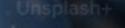


IPA CANADA REGION 6 – OTTAWA FITNESS CHALLENGE CONQUER THE WORLD'S CIRCUMFERENCE



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January 2023 Results

IPA Region 6 has surpassed yet another year, hopefully winding down with the Covid-19 pandemic. Already, Region 6 has completed 4 months of the 2022-2023 Activity Challenge. Where does the time go when one is working out? The Ottawa region has been exceptionally fortunate this winter season, having escaped the frigid, prolonged cold months from last year. Must be our respite. Unfortunately, for Winterlude and those that enjoyed skating on the Rideau Canal, the unseasonably warm weather is playing a huge negative impact as water is still flowing in our waterways. Old Man Winter did not forget to bring on the snow. We saw a record dump of close to 100cms in January alone, the majority of winter storms bringing wet and heavy snow. We have two more months of winter to endure...

January 2023 was a very busy and profitable month for the Activity Challenge. Two more regional members have surpassed our Regional circumference of 710 kms! Bravo Zulo to Gilbert Anctil and Jonathan Cheung. Quite the accomplishment in four months. To date we have seven members who have strove past the regional circumference, more than half of our team. To date all members have trekked just over 10,000 kms! We need 30,000 more to complete the circumference of the world. We could use some help if any members are interested. Simply email ipar6challenge@gmail.com The Activity Challenge coordinator is Teresa Holmes, the Regional Secretary. She will respond back within a short period of time. All members keep track of their daily/ weekly workouts and pass on their results at the end of each month

I would be remiss to not congratulate once again Bill Murrell, our supply and travel representative, "The Machine", who has steadfastly used his stationary bicycle during the winter months to peddle past 2,000kms! What a feat! Bill came in a close second last year, terribly beat the author by over 1,000 kms and is determined to peddle the earth's circumference on his own...that is if his knees do not give out. Amazing accomplishment and determination Bill! Huge respect and congratulations!

We certainly received a lot of pictures this past month. Always love to receive and share them. Don't be shy. Very envious of those who were able to add some kilometers in warmer regions, such as Gilbert Anctil, Brian Sullivan, Jim Grant and Doug Morris. For those of us remaining in the Ottawa region, the weathermen are predicting lots more snow, much, much, more snow before the end of the season. Bring out the skies and snowshoes.

Doug Morris trekked 77 kms throughout 5 different countries! This is a record and amazing feat for our Activity Challenge. Doug visited Aruba, Bahamas, Costa Rica, Guatemala and returned back to BC, managing to evade our brief, severe cold snap. Here, in the photos, Doug is walking in the Monteverde Cloud Forest of Costa Rica, hiking the Pacaya volcano in Guatemala and heading out for a hike in BC.









Teresa Holmes managed to get in some kilometres, however, with the record snowfall in January throughout Ottawa, it sure felt like more energy was consumed in shovelling than walking. Seen here she is trying to make fun of the cold and high accumulation of snow, much to the delight of Mary Blois.



Gilbert spent time in Portugal, where he made numerous International friends. He found the country very clean with incredible food and culture. However, in January, he found the weather to be a bit too cool for his liking, a mere 12C - 14C in the daytime and plummeting to 4C during the evenings... nothing compared to our cold snap of - 30C+! Gilbert states the. best time of year to visit Portugal is May - June or September - October,









Brian Sullivan continues to add up the kilometres, albeit, a bit slower during January, due to an injury and visitors. Being an avid biker, Brian is able to cycle throughout the year and along some incredible scenery.

February 2023 Results

End of February brings us to the halfway point of our Region 6 Activity Challenge. We are standing strong with 12 participants, accumulating a total of 12,421 kms. Still a long way away from the world circumference, so, if you find yourself walking, working out, or if not already, jump on the Ol 'bandwagon and start trekking so we can complete our goal of 40,075 kms. The month of February brought quite a bit...or too much snow here in the Ottawa area. At least we didn't get our prolonged cold, like our normal Canadian winters. Unfortunately, the famous Rideau canal was not open for our Winter Carnival and remained closed for the entire season. This is the first full season closure since the canal welcomed skaters in 1971!

Our Region 6 members are doing a fantastic job, as always. So far 8 members have completed the regional circumference of 719kms, and all agreed to carry on trying and circumnavigate the world. Jim Grant is so close to surpassing the 719 kms. I am sure he will succeed during the month of March. Kudos to Jim, who kept racking up the kms by swimming, playing golf, shuffleboard, horseshoes and walking in the beautiful, warmer climate of Florida. Unfortunately, Jim's quick pace spooked a local dog, who lunged and bit him. The good news is the dog was up to date on its shots and Jim had a quick recovery.

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Bill Murrell continues to be our top-notch participant, clocking 2,604kms! Bill is well on his way of breaking his last year's record. Bill has been diligently riding his stationary bicycle during the winter months and will soon be preparing for his dragon boat races. Congratulations again Bill! Job well done! JP Vincelette is in second place, having achieved 1,463 kms. Absolutely outstanding! Teresa Holmes is in third place, taking advantage of the unusually warmer winter and getting in those kilometers by walking, ball room dancing and even step dance/clogging.

We would like to take this opportunity to give a huge shout out to Deacon Bill, who has bravely pushed through a knee surgery and then a bad fall, which kept him out of action for the majority of the first 6 months. Devotion and determination he has managed to walk half of the Region circumference. So proud of you Deacon Bill! Congratulations! Brian Sullivan is also making a quiet comeback, being able to bicycle throughout Ecuador all year long. Doesn't get cold and only snows on the top of the mountain peaks down there. It will be another interesting race to the finish between Bill and Brian. Good Luck to both of you.

