



## March 3, 2024 - Newsletter

### Messages from the EBTC Board

#### Quick Reminders!

**June MacGregor**, EBTC President

- 2024 Membership: please sign up soon. The main cycling season starts mid April and you need to be a 2024 member to register for EBTC rides, other outings and events. Fees are the same as 2023.
- Pop-Up Ride & Event Notices: sign up to be notified by email about weather-dependent activities. You won't need to check the website calendar, and email notifications have the link to register.

[Click here to obtain or renew your 2024 EBTC membership](#)

[Click here to sign up for the pop-up ride e-mail list](#)

### EBTC Leadership for 2024

**June MacGregor**, EBTC President

**June MacGregor, President.** I enter my 4<sup>th</sup> year in my current position and look forward to recruiting a Vice President to share the role and bring new ideas to the Board.

**Sandy McDonald, Treasurer.** Sandy will continue to contribute her accounting expertise. With the approval of a By-law revision to hold the AGM by the end of March (vs February) at the AGM, Sandy will have a better timeframe after year end to prepare financial statements and have them audited.

**Betty Lafave, Secretary.** Betty remains in her current position. Betty introduced and continues to facilitate effective document sharing (Google Workspace) for EBTC. New and existing Board members benefit from easy access to the material they require to perform their roles.

**Larry Zelazo, Director-at-Large voting (Membership).** A long serving Board member, Larry gives ongoing support to members and the Board in his role. Board discussions and decisions always benefit from his EBTC knowledge and experience.

**Phil Davidson, Director-at-Large voting (Webmaster).** Phil will continue brings a depth of IT and other experience to ensure that the website represents EBTC well to members as well as the public, has up-to-date and useful information, and is easy to navigate.



**Ann Sutherland**, Director-at-Large voting (**Communications/ Promotions**). Although new to the Board, Ann is not new to EBTC. She first joined in 1986 and was an active rider and volunteer. I recall a fantastic EBTC cycling long weekend she organized with a day to enjoy the Benalto Rodeo, west of Sylvan Lake. With other life priorities, Ann took a long break from EBTC. When she returned, she was thrilled to find the same fun, friendship and joy of cycling. Ann brings an excellent background of writing and editing to the EBTC Board. Welcome, Ann.



**Audrey Sonnenberg**, Director-at-Large (non voting special volunteer) **Ride Program**. Audrey assumed the critical role of planning 2024 ride program as a 'Special Volunteer' in the fall. She has made amazing progress in recruiting a team and engaging ride leaders to launch the ride season in mid April with a great program.

**Sonja Taylor**, Director-at-Large (non voting special volunteer) **Social Media**. Sonja started as a 'Special Volunteer' in the fall. In addition to managing EBTC's public-facing Facebook page and popular members-only Facebook group, Sonja introduced a Club Instagram account and has volunteered for duties beyond her role.

**John Shaw**, Appointed by the Board as a 'Special Volunteer' (**Newsletter**). John decided to transition from a Board role to a 'Special Volunteer' role, given his limited availability to attend Board meetings. We are thankful that John will remain as editor of the EBTC Newsletter, which is well-read by current and past members.

**Michel Lamontagne**, Appointed by the Board as a 'Special Volunteer' (**Equipment Manager**). Michel continues in his role, effectively overseeing the EBTC shed of equipment and supplies and supporting Board/ride leader needs for rides and other events. Trail riding members also enjoy the rides Michel organizes and leads year-round.

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## Recipients of Long Service Awards - Presented at the AGM

**June MacGregor**, EBTC President

**Anne-Marie Adachi**, Past President. After over 15 years in various Board positions, including President for 6 years, Anne-Marie decided to step down. Her many contributions to EBTC were recognized at the AGM, with emphasis on her devotion to EBTC, her welcoming approach to members and her effectiveness in carrying out every role and tackling issues as they arose. Anne-Marie remains committed to support Audrey Sonnenberg with the Stamina Builder series, and to lead EBTC rides, such as the well-attended Pigeon Lake Loop.



**Scott Keast**, Safety and Education. After many years on the Board and as a Special Volunteer, Scott is leaving this position. He will continue to assist EBTC with developing new rides and leading rides. Scott is well-known to members and ride leaders for his regular Newsletter articles on all aspects of cycling, and for the many training programs he developed and delivered, e.g., Cycling 101; Ride Leader training, with his final session scheduled for today with Audrey Sonnenberg.





