

# Nothing Ventured - Nothing Gained!

Newsletter # 102 January - June 2025



## Message from the Editor

Dear VVWC members,

It is always a busy year with the Vancouver Venturers Club, with four walks available to take part in each week and other events over the months. The walks are a way to see our province and, through travel opportunities, to see fascinating places in Canada and the world. The photos and stories that you all share open up vistas for everyone, providing holiday tasters and armchair travel. Thank you to our generous contributors of reading for everyone to enjoy. Your stories also provide an enduring record of our Club activities, a travelogue to treasure!

The Club offers a lifestyle, sewing together the weeks with ongoing and regular opportunities for exercise and socializing, or as the Venturers call this, "twalking". The result is a quilt of friendships, and gatherings. The Club also actively, consistently and successfully provides a solution to the epidemic of seniors' social isolation and loneliness - for those impacted by this complex problem, which is constantly on the lips and agendas of the City of Vancouver, UBC researchers and many others navigating change in family, society or self.

Vancouver Venturers is a preventative, non-medical and healthy prescription for connection - a place of belonging (and a regular dose of enjoyment).

Andrea K

A message from Beverley Cattrall, President, Volkssport Association of BC

VABC President's Message for VVWC

Greetings, fellow Volkssporters! It has been yet again a good year for volkssporting in BC, with so many excellent events organized by our four BC clubs. It was super seeing so many of you in Langley last April and in Ottawa and Kingston last May.

VABC has had a good year, although the numbers of Volkssporters completing the 40 BC CVF Director's walks is down from last year. So far 284 of the Director's walks have been completed. Because VABC receives the money from these walks, we have been able to continue to pay for the BC clubs' Meetup licences. Good news, because all the clubs are continuing to report that they have had an increase in attendance as a result of Meetup. Thank you for supporting the BC Director's PTs and for welcoming new people at your walks!

Don't forget that the two VABC challenges are ongoing: walking with each of our four clubs, and doing all the PTs in a given region in our province. The challenges are totally free to enter. You can find out more about them at [Special Walking Programs - Volkssport Association of British Columbia \(volkssportingbc.ca\)](#).

It's really exciting to be looking forward to spring, when we will once again host the Vancouver Island Walks. Information is available on the poster that is included in this newsletter, and more information will be provided on the VABC website, [www.volkssportingbc.ca](http://www.volkssportingbc.ca), in January. I would encourage you to contact me should you have any questions at [bevpor@telus.net](mailto:bevpor@telus.net). We are anticipating a relaxed event, with participants making their own accommodation arrangements and deciding whether they would like to join us for all the walks, or just some of them.

See you on the trails, hopefully in April on the Island Walks, if not before. In the meantime, I wish all of you good health in 2025.

## A message from Rebecca F

Hello Everyone!

December already! The past few months have zoomed by with lots of fun walks. Some of the highlights were: Two walks with the other three BC clubs, Victoria Pathfinders, Nanaimo Bastion City Ramblers and Surrey Trekkers. The first walk was in Victoria on July 8th and the second was in Richmond on July 30th. We also enjoyed a number of walks with the Surrey Trekkers over the past year with more scheduled for 2025. Another highlight of the summer was the Beaconsfield Park walk and picnic on July 13th, which was such a success we've decided to make it an annual event. Susan O has been working hard on scheduling the approx. 208 walks for 2025. Sharon S and Rob O have also been working hard and have already put the 2025 Walk calendar on the club website. Check it out here! <https://vancouverventurers.com/calendar/>

Another highlight of the past few months was the Crazy Horse Tater Tour bus trip from Denver to Minneapolis (Sept 24 - Oct 4). Thanks to Doug J and Sharon M for organizing it and to Mary for being the best tour guide ever! I'm sure there will be stories and photos in this newsletter or the next from some of the people who went on the trip. As you know there is another trip on the books for next year and there are still a few seats available. It's not too late to sign up for the Finland trip in August 2025. If interested send an email to [venturersevents@gmail.com](mailto:venturersevents@gmail.com)

On top of all the special walks and trips the best thing about our club are our weekly walks. Every week on Tuesday, Thursday, Saturday and Sunday (sometimes on holidays) we walk, talk, and enjoy fun, fitness and friendship together. This is only possible because of the volunteers who host the walks. Please consider adding your name to the list to help keep our club going and growing. And, as a volunteer you'll be invited to the Volunteer Appreciation Lunch, another fun event!

