



BEST.bc.ca

Better Environmentally Sound Transportation e-News September 2014

[The Bicycle Valet hits a milestone!](#)

[STAR holds assessment & planning workshop](#)

[See The Bicycle Valet in action!](#)

[BEST at UBC FUN Camp](#)

[Another Legendary Volunteer Party](#)

[Volunteer Testimonial](#)

[Chauffeuring Burden Index](#)

In This Issue:

1. [The Bicycle Valet hits a milestone!](#)
2. [See The Bicycle Valet in action!](#)
3. [Another Legendary Voluntary Party](#)
4. [STAR assessment & planning workshop](#)
5. [BEST at UBC FUN Camp](#)
6. [Volunteer Testimonial: Car-free and happy](#)
7. [Chauffeuring Burden Index](#)

Find us on Facebook
and Twitter!



@BESTmobility
@TheBicycleValet

Did you know?

BEST is a registered Charity!
Donations are tax deductible.



Thank You to Our Partners
and Sponsors!

vancouver
foundation

Hello friends of BEST!

What an idyllic summer this has been, with thousands of people out enjoying life in communities in and around the Lower Mainland. It has been one for the record books indeed. Alas, as we all know, this great summer will soon come to an end and any day now the rains will start coming down. But being good little sustainable transportation folks and proud West Coasters, we won't let a little rain prevent us from continuing to get out and about, will we?!

So now, as we ride the slipstream into September, we hope you will take a few minutes and sit back and enjoy some stories from BEST ...

The Bicycle Valet hits a milestone!



We did it! On Friday August 28 at Granville Island, [The Bicycle Valet](#) arrived at a big milestone: 100,000 bicycles parked since we opened for business in 2006. That's a lot of bikes!

The lucky winner of the grand prize of a bicycle was **Lizzie Goldman**, who was visiting Vancouver from Washington DC. Talk about excited! And surprised! A big thank you to Reckless Bikes for donating the grand prize and Travel Smart, who provided a whole lot of great prizes for everybody who came to The Bicycle Valet on the day.



Vancity



Beyond, Every Day.



<https://www.myhealthmycommunity.org/survey.aspx>



Walmart



It's been quite a ride for The Bicycle Valet, and we know it's going to just keep getting bigger and better. The whole bicycle culture in the Lower Mainland has changed a lot (read: improved) over the last 8 years, and we are happy to be a part of this change. And no, we don't think it will be 8 years before we park our 200,000th bicycle! Any guesses?



See The Bicycle Valet in action!



In August The Bicycle Valet was back at the Squamish Valley Music Festival for another action-filled weekend. Once again we parked a lot of bikes – and this year we have the video to prove it. Check out the [time lapse video](#) taken during the weekend – if you've never seen The Bicycle Valet, or if you've seen us and want to see us some more, hold on to your hat and take a look!

Speaking of videos, a team from Spotlight Productions came down to East Van Summer Jam in July to highlight Ryan, one of our awesome volunteers, about what it's like helping us out. You can check out the [video here](#).

This past month we were also at Nat Bailey Stadium for the first "Bike to the Nat Days." On the Sunday and Monday of the Labour Day long weekend baseball fans of all ages peddled to the park to take in the final games of the season. It was a great, great experience – we can't wait to go back! Thanks to the Canadians, Vancity Buzz, and the City of Vancouver for making it possible for The Bicycle Valet to be at this event.

In September things start to wind down at The Bicycle Valet, but you will still see us at UNA Annual Barn Raising, Loutet Farm, UBC Thunderbirds Homecoming, and Autumn Shift – and of course the Whitecaps and Kits Farmers Market. It's been a fantastic summer, and it's not over yet!

Prizes Generously Donated By:



The Bicycle Valet sets up at Nat Bailey Stadium

Legendary Volunteer Party: A smashing success



It is a well-known fact, amongst both members of our team and patrons of our service, that [The Bicycle Valet](#) would simply NOT be able to exist the same way it does today without the continued efforts of our amazing volunteers. We have recognized this since day 1 of our program's inception and therefore every year we throw amazing volunteer appreciation parties so as to properly honour and celebrate with our group of dedicated and diligent volunteers! The 2014 season was no exception and may even be the program's most epic year yet! We always pride ourselves on throwing "Legendary Parties" (in fact it even says so right on one of our 8x4 foot banners!) and our most recent celebration did not disappoint!

