



[New video shows The Bicycle Valet in action!](#)



October 2015



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Dear Readers,

Fall – with its crunchy leaves, cooler days, and harvest moon – is upon us, and at BEST we are shifting into the new rhythms. In our Newsletter this month you'll find our regular reports from The Bicycle Valet (with a link to our great new video), the Bus Co-Op, and our Membership desk, in addition to a couple of special features: a historical timeline we have developed in anticipation of BEST's 25th anniversary in 2016 and a report from BEST staffer Stuart Smith on his experiment in "regional walking" from Vancouver to Surrey.

But first, in the spirit of Thanksgiving we would like to take this moment to thank all our sponsors, donors, members, and volunteers for your commitment to BEST. What a long, strange, and wonderfully exhilarating trip it's been! And we truly couldn't do it without you.

The Bicycle Valet: Rain will never deter us!

We are pleased to introduce a new behind-the-scenes video that shows how [The Bicycle Valet](#) will work for your event. If you have every wondered how The Bicycle Valet operates, take a look:



Very special thanks to [Matt Gauthier](#) and [Julie Rankin](#) for making this video for us.

It's been another busy month with The Bicycle Valet, where we've been filling up in spite of rainy weather!



Filled right up with bicycles at the Eastside 10K.

Wondering where to find us in October for all your free & safe bike parking needs? Look no further:

- Saturday, October 3rd: [Doors Open Vancouver](#) at 3 locations - City Hall, False Creek Flats, and Stanley Park
- Monday, October 5th: [Bike to Work Week](#) Launch & Fashion Show at the Museum of Vancouver
- Wednesday, October 7th: [Vancouver Whitecaps](#) at BC Place, Gate C
- Saturday October 17th, Sunday October 18th: [Apple Fest](#) at the UBC Botanical Gardens
- Sunday, October 25th: [Vancouver Whitecaps](#) at BC Place, Gate C
- Friday, October 30th: [Bike to Work Week](#) Halloween Party

And more to come! For more information, check out our calendar [here](#).

For more information on The Bicycle Valet, please get in touch with Sinead Stinson at sinead.stinson@best.bc.ca or [604.669.2860 ext.207](tel:604.669.2860).



The Bus Co-op: In the news

The [Bus Co-op](#) is definitely getting a name for itself! Karen Quinn Fung's recent story in Metro, a feature for National Seniors Day, highlighted the advantages of the Bus Co-Op for community organizations that provide services to seniors. The Bus Co-Op, she says, is a great solution for seniors who want to "stay connected to friends and family, to participate in community or to enjoy recreational activities."

Karen observes that "Much like car-sharing, popular with individual drivers in Metro Vancouver, bus-sharing allows organizations to use buses when they need them, in a different way than

traditional ownership or bus rentals.”

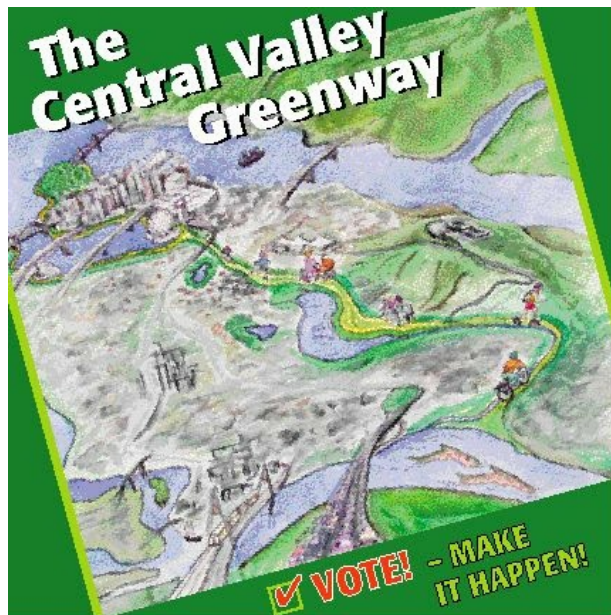
She notes that the Bus Co-Op has “been garnering attention and interest among potential member organizations from across Metro Vancouver, who all have transportation needs but who want to spend less of their tight budgets on getting around.”

To read Karen’s full story, go [here](#).

If you would like to learn more about the Bus Co-Op contact Tanya Paz, at 604-440-6222.



BEST turns 25: Celebrating our history



Campaign poster for the Central Valley Greenway, way back in 2001!

*By Stephanie Williams
BEST General Manager*

One of the things I love about working for an established non-profit is that it seems that everyone has a connection to the organization. Some examples I hear are from quite a while ago, such as “I used to volunteer to deliver Spoke ‘N’ Word!”, while some are more recent, such as “I used The Bicycle Valet service last weekend!” And I talk to at least one person a month from another organization who mentions that they used to work here.

All of which makes sense, as BEST has been around since 1991. Yup, 1991. Which means that next year is our 25th anniversary. That’s 25 years of volunteers, members, staff, board members, sponsors, donors and partners contributing to a lot of hard work and accomplishments. For the last couple of years I had wanted to do a [timeline](#) to highlight a few. With 2016 fast approaching, I finally took the time. Check it out. Maybe it will jog your memory

of that time you served pancakes at the Clean Commute Breakfast, or when you rode the Central Valley Greenway for the first time. You may even learn something; I know I sure did!

In the next year we'll be exploring this exciting milestone and asking you how 25 years of promoting sustainable transportation has shaped the region, but for now, explore the timeline and check out some vintage photos. And of course, let me know if I've missed something really important!

BEST Staff Report

Is regional walking the next big thing?