Doug Morris is becoming more and more like Carmen Sandiego or Where is Waldo... having trekked throughout the USA and the Caribbean, he has journeyed over to the South Pacific and found himself on the Chocolate Hills, on Bohol Island in the Philippines. Doug was hard at work, not harvesting chocolates, but searching for strange beasts such as the Tarsier monkey. This little monkey actually fits in the palm of one's hand. Doug should receive Special Notice for having trekked our Region 6 Activity Challenge in the most varied countries... and there is no stopping him!

The Activity Challenge will run from 01 September 2022 to 31 August 2023. It is not too late to join us on our quest to traverse the circumference of the world. Don't wait. Sign up today for our Activity Challenge and let's see what our region can accomplish.

You may accumulate distance by walking, hiking, running, bicycling, swimming, paddling, golfing, indoor on exercise machines, or outdoors. Like last year, once you have achieved our regional circumference, you are encouraged to keep going to assist in the accomplishment of the world circumference.



While Doug Morris was hiking throughout the mountainous terrain of the Chocolate Hills in the Philippines he did not find any chocolate, much to his surprise, but a weird little creature with huge bug eyes, a Tarsier monkey. Unlike poor Jim Grant, Doug did not get bit.

Jeff Pinhey got tired of all our cold and snow and became a "snowbird" down in Florida, enjoying his walks along a pristine beautiful beach. Smart guy! Only three more months to enjoy our beaches in the Ottawa region.









Brian Sullivan achieved 257 kms of mountain biking, all in the Andes...that should be equivalent for double points! He took a break from the mountainous terrain and biked along the Ecuadoran coast of the Pacific Ocean, managing to meet some of the best friends possible.







Teresa Holmes braved the nasty cold weather and enjoyed the annual Winter Carnival at the Governor General's residence and on Sparks Street. The carnival is truly a must for all. Jacques Cartier Park in Gatineau, Quebec has gargantuan snow sculptures and there is normally skating on the longest ice rink in the world, the Rideau Canal, and every Winter Carnival needs delicious hot chocolate and sensational Beaver Tails to eat.

March 2023 Results

Yet another winter month has passed us by, and March, typically being the last of our long and cold winter months for Region 6, we gladly bid adieu. In total, we received over 300cm of snow and all are anxiously looking forward to our warmer and glorious summer. Regardless of the snow and cold, Region 6 members managed to accumulate another 2,300+kms, bringing to total, after 7 months of the Activity Challenge, a fantastic distance of 14,755! No small feat and we congratulate each and every participating member on their outstanding accomplishment.

Jim Grant has kept true to form and surpassed our Regional circumference of 719kms. Just in time, as he is packing up and heading back to Ottawa where we are looking forward to enjoying his company at our monthly brunches. Jim, happily retired, is one of our "Snowbirds", migrating South to Florida to keep away from the bitter cold and too much snow during our winter months.

Bill Murrell clocked an astounding 643kms in March, bringing his total to 3,247 kms. I have been clamoring for photographs of his knees, which must be bionic. Bill has modestly stated by maintaining a grueling stationary bike ride each night he has increased his endurance, satisfactorily noting that during basketball games the younger crew have a hard time keeping up to him. Bill is also preparing for his dragon boat team races. It will be interesting to watch this summer. His other teammates only need to sit in the canoe, I am sure Bill will do all the work.

Other placings have slightly changed over the month of March. Teresa has crept up to second place, mainly by walking Mary Blois' dogs again. The more kilometers she gets in with Mary's Jack Russell puppy, Walter, the calmer he stays. Brian Sullivan is quickly advancing to claim third place, biking mainly throughout the Andes mountain ranges... whew! That should count for triple kilometers. June Reggler is in fourth place and only a mere kilometre behind June is JP Vincelette, who is chomping at the bit to get his bicycle out again. Jeff Pinhey surpassed 100kms down South, finally having enough of our crazy snowfalls. Lucky guy! Doug Morris has found his way back to Canada and did an excellent job, despite his working too hard and the crazy snow. He indicates he is resting up for April. Andy Bakker is also counting the days to summer... our typical Region 6 spring is just a mere few weeks. Jonathan Cheung is keeping pace with 100kms+ and doing a fantastic job maintaining his endurance through the dark and dreary months. With the upcoming warmer weather Deacon Bill will be inching towards his 500km mark. Absolutely amazing for having recovered from knee surgery. Again, an incredible job by all members. A reminder to send in your pictures as they are always welcome and add to our accomplishments.

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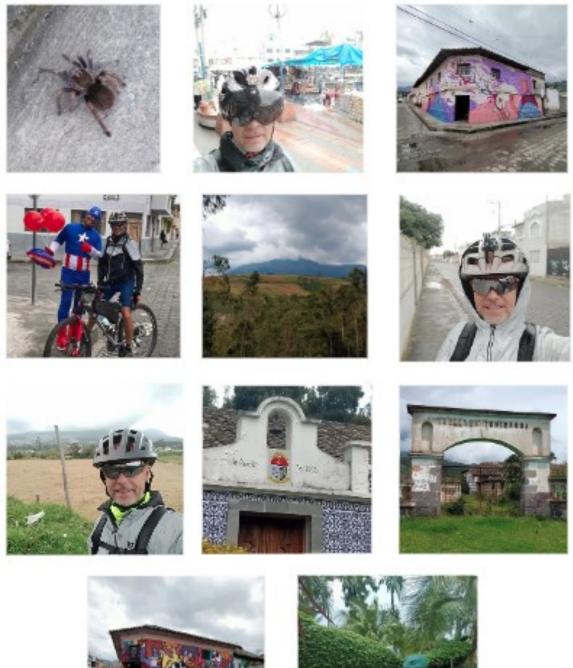
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Teresa Holmes managed to clock 100kms+ while taking her favourite pooch, Walter on car rides to walk and play in the various Ottawa parks