In honour of over 150+ volunteers, we held an appreciation party at Creekside Community Centre on August 28th 2014. The party coincided on the day of our 100,000th bicycle parked celebration at which we actually GAVE AWAY a brand new bike to our 100,000th patron! The giveaway took place on Granville Island and was a huge success! Still buzzing from all that positive energy and bicycle enthusiasm, our team headed to the Olympic Village to host our volunteers for a night of free food and drink, some pub-style Bicycle Valet trivia, a branded Dairy Queen ice cream cake(!) and the chance to smash a car-shaped piñata!



BEST Executive Administrator Steve Beck regales the crowd

The party was attended by over 70 people including volunteers, staff, board members and community partners. Once fed and watered (mmm, sushi, pizza, craft beer and wine!) Executive Administrator of BEST Steve Beck awarded certificates of appreciation to some of our most notable supporters for helping us to reach the milestone of 100,000 bicycles safely parked and returned since 2006. Some of the honorees included VanCity, TravelSmart, MEC, EPIC Sustainable Living Festival, and The Vancouver Whitecaps, all of whom have



been long-time supporters of the program without which we would not be where we are today. Program manager Stephanie Williams was also honoured for going above and beyond the call of duty in her job execution. She is an innovator and a leader, who is unafraid to get her hands dirty and commit to long hours! Thank you Stephanie!

Party attendees were also awarded door prizes such as gift baskets from Granville Island Tea Company and Terra Breads, a bicycle statue from 10,000 Villages, Vancouver Canadians Tickets, as well as gift cards to Duso's Italian Kitchen and Canadian Tire! All these prizes were generously donated in-kind by the aforementioned organizations, and we thank them!



Smashing the dastardly race car piñata

The highlight of the night for many was taking a whack at smashing the featured race car piñata! It took over 10 volunteers each trying their darndest to unleash the treats inside before anyone was victorious. But victory was had, ending the evening with a bang!

We appreciate our volunteers and supporters unconditionally, so honouring them is, in actuality, an honour for us! Thank you!

(Party photos taken by Aiden Ward, one of our amazing volunteers! Thank you Aiden!)

STAR Holds Assessment and Planning Workshop

On August 19th, the first workshop using STAR's *Keep Moving! Older Driver Assessment and Mobility Planning* manual was held at St. Faith's Anglican Church in Vancouver. Presented by The Westside Seniors Hub, the workshop was facilitated by Andrea Sara, who compiled [STAR's Vehicle Inventory](#).

Approximately 20 seniors participated in a relaxed workshop that walked folks through the manual, which is designed for seniors and families to be able to discuss the transitions that come with aging in respect to driving. The non-threatening atmosphere and pro-active nature of the discussion was appreciated by participants, as was the focus on available alternatives to driving. Planning ahead and being aware of other modes of transportation were seen as key components to maintaining both dignity and mobility.

The workbook contains activities for self-assessment and working with family members. There are checklists to help monitor changes that may come with aging and affect driving ability, things like vision, memory, hearing, strength and flexibility, medication, reaction time, and so on. Checklists and decision-aiding grids and flowcharts all help to facilitate conversation and planning. For those who are ready, there is a "Mobility Contract" for use by seniors and family members. The Mobility Contract was appreciated because it talks about solutions and lists transportation options for different activities if driving is no longer possible.

The workbook can be downloaded for free at the [STAR website](#). If your organization is interested in hosting a workshop, Andrea is still available. Contact us at 604 669 2860 to inquire.



BEST Volunteer Testimonial: Car free and happy

By Stuart Smith



I recently started volunteering with BEST's The Bicycle Valet. It's been a great experience to be part of a group of people that is dedicated to creating sustainable cities built around active transportation -- the work they are doing fits right in with my own experience.