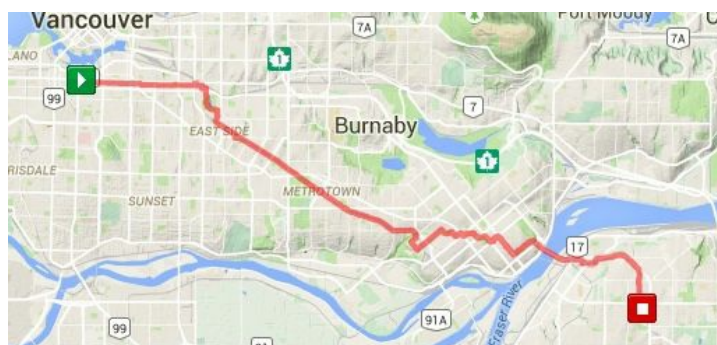
*By Stuart Smith
BEST IT Coordinator*

Each year, the [SFU & City of Surrey Transportation Lecture Program](#) introduces a wide audience to transportation, land use, and planning in Metro Vancouver, with a focus on Surrey.

BEST General Manager Stephanie Williams took the program 2 years ago and recommended it to The Bicycle Valet Coordinator Sinead Stinson, Bus Co-Op Manager Tanya Paz, and myself.

All of us were excited, and I was inspired to try something symbolic, so I committed to walking from my home near Vancouver City Hall, all the way to Surrey City Hall, where the program takes place.

Arriving 7 hours after leaving home, a smartphone app recorded 4 hours and 50 minutes of walking, covering 30.75 km and just under 39,000 steps. Thankfully there was a community centre next door to get refreshed before class, and plenty of food and coffee to get re-energized.



Most of the journey was pleasant and relaxing, offering a window into city life that you can't get in a car, bus, train, or even a bike. I said hello to scores of people passing by and learned about our geography and topography in the most visceral way possible - by traversing it on foot.

It was not all roses however. A block before and after major intersections, the roar of motors dulled the senses and served notice that anyone not ensconced in steel and airbags was unwelcome and in physical danger. Despite being just a few feet from where people live, work, shop and play, the atmosphere changed and demanded constant vigilance.

When I reached the Patullo Bridge, the assault escalated. Nowhere else was I made to feel that as a human being, I did not belong, was not welcome, was not safe, and was not respected. One passenger, passing a couple feet from me in a vehicle travelling at least 60km/h, decided he needed to shout an insult, just in case I hadn't got the message from the deafening sound, the awful smell, the thundering vibrations and the bleak industrial visual.

After the experience, I'm convinced that we can and should demand more from the public space we allocate for transportation. People walking should always be placed at the top of the transportation hierarchy. Both Vancouver and Surrey state this as policy and I believe they are working hard to implement this in new infrastructure, however there are decades of previous infrastructure where this paradigm was reversed.

While "regional walking" may not be practical for most purposes, I'd encourage everyone to try it at least once. There is something magical about arriving at a distant destination and realizing that you got there without any mechanical assistance. Thankfully, if we improve the environment for local walking, we automatically improve it for anyone who decides to head further afield.

Are you a regional walker? We would love to hear from you! If you would like to share your story send it to margaret.miller@best.bc.ca.

From the BEST Membership desk ...



Another MEC Club Night is coming up at the end of October, and BEST members are invited! At Club Nights members of BEST/MEC receive 10% off regularly priced in-stock items, making this a great opportunity to purchase the clothes and gear you will be

needing this fall and winter.

Date: Thursday, October 29, 2015 from 7:00pm – 9:00pm

Location: MEC Vancouver, 130 West Broadway, Vancouver

To attend, please RSVP to sinead.stinson@best.bc.ca.

Participants must be a member of BEST and Mountain Equipment Co-Op in order to make a purchase. If you are not a member of BEST, you can [join online](#) at our website, or contact our office at 604-669-2860. If you are not yet a member of MEC, you may purchase a \$5.00 membership that evening. We hope to see you there.



As we announced last month, members of BEST now have the opportunity to receive an additional 20% off home insurance and additional bundling discounts with life and tenant insurance courtesy of Co-operators Insurance.

Co-operators is a proud supporter of local non-profits and charities, and BEST is pleased to be able to make this special offer available to our members.

For more information about this special offer please contact Sinead Stinson at 604-669-2860, sinead.stinson@best.bc.ca.

Bike Café series continues through October



Another gathering in SFU's popular [Bike Café](#) series is coming up in October. These Cafés are a good opportunity to get together with members of Vancouver's cycling community and others interested in talking about the sustainable evolution of our cityscape.

October 29 @ 6:00 p.m., [Tandem Bike Café](#), 3195 Heather Street, Vancouver

Topic: From E-bikes to Cargo Trikes: Which Rides Are Right for You

Moderator: Nicole Ford

Where does your current bike fall short in meeting your needs? Are there stigmas around adult tricycles, recumbent bikes and "fixies"?

Bike Cafés are co-presented by the SFU Continuing Studies Department and the City Program. For more information visit [here](#).

THANK YOU TO OUR SPONSORS:



Thank you for your continued interest in BEST!

Our Mission:

To advance the transformation to sustainable transportation

Our Vision:

Vibrant, healthy communities built around sustainable modes of transportation

As Canada's new [Anti-Spam Legislation](#) came into effect July 1st 2014, we are in the process of updating our mailing lists and documenting subscriber consent. We currently send you electronic communications that you have opted into in the past, or because you have participated in one of our events, utilized our services, or supported us in some way. We will continue to send you news and updates about our organization, but please note that you are free to unsubscribe at any time. If you would like to give us your permanent (until you unsubscribe) express consent, please click [here](#).

We hope you will choose to stay with us at BEST!

Get in touch with us! info@best.bc.ca | 604.669.2860 | best.bc.ca

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Better Environmentally Sound Transportation Association (BEST)
204 - 175 East Broadway
Vancouver, British Columbia V5T 1W2
CANADA

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