

## Nothing Ventured - Nothing Gained!



### Winter 2025 message from the Editor

Dear VVWC members,

I received this message from our club member Barry and it has inspired my editorial for this season. Barry writes: After my wife Maggie passed five years ago, I sought new adventures – lawn bowling, the symphony, theatre, and eventually the Vancouver Venturers. My first walk in Richmond was tough, with aching feet reminding me new shoes were needed. On a later walk, a fellow member who normally walked 10 km kindly joined me on a 5 km walk at my slower pace. Thanks to that support, I've built stamina, made friends, and found well-being in shared walks and stories.

Barry's message is simple and sincere and it also reminded me of a memory from long ago, something simple that I never forgot and which I refer to often. It took place at Capilano Suspension Bridge in North Vancouver. A family was planning to cross the bridge but one family member was terrified. The older brother stepped up. He said "watch me, I am going to cross and come back" He did so. Then he held out his hand to his family member and said "ok, now let's cross together" They did so and then the fearful family member said "Ok, now I am going to cross on my own!" And he did. The simple act of saying "let me do this with you" is so powerful. And our walking club is one place where we do life together. Thank you for your message, Barry, which I found so uplifting.

I wish everyone a happy and healthy New Year!

Andrea

## Beverley Cattrall: VABC President's Message for VVVC Winter 2025

Greetings, fellow Volkssporters!

It was yet again a wonderful year for volkssporting in BC. VABC has had a good year, with Volkssporters completing a selection of the 40 VABC CVF Director's walks across BC. While the total numbers are not yet in, to date 540 walks were completed in 2025.

Apart from the pleasure I've taken in learning that so many of you have enjoyed the walks, the walk fees paid have again helped us with our bank balance so that we can continue to pay for Meetup licences.

With great excitement, we welcome our newest BC club, the Okanagan Volkssport Walkers in Kelowna, with Jan Appleton as its leader. As I write this Jan is busy creating walk instructions for her club. I'm looking forward to meeting Jan and her team in person, as I know many of you are.

At the same time, we mourn the passing of a great Volkssporter, Rick Desjardins. As Rick and his wife Christine have said, the best way to remember and honour Rick is to go for a lovely long walk, in the company of Volkssport friends.

I hope to see you on the trails, in Yellowknife and Kelowna, if not before.

Best wishes,

Beverley Cattrall, President, Volkssport Association of BC



## Club President's Letter for Winter 2025 Rebecca F

Hello everyone!

I'm very happy to have the opportunity to speak to all of you in this December 2025 Newsletter. They say time flies when you're having fun and this year has flown by!

If you've recently joined us - Welcome! We're glad you found us and hope you will enjoy being a member of our wonderful club. Besides enjoying great walks in Vancouver and in the surrounding communities (West Van, North Van, Burnaby, Richmond, Steveston, Ladner and Tsawwassen) you will have opportunities to travel to other parts of Canada, and the world.

This past summer many of us joined a group of about 100 Volkssporter's from across Canada to go to Finland and take part in the IVV Olympiad. We spent four days in Tampere, Finland walking and talking and enjoying the company of about 1200 Volkssporter's from 25 countries. After the Olympiad 68 of us went on a walking tour of Scandinavia (Finland, Sweden, Denmark, Norway). I'm looking forward to the photos describing some of our adventures which I'm sure will be included in this newsletter.

Coming up in June 2026 is the CVF (Canadian Volkssport Federation) convention when we will meet in Yellowknife for four days of walks, talks, fun, and friendship!

Closer to home, we regularly walk with the other three BC clubs, Surrey Trekkers, Victoria Pathfinders, and Bastion City Wanderers. We have four joint walks a year with the Surrey Trekkers, with each club hosting two walks. We also get together with the Victoria Pathfinders and the Bastion City Wanderers (Nanaimo) for walks and lunches a few times a year. In June we hosted all the clubs for a walk and lunch in Tsawwassen. In July we cruised over on a BC ferry for a great walk and lunch in Victoria. And, in October, we hopped on the Hullo ferry for a lovely day in Nanaimo. Breaking news, there's a new BC club starting up in Kelowna, the Okanagan Volkssport Walkers, so we're planning a trip up there next fall to walk with them. Hopefully you can join us!

Near or far, I look forward to seeing you on a walk soon!

## Message from Doug Jackson, President, Canada's Walking Club

I am constantly impressed by what our walking organization is able to offer.

When you look at everything planned for the coming year, it's clear we're part of something exceptional.

•208 walks already scheduled for 2026.