Brian Sullivan biked 335 kms throughout the Andes, during a very wet month of March. I guess he made a new local friend, or made a very wide detour and showed great respect for the monstrous tarantula. One of the older buildings he came across was constructed in 1602, way back in the Spanish Colonial era. The Luna family bought the land from King Philip III of Spain and established a large, successful sheep farm, kept in the family name until 1945 when the Local Land Reforms led to 90% of the land divided and redistributed amongst the local population. This estate, named The Hacienda Cusin was restored in the 1990s by its current owner, Mr Nicholas Millhouse. It is considered one of the 3rd/4th oldest haciendas in Ecuador. Brian made some other neat friends, Capt America along his travels and enjoyed the many colorful local buildings, and magnificent views.







April – July 2023 Results

Due to some technical difficulty, family affairs (author lost 3 family members during COVID-19), hectic work staff turnover, and summer activities, the IPA Region 6 Activity Challenge for April to July 2023 will be combined. Thank-you to all our participating members for their patience, never giving up the drive, and monthly submissions, more so all the fantastic pictures. Don't forget to scroll to the bottom to catch up on individual member's activities and adventures.

Region 6 survived yet another Canadian winter and Mother Nature most certainly enjoyed teasing us with record breaking 30+ temperatures over our Easter weekend in April and again a few days in May. Nobody complained and the numerous gardens began to grow, bicycles, canoes and kayaks were being pulled out, and hockey gear slowly being stowed away. Our snow birds, Jim Grant, Gilbert Anctil and Doug Morris returned. Jim was quick to rejoin our Regional brunches. Always such a pleasure to meet old and dear friends. Spring in Region 6 typically blew by and we are all enjoying the dog days of summer, hot, humid and lots of sun, mixed in with a few tornados.

As a team, IPA Region 6 members have managed to traverse half of the world's circumference in 9 months. Way to go Team!! Our current total as of July 2023 is 25,272!! Last year it took us 10 months to pass this number and our grand 2021/2022 total was 24,218kms, which we have already passed. Our team has also set a new record of having all participants traverse our regional circumference of 719kms. So incredibly impressive.

As the world's circumference is 40,075kms, we only have 14,803 kms left to go. Rather than finish at the end of August, short of achieving our goal of traversing this considerable circumference, we dare to extend the Activity Challenge for all to keep going until we have surpassed the remaining kilometers. I project we should be done by March 2024. This will be an incredible feat and a first for all of IPA International!

Our top contender for April through to July, once again is Bill Murrell. Bill has consistently bettered 600+kms each month, with a total of 5,805! An astonishing distance, as last year Bill completed 2,836kms. Must have been a warm up year. Bill, "The Bionic Man" laughs it off, stating he is determined to show the young whipper snipers an old guy can still "walk all over them" while he plays on his basketball team and trains/competes in Dragonboat racing. Check out Bill's pictures below, as he achieved the great distances by pedaling on his stationary bicycle or rowing machine on a daily basis during the winter months and continued to pedal outdoors in extreme heat. Bill placed 2nd last year, but it is pretty clear who will place first end August 2023. Bill has assured us he will continue to help us achieve our final goal.

Teresa Holmes is in 2nd place, with a distance of 2,504, which she accredits to her daily 10km walks, now combined with distance swimming and kayaking. Having worked throughout the summer last year, 2022, she is able to fully enjoy summer this year, finding lakes to swim countless kilometers and tune out as she finds her rhythm and goes the distance.

Brian Sullivan is in 3rd place with 2,233kms. Brian has continued to pedal throughout the Andes Mountain ranges in Ecuador. Even a flat bicycle tire did not slow him down... even, hitching a ride on the back of a local truck and finding himself in a face off with a fat, humongous, nasty spider... (that would have been it for the author). Brian survived this nightmarish encounter and continued on to bicycle yet another day.

June Reggler trekked an incredible 333kms in May to push her up to 4th place. Both her and Deacon Bill went South and both flourished in the warmer tropical weather. Deacon Bill has completed our regional circumference and is now pushing for 1,000kms. Absolutely incredible, even more so, as he underwent knee replacement surgery.

Our world travelers Gilbert Anctil and Doug Morris finally decided to enjoy our summer warmth in Ottawa and joined us for our regional brunch in Orleans. Was excellent to visit and catch up on all the news. Gilbert has bragging right to a July total of 2,211 kms. Doug is not too far behind. Congratulations to both and again, extra points should go to both, for gathering kilometers in many different countries.

On 30 July, Bill Murrell, with his wife, Ann, Teresa Holmes, Jeff Pinhey, and our new regional member who immigrated from Türkiye, Osman Ozdemir walked the world for Blue Friendship along the Trans Canada Trail in Stittsville. The five walked 4 kms, for a combined total of 20kms added to the world circumference, which brings the actual remaining total to 14,783kms. In conjunction with International Friendship Day on 30 July, IPA International also celebrated 70 years of existence. The walk was about doing things together and sharing the wonderful experience in Blue Friendship, providing comfort and encouragement to each other.

The Activity Challenge will continue to run until the world's circumference is achieved. It is not too late to join us on our quest. Don't wait. Sign up today for our Activity Challenge and let's see what our region can accomplish.