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## EBTC Event Reports

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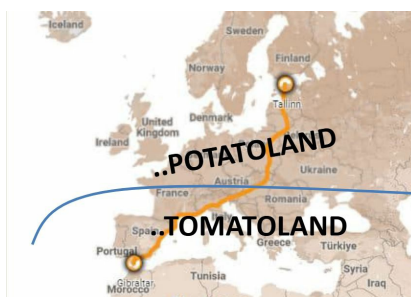
### EBTC Annual General Meeting and Volunteer Appreciation Brunch, February 25, 2024

By **June MacGregor**, EBTC President

Our first 'combined' event was a success, with about 50 attendees for the AGM and for the Brunch. EBTC volunteers (2023), EBTC members and a few non-member friends enjoyed fantastic snacks and a buffet brunch prepared by **Michael Roloff**. At my table, members asked Michael, 'How do you make a frittata so fluffy and tasty'. He rattled off the familiar ingredients, ending with a bit of 'magic'. A lot of 'magic' was evident in the buffet.



**Wayne Grover** gave highlights of his Trans-Europa ride from Tallin, Estonia to Gibraltar, with interesting photos, anecdotes, statistics and videos. For the first time ever, we saw a map of Europe divided into 'Potatoland' and 'Tomatoland'. For cyclists, this division is relevant when it comes to the calorie count of the typical breakfast.



At the AGM, members received updates on 2023 and 2024, including from **Audrey Sonnenberg** on the ride program. Expect more details in upcoming Newsletters. The AGM is also our annual business meeting: members approved minutes of 2022 AGM, prepared by **Betty Lafave**, EBTC Secretary, and 2023 audited financial statements, presented by **Phil Davidson**, Webmaster, for **Sandy McDonald**, EBTC



Treasurer who could not attend. The auditors were EBTC members **Janet Fletcher** and **Cherie Langlois-Klassen**; past-presidents, **Maureen Lanuke** and **Char World** volunteered for 2024. The 2024 Board of Directors was elected by acclamation.

As President, I presented, on behalf of the Board, revisions to the EBTC By-Laws which were last updated in 2015. The revisions address issues faced by the Board and bring these important governing rules up-to-date with common practice. EBTC members at the AGM approved the updates. Of particular note is the Board now has authority to fill vacant Board positions by a Board motion between AGMs – after first seeking member expressions of interest and then communicating any appointments through the Newsletter. This revision will address the issue that vacancies could only be filled by non-voting ‘Special Volunteers’ until a vote at the AGM.

After the February 25 event, members and the Board are looking forward to the launch of the 2024 cycling season on April 13, and, given the weather, even some more winter rides and other activities.



## Rider and Ride Leader Updates

**Audrey Sonnenberg**, EBTC Ride Coordinator

It is so good to be in Alberta because the sun just keeps on shining. No matter the temperature, we can enjoy the sun whether we are inside or out in the snow.

I want to start this segment by thanking all the cyclists who participated in the Ride Leader’s Training Session that ran on Sunday. Scott Keast ran the session, and not only he and all who attended, gave up their Sunday afternoon to digest the Ride Leader’s Handbook and share best practices in order that the EBTC membership can enjoy a well-managed and safe riding season. On the rides this year, perhaps think about buying your ride leader a coffee. They love this act of kindness!!

A BIG THANK YOU to Revolution Cycle in Sherwood Park who donated two items for our Ride Leader draw on Sunday. They were very much appreciated by the ride leaders.

At this time, all the rides that are specific series rides (occur weekly), have been added to the Calendar. Key rides that are “one” day rides are also in. Yet, none have been released, so do not go rushing to register.

Remember that weekly series rides open one week prior to the ride, and others may vary depending on the nature of the activity. The ride series season officially starts on April 13 with the Stamina Builder group of rides. Other series rides begin May 1. At this time, “Pop-ups” for summer will also appear. So, if you have not purchased your membership for EBTC, it might be time to purchase in order to have access to the registration process.

For those of you who have, or have recently purchased an E-bike, please read the EBTC policy on this type of bike. Every Ride Leader will indicate in their ride description what bikes are recommended for their ride. Please take note of this, and respect the recommendations.

For “Bring a Friend,” ensure members have the guest waiver filled out and signed prior to the ride, as well as having emailed the Ride Leader. Good communication between all members and their ride leaders is essential to a successful ride.

As the summer season approaches (soooooo exciting)! Have you seen some of the new road bikes that are coming? Delicious! I know some of you are haunting the bike shops.

I was speaking to Rob, the manager of Revolution, Sherwood Park, and the west end store on Stony Plain Road is, sad to say, not being reopened as the building is

uninhabitable. They will, however, soon have a new space in the west end.

Time to book your bike in for its tune-up before it gets really busy!

Click here to contact  
Audrey Sonnenberg

Click here for the EBTC  
Ride and Event Calendar &  
Registration Links

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## Helpful Links:

Click here to become  
or renew your EBTC  
membership

Click here if you need help with  
membership

Click here if you'd like  
to contribute to the  
Newsletter

Click here for EBTC exclusive  
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