•A Member Appreciation Luncheon to celebrate the heart of our community.

•A Volunteer Appreciation Luncheon to thank those who give their time and energy.

•Our always-popular Club Picnic.

•Exciting travel opportunities – Yellowknife, Kelowna and the BC Interior, the Canadian/French walking cruise, our international walking festival (Luxembourg) and the bus or train tour, (Europe) and the soon-to-be-announced destination for our 2028 Canada's Walking Club Festival.

All of this is possible because of the volunteers who step forward, plan, organize, and make these activities happen. Their commitment is the reason our organization continues to thrive.

We've built something amazing together – are you part of the effort?

Come Walk With Us



VANCOUVER VENTURERS  
WALKING CLUB

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

Card No: 500 Name: \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
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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

I want to invite you to join others in our walking organization to participate in a FUN challenge for 2026. This will start on January 1. 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 2026 - two a week? I think we can, and I hope that you will be part of this with many others in Canada. How nice it will be to look at your book next December 2026 and see all the places you walked (Yellowknife?) 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.

Get your "Keeping Track - Walk 100" book for the \$5.00 cost and "KEEP TRACK" with us next year. Let's do this challenge together.

Walk 100 - 2026 - Location: Worldwide - Cost: \$5

Awards and Recognition: Certificate, IVV Credit and awards, mention in Volkssport Canada upon completion

Special Characteristics: NO special stamp. Walk 100 Volkssport events (any type, anywhere in the world) between January 1 and December 31, 2026. The same event may be completed and stamped multiple times.

Dates: January 1, 2026 - December 31, 2026

\$5.00 for your Walk 100 book and get your labels at each walk - this is my favourite challenge.

If you are in the Surrey or Vancouver club - just see Theora or Doug!



## Wellington Point Walk - NEW for 2026

submitted by Letitia S, walk creator

The Vancouver 'Venturers are pleased to announce a new walk in South Delta starting in May 2026 - Wellington Point! The walk will start in the historic village of Ladner and proceed along the majestic Fraser River to Wellington Point then back to Ladner. The walk fulfills the criteria for two CVF walking programs, Murals and Time to Walk and includes a new location for lunch right in the heart of Ladner - Britannia Breweries. <https://www.bbco.ca/> This is more than just a scenic river walk, however, because there are major points of interest along the way including:

Ladner Reach Marina - This marina started out as a fishing industry building in 1952 but is now a floating home village and over the years, the owners have worked hard to make it a special place. Walking through the marina, observant walkers will see Expo 86 memorabilia salvaged from that wonderful world's fair that really but B.C. on the map!

In addition, The Marina has a state-of-the-art wastewater treatment system to which each home is connected and draws the same high quality drinking water from the municipality that land based homes do. Mail, garbage and recycling are centralized in one area of the upland property. The Marina takes pride in keeping the entire site clean, well maintained and safe. So, it truly is a jewel, not only because of the views but also thanks to the high standards of sustainability and recycling that the residents are committed to maintaining.

Continued...

<https://www.ladnerreach.com/floatinghomes> Ladner Fisherman's Hall - This humble building is now a popular, local entertainment venue that can be rented out. But it has a famous Burnaby connection, too! The hall was built after the local fisher's union decided they needed a bigger building back in the 1940's. One of them offered funds for start-up but set up a system of shares to be purchased by other union members in order to finish the project. Burnaby crooner Michael Buble's grandparents purchased some of those shares. Who knew that such a humble building would have such a famous present-day connection?

Best View of the Mighty Fraser River - Sadly, a few years ago Wellington Point was a neglected place and the entire pier and viewing platform was in complete disrepair, with parts of it having fallen completely into the river. Thankfully, the pier was rebuilt along with a new boat launch, and the entire area was relandscaped to include parking and a picnic area. <https://www.delta.ca/parks-recreation/parks-trails/park-and-amenity-search/wellington-point-park> Finally, many thanks to the VVVC'ers who helped with the design and pre-walking of this route - Bruce, Marie, Kathleen, Denise (with Tessa!), and STVC president Sandi.

For everyone else, please consider joining and celebrating this new route along with us

Photos of the walk are here:

<https://photos.app.goo.gl/iHeWZvAW3bUc24o88>



## Finland! First Stop Oslo!

**Patti E writes:** We had two fun filled days in Oslo. Here we were on one of our permanent walks. It was fun having so many sign in...lol. We also did a walk around the middle age ruins of the original site of Oslo. We also visited the Pilgrim Centre where I volunteer in the summer. **Photos submitted by Patti E.**



Closing ceremony of the Olympiade in Tempere, Finland - submitted by Patti E



## Scandinavia with Doug J

Top left: Bergen, Norway - with so many wearing the Canada's Walking Club jackets!

