



Vancouver Venturers Walking Club

Nothing Ventured – Nothing Gained

Email: vancouverventurers@gmail.com

Website: <https://vancouverventurers.com>

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

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

Newsletter #100

Jan. to June 2024



**CURRENT
VVWC
EXECUTIVE**

President
Vice President
Secretary
Treasurer
Membership

Doug J.
Jerry v. Z.
Susan Mal.
Denise M.
Arleen T.

WELCOME ALL NEW CLUB MEMBERS! As of December 27, our club had 417 members.

VOLKSSPORT AWARDS

From *Volkssport Canada* Jul/Aug/Sep 2023 and Oct/Nov/Dec 2023

Congratulations to **Verni B.** for completing the *Art in Public Places* Special Program

Congratulations to **George M.** for completing the *Board Walks* Special Program

Congratulations to **Egil J., Patti-Lynn E.** and **Verni B.** for completing *Walk in the Footsteps of Famous Canadians*

Congratulations to the 2022-2023 *Winter Exercise Program* finishers:

Christine D. 1834 km **Diane H. E.** 853 km **Rick D.** 1803 km **Rita H.** 432 km **Verni B.** 402 km

Congratulations to the *Events* award winner **Patti-Lynn E.**

125, 150, 175, 200, 225, 250, 275, 300, 325, 350, 375, 400,
425, 450, 475, 500, 525, 550, 575, 600, 625, 650 & 675 events.

Congratulations to the *Distance* award winners:

Doug J. 7000 & 7500 km **Sharon Ma.** 1500 km **Theora W.** 500 km **Tish S.** 3500 km **Vicky H.** 3500 km

Mail all your completed record books to:

Canadian Volkssport Federation
204 Leather Leaf Terrace
Ottawa ON K2J 5Z7

Club President's Letter

by Doug



The past year has truly been a remarkable one for our walking club, marked by significant achievements and the establishment of a successful routine that has garnered widespread recognition for our vibrant community. Throughout the year, our club maintained a solid membership base of around 410 individuals, and we were fortunate to have a dedicated group of volunteers who played a crucial role in managing the club and coordinating various social events.

Reflecting on the accomplishments of the past year:

- We hosted a member appreciation luncheon, attended by 120 participants.
- A contingent of 30 Vancouver Venturers represented us at the Olympiad in San Antonio.
- Over 50 members joined our *Walk the Island* bus tour.
- A total of 234 walkers from Canada and the USA participated in *WalkFest Vancouver*, an event organized by our club.
- We celebrated our volunteers with a luncheon at *Steamworks Brewpub*, with 72 members invited.

In addition to these special events, we conducted over 200 regular walks, highlighting the success and popularity of our activities. It's clear that we've cultivated a positive and enjoyable atmosphere, providing a healthy and fun way for our members to spend their time.

As we look forward to 2024, there is much to plan for, promising more *Fun, Fitness, and Friendship*. We encourage you to spread the word—let your neighbours, family, and friends know that the Vancouver Venturers Walking Club offers a healthy and friendly way to make the most of your day.

See you on a walk soon.

Doug



VABC President's Message for VVWC

by Beverley Cattrall

Greetings, fellow Volkssporters! It was yet again a wonderful year for volkssporting in BC. And it was super seeing so many of you on the Island walks and at other events.

VABC has had a good year, with Volkssporters completing many of the 40 CVF Director's walks across BC. While the total numbers are not yet in, to date 1,010 walks were completed in 2023. Apart from the pleasure I've taken in learning that so many have enjoyed the walks, the walk fees paid have again 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. Rita H won an award for walking with all the BC clubs, Verni B for completing all the Lower Mainland PTs and myself and David Cattrall for doing all the PTs on Vancouver Island. Verni, David and I will receive our certificates at the VABC AGM on April 13

The challenges are totally free to enter. You can find out more about them at [Special Walking Programs – Volkssport Association of British Columbia \(volkssportingbc.ca\)](https://www.volkssportingbc.ca/Special-Walking-Programs)

Christine Desjardins, your BC CVF Director, and I have continued to “job share”, with Christine representing BC at CVF, and me heading VABC, which, among other things, administers the CVF Director's PTs. It's been a very pleasant collaboration.

See you on the trails, hopefully at the VABC AGM that is being organized by the Surrey Trekkers on April 13 out of the Strawberry Hills Library, and in May, in Ottawa and Kingston.

Beverley Cattrall, President, Volkssport Association of British Columbia

A Message from our Club's Nominating Committee

by Frank S. and Gordon H.

