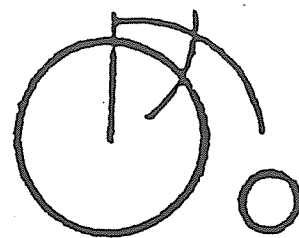


A HAPPY AND BLESSED NEW YEAR
TO YOU ALL!

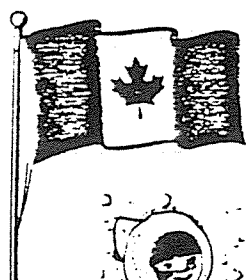


NEWSBRIEFS

Vol.2 No.2.

The Cross Canada Cycle Tour Society

January, 1985.



WELL ...

When we got dressed "down under"
Just how were we to know
That back here in Vancouver
You'd prepared three feet of snow???



What a good job it was then, that the welcome to our returning travellers was such a warm one on the night of December 22! There was a large crowd waiting, with some members coming from as far as Parkville. It was great to see everyone again and the warmth of the reunion made us realize that we are indeed more than just a society. As William James so aptly put it: "Wherever you are, it is your friends who make your world."

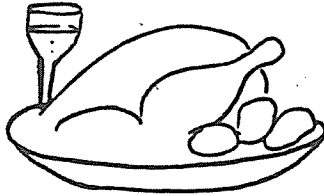
Some highlights of the tour are reported later in this Newsbrief and we intend to make such reports a regular feature.

AND NOW WE LOOK FORWARD TO OUR REUNION AND GENERAL MEETING ON MARCH 1 and 2.

This is the GALA EVENT of the year! An opportunity for all members to get together and meet up again with "tour pals". We would suggest that everybody sort out their slides and photographs and mount them on a cardboard backing so that they can be easily circulated. In this way, everyone will have a chance at looking at all the photos and choosing the ones that they like, and placing their orders for them.

REUNION

- Friday, March 1, at Richmond Inn
7551 Westminster Highway, Richmond, B.C.



Cost: \$20.00 per person.

Happy Hour: 6 p.m. to 7 p.m. (No host bar)

Dinner: 7 p.m. to 9 p.m.

Entertainment: from 9 p.m. -----



COME AND MEET YOUR FRIENDS! AND GUESTS WELCOME!

AS YOU WILL APPRECIATE, WE NEED TO KNOW IN GOOD TIME HOW MANY PEOPLE WILL BE ATTENDING, SO KINDLY COMPLETE AND RETURN THE FORM ON PAGE 8 WITH YOUR COVERING CHEQUE BY FEBRUARY 18 AT THE LATEST!

Out-of-Towners who require overnight accommodation should advise Marten McCready, #302, 1290 West 13th Ave., Vancouver, V6H1N6. (Tel: 736-4980).

Similarly, anyone who can provide accommodation should likewise notify him.

PLEASE CONTACT HIM BY FEBRUARY 18

Out-of-Towners are requested to bring back their bikes and/or equipment by March 2. Kindly contact Bob Douglas (435-3893) to arrange for storage.

WE ARE GRATEFUL FOR THE ARRANGEMENTS BEING MADE FOR THE REUNION BY FRANK McCALL AND HIS COMMITTEE CONSISTING OF ANNE IVES, MARTEN MCCREADY AND LEO COMEAU. THEY ARE DETERMINED THAT EVERYONE SHALL HAVE A GREAT TIME!

ANNUAL GENERAL MEETING - Saturday, March 2, also at Richmond Inn (as above).

10 a.m. to 3 p.m.

As at present, the Agenda stands as enclosed, but if any member has any other item that he would like included, please notify Jack Beckow (263-3676) by February 18. As is customary, the final Agenda will be established prior to the meeting.

REMEMBER - your input in advance will cut down a lot of unnecessary discussion at the meeting and enable us to arrive at decisions promptly.

