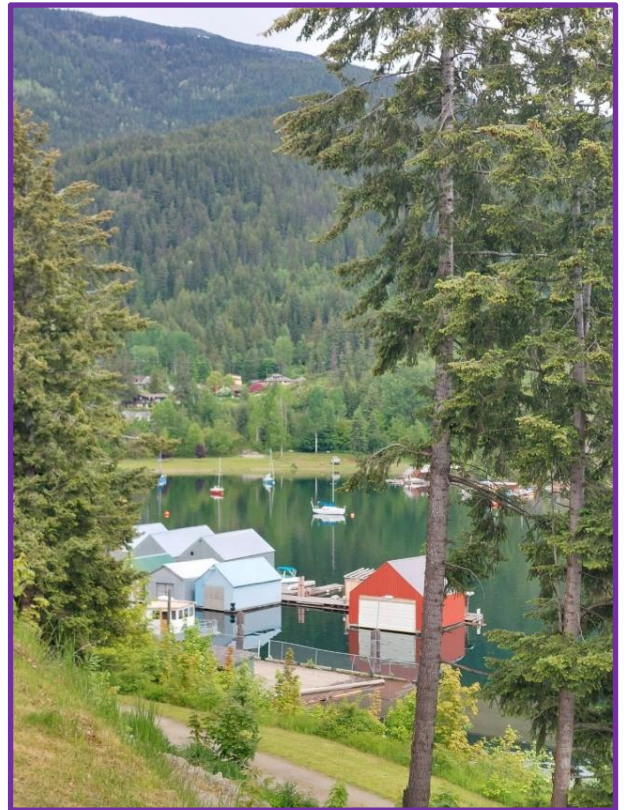
Craft Cidery, Cawston, BC



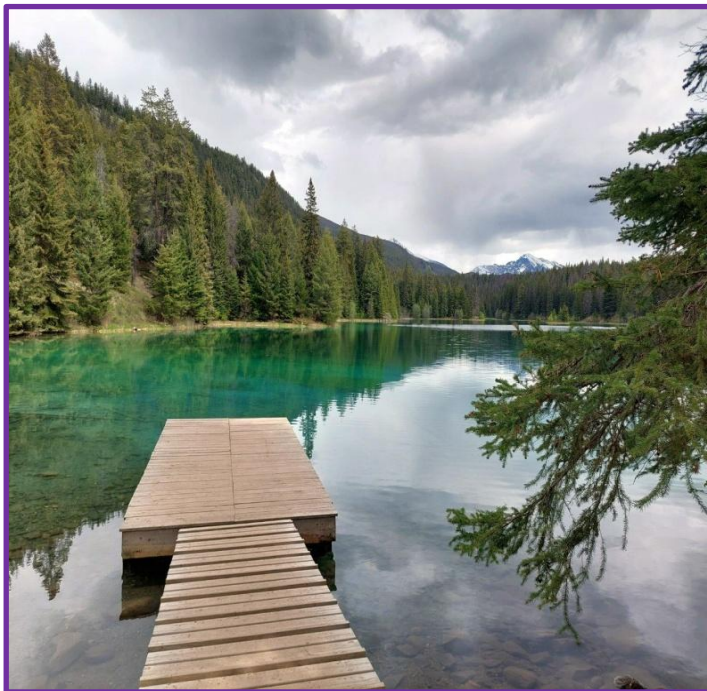
Some more pictures Joan took on her recent road trip



Kaslo, BC



Valley of the Five Lakes Trail, Jasper, AB



Lilacs in Canal Flats, BC



Volkswalking from A to Z (or at least, from A to W)

submitted by Verni B.

WHEN YOU PARTICIPATE IN A VOLKSWALK, DO YOU ...