In 2024, six executive positions need to be filled. The positions are President, Vice President, Membership, Treasurer, Trail Master and Webmaster/Technology Director. You'll find all the job descriptions on the next page. If you would like more information or are interested in any of these positions, please contact Frank or Gord. Please note that these positions are not necessarily one-person positions but can in fact be shared by two people. This is your opportunity to become involved in the club operations and discover the satisfaction that comes with volunteering in our organization. The upcoming vacancies have garnered some interest from various members. Our club has an abundance of capable people and if you are the least bit curious and/or interested, please reach out to Gord - ghartney@gmail.com or Frank - frankjsam@gmail.com.

Executive Job Descriptions – 2-year terms – starting with spring AGM

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 semi-annual newsletter

Vice President

- Assist president
- Fill in for president if needed
- Perform other duties as needed or directed
- Create and send out weekly walk invitation

Secretary (not needed this year)

- Record minutes at executive meetings, AGM's and any special meetings that may take place
- Keep minutes in e-files in an orderly fashion in the event you are called upon to provide -Send draft minutes to the executive for further comment or amendments, shortly after the meeting has taken place -- Allow a few days for feedback, make amendments if necessary, and provide a final PDF copy to the executive

Treasurer

- Maintain club finances, keeping an accurate record of and tabulating income and expenses.
- Deposit monies in either of our four accounts.
- Keep registration sheets and maintain a record of number of walkers for each walk and report such to the national office in Ottawa. Map Walks are reported monthly and Permanent Trails are reported at the end of the year.
- Send e-Transfers or write and distribute cheques/cash for expenses, reimbursements, and refunds.
- Prepare a financial summary for each special event, such as club-sponsored luncheons, bus trips, etc.
- Prepare a year-end financial statement.

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

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**

Webmaster / Technology Director

- 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

A Photo Essay

by Joan J.

Our *WalkFest Vancouver* walks (Friday, Sep. 22 to Sunday, Sep. 24) featured Vancouver's spectacular seawall taking us from the harbour to English Bay through False Creek. And on a water taxi for an optional shortcut to Granville Island for lunch.

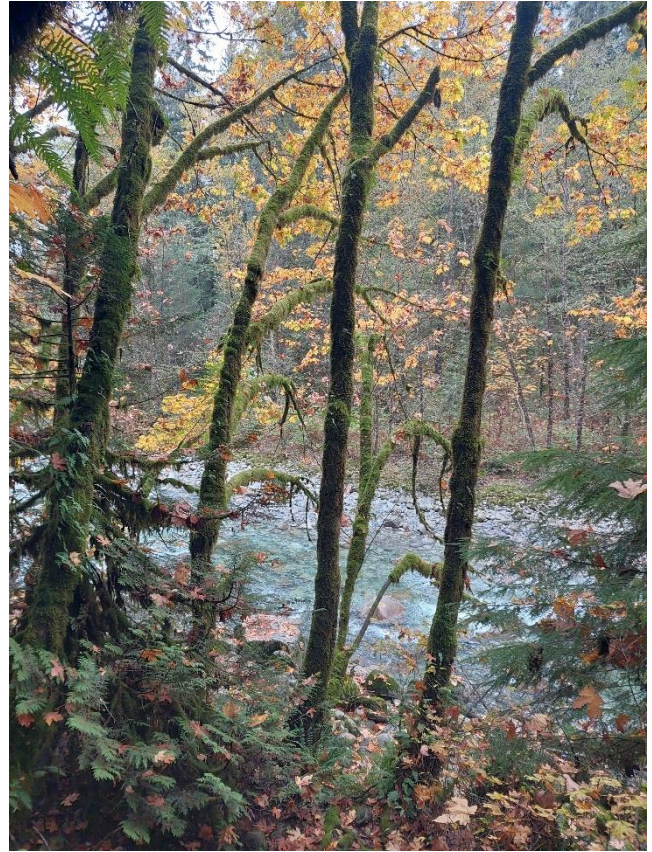
I think we all felt proud to showcase Vancouver's waterfront beauty to our international guests. A well-designed and managed event, and members stepped up to keep it all running smoothly.



A highlight of *WalkFest Vancouver* was the capacity-attended dinner cruise on Saturday evening that took us under the Lions Gate Bridge and into False Creek. An excellent meal was provided.



On Sunday, Oct. 22 our club hosted a Map Walk (*North Vancouver – Inter River Park*) that included a long upward staircase to the forested campus of Capilano University. We admired impressive modern and First Nations inspired architecture.