Coming up on January 19th is our annual Membership Appreciation Lunch. Stay tuned for details. I look forward to seeing you there to celebrate with us!

A message from Rebecca F

Invitation to be a Walk Host!

We have 15 different start locations with numerous walks going out of each location. A walk host at a specific location could expect to host approximately 12 walks a year, or about once a month. Or, if the location is shared by 2 or more hosts this could be much less.

A Walk Host's main duties are:

Arrive at the start point at least 30 minutes before the start of the walk.

Have the walkers sign the waiver and pay for the walk.

Hand out the walk instructions and labels.

Give a short talk before setting out to welcome new walkers, and impart important information such as where the washrooms are located and where the lunch is.

A Walk Host is NOT expected to:

Hosts are not expected to be able to be at every walk on their list. We all have lives and other commitments. We will find a replacement for you if needed.

Hosts are not expected to lead a walk. We have walk instructions and maps so none of the walks are 'officially' led by anyone.

If you think you could spare a bit of time once a month (or less) please consider volunteering for this important job. In particular, we need hosts for Steveston, West Vancouver and North Vancouver but please feel free to volunteer for whichever location suits you best.

We also need hosts for a few of our Map Walks. This is even less of a commitment as a Map Walk is usually done once every two years.

A message from Verni B

WALKERS' GUIDE  
from brochure created for "Pacific Spirit 2004"  
(CVF/FCV Convention held at UBC / Vancouver in May 2004)

SAFETY is the first priority. Remain alert while you are walking.

Traffic Considerations

- Know and obey all traffic signals, signs, and regulations.
  - Make sure motorists can see you.

Walking in a Group

- Walk only on sidewalks or trails.
- When passing, make sure the people ahead are aware of your intentions.
  - When stopping, move off the sidewalk or trail.

General Safety and Health

- Carry identification and a health card.
- Eat before you are hungry and drink before you are thirsty.

\* \* \* \* \*

GUIDE POUR LES MARCHEURS  
de la brochure créée pour "Pacific Spirit 2004"  
(Congrès FCV/CVF tenu à l'UBC / Vancouver en mai 2004)

LA SÛRETÉ est la première priorité. Prenez attention quand vous marchez.

La circulation

- Connaissez et obéissez tous les signaux, les signes, et les règlements.
  - Assurez-vous que les automobilistes peuvent vous voir.

Avec un groupe

- Marchez seulement sur les trottoirs ou les sentiers.
- Quand vous passez, assurez-vous que les autres marcheurs sont conscients de vos intentions.
  - Quand vous vous arrêtez, bougez jusqu'au côté du trottoir ou du sentier.

Sûreté et santé générale

- Portez de l'identification et une carte de santé.
  - Mangez avant la faim et buvez avant la soif.

## A message from Doug J

Introducing our new method of paying for walks - the Vancouver Venturers Walk Card!! Coupons will continue to be accepted for as long as you have any left but coupon books will not be sold once they are gone. They are being replaced with the new Walk Card. Please read below for information regarding the new Walk Card.

**Come Walk With Us**



[www.vancouverventurers.com](http://www.vancouverventurers.com)

Card No: 500    Name:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Our walk Coupon Book program has been in existence for over three years, and it has been a great success. We implemented this program for two reasons: ● To make life easier for our members ● To make life easier for our treasurer!

Benefits for our members:

- a) Do not have to find & carry loonies, in our cashless society.
- b) One-time payment (e-Transfer or \$10.00) for 10 walks.
- c) Motivator (must go for a walk to get the \$10.00 value from this card).

Benefits to our hosts & treasurer:

- a) Do not have to roll coins.
- b) Fewer trips to the bank.
- c) No coins to carry on a walk after registration.

We are going to improve on this program and Coupon Books will soon be replaced with a Walk Card. Will you help us out and purchase a Walk Card for \$10.00? The Walk Card is "king" (not cash) with the Vancouver Venturers Walking Club. If not a Walk Card - loonies or toonies only, please (if you pay with small change, it increases the work for our volunteers as it takes more effort to roll and deposit the coins).

e-Transfer \$10.00 to the club and get your Walk Card at the next walk or bring \$10.00 to the next walk and see one of our members that have Walk Cards to sell-Agnes, Denise, Theora, Patricia, Arleen or Nancy.