1. AMBLE (travel by foot for exercise or pleasure)
2. AMBULATE (move from place to place)
3. CRAWL (move or act slowly)
4. DAWDLE (move or act slowly)
5. GALLOP (go at a pace faster than a walk)
6. HIKE (travel by foot for exercise or pleasure)
7. HURRY (proceed or move quickly)
8. LIMP (move slowly)
9. LOPE (move with a light springing step)
10. MARCH (move along with a steady regular step, especially in a group)
11. MEANDER (move about from place to place aimlessly)
12. MOSEY (move in a slow and relaxed way)
13. PERAMBULATE (travel by foot for exercise or pleasure)
14. PEREGRINATE (take a trip, especially of some distance)
15. PLOD (move slowly)
16. PROMENADE (stroll in a public place)
17. RACE (proceed or move quickly)
18. RAMBLE (move about from place to place aimlessly)
19. RUSH (proceed or move quickly)
20. SAUNTER (travel by foot for exercise or pleasure)
21. STAGGER (move forward while swaying from side to side)
22. STRIDE (move along with a steady regular step, especially in a group)
23. STROLL (travel by foot for exercise or pleasure)
24. STRUT (move with exaggerated arm and leg movements)
25. TRAIPISE (go on foot; move about from place to place aimlessly)
26. TRAMP (move heavily or clumsily; travel by foot for exercise or pleasure)
27. TREK (take a trip, especially of some distance)
28. TRUDGE (move heavily or clumsily)
29. WANDER (move about from place to place aimlessly)
30. or do you just plain WALK (go on foot)?

(30 words taken from Merriam-Webster online thesaurus – from 146 synonyms for WALK)

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*McCulloch Trestle
KVR (Kettle Valley Railway) Trail
Penticton, May 28
Photo by Garry D.*



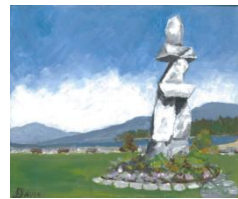
CVF/FCV Special Walking Program

ART IN PUBLIC PLACES

by Verni B.

As I mentioned in the last VVVC newsletter, I really enjoy getting Volkssport credit for various “theme” programs, especially those that have no time limit (I’m still working on “A-Z”) or at least 5 years, such as “Famous Canadians” (2020-2024) (I now have 12 of 24 stamps) and the new “Art in Public Places” program (2022-2026). For a further challenge, I have decided to “collect” Indigenous works of art. We are so lucky to live in Metro Vancouver where so many of the Permanent Trails pass by totem poles, house posts, welcome figures, utility box covers, and an inukshuk. By the end of May, I had 12 of the 24 stamps needed for my program booklet.

Here are images (mainly via Internet) of some of the Indigenous Public Art I’ve passed so far this year. Do you recognize all of them?



painting by former VVVCer

PS When I finish “Indigenous” Public Art, I plan to do the program again with “regular” Public Art. As of 2009, there were 500+ works of art recorded in the book *Public Art in Vancouver* by John Steil + Aileen Stalker, and quite a few of them are along local Permanent Trails.



CANMORE IS WHERE IT’S AT!

by Nancy L. (a.k.a. Nancy 2)

If you haven't been to Canmore in the last few years, you must go. It is a world-class beautiful place. The views, the walks, the shops are all fantastic. Ice cream is great and some very weird new flavors. The poutine shop is better than Quebec or Ontario. The art galleries are an afternoon of fun and you might have to buy one. The wildlife is right in town for you to quietly stand and watch. People come from all over the world to see the Canmore and Banff area so this is your chance to go with friends and have prebooked activities. The drive to Canmore is worth the trip. It is a trip everyone should do more than once. So join the walking group and enjoy the adventure.



More Penticton pictures by Garry D.

Pub crawl on May 29



Walk Central – The Penticton Trade & Convention Centre



We thank Beverley, Doug, Garry, Joan, Nancy 2 and Verni for contributing content to this newsletter. If you have something that you would like to share in our next edition, please email your articles, travel stories, photographs, and web links directly to the editor at jerry@vancouverventurers.com.

Please be advised that:

- * Submissions may be edited for length 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.