As a teenager, my first experience with freedom of mobility did not come from owning a car. Instead, it came after I moved to Vancouver and bought a bike. I quickly fell in love with the feelings of freedom and independence it brought me. I loved being able to move through the city with the wind in my hair, on a machine I could maintain myself and with almost no financial cost or environmental impact.

I held on to that feeling for about 14 years, until I was presented with a job opportunity that was right up my alley but required a vehicle. I was at a point in my life where I was willing to question my own assumptions and I thought car ownership could be an experiment to test my convictions.

The first few times I drove, I felt uneasy. I told myself that I would not let car ownership change who I was. I told myself that I would continue to walk, bike, and transit as I always had, I would just drive to work. This is not what happened.

Distances I had previously considered to be an enjoyable stroll or ride, started to seem insurmountable, unless I had my trusty car with me. Light rain that was previously a minor annoyance became a reason to drive everywhere, even a few blocks. Around this time I started making a joke that I had started to use my car as a jacket. As long as I could park reasonably close to where I was going, I could just leave the house in a dress shirt or a t-shirt, confident that sheet metal and climate control would keep me warm and dry as well as Gortex or wool ever did.

No doubt about it -- owning a car changed me. The previously wannabe bike courier suddenly found himself swearing in his metal cone of silence at other road users, even cyclists.

About three years ago, I started making more of an effort to take transit. I cannot claim any selfless environmental motivation - I just started to notice that the less I drove, the better I felt.

When I drove, I would experience 20-40 minutes of constant vigilance in a muted metal box. The only ways to communicate with the outside world were with a single note horn and the hope that your honk of sorrow or anger would be interpreted correctly.

When I took transit, I had a short walk and could meet other people's eyes and say hello. I could get a quick coffee or espresso and chat with cafe staff. I could read on the train or have a conversation with a coworker.

At the same time, I was also feeling less satisfied with my job. Not all of this dissatisfaction was driven by the driving lifestyle I had adopted but it was not insignificant. I wanted to live and work in the city again. I wanted to know that I could get most places under my own steam or with a short bus ride. I didn't want to contribute to congestion, pollution, or accident statistics.

My last day at work was in May and I sold my car in August. While the day of the sale was emotional, after one month I am ecstatic. I started volunteering for The Bicycle Valet, I can feel the strength in my legs coming back, and each day I explore the city at ground level, on two wheels, and once again experience freedom and independence through cycling.

UBC FUN Camp kids learn about sustainable transportation



One sunny Tuesday, BEST staff member Sinéad Stinson threw her bike onto the front of the bus and headed out to the University of British Columbia. The UBC FUN Camps were having their FUN Builder week, and they were interested in learning about sustainable transportation.

The kids spent the week learning about sustainable buildings, doing activities like building spaghetti towers and solar ovens. Sinéad gave a presentation on sustainable transportation and infrastructure, followed by a discussion on bicycle safety. The kids learned about hand signals, and very enthusiastically played a game outside to practice them. As a prize, each got a TravelSmart reflector to help keep them visible to cars when it gets dark!

Sinéad's bike ride home was along the amazing new Point Grey Road bike route, and included multiple beach breaks. Not a bad way to end a FUN day!

The "Chauffeuring Burden": What do you think?

One of the chief problems with living in an automobile-dependent community like ours is the amount of time and money that drivers spend chauffeuring non-drivers. Studies indicate that drivers devote 5-15% of their driving time as chauffeurs – be

it to seniors, adolescents, and/or adults with disabilities or low incomes who would travel independently if they had better transportation options available to them.

Todd Litman from the Victoria Transport Policy Institute has identified factors affecting the amount of chauffeured travel and developed a Chauffeuring Burden Index. This index can be used by transportation planners to quantify chauffeuring burden costs – and therefore the savings and benefits of transport improvements that reduce chauffeuring burdens. His analysis indicates that in automobile dependent communities chauffeuring costs often exceed congestion costs.

Go [here](#) to read Litman's report – it makes for interesting reading. What do you think about this new idea?

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**

Connect with BEST online!

[Twitter](#)

[Facebook](#)

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!

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

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

[Read](#) the VerticalResponse marketing policy.

vertical DELIVERED BY
response
Try It Free Today!