

# THE NORDIC POLE

July 2010



## Happy Canada Day...eh!

What better way to celebrate Canada's 143rd birthday than to take to the trails with Nordic Walking friends. The July 1st weather was perfect for walking... not too hot... not too cold! We salute all of the members who showed their patriotic enthusiasm and participated in the Canada Day Walk. *Congratulations!*

Now that July is here, our spring sessions are over. Monday July 5th marks the beginning of Nordic

Walking's Summer Session #1. Please note that morning classes will begin a half-hour earlier at 9:30 am.

Evening classes will begin at regular time: 5:30pm.

In case you haven't had the opportunity to sign up for Summer Session #1 (July 5-30) or Summer Session #2 (August 2-27), why not take time to register using the form on page three of this newsletter.

Whether you are away on vacation or busy with family visits, we do hope that you get out and enjoy summer to the max! Hopefully, you will be able to participate in Nordic Walkfit classes offered throughout the summer months.

### REMEMBER:

Be safe!

Keep healthy!

Enjoy life each and every day!

# Let's All Support Lynne Jenkin's Ride

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This August, Lynne Jenkins, one of our Nordic Walking Instructors, will be riding in the 2010 Tour for Kids Ontario.

Lynne rides for her sister Debbie who passed away in 2005 of Leukemia and also for a young woman from Winnipeg - Marissa who just recently lost her battle with cancer this past spring.

Lynne's challenging cycle adventure is comprised of cyclists, cancer survivors and volunteers. Together they ride hundreds of kilometers over 2 to 4 days raising funds and awareness for children living with cancer and beyond.

The money she raises helps support three amazing children's cancer camps in Ontario - Camp Trillium, Camp Quality and Camp Oochigeas.



Let's give Lynne a boost in her participation by contributing to her fundraising. You can read more about Lynne and the Coast to Coast Against Cancer Foundation and make your donation by checking out the link below which will take you directly to Lynne's page where you may choose to sponsor Lynne : <http://my.e2rm.com/personalPage.aspx?registrationID=827124&LangPref=en-CA> For more information on how YOU or a friend can participate in 2010 Tour for Kids Ontario, as a cyclist, volunteer or a sponsor, please visit the Tour For Kids website at <http://www.tourforkids.com>.

Thank you for your generous support!

**Best of luck, Lynne!**

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## The Beaverpond and South March Highlands

As many Nordic Walkfit members know, the Beaverpond and South March Highlands area is one of our favourite walking sites. It offers wonderful pathways on which we have enjoyed many a vigorous walk. This is not going to last much longer as this area has been slated for development as soon as mid-July. There have been several community group meetings calling for a delay and reassessment of the treasured wooded environment.

Here is an important 4 minute video which has been done regarding this area. Please pass it along to anyone whom you feel may be interested in learning more. It is quite shocking how important and diverse this area really is.

<http://www.youtube.com/watch?v=YsHtUmwqb2E>

### **What can you do?**

1. Tell City Council that you want all road and residential construction to halt immediately. This is the last wilderness forest within the City.
2. Help us give Ottawa council, federal and provincial governments compelling reasons- photographs and comments - to convince the NCC to help protect the land.
3. Support the Coalition to Protect the South March Highlands ([www.southmarch.wordpress.com](http://www.southmarch.wordpress.com))
4. Donations: contact [janette.innes@gmail.com](mailto:janette.innes@gmail.com) Jan is working on a beautiful photo calendar of the Beaverpond and South March Highlands for \$20 that would be a treasured view of this sensitive environment.

## Nordic Walkfit Pre-registration Form - [Summer Sessions #1 and #2](#)

Name:		
Address:		
City:	Postal Code:	Home Phone:
Email:		

<b>Session One: July 5 to July 30, 2010.</b> I would like to register for the following <a href="#">classes</a> : (please check off)	<b>Session Two: Aug. 2 to Aug. 27, 2010.</b> I would like to register for the following <a href="#">classes</a> : (please check off)
<input type="checkbox"/> Mon. 9:30-10:30 am- Gentle Nordic Walkfit	<input type="checkbox"/> Mon. 9:30-10:30 am- Gentle Nordic Walkfit
<input type="checkbox"/> Mon. 9:30-10:30 am- Level 1&2 Nordic Walkfit	<input type="checkbox"/> Mon. 9:30-10:30 am- Level 1&2 Nordic Walkfit
<input type="checkbox"/> Tues. 5:30-6:30 pm- Fat Burner Nordic Walkfit	<input type="checkbox"/> Tues. 5:30-6:30 pm- Fat Burner Nordic Walkfit
<input type="checkbox"/> Wed. 9:30-10:30 am- Intermediate Butt/Balance/Core	<input type="checkbox"/> Wed. 9:30-10:30 am- Intermediate Butt/Balance/Core
<input type="checkbox"/> Thurs. 5:30-6:30pm- Level 1&2 Nordic Walkfit	<input type="checkbox"/> Thurs. 5:30-6:30pm- Level 1&2 Nordic Walkfit
<input type="checkbox"/> Fri. 9:30-10:30 am- Fat Burner Nordic Walkfit	<input type="checkbox"/> Fri. 9:30-10:30 am- Fat Burner Nordic Walkfit

