



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 #98

Jan – June 2023

Nothing Ventured – Nothing Gained



**2022/2023
VVWC
EXECUTIVE**

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

WELCOME ALL NEW CLUB MEMBERS! As of December 29, our club had **391** members.

VOLKSSPORT AWARDS

From *Volkssport Canada* Jul/Aug/Sep 2022 and Oct/Nov/Dec 2022

Congratulations to the Walk 100 (2021) award winners:

Christine D. Rick D. Verni B.

Congratulations to the Winter Walking Program (2021-22) award winners:

James Knight level - **Verni B. - 260 km** Vilhjalmur Stefansson level – **Rita H. - 554 km & Dennis H. - 701 km**

Congratulations to the BoardWalks program award winner: **Doug J.**

Congratulations to the Events award winners:

Christine D. - 2600 & 2700 events Rick D. – 2600 & 2700 events

Congratulations to the Distance award winners:

Christine D. – 50,000 km	Doug J. – 5500 & 6000 km	George M. – 500 km
Grace R. – 500 km	Jerry v. Z. - 7500 km	John C. – 1500 & 2000 km
Karen H. – 1000, 1500 & 2000 km	Markku V. - 7500 km	Rick D. – 50,000 km
Sharon M. - 500 km	Tish S. – 3000 km	Verni B. – 31,000, 32,000, 33,000, 34,000 & 35,000 km

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
204 Leather Leaf Terrace
Ottawa, ON K2J 5Z7

Club President's Letter

by Doug J.

Our organization's motto is "FUN, FITNESS & FRIENDSHIP". In other words, we are a walking club with a social component.

What a year this has been! I feel that in 2022 our walking club has achieved what our executive team originally envisioned. We wanted to build a walking club that would attract fitness-minded, socially oriented, young-at-heart, active people who like to walk. We wanted a club that our members would talk about and would want their friends to belong to also.

We knew we would need a consistent, regular schedule that we could make plans around. We knew we needed variety, to explore new areas in the Lower Mainland; we did not want to get bored. Agnes has made sure that this will never happen, with 208 walks on our calendar in 2023.

We wanted a walking club that would plan special events where we could get to know each other better and make new friends -- bus trips, walking festivals, luncheons, picnics.

The many volunteers that have helped achieve this vision are amazing and we are looking forward to having YOU continue to being involved so we can all continue to enjoy the Vancouver Venturers Walking Club. I am really looking forward to a Happy and Healthy 2023 and to walking and talking with you many times.



VABC President's Message for VVVC
by Beverley C.

The Volkssport Association of BC continues to be active. Our primary purpose is to serve as a way for the BC clubs to cooperate by sharing ideas. However, we at VABC also administer an impressive number of on-line registration walks (PTs) which continue to be very popular with Volkssporters, so much so that by the end of November a record 1319 walks had been completed. Thanks to all of you who did the walks and sent in your walk fees and thanks to the volunteers who have made the walks possible- and to the organizers of the Penticton Walking Festival and the Island Walks for supporting the walks.

We also have continued to award certificates (and pins) to folks who have completed one or all categories of the Walk BC PT Challenge.

The most recent award recipients are as follows:

- Bruce Hawkes, for completing all of the PTs on Vancouver Island.
- Verni Brown, for completing all the PTs on the lower mainland.
- Rick and Christine Desjardins, Gord Keeble, and Joan Sanderson for completing the Gold Challenge, for doing ALL the PTs in BC! That's almost 100 PTs.

If you would like to check out the walks these folks did, you can do so at www.volkssportingbc.ca

See you on the trails in 2023!

Best wishes,

Beverley C., President, VABC



Below is a poem found by one of our members in an old (Oct/Nov 2002) issue of *The American Wanderer*, a newspaper published bimonthly by the American Volkssport Association (AVA).

A Verse for Wandering

It's not just the fresh air, although there's no doubt
My lungs feel better as they go in and out ...
It's not the exercise I get with each mile,
Nor the feeling that I'm doing something worthwhile ...
It's not even the medals that I've won,
Telling of the miles that I have done ...
The great thing that I win with each mile that I do
Is the feeling of FRIENDSHIP between me and you.

- by Carl Heller

Three Canyons Tater Tour 2022

by Tish S. and Zoher A.