Top right: the 5 club presidents and myself on the Scandinavian tour.

Bottom photo: One of the 2 buses , holding 34 people per bus, for a total of 68 people on this fantastic tour.







Picnicking in Sweden - submitted by Rebecca F



Photography: Imagine what photographs we can take on our walks!  
Submitted by Nada R on behalf of new VVWC member Iilona D.



Shades of Blue



Continents



Cracked up



Roaming



Collision



Ice World



Puzzle



Shades of Blue 2

## A CHEAP EXCURSION IN ROME AND FLORENCE!

By Dr. Nada R

In 1991 we had five days off around Labour Day. Since I knew the director from the Tourist Agency, I asked him to recommend some cheap accommodation in Rome or surroundings. And he did. My contact was a man who was half Italian and half Yugoslav, so I could speak to him in Serbian. He recommended me the Bungalow 7 km out from Rome. We collected money in January. The price was very cheap, only 120 DM for five days, with two nights sleeping in nice small houses in the Bungalow. Some nights we spent on the bus.

When the Director from the Tourist Agency in Rome told me that every year people from France reserve it and come on the 1<sup>st</sup> of May, Labour Day, I asked him whether he could book the rooms for 170 people (three buses) if I send him money by telefax immediately. Of course, he agreed.

We visited Rome and went to the Vatican, too.

I engaged a local guide to walk with us and speak in Serbian in front of the Colosseum, the Fountains, the Pantheon, St. Peter's Stairs.

When the Pope appeared on his terrace in Vatican, the square was full of people. He blessed new Cardinals.

On our way back I planned to stop in Venice in front of the Railway station and enter to find toilets before our all-night trip via Austria and Hungary to Serbia. The toilets were locked.

Since it was about 4:00 a.m. I told our group to distribute left and right from the buses, enter some gardens in front of nice houses and leave "souvenirs" instead of artificial food for their gardens.

On the next page - photographs from the  
Cheapest Excursion in Rome and Florence!



The Bungalows in Rome



The Coliseum in Rome



The Pope greets the people from his home



Our hiking group at the Vatican



Florence



Venice

A walking-themed Book Club for us? Here is a recommendation to start us off!



A perfect book for walkers to read!

You are missing most of what is happening around you right now. You are missing what is happening in the distance and right in front of you. In reading these words, you are ignoring an unthinkably large amount of information that continues to bombard all of your senses. The hum of the fluorescent lights; the ambient noise in the room; the feeling of the chair against your legs or back; your tongue touching the roof of your mouth; the tension you are holding in your shoulders or jaw; the constant hum of traffic or a distant lawnmower; the blurred view of your own shoulders and torso in your peripheral vision; a chirp of a bug or whine of a kitchen appliance.

*On Looking* begins with inattention. It is not meant to help you focus on your reading of Tolstoy; it is not about how to multitask. Rather, it is about attending to the joys of the unattended, the perceived "ordinary." Horowitz encourages us to rediscover the extraordinary things that we are missing in our ordinary activities. Even when engaged in the simplest of activities - taking a walk around the block - we pay so little attention to most of what is right before us that we are sleepwalkers in our own lives. So turn off the phone and portable electronics and get into the real world, where you'll find there are worlds within worlds within worlds.

Source: <https://www.goodreads.com/book/show/15803166-on-looking>

## Awards

### Congratulations to our Vancouver walkers!

#### Distance Achievement Awards!

- 500 Don Hitchen Vancouver, BC
- 3,000 Jim McKay Vancouver, BC
- 4,000 Dianna McKay Vancouver, BC

## Connect with us!

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>.

## 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.

Happy New Year everyone!

Hoping 2026 will be a year in which our goals and dreams are realised or become attainable - the year we climb that personal mountain - whatever it may be!



“The Lions” of the North Shore Mountains - Our view from Vancouver!

The Lions are two pointy mountains in the North Shore Mountains near Vancouver, British Columbia. The Squamish People call them “Ch’ich’iyúy Elxwíkn,” which means ‘Twin Sisters’.

The West Lion is about 1,646 m (5,400 ft) tall. The East Lion is about 1,606 m (5,269 ft) tall. You can see them from many places around Metro Vancouver. They are a famous symbol of Vancouver, like the Lions Gate Bridge, which is named after them. Even the city’s BC Lions football team is named in their honour.