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Bill "The Bionic Man" Murrell is our top participant with a total of 2,558 kms, which he amazingly achieved during the months of April – July!!!! Last year he completed 2836kms in 12 months and placed second. Determined not to be outdone and claim first place, Bill spent numerous hours in his Man Cave where he rowed and cycled on his stationary equipment. Since November 2022, Bill has consistently surpassed the 600km mark! His knees are holding out and he submits himself to more grueling punishment by playing team basketball during the cold months and Dragonboat racing during the warm months. Bill happily moved outside to cycling the Trans Canada Trails and other locations throughout Ottawa, even in our extreme, insane heat of 36+ C... Bill was outside cycling! The Man... The Machine!

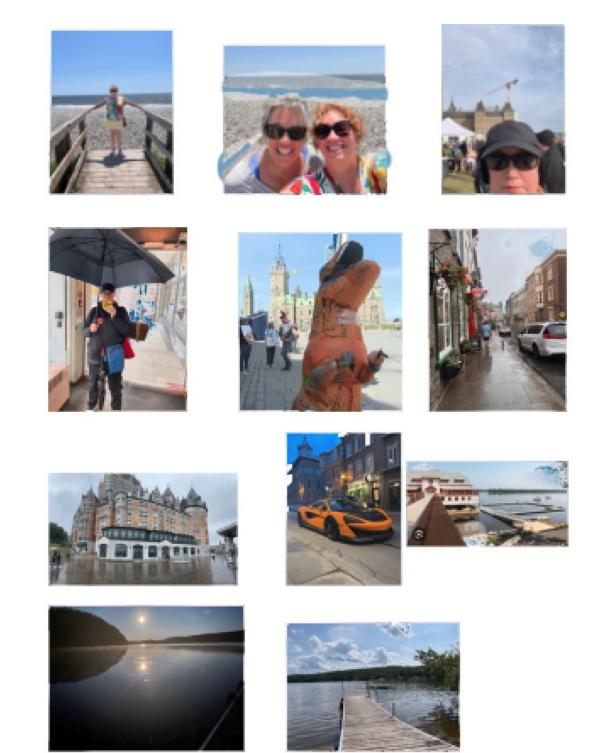








Teresa Holmes kept active throughout the months of April to July, by mainly walking and finally swimming and kayaking for a total of 981 kms. She aims to walk 10kms a day. She joined in the walk of The Way of the Cross during Good Friday, stopping throughout Ottawa City Center to pray the Stations of the Cross. She further enjoyed walking with friends and family, even collecting 30kms a day during the 9 day Public Service strike, most of which was rainy and cold. The one good day, she dressed up as a dinosaur where she taught some line dancing. She ended up walking extra kilometers in Old Quebec city looking for ice cream and looking for unique and awesome sport cars. Finally, she basked in the beautiful sunny days at cottage country, swimming across the lake numerous times (aprox 1 km across) and kayaking the length, re-earning her nickname "Fish". Thankfully the National Capital Commission opened up a lake house right around the corner from her residence where she is able to continue swimming her laps.



Brian continued to bicycle and explore the Andes Mountain range in Ecuador, clocking in 748 kilometers. He also enjoyed 10 days of scuba diving on the Dutch island of Bonaire and visited the local Dutch police station. Throughout his cycling journeys he visited many Ecuadorian police stations, noting their various modes of transportation. Brian also witnessed the Ecuadorian Army assisting the local police with traffic stops and person/vehicle searches due to narco-trafficking. He has even been the subject of searches on two occasions. He keeps himself cooled down with the local Salcedo, a frozen ice cone. Brian climbed up to the San Miguel statue, which is the patron saint for Police Officers. While cycling down the south Pacific in Puerto Lopes, his rear bicycle blew, which meant he had to hitch a ride in the back of a banana truck... he managed to get back home, but not before an ugly faceoff with a hideous, huge and stubborn banana spider.



Deacon Bill has done a tremendous job in surpassing our Regional circumference, more so after recovering from a knee replacement surgery and a bad fall last 2022. Nevertheless, his spirit and determination made him press on, and reach his goal. Deacon Bill was given huge support by his new service dog, a beautiful German shepherd. Deacon Bill has actually achieved his second goal of surpassing 1,000kms! Huge Kudos!!!

June, Deacon Bill's wife is actually in 2nd place, with a total of 2,506kms, 4 kms more than Teresa Holmes. (Their submissions were received after the reporting period). June has steadily been moving up, racing neck and neck with JP Vincelette and now Teresa. Most excellent accomplishment June! Keep up the good work.





Jeff Pinhey kept active throughout April to July training and participating in the Dragon boat races, walking and hiking at Mount Tremblant with his wife and even getting in a few kilometers with his bicycle. Jeff's total for the 4 months is 594kms. Another excellent achievement!



Doug Morris is one of our International travelers, racking up the kilometers throughout Canada and the USA. Doug, along with his lovely wife, clocked in 944kms between the months of April to July. One to avoid the nasty weather, Doug began his voyage on the Sunshine Coast of British Columbia, walking along Hopinks Landing, Howe Sound, Vancouver and Victoria. He then walked throughout Seattle, Washington and Astoria, Oregon. Then another road trip and hikes from Ottawa, ON to Gibsons BC via Kalamazoo, Michigan, Des Moines, Iowa, Mitchell, South Dakota, Mount Rushmore, Crazy Horse Memorial, Upton Wyoming and Kicking Horse River in BC. Doug even somehow managed to get some rowing in. Quite the amazing feat, and more so inspirational for the rest of us to never stop and keep going!