A fabulous and often mischievous group of 50 members from the Vancouver Venturers and a few other Volkssport clubs participated in the Three Canyons tour (Oct 3-13) in Nevada, Utah and Arizona. The tour was organized by the awesome Nevada-based *Tater Tours*, ably headed by the very experienced and personable Mary Ptacek. This tour was a few years in the making due to the recent pandemic. We were all happy that it finally came to fruition thanks to the persistent efforts of our president, Doug Jackson.



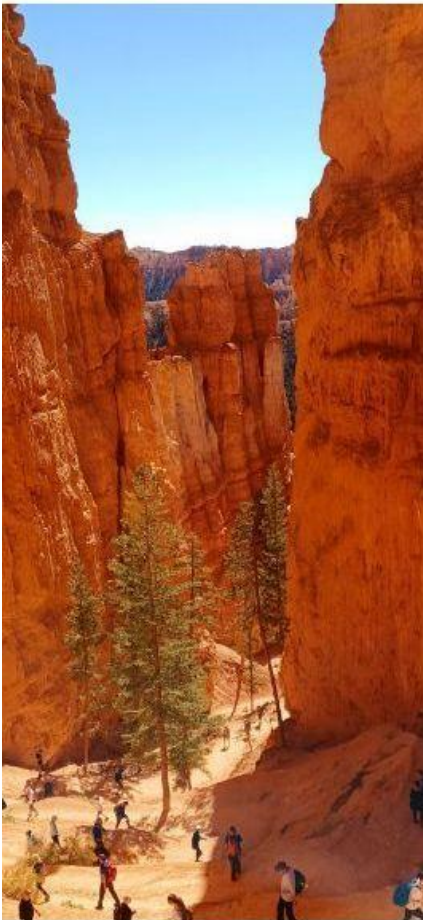
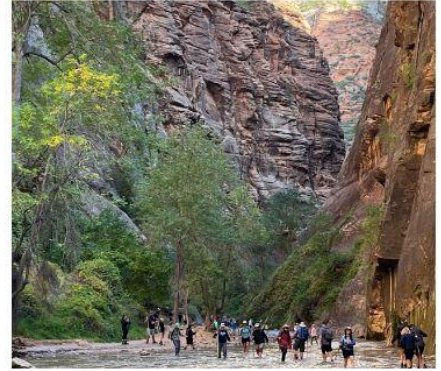
The first stop in our fun-filled journey was the sin city, **Las Vegas**. The weather there was hot, sunny and dry and the city was chock-a-block with tourists. Some members of our group had arrived a day early. Of course Mary was at the hotel to greet us all. Some of us managed to do both of the Famous Strip walks, North and South, in the first two days. Both of those walks meandered in and out of various hotels and casinos on the entire strip. The year-round hustle and bustle of the strip could not be slowed even during the heat of the afternoon, but the evenings were undoubtedly more fun with all of the dazzling lights, fountains, music, artworks, extravagant shows and fine dining. A few liquor-infused ice-cream enthusiasts even tried a few flavours to cool us down. Of course, losing money in the 24/7 casinos was an easy task and some of us did indeed lose small amounts.

The first day of our bus journey took us to the **Hoover Dam** area for the **Lake Mead** walk. The walk took us closer to the dam and thereafter through some tunnels on the hill overlooking the lake. The water level in the lake was alarmingly low. We overwhelmed a pub in Boulder City when we walked in for beer and lunch. Off the beaten path, a short walk in the Bootleg Canyon Park overlooking man-made animals was a pleasant surprise.

What a fantastic group of members, all dressed in our specially designed striking shirt and pictured at the Beehive area of the **Valley of Fire State Park**, Nevada!



In **Valley of Fire State Park**, we arrived at the Mouse Tank area and walked around when we saw a few clearly visible petroglyphs. We were surrounded by the fiery orange hues in the blazing sun. Tater Tours provided us with made-to-order sandwiches, fruits and drinks under a pavilion. After lunch, we arrived at the White Dome area for hiking and walking before leaving for the last destination of the day at St. George, Utah.