NB: Show your card when you register for the walk and the host will cancel one of the numbers. Thanks for considering this! Vancouver Venturers Executive

WALK 100 - a challenge for Vancouver Venturers! A message from Doug J.

I want to invite you to join others in our walking club and participate in a FUN challenge for 2025. This will start on January 1st! You know that many of us like to keep track of where we walk and how often, so this program and label book have been created.

This "Keeping Track" label program is called "Walk 100". Can we walk 100 walks in 2025- 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 2025 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 stamps 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" stamp book (and showing others) really shows that you like what you are doing to be a healthier person.

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



## Volkssport Awards

Congratulations to everyone!

### Event Achievement Awards



Christine Desjardins Victoria, BC with 3000

Richard Desjardins Victoria, BC with 3000

Manfred Koestlmaier, Surrey, BC, with 1200

### Distance Achievement Awards (Km)



Geraldine Hargreaves, Delta BC, with 500

Jennifer Mazur, Surrey BC, with 1000

Jennifer Mazur, Surrey BC, with 1500

Jim Mckay, Vancouver BC, with 2000

Doug Jackson, Surrey BC, with 8500

Jerry Van Zuuk, Surrey BC, with 9000

George Maksym New Westminster, BC with 2500

Sharon Maksym New Westminster, BC with 2500

Jim McKay Vancouver, BC with 2500

Karen Harpley Surrey, BC with 3500

Tish Sladden Delta BC, with 4000

Markku Vuorensivu, Surrey, BC, with 9000

Jerry van Zuuk Surrey, BC, with 9500

### Winter Walking Program

James Knight level: Verni Brown with 205 km

Alexander Mackenzie level: George Maksym with 401 km

Alexander Mackenzie level: Sharon Maksym with 490 km

David Thompson level: Diane Howell Evans with 679 km

David Thompson level: Doug Jackson with 725 km

David Thompson level: Nancy Jackson with 706

## The Johnson Bridge, Victoria BC, by Sohani F

As a new walker, I had not ventured any further than joining walks within Richmond where I live. However, In July 2024, I decided to be adventurous and register for the walk in Victoria BC hosted by the Victoria Pathfinders. They did a fabulous job organizing the event for over 80 walkers. It was a blistering hot day, yet quite a few avid walkers opted for the 10k. I was certain that I would need multiple breaks to complete the 5k in the sweltering heat. I walked and talked with other fellow walkers. Some I had met before, some new faces. I'm always surprised how easy it is to strike up a conversation with people in this group. They are all friendly and accepting, going out of their way to make new members feel included and welcome, especially Nancy and Doug Jackson.

As I kept to my usual slower pace, someone would keep step with me and converse for a few minutes, then either fall back to stay for a friend or move ahead to catch up with someone else. As we crossed the historic Johnson Bridge, a landmark in downtown Victoria BC, Doug paused to show me the machinery that controlled the raising and lowering of the bridge that allowed tall marine vessels to pass through. I drew a parallel to our own lives. We too open the bridge of our lives to people. Some dock and stay, others are just passing through, and still others are there for a season. We are all given the opportunity, however brief it may be, to leave a positive indelible footprint in their lives.

Sometimes just a friendly 'hi', or smile, is all that's required.

As much as I enjoy walking around lakes, through forest greens or in the city with this group, If I stop to ponder for a moment, it's the people that make the difference.

We weave in and out of each other's lives, and you and I are a thread in someone else's tapestry that is being woven by their creator. It is our choice to make that thread as colorful and strong as we want it to be or leave it bare and frayed. The day ended on a contented note. My phone was full of pictures from the walk, I enjoyed a lip smacking sumptuous meal at The Steamship Bar and Grill, and survived the 5k walk with just a few breaks hidden under the guise of needing to stop for pictures. Next time you join a walk, no matter how brief the interaction with others, you have the opportunity to make a positive difference in someone else's life and allow others to do the same for you.

Walking is fun, but making friends while doing it is even better.