August 2023 Results

August 2023 was a record breaker in many ways for IPA Region 6. Primarily, the temperature never rose above 30+C, a rarity, but welcomed and must have been instrumental in breaking other individual Region members' records. After one entire year, the Activity Challenge members completed in total, an amount of 29,268kms. Last year, during our initial year, of this challenge, we managed to complete over 22,000+kms. Last year must have been a warm-up. We also achieved another record, by signing up 3 new Activity Challenge members. A huge and warm welcome to Richard Brozozowski, Osman Ozdemir and Gary Coulter. The more the merrier! Not one, but TWO Regional members outdid themselves in their accumulative monthly distance. Our top performer was Andy Baaker with 894 kms and Bill Murrell set a record with a monthly total of 768kms! Bill has been consistently maintaining a stunning 600+km monthly pace, but somehow, somewhere, found some extra engery. Andy spent the majority of the month taking part in the Great Cycle Challenge to fight kids' cancer and raised \$1,987.00. Congratulations to both Andy and Bill for a phenomenal job!

Our continuing top contender for the most distance covered so far is Bill Murrell with a total of 6,573kms!! Absolutely incredible Bill and we are all so glad to have you on our team! Second place is Teresa Holmes with a total of 2,729kms, neck and neck with Andy Bakker with 2,725kms and June Reggler coming in at 2,713kms! Teresa thanks her lucky stars she did not challenge Bill again this year. All team members have accomplished phenomenal distances and all should be proud of their feat!

Completing the year with 29,268kms, we all decided to dig deep and not quit! All are carrying on to traverse the world's circumference of 40,075kms. As of the end of August 2023, we only have 10,807kms left. We anticipate the completion in January – March 2024. A first for IPA Canada.

If you wish to be part of this incredible feat, it is not too late to sign up. You are able to accumulate kms by doing basically any form of physical activity, including lawn mowing (refer to Richard Brozozowski's story further down). To register simply send an email to <u>ipar6challenge@gmail.com</u> You will be registered and may send monthly stats, or you will receive a gentle reminder at the end of each month.



Bill Murrell, shown here with his wife Anne and Gilbert Antcil, has consistently been our top contender this year, with a total of 6,573kms. Bill continues to cycle outside, even during the hot dog days of summer, row and walk. Generally averaging over 600kms+ a month, Bill managed to pull off a whooping 768kms! The Man - The Machine!!!



Teresa Holmes found herself in cottage county paradise in Yarker, ON, home to another Region 6 member, Penny Amos. Here Teresa accumulated many kms by swimming across the lake numerous times, kayaking and enjoying some walks with Penny and her partner, Brigette. Teresa continued to walk upon her return home, enjoying the various Ottawa sunsets and Gatineau hot air balloon festival. Doug Morris continued his trek throughout the world, this time finding himself wandering throughout the historic ruins of Italy with his lovely wife. Doug withstood the brutal heat to trek 185 kms in and around Rome, Tuscany, Pompeii, even scaling the never ending spiral staircase of the Vatican and then hiking up Mt Vesuvius. Doug has most definitely achieved the top contender in traversing the most amount of countries during this challenge. Keep it up and enjoy!



Brain Sullivan also continued cycling through the Andes mountains in Ecuador, which, has very high altitudes . Brian managed to cycle 104kms. Hats off to the absolutely incredible distances these guys managed to



One of our newest member's has a unique, but very common and necessary way to add up the kilometres and that is mowing the lawn... a very BIG lawn by lawn mower. Not a ride on mower, but the old fashioned push the machine, clean out the clogged grass and pull start the beast until it works lawn mower. Richard Brozozowski figured out he has walked 6.7 kms per season mowing his front lawn of 38 X 24 foot lawn. His lawn mower has a cut diameter of 19 inches, which requires 15 runs of 38 feet. 570 feet or 190 yards. His back yard is 54 X 24 feet, which requires 15 runs totalling 810 feet or 270 yards. Each time he



mows his lawn he is walking .42kms. Living in our fabulous Ottawa region with beautiful summer weather and lots of rain this year,



September 2023 Results

Summer has left us once again, here in the Ottawa and surrounding area of Region 6. Holidays are wrapping up and some of us are returning back to the work environment... while others, like Jim Grant are preparing to be a Canadian "snowbird" and migrate down to the sunny, warmer coastal waters of Florida, USA. Our leaves are changing colors and presenting marvellous reds, yellows, oranges and green mixtures which results in excellent walking, hiking, biking conditions. Unfortunately, with fall, here in the Ottawa region, cold/flu season begins to rear it's ugly head, as well as COVID-19. Some of us have already fallen ill with these maladies, while others are trying valiantly to remain healthy. Here is hoping for a easy winter... although the Farmer's Almanac is calling for a warmer winter due to El Nino, and...lots of snow! Last year we surpassed previous snowfall records.

To date, after 13 months, our Region total is 32,463kms! What an achievement! So incredibly impressive with under 20 members participating. With the world's circumference of 40,075kms, we only have 7,612kms left... a few more months. We can do it! An amazing feat that has yet to be accomplished by any other IPA region.

Bill Murrell continues to set the pace with a total of 6,942kms! Superman will most definitely surpass 7,000kms in October. Bill slowed down, just a tad, during September to enjoy holidays with his family and recover from COVID-19. Our next two regional members have surpassed the ladies, Andy Bakker has broken the 3,000km limit with a total of 3,081, closely followed by JP Vincelette, with a total of 3,055kms. Congratulations gentlemen on your astounding feat!

Some of the rest of us continued to enjoy the warm fall weather and got out on the water, paddle boarding, like Osman Ozdemir and still braving the water to swim, like Teresa Holmes. Any and all activity assuredly helps us to conquer the world's circumference. If you are interested in joining in on this fun Activity Challenge, don't hesitate! Simply email <u>ipar6challenge@gmail.com</u> and indicate you wish to sign up. We added 3 new members to our group over the summer. Always ready to welcome more.