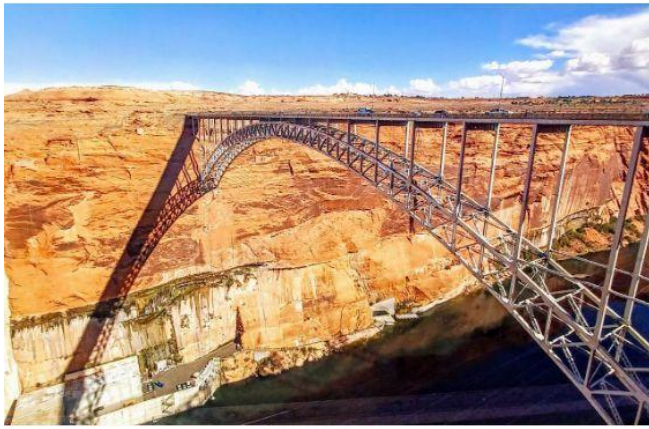
The long hike down - Bryce Canyon

The Bryce Canyon walk in Utah was truly unique. Although we were a bit worried about cold temperatures (and some of us dressed accordingly!), the day turned out very warm, even at our start point of 8300 feet! The tagline on the promotional literature for this walk is “Poetry in Stone” and it is certainly that.

Bryce Canyon is home to a unique geological feature called a “hoodoo” and there are thousands of them here. Our day consisted of a 10 K hike up and down this “Valley of Hoodoos” and thankfully, we all survived what turned out to be the most challenging walk of the tour.



It's a bird! It's a plane!
Nope. It's a Hoodoo!



The Glen Canyon Dam



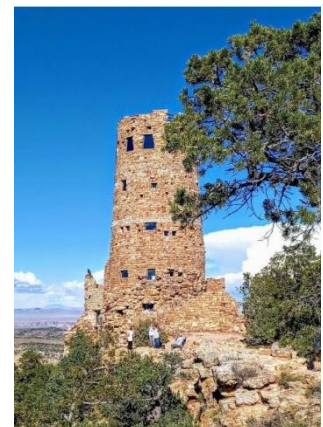
Lake Powell



"Gone West" Restaurant. We kicked up our heels.

Another day, another dam – **The Glen Canyon Dam**! This time, our morning destination was *Horseshoe Bend State Park* with its beautiful overlook of the Colorado River. In the afternoon, we journeyed to the *Carl Hayden Visitor Center*, located in Arizona and close to Page, our hotel destination for the evening. The Glen Canyon Dam is very scenic, as is adjacent Lake Powell, although it is sad to see how low the lake has become in recent years. On a happier note, our group clearly felt like it was time to party and fortunately, the “Gone West Family Restaurant” was a perfect location to do it! They had a live country western band and because it was our bus driver Kenny’s birthday, let’s just say the group needed no excuses to “kick up their heels” and in some cases, take to the stage to help out the band!

Antelope Canyon and the **Desert View Watchtower** - Our morning began with an unforgettable pontoon ride on Lake Powell. We split into two groups and departed the Antelope Point Marina for a water tour of the Antelope Canyon. The views did not disappoint as we experienced the soaring canyon walls from a unique perspective, complete with helpful information supplied by our captain/guide. Next up was a short stop in the charming, touristy town of Cameron followed by a brief bus ride to the southern rim of the Grand Canyon. We viewed the Desert View Watchtower (pic on right), originally constructed in 1932 by architect Mary Colter. Many of us chose to indulge in some of the best ice cream on the tour as we caught our first glimpse of the canyon!



The Grand Canyon - This was the “main event” of the tour, and it did not disappoint. We were given brief instructions on how to access the park shuttle system in the park and main trail access. We then broke off into small groups to experience the park in our own way on a mild and sunny day!

Those who ventured to the farthest point of the park shuttle system were not disappointed with the views and trails. Some even managed a picnic along the way. Even after a full day, most of us felt we wanted more! We finished up our day with a “larger-than-life” barbeque experience in a couple of the local steakhouses. Tusayan, Arizona, won’t soon forget their Canadian visitors!