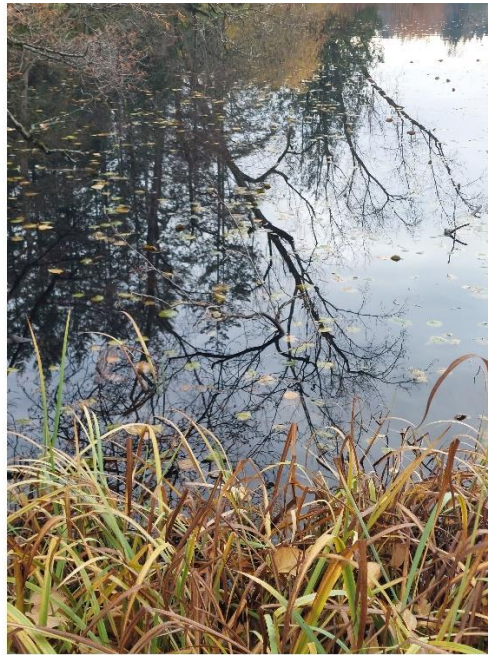
The Beauty of the Walk

by Joan J.

I'm feeling prompted to share with my fellow walkers, who may or may not have noticed, why I am sometimes not at the finish line with the pack. We all arrive eventually, at our own pace. Accounting for my pace, I recognize a major benefit to me of our walking club:

Being out in nature and appreciating, in my way, the beauty that is there.

As an amateur visual artist and a professional garden designer and gardener, I'm in my happy place walking the paths of the many waterfronts, forests, mountain treks, city gardens and parks that our routes take us through. I notice the beauty all around us, and I feel the desire to document what I see. A decades-long passion is photography: framing vignettes of line, colour, repetition, composition, form.... the elements of design that nature provides in spades. Indulge me as I share a few images that caught my eye on our recent (Nov. 21) walk to Deer Lake in Burnaby.



Photos below courtesy of Anna H.

Thursday, Dec. 21 walk – Kitsilano/West Point. Grey – Locarno Beach



Thursday, Dec. 28 walk – Downtown - Lost Lagoon – Blue Heron Colony







Vancouver Venturers Volunteer Celebration

by Doug

The success of any nonprofit organization such as ours depends on the active involvement of its members in fulfilling essential responsibilities. Recognizing this vital contribution, our club's executive decided to express gratitude to the dedicated club members who have generously volunteered their time and effort.

A total of 72 members were extended invitations to a luncheon hosted at *Steamworks Brewpub* on November 15. The club covered the expenses for the lunch, and each attendee was also presented with a gift card for the *Running Room*, acknowledging their commitment and service.

These 72 outstanding individuals have clearly demonstrated the admirable culture of collaboration and a shared commitment to improving our walking club's quality. Their collective efforts have not only enhanced the club's reputation but also increased its appeal, attracting new members who share a passion for walking.

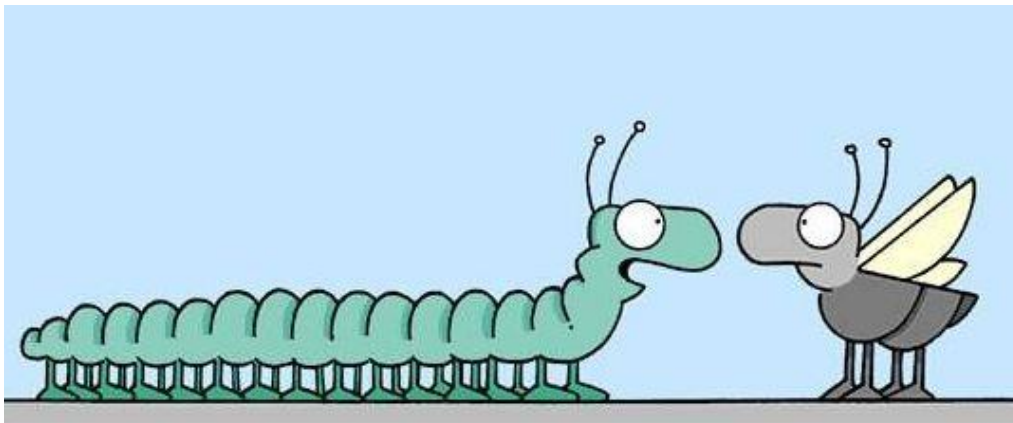
To each of the 72 contributors, take a moment to reflect on your accomplishments, give yourself a well-deserved pat on the back, and recognize that all club members truly value your efforts.

Photos Courtesy of Lynn L.





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“I tried all the fitness fads, but my doctor was right all along—walking is still the best exercise.”

We thank all club members who have contributed content to this newsletter.

Back issues of our newsletter can be found on our club’s Facebook page, at:
<https://www.facebook.com/groups/vancouverventurers/files/files> and also on our website, at:
<https://vancouverventurers.com/2019-july-december-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, our club’s website and elsewhere on the Internet.
- * Not all submitted material will be published.