Jeff Pinhey and his wife continuing to collect kilometres by cycling and enjoying the changing fall leaves and incredible scenery.

So appreciative to Brian Sullivan who graces us with stunning mountainous terrain and bright, loud colored buildings of Ecuador. Brian continues to cycle the steep mountain roads throughout the year, taking advantage of the continual warm climate.



October 2023 Results

Well it finally happened... Snow arrived throughout Region 6, albeit very briefly... a tease for what is to come. We almost made it through October. On 30 October, it snowed very briefly, the earliest snowfall since 2020. That did not deter the team in accumulating their kilometers. All continue to break records and Region 6 only has 4,860kms left to circumnavigate the globe! An amazing feat! We are generally surpassing 2,000 kms each month. Wouldn't it be incredible to finish the Activity Challenge by the end of December 2023?! The projection was February – March 2024. Can we do it? We most certainly can... IF... we get just a few more participants to help pull this off. We only need 4,860kms! If you are not already participating, please join us. Just two more months. Any distance counts. We will take a little or a lot. Let's show our strength and team spirit and help us wrap this up. For any new participants, please email the Region 6, Activity Coordinator, Teresa Holmes at <u>ipar6challenge@gmail.com</u>

Your spouse/partner/children can also participate. Region 6 challenges you to get up and add to our achievement. You can walk, hike, run, swim, outdoors or indoors. Even mow your lawn. We will take all recorded distances.

Bill Murrell is our continued record breaker, busting through the 7,000km mark!!! Bill's total in 13 months is 7, 398kms! That is absolutely incredible, more so for one of our retired members. No other is close to Bill's feat! Congratulations Bill and don't stop! Two more months!!!

Three Region 6 members pushed through the 3,000km mark: Andy Bakker, in 2nd place with a total of 3,451 kms; Teresa Holmes with 3,189 kms, in 3rd place and JP Vincelette with 3,162. Jonathan Cheung and Doug Morris broke the 2,000km; and June Reggler and Brian Sullivan are sooooo close to breaking the 3,000km mark. Congratulations to every single participant! What an incredible distance in just 13 months.

All members are doing an outstanding job and we so appreciate your dedication and determination. We are so close to the finish. Let's keep going and with a bit more push we will have accomplished a first for IPA National and perhaps International. 40,075kms! Just a number now.







Doug Morris has managed to surpass 2,000kms through grit and intense International travel. Doug and his wife are our champion in the highest number of countries trekked throughout this Activity Challenge. October finds Doug back in balmy British Columbia. They hiked around Gibsons and up to the "Beer Farm" Persephone Brewing. With the beautiful fall weather and inspired by other hikers, Doug hiked/walked 183kms!



Teresa Holmes throughly enjoyed herself accumulating her many kilometers with her annual American shopping spree with her partner in crime, her sister, Mary-Ellen. The following week found her in the Appalachian Mountains enjoying Thanksgiving, preparing the great turkey feast followed by a great walk in some of the high. mountain trails. She also managed to break the 3,000 km mark.







Jeff Pinhey walked his way all around Louisville, Kentucky. Poor guy, missed out on our region's first snowfall. Enjoy Jeff and keep up your excellent work!



Richard Brzozowski also traveled south to Dallas, Texas and found to his great delight a great sign during his walks "We Don't Call 911".

Brian Sullivan cycled through another Ecuadorian city of Atuntaoui, Overall Brian completed 217kms, another outstanding distance! Brian has consistently cycled throughout the past two years during our Activity Challenge, sometimes every day. I, personally would not be able to get off the bicycle, let alone walk after all that distance! Way to go Brian!







November 2023 Results



Well, Well, Well!! The end of November has brought us 198kms shy of circumnavigating the globe! Our long shot goal was December 2023 and with just 6 days into December, I am sure collectively, we have reached our elusive goal! We will have to wait until end of December to collect and tabulate the final result. All have gone to great lengths to set personal records, never giving up, even after some surgeries and other challenges life has thrown at us.



November has brought us a beautiful ending to Fall. A few snow flakes here and there, but warmer than average weather has helped us to push those extra kilometres to rack up the final count. Bill Murrell has logged yet another record of 870kms!!! In one month, a month with 30 days rather than 31 days. The Machine with rock solid knee caps! Probably, most definitely stronger than a horse. Surprisingly Bill's stationary and normal bike have yet to succumb to his demanding workout.



Jeff and his wife enjoyed walking around New York City, including Central Park and taking in the John Lennon memorial.

Between Gibbons British Columbia, Carleton Place and Ottawa, Ontario, Doug Morris and his wife managed to walk over 150kms







Brian has shown yet again the marvels of Ecuador and his great bicycle tours and adventures. He has forgone giant banana spiders for dinosaurs! Stay safe Brian and help bring us home from circumnavigating the world!



IPA CANADA REGION 6 – OTTAWA FITNESS CHALLENGE CONQUER THE WORLD'S CIRCUMFERENCE

Participants

Gilbert Anctil; June Reggler; Deacon Bill Reggler Bill Murrell; Teresa Holmes;June Reggler; Deacon Bill Reggler Bill Murrell; Teresa Holmes;Osman Ozdemir; Andy Bakker; Jim Grant; P Vincelette; Jeff Pinhey; Brian Sullivan;Doug & Jane Morris; Richard Brzozowski; Jonatham Cheung; Gary Coulter

IPA Canada, Region 6 – Ottawa has succeeded in traversing the 40,075 kilometer (km) world circumference. In fact, the final tally was 41,350 kms and we did it in only 15 months. By the end of 14 months there was only 198 kms left, so close... and by the end of the month, December 2023 the supreme goal was achieved! We even trekked another 1,275 just for good measure.