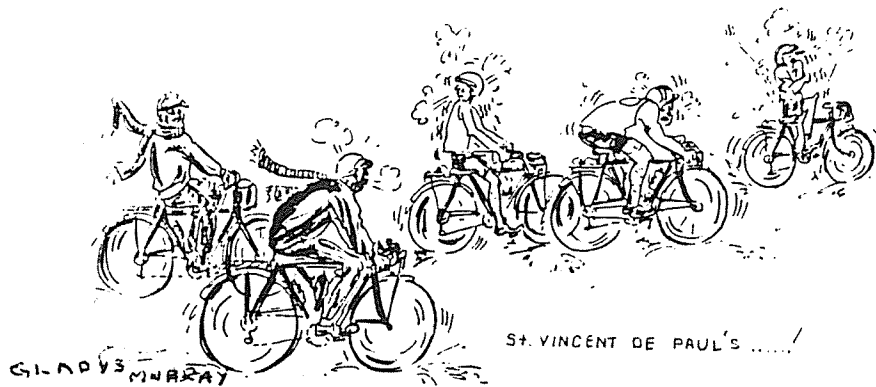
Ian Cassie is heading up a Nominating Committee for officers for the 1985 period and will present a slate of officers to the meeting for voting. We thank those of you who have already submitted suggestions and if you have any more to make, we urge you to get them to Ian (433-9715) as soon as possible.

The Board of Directors of the Society has been enlarged and we are pleased to welcome the following additional members to it:

Leo Comeau	939-0392
Anne Ives	733-9882
Marten McCready	736-4980

TRAINING SCHEDULE: Please note that this is being worked on and it will be available at the Annual General Meeting.

MEMOIRS OF THE "ODYSSEY" (or things we would rather not remember!)



It was indeed an incredible adventure. Ninety-four seniors cycled the east coast of Australia and much of New Zealand during a four-month tour. Reminiscences will no doubt keep us enthralled for some time to come.

Margaret Whitford wrote us on January 12:

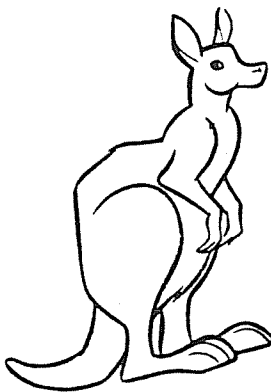
"It was fun meeting the gang at the airport on December 22 and nice to see people again. I am enclosing spare copies of the articles I did for our two local papers, for your files, scrapbook, or whatever. I am trying to sell other articles to other magazines, about the trip. We got together with the Hargroves recently and looked at each other's pictures and clippings. Look forward to seeing you on March 2."

(Copies of the articles will be enclosed with these "Newsbriefs".)

Extracts from other letters are quoted overleaf. Please do write us and tell us how YOU feel about the trip "down under".

Dorothy Sharkey of Vancouver writes: "I had a wonderful trip this past year and benefited physically as well as mentally. I made many good friends and will never forget this 'trip of a lifetime'. I look forward to this year's trip."

From Thunder Bay, Margaret and Dick O'Reilly report: "We were very disappointed that due to Marge's fall and back injury, we had to make a very early return from Australia. It proved to be a wise decision as the Aussie doctor told us that she just had a hairline fracture on her back, but when our own doctor took X-rays, he found she had fractured the first lumbar vertebra and had a collapsed disc and torn muscles in her knee. He was amazed that she was not still in hospital in Australia and said that the only reason she wasn't was because of her active lifestyle. But her condition is permanent and if she does come on a trip, she would probably do little cycling but could help in other matters and I would do the cycling."



Jody Andrews of Victoria writes: "The tour was a wonderful experience and a great adventure. I am so glad I was part of it. I am looking forward to the reunion when we all shall meet again. Till then, all the best."

A letter to the Board of Directors from Bill Saunders of Toronto is also heartwarming. "I can't say enough good things about the Australian and New Zealand trip. It was indeed 'The Adventure of a Lifetime' and although, like everyone else, I have had many excellent trips in the past, this has made them seem very secondary. I was interviewed by the 'Toronto Star' a few days ago and tried to get that message across. I wish you every success in your future planning and hope a good trip is planned in the near future. If I can be of assistance in any way, please let me know."

We would like to acknowledge the fine cartoons that Gladys Murray has given us permission to reprint in this issue of NEWSBRIEFS.

By the way:

Does anyone know the address of members L. Farrend or L. Wienhold? If so, please advise the President or the Treasurer. We are unable to contact these members since their application forms cannot be located.

