



February 9, 2026

In This Issue:

- Read and find out!

From the Board

Become a 2026 EBTC Member

There is no reason to delay as memberships ended Dec. 31, regardless of when you sign up. By joining now, you can register for winter 'pop-ups' like cross-country skiing and walking, and for socials and other events. Click to [join EBTC or renew](#) your membership.

Sign up for EBTC Pop-Ups

'Pop-Ups' Winter outdoor activities are weather-dependent Pop-Ups. By adding your name to EBTC's Pop-up List [here](#), you'll receive an email with the link to register whenever a pop-up is added.

Upcoming Event

Wednesday, Feb. 11: Walk U of A Farm & Grandview

Phil Davidson, EBTC Webmaster

Forecast says sunny and not too cool, so let's go for a walk, about 7.5 km from the Sunterra Market. Afterward we can try Krew Café or Sunterra for coffee.

Click [here](#) for more information or to sign up.

Weekly Recap

Thursday, Feb. 5: “Not a Walk in the Park”

June MacGregor, Walk Leader and Laggard

Warm temperatures and clear skies. Perfect day to walk the trails of MacTaggart and Magrath? The above quote from walker Paul captures the walk well. If you wore cleats, as per the leader’s sage advice in Karelo, you’d rate it ‘OK’. If you didn’t wear cleats, as per the leader (yours truly), you’d rate it ‘Yikes’ for the sections of water on top of ice. All eleven keeners survived, smiling and unscathed, to settle in for a long lunch.



Saturday, Feb. 7: Quarry Outlook

Liz Tinglek, Walk Leader

What an amazing day to be outside for a walk! We met at the Quarry Outlook and walked down the path to the new bridge where we crossed over and headed to Fort Saskatchewan along the trails. It was so beautiful. The sun was shimmering on the beautiful white snow. We were serenaded by a pack of coyotes. We didn’t see them, but they were close by. We only walked 8 km, so did not make it all the way to the Fort.



From the Saddle

Where Have the Volunteers Gone?

Phil Davidson, EBTC Webmaster

From 2018 to 2023, the population of Canada increased by about 8%. During the same time the number of volunteers, both formal and informal, decreased about 8% and the total volunteer hours decreased about 18%.

EBTC relies on volunteers. From planning and leading rides, to organizing our social events, and putting together our weekly newsletter, EBTC wouldn't exist without its team of volunteers. As a non-profit, volunteers are the heart of the club. And we always need more volunteers to make sure we can deliver the rides you want.

There are other reasons to volunteer:

- Satisfaction of feeling useful to others
- Maintain your mind and skills
- Gain knowledge, like good places to ride
- Acquire new skills – leadership, confidence in interpersonal interaction, RideWithGPS
- It's fun to get together with other volunteers (and make it fun!)
- Leading makes a commitment that gets you active when you might stay home vegging in front of the TV or computer
- Interacting with those outside your comfort zone broadens your perspectives
- Increase feeling of connectedness to others; provides structure to interactions, making you more comfortable

Let's buck the trend and make EBTC a solidly run volunteer club!

Read more [here](#) about volunteer trends in Canada.

(Photo: One of the club's notable volunteers, ride leader Liz Timleck)



Helpful Links

Sign Up:

[Click here for
EBTC
membership](#)

[Click here to join
the Pop-up
Email List](#)

[Click here for
RideWithGPS
member access](#)

Dive deeper into the EBTC community:

[Click here to contribute to the
Newsletter](#)

[Click here to connect with
EBTC on Instagram](#)

[Click here to see the public
EBTC Facebook page](#)

[Click here to connect with the
members Facebook group](#)

[Click here to bring a friend on
an EBTC ride](#)

[Click here to visit the EBTC
website](#)

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