### LET'S VISIT FINLAND - THE HAPPIEST COUNTRY IN THE WORLD! by Jerry v. Z.

Next year, in August, many of us will be visiting Finland, to participate in the next IVV-Olympiad. We'll be walking in and around Tampere - Finland's third largest city - and hobnobbing with Volkssporters from all over the world. It'll be fun. Many of us will be enjoying bus trips after the Olympiad -- trips that will take us through Scandinavia or the Baltic States. It's something to look forward to; that's for sure. But the happiest country in the world? It's cold in Finland (though thankfully, not in August); the winters are long and dark. How can Finland possibly be the happiest country in the world? Well, apparently it is, according to the World Happiness Report <https://worldhappiness.report/ed/2024/>. Canada ranks only 15th on the list of happiest countries, but, year after year, Finland sits at the very top of the rankings.

Finland is a stable, prosperous and democratic country. It consistently ranks as one of the safest countries in the world. There is not much income inequality and very little corruption. There is a very strong social safety net, and Finns trust each other; there is a lot of social cohesion. These same things can be said about Canada too, of course, but in Finland, most or all of these things seem to manifest themselves a little more intensively. Hopefully some of that Finnish happiness will rub off on us while we're in Tampere.

Update below!!

UPDATE! FINLAND, SWEDEN, DENMARK, NORWAY  
BUS TOUR POST FINLAND OLYMPIAD  
ADVENTURES ABROAD - CANADA'S WALKING CLUB

Bus #1 and bus #2 are now guaranteed with 10 seats still available

If you are thinking about joining 70 other very social and very friendly walkers from Canada's Walking Club - "DO NOT DAWDLE" sign up today.

LINK #1 - TO REGISTER FOR THE OLYMPIAD

LINK# 2 - TO REGISTER FOR THE 16 DAY BUS TOUR -POST OLYMPIAD

LINK # 3 - TO EXPLORE OSLO WITH PATTI & EGIL BOOK THIS HOTEL

Finland Olympiad & 16-Day Scandinavian Tour

We're thrilled to embark on an adventure through four Scandinavian countries, filled with exploration, walking, and connecting with fellow walkers!

Olympiad in Tampere, Finland: August 14-18, 2025. (Book your hotel from August 13 to account for jet lag.). <https://ivvfinland.fi/en/>

Scandinavian Tour: August 18 to September 2, 2024, <https://www.adventuresabroad.com/tour/post-olympiad2025-tour/SHCW>

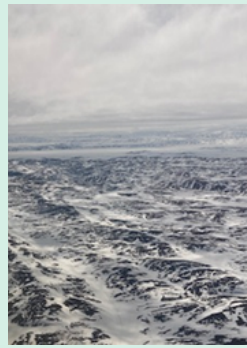
Extra Days in Oslo, Norway: September 2-4, 2025. Explore and visit with Patti & Egil - <https://karljohanhotel.com>

If you're interested, don't wait-this is a fantastic tour at a great value. We'll be walking through Finland, Sweden, Denmark, and Norway, including two overnight ferry rides. Join us for a journey of fun, fitness, and friendship!

## Iqaluit Walking Adventure

By: Sharon M, Susan O, Zoher A

After attending the Ontario adventures in June 2024, we decided that we would head north to complete the Capital City walk in Iqaluit, Nunavut. We boarded the Boeing 737-300...most airlines are flying the 700 or 800 series these days, but not Canada North Airlines. It took us back to the time of comfy seats with lots of leg room. Also added to our comfort, the empty middle seats, full hot breakfast and terrific service! Three hours and a bit later we landed.



View from the plane!



Art in the airport

The artwork in the airport was amazing and was a taste of what we would see all around town.

The city is interesting to say the least. It seems that most of the buildings have been constructed in the past 20 years. Our hotel was older, very well kept and had all the amenities required including excellent blackout blinds as the sun sort of set at 10:30pm and was up full blast at 2:30am.

Iqaluit is the new name for Frobisher Bay and is located in the middle of the southern coast of Baffin Island between two peninsulas. There are about 7500 residents with just over half Inuit. And no trees...none...zero...it is tundra. We did not even see any bushes. Just a few birds and no wildlife. We were there June 1-3. If you go, we recommend going later, sometime like August or September. The bay was frozen with bulky ice and it was -2° with horizontal sleet. We expected the weather and bundled up for the walks. Locals told us that the ice is usually gone by mid-July and back again in December or January.