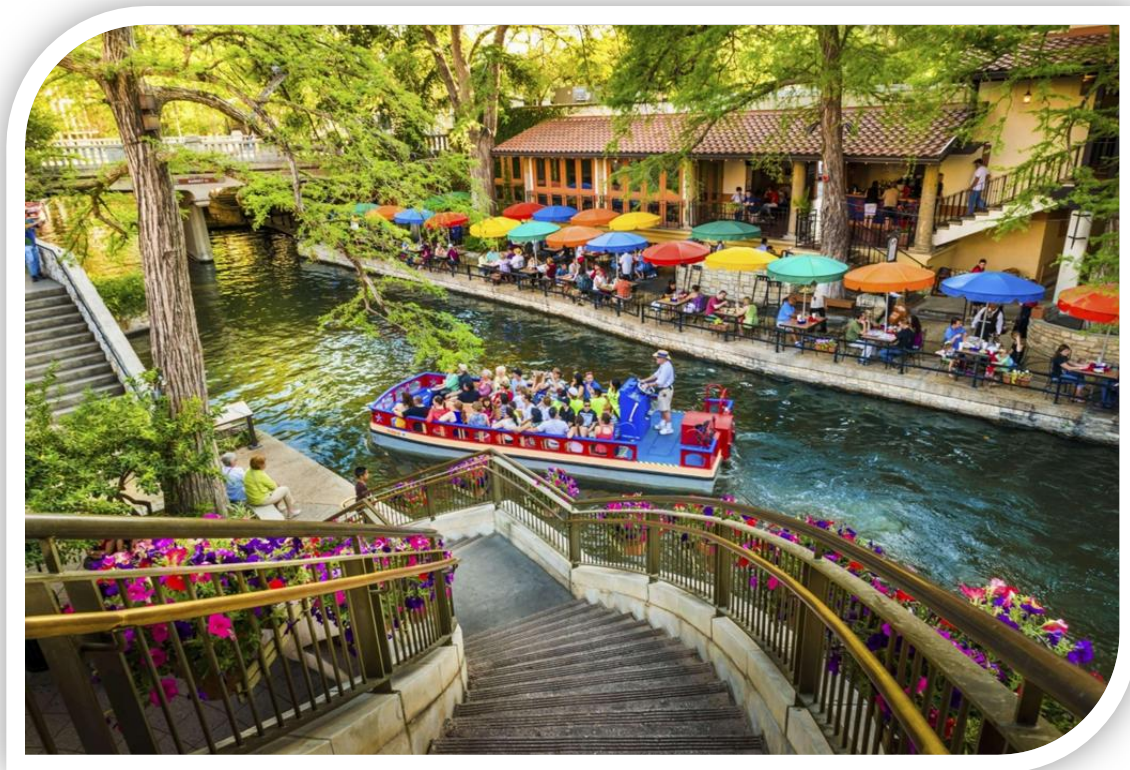
A picnic on the southern rim of the canyon
and ...
an unexpected elk sighting, below!



We began the “long goodbye” with a 4-hour bus trip to **Summerlin, Las Vegas**. Thanks to some clever driving, we were able to briefly detour onto the iconic “Route 66” for a short time on our journey! Once in Summerlin, we participated in a local 6K PT, *Downtown Summerlin*, which is one of the newest and most attractive suburbs of Las Vegas. It was a very hot day, so a short visit to a local skating rink proved to be a popular respite for many! A short drive later, we were back in our original Vegas hotel for some much-needed pool time, packing, and final dinners out. Some chose to take in a show (Beatles “Love” and the “The Rat Pack” were two popular choices) or visit the Strip for one last time. Alas! We also said goodbye to lovely Mary.



Some of us will be travelling stateside again in February for the IVV Olympiad in San Antonio, Texas.



CVF/FCV Special Walking Program (2020-2024)**VOLKSSPORT STAMPS, POSTAGE STAMPS, AND FAMOUS CANADIANS***Article #2 by Verni B (images and stamps from Internet)*

I'm still enjoying doing this program, but I've run out of Famous Canadians in Metro Vancouver (that also have a Canadian postage stamp in their honour – my extra challenge). Here are the next 8 Famous Canadians in my Special Program booklet. In 2023, I plan to go to Victoria and Montreal to find more people. For the rules of this program, check out the following link: <http://walks.ca/awards-and-programs-prix-et-programmes/>. You might also be interested in doing the new “Moving Waters” program (2023-2027), which shows a photo you might recognize.