The original IPA Region 6 Fitness Challenge began in June 2021 during the prolonged COVID-19 pandemic. Encouraging Region 6 members to engage in physical activity, a challenge was extended to traverse the region's circumference. IPA Canada Region 6, located in Ontario, including the nation's capital, Ottawa, is bounded by the Ottawa River to the North, the Province of Quebec to the East, the St Lawrence River and Lake Ontario to the South and the Western boundaries Lennox & Addington and Renfrew Counties to the West. The approximate region circumference is 719 kms.

The Region is home to the Headquarters of the Royal Canadian Mounted Police, Canadian Forces Military Police and Canada Border Services Agency, each having numerous offices within the region, including the Canadian Police College (CPC). Also located in the Region is the Ontario Provincial Police District Headquarters in Smiths Falls and 24 OPP detachments. The Region also has, within its boundaries, seven Municipal Police Services: Ottawa PS, Kingston PS, Cornwall PS, Smiths Falls PS, Brockville PS, Gananoque PS, Deep River PS and associated Auxiliary and Reserve Units.

During the year 2021 – 2022, it did not take long before our elite Region 6 members had surpassed this 719 km circumference. Enjoying the challenge and motivation, we decided to keep going until the end of year, June 2022. Brian Sullivan cycled 3,177 kms, as a retired Canadian expat down in Ecuador, where the weather is beautiful all year long. Known for its mountainous terrain, Brian endured, persevered and even fought off humongous spiders to acquire 1st place. Bill Murrell came in 2nd place with 2,836 kms; and June Reggler was our top female with 2,295 kms. With a combined total of 16 Region 6 members, we accumulated 24,218 kms throughout the year. A bit more than half of the world's circumference. All testified they enjoyed the motivation and challenge, which pushed them to go that extra kilometer, and the next, and the next. Giving up was not a thought, nor an action. This was a first for many and they were impressed and surprised by their accomplishments.



Brian Sullivan, our 2021-2022 1st place member with 3,177 kms



Brian accumulated the majority of his kilometers while cycling the mountainous terrain of Ecuador

After a summer break, we were all eager to take up the Fitness Challenge again. Beginning in September 2022, we were ready to push ourselves again and vowed to do better. Our Deacon Bill Reggler finally surpassed the region's circumference after recovering from a knee replacement surgery. He had the surgery during the initial Fitness Challenge, in 2022, and forged ahead during his slow recovery, just finishing shy of the 712 kms. This year, he never stopped, and managed the circumference in record time, actually, doubling the distance. A true testament of one's willpower, belief and exemplary example towards others.

By the end of September 2023, we had 16 regional members again, the majority remaining from the previous year, and we picked up a few new ones, who were inspired by our monthly reports and stories. We finished off the year with a mere 7,612 kms away from the world's circumference. Averaging approximately 2,000 kms a month, we were all determined to complete it, so we picked up the pace and biked, walked, ran, swam, mowed grass, played golf, hiked, snorkeled, walked and cycled some more... until we did it! Incredible feeling and a phenomenal energy rush by all to have actually completed as a true team, 40,075 + kilometers!

Bill Murrell, our Regional Supply & Travel officer biked; rowed, including being a team paddler on the Ottawa Police Service dragon boat team; and walked his way to an incredible 1st place, completing an astounding 9,014 kms! Remember, last year Bill completed 2,836 kms. After 12 months of activity in 2022/2023, Bill inched a few kilometers ahead of last year, actually managing to complete 6,942 kms! A mere 4,106 kms more! Determined to come in 1st place this year, he blew that distance and everyone else out of the water! Bill, the Man, the Machine, the man with million-dollar kneecaps! When the weather was too cold or icy to cycle/ walk, Bill took his challenge to his home basement, climbed on his stationary bicycle or rowing machine and never stopped... literally, for hours each night. Bill's monthly average was consistently above 600 kms, with his top month totaling 870 kms! Absolutely incredible results! Bill also plays on a police basketball team and wants to ensure he can give the younger crew a true run for their money.



Bill Murrell, our 2022-2023 1st place member with 9,014 kilometers



Bill hiking along the Portugal coastline with his wife, Ann

Teresa Holmes came in 2nd place with 3,698 kms and was the top female. She is an avid swimmer; kayaker; and walker. Her goal was to walk/hike a minimum of 10 kms a day. She also enjoys snowshoeing and cross-country skiing in the winter months and is grateful she resides in a region where she can fully partake in all of her activities.



Teresa Holmes kayaking in Shirley's Bay, Ottawa, Ontario.

There were many adventures and stories gathered during this regional Fitness Challenge. Doug and Jane Morris hiked/walked throughout the most countries. From one Canadian province to the other, flying around the world, walking on cruise decks, marveling at incredible sights and nature's wonder, they certainly enjoyed the challenge. Gilbert Anctil was right behind them, traversing the globe and making new friends, meanwhile, never stopping to obtain those extra kilometers. Andy Bakker completed some of his cycling kilometers to raise funds for the local children's cancer. Extremely inspirational!

Others were very practical in accumulating their goal. Richard Brzozowski counted endless kilometers using a gas powered, push lawn mower to cut his huge lawn, several times... actually too many times over the course of spring into fall. Jim Grant, one of our typical Canadian "snowbirds" (flying off to the warmer Florida USA climate after Remembrance Day in November until March each year) even survived a nasty dog bite during one of his walks and as mentioned above, Brian Sullivan had to fight off huge banana spiders when he got a flat tire on his bicycle and ended up tagging a ride in the back of a truck to the next town.