A Church in Iqaluit



There Are No Trees



The frozen bay

Continued below



Walking in the Snow



Dressed for Walking



The Hudson's Bay Store Near Apex (Not in Use)

We did the Capital City Walk which is a 5 km loop that you complete twice for the 10 km. We also walked out to Apex, 5 km one way. We saw the second oldest Hudson Bay store along the way.

Groceries are costly. Restaurant meals are about the same price as here in the south with menus that rival the best places in Vancouver.

Some Grocery Prices are Very High



The Menu at our Hotel Restaurant

Our flight home was a little more interesting. Apparently, it is very common for the flights to be cancelled for a myriad of reasons. Our 8pm flight was being rescheduled to a later time, not cool for us, so at 9:45am we were rebooking on the 10:30am flight, except that one was being moved to 4:00pm, so we went on that one. Again, it was not full, but we did not have a hot meal as catering was a bit messed up from the all the changes. We landed in Ottawa, stayed the night and flew home to YVR the next morning. We highly recommend going, in the later summer or early fall.

## Spectacular Coastal Walk, England 2024 Joan J.

Day hiking above the dramatic chalk cliffs of southeast England's South Downs Way was a highlight of my summer 2024 house exchange in Brighton, England.

The coastline east of Brighton is a region of rolling hills (downs, as they are called in England), which abruptly plunge to the sea in gleaming straight cliffs. A broad area of land encompasses the South Downs Way, a 100-mile public walking and bridle way following a chalk ridge from inland, Winchester in the west, to Eastbourne at the coast. This became England's 10th national park in 2010.

The broad, grassy meadow like path, mowed flat by continuous day trippers and long-distance hikers offers a sense of serenity, albeit one interrupted by daunting dips in the terrain, reminiscent of a roller coaster ride. I found the drama of the cliff side geography awe inspiring, with dare devil glimpses over the tops of the cliffs, dropping hundreds of feet to the seashore below.

Nothing separates one from the white, soft chalk cliffs, that are so brilliant because they are constantly sloughing off. Some brave walkers staged picnics at cliff edge, while I took occasional forays meters from oblivion, mindful of a mistimed moment of foolishness. I was amazed at the range of walkers and their seeming preparedness, or lack thereof for such a walk with sudden elevation change.

Some were out for an afternoon stroll, while others looked to be more serious walkers, walking being a serious business in England. The inexpensive and comprehensive bus service allows easy access to the route at multiple points.

My first impressive up-close encounter with the fabled white cliffs was from below, following an 'under cliff' seawall foot and bicycle path heading east of seaside Brighton, with its famous Pier. It was my first couple of days in Brighton, which saw an atypical stretch of mainly warm, sunny weather through my three week house exchange. The four-mile paved path took me to the welcome site of Rottingdean, a quaint, historic village (like most in England) where I was ready to find some refreshment.

Wandering narrow winding roads of the village, I made enquiries and luckily landed at The Plough, where I enjoyed a most 'un-pub like' dinner of excellently cooked salmon on top of a pile of broccolini and roasted new potatoes! A memorable exposure to a village pub, the bustling social heart of the community.

Having done some research about the coastal walks, I however, quite randomly stumbled across my next encounter early one evening while missing a turn on my GPS guided drive returning to Brighton. Above the coastal town of Seaford, I saw walkers along a steeply rising horizon, and realized this must be the South Downs Way! I followed, and with the mid-summer sun waning in the sky behind me, I carried on. The number of walkers was diminishing at that time of day, but I was excited to see what was beyond the next rise. I reveled in the sublimeness of the still of the evening, the warmth, and drama of the light. I found myself quite alone as I continued, with an anticipation of the famous series of chalk cliffs that would likely arise before me.

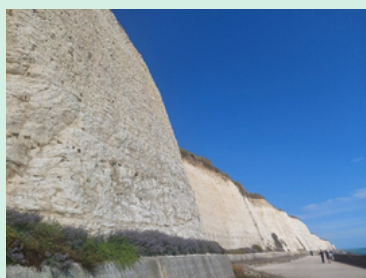
Continued below

The iconic, Seven Sisters finally rewarded me, their chalky brilliance gleaming in the low, western sun. I walked on to get a closer view, and lingered in a sort of awe at my good fortune of this spontaneous encounter. The Seven Sisters, a series of peaked cliffs, have become the most popularized image of England's south east coast, even more so than the 'white cliffs of Dover'.