<p>#9 – Mar 22/22 Vancouver, BC – Downtown #079</p> <p>Mare and Colt (~2005) (NW of Cardero & Georgia)</p>	<p>Joe Fafard Sculptor (1942-2019)</p>  <p>Stamp: 2012</p>	<p>#13 – May 28/22 Penticton, BC – West KVR Trail Map Walk</p>  <p>Restaurant Chain (1964→)</p>	<p>Tim Horton NHL Hockey Player (1930-1974)</p>  <p>Stamps: 2002, 2014</p>
<p>#10 – Mar 26/22 Vancouver, BC – Stanley Park #053</p>  <p>Memorial (1922) (near Ferguson Point)</p>	<p>Pauline Johnson Indigenous Poet (1861-1913)</p>  <p>Stamp: 1961</p>	<p>#14 – June 12/22 Vancouver, BC – Downtown #079</p>  <p>Statue (2016) (outside Science World)</p>	<p>James Till (1931-) & E. McCulloch (1926-2011) Medical Researchers</p>  <p>Stamp: 2020</p>
<p>#11 – Apr 10/22 Vancouver, BC – Stanley Park #053</p>  <p>VPL Library Branch (1976) (870 Denman Street)</p>	<p>Joe Fortes Lifeguard at English Bay (1863-1922)</p>  <p>Stamp: 2013</p>	<p>#15 – Aug 21/22 West Vancouver, BC – Lighthouse Park #255</p>  <p>Phyl Munday Nature House (1985)</p>	<p>Phyllis Munday Mountaineer / Girl Guider (1894-1990)</p>  <p>Stamp: 1998</p>
<p>#12 – May 17/22 Vancouver, BC – Stanley Park #053</p>  <p>Killer Whale Fountain (1984) (near Vancouver Aquarium)</p>	<p>Bill Reid Indigenous Sculptor (1920-1998)</p>  <p>Stamp: 1996</p>	<p>#16 – Aug 26/22 Vancouver, BC – University of BC Map Walk</p>  <p>Smith Park in Wesbrook Village (on UBC campus)</p>	<p>Michael Smith Nobel Prize Chemist (1932-2000)</p>  <p>Stamp: 2004</p>

Walk the Island 2023

by Doug J.

Let's "Walk the Island" together ... Wednesday, May 3 to Monday May 8, 2023

Our walking friends in the Victoria Pathfinders Walking Club have gone above and beyond again and organized 6 days of walking on Vancouver Island. To support this event and to explore and enjoy, the Vancouver Venturers Walking Club has organized a bus tour. I hope you will join us for this walking adventure. Itinerary below and registration form on next page.

Wednesday May 3:

Bus picks us up at Doug's house 14885 – 82 Ave Surrey and downtown Vancouver TBD

PM: 5 or 10K Kinsol Trestle walk

Hotel overnight: Nanaimo –Ramada by Wyndham

Thursday May 4:

AM walk -5 or 10K Westwood Lake

PM walk- 5 or 10K Qualicum Beach

Social on the rooftop Patio, Dog Mountain Brewing 3141 3rd Avenue Port Alberni.

(Food & Drink available for purchase.)

Hotel overnight: Port Alberni –BW Plus- Barclay

Friday May 5:

AM walk: 7K Ucluelet

PM walk: 5K Tofino

Hotel overnight: Port Alberni – as above

Saturday May 6:

AM walk: 5k or 10k Little Qualicum Falls/Englishman River Falls

PM walk: 5 or 10K Courtenay

Hotel overnight: Courtenay- BW Westerly

Sunday May 7:

AM walk: 5 or 10 K Elk Falls

PM walk: 5 or 10 K Comox

Hotel overnight: Courtenay – as above.

Monday May 8:

AM walk: 5 or 10K Parksville

PM – to Nanaimo Ferry Terminal- HOME



VANCOUVER VENTURERS WALKING CLUB

WALK THE ISLAND

VANCOUVER ISLAND, BC, CANADA

MAY 3-8, 2023

PLEASE PRINT

Registration form - one per person

Surname		First Name		Name commonly used	
Address					Gender
City/Town			Province/State		Postal Code/Zip Code
Home Phone Number	Mobile Number		E-mail Address (print very clearly)		
I will be sharing a room with another registered tour guest(s)					
Name			Name		
Name			Hotel Arrangements requested: <input type="checkbox"/> One Queen bed <input type="checkbox"/> Two Queen beds <input type="checkbox"/> Other (specify)		
List Allergies (if applicable)					

EMERGENCY CONTACTS

Name	Home Phone No.	Other Phone No.
Name	Home Phone No.	Other Phone No.

Name of your Walking Club -**I acknowledge the conditions outlined on these two pages**

Name	Date		
Signature	BC Senior-Circle Y/N	Y	N

RE: "Walk the Island" Bus Tour

**PLEASE READ THESE CONDITIONS CAREFULLY AND
KEEP A COPY TO ASSIST YOU WITH PAYMENT DEADLINES.**

Space is limited to the first 50 completed registrations (with deposit). The tour will be guided by volunteers. The tour may be cancelled due to lack of participants or other unforeseen events.