Each month Teresa Holmes collected the individual distance information which was recorded on an Excel spreadsheet. A report with pictures and stories was shared on our Region 6 - Ottawa Facebook page and a more detailed report on our IPA Canada Region 6 – Ottawa webpage.

| | | | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | | | | | | | | | |
|----|---------------------|---------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|------------------------------|
| | Surname | Given Name/Initials | KM | | | | KM | | | | | | KM | | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Total | COMMENTS |
| 1 | ANCTIL | Gilbert | 160 | 138 | 127 | | | | 261 | | | 226 | 234 | | 222 | 174 | 177 | 186 | | | | | completed in Jan 23 |
| 7 | CHEUNG | Jonathan | 122 | 167 | 145 | 153 | 158 | 127 | 143 | 143 | 182 | 162 | 150 | 172 | 140 | 143 | 128 | 150 | | | | 2385 | completed in Jan 23 |
| 3 | HOLMES | Teresa | 226 | 233 | 221 | 267 | 201 | 167 | 208 | 223 | 256 | 301 | 201 | 225 | 241 | 219 | 278 | 231 | | | | 3698 | completed in Dec 22 |
| 4 | MURRELL | Bill | 189 | 119 | 613 | 638 | 533 | 512 | 643 | 680 | 609 | 603 | 666 | 768 | 369 | 456 | 870 | 746 | | | | 9014 | completed Nov 22 |
| 5 | VINCELETTE | JP | 820 | 188 | | | | 120 | 146 | | 215 | 240 | 178 | 232 | 446 | 107 | 163 | | | | | 3325 | completed Oct 22 |
| 6 | PINHEY | Jeff | 55 | 5 | 19 | 15 | 20 | 134 | 131 | 132 | 122 | 177 | 163 | 126 | 161 | 160 | 192 | | | | | 1612 | completed Jun 23 |
| 7 | SULLIVAN | Brian | 137 | 238 | 341 | 88 | 89 | 257 | 335 | 305 | 210 | 118 | 115 | 104 | 121 | 217 | 35 | 27 | | | | 2737 | completed in Dec 22 |
| 8 | REGGLER | Bill | 75 | 58 | 106 | 71 | 0 | 70 | 96 | 85 | 272 | 161 | 140 | 125 | | 212 | | | | | | 1471 | completed in May 23 |
| 9 | REGGLER | June | 242 | 237 | 173 | 203 | 217 | 195 | 197 | 143 | 333 | 275 | 291 | 207 | | 215 | | | | | | 2928 | completed in Dec 22 |
| 10 | MORRIS | Doug | 73 | 153 | 51 | 64 | 77 | 75 | 76 | 209 | 264 | 219 | 252 | 185 | 205 | 183 | 159 | | | | | 2245 | completed in Apr 23 |
| 11 | MORRIS | Jane | 73 | 153 | 51 | 64 | 77 | 75 | 76 | 209 | 264 | 219 | 252 | 185 | 205 | 183 | 289 | | | | | 2375 | completed in Apr 23. Walke |
| 12 | BAKKER | Andy | 380 | 257 | 100 | 43 | | 95 | 103 | 90 | 362 | 321 | | 894 | 356 | 370 | 40 | | | | | 3491 | completed in Nov 22 |
| 17 | GRANT | Jim | 105 | 110 | 78 | 86 | 130 | 165 | 185 | 155 | 175 | 186 | 209 | 165 | 180 | 130 | 125 | 133 | | | | 2317 | completed in Apr 23 |
| 14 | BRZOZOWSKI | Richard | | | | | | | | | | | | 120 | 99 | | 120 | 339 | | | | 339 | |
| 15 | OZDEMIR | Osman | | | | | | | | | | | | 25 | 12 | 37 | 74 | | | | | 74 | |
| 16 | COULTER | Gary | | | | | | | | | | | | 36 | | | 117 | | | | | 153 | |
| | | | | | | | | | | | | | | | | | | | | | | 41350 | TOTAL!!!!! Achieved in 15 m |
| | WORLD CIRCUMFERENCE | Jun: 16,821 left | | | | | | | | | | | | | | | | | | | | | |
| | 40,075 kms | Jul: 14,202 left | | | | | | | | | | | | | | | | | | | | | |
| | | Aug: 10,807 left | | | | | | | | | | | | | | | | | | | | | |
| | | Sep: 7,612 left | | | | | | | | | | | | | | | | | | | | 20 | Walking the World in Blue Fr |
| | | Oct: 4,860 left | | | | | | | | | | | | | | | | | | | | | |
| | | Nov 198 left | | | | | | | | | | | | | | | | | | | | | |

Every kilometer helped achieve our ultimate goal. The first year was inconceivable and we were all impressed we managed half of the world's circumference. Boosted by our success, we were determined to give it another try, and all can hold our heads up high to finishing in 15 months!

A fantastic team building experience, we challenge other regions to circumnavigate the world.

Teresa Holmes Former Region 6 Secretary Region 6 Activity Coordinator



The International Police Association is a friendship organization for members of law enforcement, whether in employment or retired and without distinction as to rank, position, gender, race, language or religion. We have around 372,000 members in nearly 100 countries, of which 65 are affiliated National Sections, and we are represented on 5 continents.

The purpose of our organization is strictly cultural, social and recreational. At no time does the Association take part in any matter of departmental policy, discipline or unionism.

The IPA creates an opportunity for cultural exchange and contacts on a local, national and international level. The IPA is a tremendous organization for members and their families who wish to travel anywhere in the world.

Want To Become a Member? Visit our webpage <u>www.ipaottawa.com/join</u> and submit an application today.