My most extensive experience of the South Downs Way was via a double decker bus (as they all are) on a scenic, rolling downs road from Brighton to the highest coastal promontory, Beachy Head, about an hour east, dropping walkers at a couple of access points along the way. Having no idea what to expect at my drop off point, I was delighted to find the Beachy Head Countryside Centre, literally in the middle of nowhere! It featured a free, informative museum and gift shop with an adjoining restaurant / pub, where I enjoyed a fortifying lunch before heading across the road to the coastal path.

It was another sunny day, and I was feeling blessed to be spending the afternoon walking this stretch from Beachy Head to Birling Gap, passing along the way the historic Belle Tout Lighthouse (reservable as an exclusive Airbnb). Many walkers, families of all ages, couples and groups were enjoying this weekend day, and I was astounded as walkers momentarily disappeared out of sight beneath the steep crest of the slopes, the 'roller coaster' effect! I felt I had made the right choice of starting point, as although there were many heart pumping ups and downs, the prevailing slope was downhill towards my destination. A truly remarkable experience, with a view towards the Seven Sisters at walk's end!

I waited in the long queue for the next bus back to Brighton, claiming literally the last seat at the back of the bus on the top deck. A satisfying and memorable journey.



# COME WALK WITH US ON VANCOUVER ISLAND!

## 2025 ISLAND WALKS

April 28 – May 2



Ucluelet



Chemainus

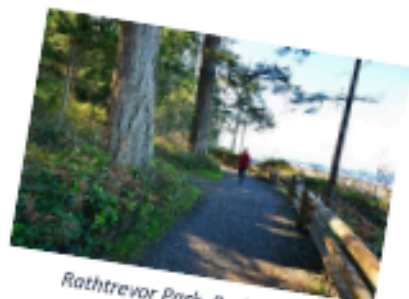


Lake Cowichan



Qualicum Beach

VABC – the Volkssport Association of British Columbia – and BC’s CVF Director are excited to invite you to the “2025 Island Walks” - 5 days of exploring some of the beauty of Vancouver Island and a time to meet old and new friends.



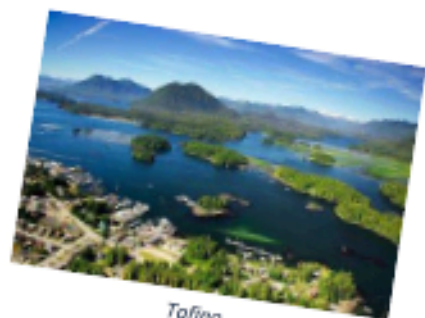
Rathrevor Park, Parksville



Port Alberni

**Timetable**

Monday pm Kinsol Trestle  
 Tuesday am Chemainus  
 Tuesday pm Port Alberni  
 Wednesday am Ucluelet  
 Wednesday pm Tofino  
 Thursday am Qualicum Beach  
 Thursday pm Parksville  
 Friday am Lake Cowichan



Tofino



Kinsol Trestle

Registration: No registration is required but do let us know if you are planning to come so we can let you know all the details.  
The only charge is \$2 per walk!  
Contact Beverley bevpor@telus.net

Note from Editor:

The Steveston Historical Society (SHS) has been in place since 1976 to preserve and promote the history of Steveston, British Columbia.

<https://historicsteveston.ca/historic-steveston/>.

Anna H took these amazing photos during a walk in Steveston, situated in Richmond, BC, and part of the walks focusing on discovering Richmond



London Farm house



Bee hives



Honeysuckle (Lonicera)



Bee swarm - new queen starting her own hive



Low tide along Dyke



Eagles' nest - heard & saw 2 eagles sitting nearby



Saskatoon berries

This past October Sandy and Gordon travelled to Sicily for a 4-week self-driving tour of the island. In addition to the majestic [and active!] Mt. Etna; numerous Baroque hilltop villages; Greek & Roman architecture; and beautiful seaside towns and villages, we wanted to share a very special day that we experienced.