Insurance/Liability

Vancouver Venturers Volkssport Club will not be responsible for any accident, theft or loss suffered by the participants of this tour. **No refunds offered after April 2, 2023**

Tour Overview

1) The tour bus departs from the McDonald's 1527 Main St, Vancouver.- 7:00 AM, Wednesday, May 3, 2023. Luggage loading will begin at 7:00 AM. Bus will leave downtown at 7:30 AM or before if we are fully loaded

2) The bus will also stop at 8:30 AM at 14885 -82 Ave Surrey (Doug & Nancy's house) to pick up additional passengers. On the road at 9:00 AM.

We will be travelling in our bus on the ferry from Tsawwassen to Swartz Bay. We will travel to the Kinsol Trestle walk and then on to Nanaimo to stay overnight. Waking up in Nanaimo we will then do the Westwood Lake walk in the morning and the Qualicum Beach walk in the afternoon. Then on to Port Alberni for a social at the Dog Mountain Brewing Company. Food and drink for purchase individually. Overnight in Port Alberni for two nights. Friday we will walk Ucluelet in the morning and Tofino in the afternoon. Saturday, we leave Port Alberni and on to Courtenay walking at Little Qualicum Falls along the way and doing a walk in Courtney in the afternoon before we check in to our hotel for two nights. Saturday we will walk Elk Falls and Comox. Sunday we will wake up in Courtenay, do a walk in Parksville on our way down island and then sail home via Nanaimo.

Deposit/Payment

The tour cost is estimated to be \$850/person C\$ for double occupancy and \$1350 for single. All prices subject to change. Add \$38.00 if you are under 65 for the ferry fare.

This includes 5 nights hotel, 3 breakfasts, bus snacks and water, walk fees, Vancouver & Surrey to Nanaimo, Port Alberni and Courtney return bus transportation with bus driver gratuity.

Full payment & a registration form is required to reserve a seat.

Full balance due January 31, 2023.

To reserve your place on the bus tour, send in this registration form by email to venturersevents@gmail.com or hand it in at the next walk.

Payments can be made by e-transfer (direct deposit to club account – no knowledge question needed) to venturersevents@gmail.com or by cheque made out to Vancouver Venturers Volkssport Club

Questions: venturersevents@gmail.com

WALKFEST VANCOUVER

September 22 to 24, 2023

by Zoher A.



The Vancouver 'Venturers will be welcoming Volkssporters from far and near to one of the most livable cities in the world - Vancouver, British Columbia - by hosting a three-day walking festival, WalkFest, from Friday, September 22 to Sunday, September 24, 2023.



In late September, Vancouver weather is most enjoyable for outdoor activities with cool crisp fall air on sunny days when the leaves begin to change colours to some of the vibrant hues. Countless fallen leaves seem to fly around everywhere in streets and parks. All those passionate walkers simply cannot have enough walks done amongst spectacular scenery and sweatless temperatures!



The start point (Walk Central) for all walks will be on the waterfront, onboard the harbour cruise vessel in the Coal Harbour area of downtown, a stone's throw from Stanley Park. All walks will showcase different areas of Vancouver including Gastown, Chinatown, parts of the 28 km Seaside Greenway, an uninterrupted pathway that includes the Stanley Park Seawall, North Shore - closer to local ski mountains, Kitsilano and Point Grey neighbourhoods and much more.



Boasting some of the world's most spectacular surroundings, WalkFest aims to wow all participants with walks showcasing many of Vancouver's iconic natural and historic highlights. At the time of writing this article, some of the hard-working members of the Vancouver 'Venturers are putting final touches to the walks and have them sanctioned for our WalkFest.

An optional evening harbour cruise and onboard banquet on Saturday of the WalkFest weekend promises a vibrant social event. This lovely 3-hour cruise around False Creek will take participants to the beautiful, ever-changing sights of the Vancouver skyline. Highlights include Stanley Park, sailing under the Lions Gate and Burrard bridges, and the shoreline view of English Bay.



Register for WalkFest Vancouver and plan your trip now! Make [Vancouver](#) part of your holiday plans in 2023. Spaces are limited for the harbour cruise. Pre-registration and payment of the registration fee are required in order to participate in the WalkFest. Visit us for the registration, fee and other details at www.vancouverventurers.com or email us at venturersevents@gmail.com.

Follow us on:



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We thank all those who contributed 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](mailto: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.