

### Bus Trip

This year's trip will be to North Bay on September 21,22 &23<sup>rd</sup>. Bus man Bob has already booked the hotel in North Bay at a reasonable cost with breakfast included. Further details on the itinerary to follow. If you wish to reserve your spot now, then email Bob at [angandbob@sympatico.ca](mailto:angandbob@sympatico.ca)

### March 17, 2018.

The Schedule shows us having a PT 100 – Greenbank on that day. As it is **St Patrick's Day**, we are now holding an Event in its place, starting from City Hall/Ben Franklin Place, Centrepointe Drive, same start time of 10 a.m. Feel free to wear green, especially as it will be the first planned Nepean Nomads Meetup gathering!

### What is Meetup?

For those who don't know, Meetup is a website where people of similar interests post the date of their next get together. Interested people sign up on line and then show up at the Meetup. The CVF have been funding the cost of Meetup for a few months and will continue to do so until the end of April 2018 when we will have to cover the cost. The Kingston club have had considerable success with turnout of walkers and increased their membership. (Their Meetup site is called King's Town Trekkers Volkssport Club – please check it out.) Clubs in B.C. are also using the site and report similar success.

Joanne Bertrand, who has been a member of Nepean Nomads since January 1, 2017 has volunteered to get our site set up for us and be one of the Administrators. We hope to be in place by the beginning of March. There is quite a lot of set up required, and Joanne is working closely with Walter Cool from Alberta.

Presently, up to 3 clubs can share the same website so we will be with the Kingston Club and the Gateway walkers until end of April when funding ends. After that, we can continue the same arrangement and split the cost between the 3 clubs.

As 2 clubs can be on the same meetup site, we have offered to share our site with Ottawa Voyageurs after end of April. To that end, the Nomads Executive chose a generic name for the site – "National Capital Volkssport Walking Club Meetup.

Louis Myre, Ontario Director, has suggested that the cost of Meetup may be covered by the Ontario Association (WVAO) so that would be a real benefit.

### AGM

If you forgot to mark your calendars, please do so now for our annual AGM and dinner, at Bells Corners Legion on May 10 at 6 p.m.

## **6 pm start for Wednesday Evenings**

Last year, a few evening events were poorly attended and weather was not always a factor. It would seem that a 5.30 start could be an issue, so both clubs have agreed to have a 6 p.m. start. Naturally, show up a little earlier to sign in but both the 5 km and 10 km groups will not start until the posted time.

## **Wednesday morning Walks**

Last year I tried to attend as many Tuesday morning walks as I could. Attendance varied from 2 or 3 or a few more on a couple of occasions. One time I couldn't go, and a lonely member showed up who was somewhat disappointed to be alone. After finding out the OVO Thursday morning walks were equally poorly attended, I suggested that we try walking on Wednesday mornings, and each club could alternate the weeks. Coincidentally, Wednesdays happen to be free bus day for seniors, so if anyone wants to save money, use the bus for free and reduce carbon emissions! These morning walks will take place in April and May, and segue smoothly into the Wednesday evening walks, then back to Wednesday mornings for October and November.

## **IVV Record Books**

The new rules for the IVV Record Books are now in effect.

Events: Green: 10, 30, 50 Events

Purple: up to 600 Events in increments of 25 Events

Red: more than 600 Events in increments of 50 or 100 Events (your choice)

Distance: Blue: up to 10,000 Kilometres in increments of 500 Kilometres

Yellow: more than 10,000 Kilometres in increments of 1,000 or 5,000 Kilometres

Pins and patches will continue to be awarded until the stock is depleted. After that the award will be a certificate only. Pins and patches will not be reordered.

PLEASE NOTE: If you are using either the Salmon Event Book or the Brown Distance Book, please continue to do so until you have reached the appropriate level.

Looking forward to Spring and better weather for walking!

Lorna Giles President

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