Months before departure, Sandy found a blog site that referenced a local guide, who organizes walks into the hillsides near Palermo. She communicated with Marco Giordano of Guida Naturalistica who is a botanist and teaches at a local university. She booked a tour which included a visit to a sheep/cheese producing farm. On that day we met at a pre-arranged site and followed him in our car up into the remote hillside above Palermo to the farm. We were immediately welcomed by our host Marta, of Azienda Agricola Balzo Rosso, who with her husband, produce the artisan ricotta and pecorino cheese from the milk of their herd of sheep and goats. She is a 4th generation of a family business that needs a 24/7/365 commitment. Her father, to this day, is the shepherd of the herds.



Marco proceeded to guide us on a two hour walk up into the hillside explaining the local fauna, animals and history of the farming that has existed here for centuries. On the way back down the hill we stopped at the centuries-old hut where Marta's grandfather made the fresh ricotta using very rustic tools. Upon our return, Marta led us through a tasting of several local, artisan honey and then into the goat sheds. Gordon was shown how to milk a goat and then draw milk from two goats. We were then introduced to a very cute kid by her father that was less than 24 hours old.



Note from Editor:  
Generous newsletter contributions by VVWC members allow us all to travel widely, outside of the borders of Canada!  
Thank you for taking us with you!

Continued below

We then entered the cheese making room where strict sanitation and cleanliness is maintained for making fresh ricotta. We were taught how the curd is created from the whey, separated and then packed into containers to solidify. As a treat, we were given some of the curd in the whey to which we added pieces of bread for a snack that the shepherds have enjoyed over the ages.



We were then directed into a 4x4 with our guide and hosts for a short but rough & muddy ride to a surprise and stunning vista over Palermo. Upon our return, we were invited into the farm house of this warm and welcoming family to a meal prepared by Marta's mother. On the table were eight cheese varieties, two appetizers [one of a grandmother's recipe], specialty bread from a local village and local wine. And then the pièce de résistance for desert: cannoli made with the fresh ricotta seasoned with a little sugar and local chocolate in shells from the local mecca of shell makers. Perfection!



In all, a magnifico experience of education about the local flora and fauna, artisan cheese making, and the enjoyment of tasting the foods of local artisans. We would highly recommend this tour to anyone planning a trip to Sicily and would welcome any inquiries.

Salute,

Sandy & Gordon

## JOIN OUR CLUB & NATIONAL FACEBOOK PAGES

Hello everyone,

We would like to invite all walking enthusiasts to join our vibrant community, on Facebook. Our page serves as an essential hub for all things related to walking in Canada. Whether you're a seasoned walker or just starting out, our page is a valuable resource for information and inspiration.

By joining our Facebook page, you'll gain access to a wealth of benefits. Stay informed about upcoming activities and happenings in our Canadian clubs, events (read- Canadian Festival in Kingston, Ontario) such as bus tours, multi-day festivals, and more. Discover innovative ideas and best practices from other clubs that can help enhance your own club's experience. You can even find travel suggestions to attend events organized by other clubs across the country. By being part of our community, you'll be in the know when it comes to all things related to Vancouver & Canada's Walking Club.

We encourage you to actively participate in the group by sharing your walking-related pictures, activities, and personal experiences. Let us know the joy and fulfillment you've found by walking with our clubs.

Joining our Facebook page is another small yet impactful way to support and contribute to the growth of our clubs. Don't miss out on this opportunity to connect with fellow walkers, exchange ideas, and foster a sense of community.

To join our Facebook page, please visit: <https://www.facebook.com/groups/VolkssportCanada>  
<https://www.facebook.com/groups/vancouverventurers>

We look forward to welcoming you to the Vancouver Venturers & Canada's Walking Club and sharing the joy of walking together.

Email:

[vancouverventurers@gmail.com](mailto:vancouverventurers@gmail.com)

Website: <https://vancouverventurers.com/>

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

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

We thank all club members who have 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 [andypan@shaw.ca](mailto:andypan@shaw.ca)

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.

An archive of our newsletters (back issues) can be found on our website, at:

<https://vancouverventurers.com/2019-july-december-newsletter/> and also on our club's Facebook page, at:

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