**Payment : Please make cheques payable to Wendi Paterson**

*(As of July 1, 2010, HST 13% must be applied to Nordic Walkfit classes; however, the base fee remains unchanged.)*

Once a week for <b>4 weeks</b>	Twice a week for <b>4 weeks</b> (\$3.00 discount applied)	Three times a week for <b>4 weeks</b> (\$5.00 discount applied)
___ \$27.12 using your own poles (\$24.00 + \$3.12 (HST)= \$27.12)	___ \$50.85 using your own poles (\$45.00 + \$5.85 (HST)= \$50.85)	___ \$75.71 using your own poles (\$67.00 + \$8.71 (HST)= \$75.71)
___ \$31.64 using our poles (\$28.00 + \$3.64 (HST)= \$31.64)	___ \$59.89 using our poles (\$53.00 + \$6.89 (HST)= \$59.89)	___ \$94.92 using our poles (\$84.00 + \$10.92 (HST)= \$94.92)
Once a week for <b>8 weeks</b>	Twice a week for <b>8 weeks</b> (\$6.00 discount applied)	Three times a week for <b>8 weeks</b> (\$10.00 discount applied)
___ \$54.24 using your own poles (\$48.00 + \$6.24 (HST)= \$54.24)	___ \$101.70 using your own poles (\$90.00 + \$11.70 (HST)= \$101.70)	___ \$151.42 using your own poles (\$134.00 + \$17.42 (HST)= \$151.42)
___ \$63.28 using our poles (\$56.00 + \$7.28 (HST)= \$63.28)	___ \$119.78 using our poles (\$106.00 + \$13.78 (HST)= \$119.78)	___ \$189.84 using our poles (\$168.00 + \$21.84 (HST)= \$189.84)

(  YES ) (  NO ) I am including a copy of ParQ or waiver available at <http://www.nordicwalkfit.com/Forms.aspx>

(ParQ's and Waivers are required from new participants only or anyone whose health status has changed since the last time they filled one out for Nordic Walking)

Please complete the [Emergency Contact Card](#) and carry it with you during class.

Please complete the registration form above and send it along with your cheque, [ParQ's](#), and [Waivers](#) to:

Wendi Paterson  
 3041 Ridgetop Rd  
 Dunrobin, Ontario  
 KOA 1T0

# Nordic Walkfit Member News

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*You are cordially invited to  
Ottawa's 1st Nordic Walk Invitational!*

We received this invitation from David Chambers who lives in White Lake just west of Ottawa. He is offering Ottawa's very first open Invitational Nordic Walk on Sunday August 1st at 9 am. He has mapped out 9 & 17 km scenic loops with lots of hills, lake, beach, small village and it's all free of charge!

Let's support this new activity that's growing in popularity by participating either with your class or with your families, friends or both. Please let Wendi Paterson know if your guests need some extra poles.

## White Lake Invitational Nordic Walk



9:00am Sunday August 1, 2010  
opposite the Fire Hall  
Village of White Lake

- 9k & 17k scenic loops
- no registration fee
  - free parking
  - public toilet
  - public beach
  - picnic tables

45 minutes west of ScotiaBank Place: Highway 417W to Arnprior. Exit White Lake Rd. to village of White Lake. Turn right at general store. 1/2km to fire hall. Fun for the whole family. Bring your swim suit and picnic lunch.

For more information contact David Chambers

[davidchambers@storm.ca](mailto:davidchambers@storm.ca)

# Nordic Walkfit Member News

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## *Congratulations Joy Watson!*

Congratulations **Joy Watson** (Gentle group) on the birth of your first grandchild!

Jackson David Taylor was born on June 8<sup>th</sup>, weighing 7.09 lbs., no height is listed but he is long and slim! His happy parents are my daughter Susan and daddy, Adrian. He is the first grandchild on both sides of the family, so he was a very happy addition to our families. ~ Joy Watson, proud first-time grandmother ~

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## *Thank You, Sharon!*



Many thanks to Sharon Nodelman for introducing Wendi Paterson to the pathways in Constance Bay and for opening her beautiful waterfront home to the members of Nordic Walkfit for a memorable potluck lunch on June 16<sup>th</sup>. Everyone was delighted with the introduction to the paths of the Torbolton Woods and Constance Bay Beach.

Of course, everyone enjoyed the delicious potluck lunch!

*Thank you, Sharon!*

*“Whatever you can do, or dream you can, begin it - Boldness has genius, power and magic in it.” ~*

*Anonymous*

submitted by Aud Karin Sund (Gentle group)

# EAT \* SLEEP \* NORDIC WALK!

If you have any ideas, suggestions, photos or contributions to offer to this newsletter, please drop Mary Tregunno a line at [tregunno1@sympatico.ca](mailto:tregunno1@sympatico.ca).

Previous issues of the *Nordic Pole* are available online at [nordicwalkfit.com](http://nordicwalkfit.com)

# PHOTO GALLERY