Those members who did not use their air tickets for the Adelaide to Melbourne flight are eligible for a refund of the fare (approximately \$140.00). Submit the unused ticket, which you should have received from Bert Robinson, to Quantas, at 1714/1055 Dunsmuir St., Vancouver, V7X 1L3, with an explanatory note. Quantas will then refund to the Society and the Society will in turn reimburse the members concerned.

FUTURE TOURS.

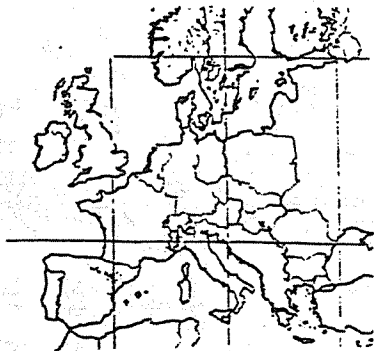
Your President and Board of Directors have given considerable thought to future tours and keeping in mind the response from the questionnaire that was sent out with the December Newsbriefs, it is proposed that during 1985:

- tours be of short duration, say 30-40 days;
- prescribed mileage per day be no higher than 40-50 kilometers (or 5 hours);
- tours be so arranged that members who wish to cover more mileage be given the opportunity to ride with experienced riders and, likewise, those members who would prefer to do less mileage, be fitted into an appropriate group.

It has been decided that we will not enter into a protracted Cross-Canada Tour this year. However, we will consider a west-to-east trip for 1986. This year we will concentrate on shorter trips and use the period as a time to consolidate and regroup our forces, and take a well-earned break.

Under consideration - and we would like your views by March 2 - are the following trips:

1. An early spring trip to California (possibly April, and using AMTRAK from Vancouver to San Francisco) for a period of 30 days.
2. A trip through Washington and Oregon (also possibly in April) and for 30 days.
3. A trip through Quebec and the Gaspé Peninsula, scheduled for the summer, duration 35 days, and using VIA rail from Vancouver to Montreal on a monthly pass).
4. A 30-day trip around B.C. and Alberta, during the summer, for those who would like to attack the Rockies and the mountains of B.C. Maximum number of people 25. This would be a tent-out arrangement with a swag wagon.



5. A suggestion has been made that we arrange for a group fare from Vancouver to Europe, with a breakdown into various groups of not more than 20 people. Some might go to the U.K., some to Central Europe, and some of the more experienced riders might want to tackle the Alps and go to Italy. We would meet and return via the same air line. The various trips would probably be on a bed-
-

and breakfast basis, with no outside camping, thereby allowing for maximum "rest days" for visiting the many sites of Europe. Mileage would be restricted and the period involved from 35-50 days. The purchase also of a EURORAIL pass would enable individuals to do their own sightseeing.

The suggestion has been made that we develop a 5-year plan for future trips. We would welcome your opinions but BEFORE THE A.G.M., so maybe you'd write or phone Jack Beckow (263-3676)



Treasurer

Have you paid your dues yet, for 1985?
\$20 per year (individual)
\$30 per married couple.

INTRODUCING THE ELDERS' NETWORK.

The Elders' Network is an all-volunteer registered non-profit and charitable society with about 500 senior citizen members, most of whom live on the west side of Vancouver. Its main purpose is to provide its members with accurate information on seniors' affairs and to act as members' advocates, if need be. It publishes an 8-page monthly newsletter, operates a "Deeds for Needs" mutual help program, has volunteers who help other members, maintains a file of services available to seniors, uses Canada Works programs (when available) to provide services to members, and works closely with other agencies (Human Resources, Health Dept., Special Council Committee on Seniors, etc.) in the interests of Vancouver seniors. Membership costs \$5.00 per year, and the Society is funded by New Horizons, Seniors' Lottery, and individual donations. It is commencing its fourth year of operation. Its office is in Room 105, 2182 West 12th Avenue, Vancouver, V6K 2N4, telephone 733-4169. The President is Kent Lyons, Treasurer is Les Tilbrook, Secretary (and Newsletter Editor) Renie Marshall. There are ten directors on the Board.

The reason we give you all the above information is not only because the Elders' Network does a great job for seniors but also, as we mentioned in the last News-brief, we now rent office accommodation and relevant facilities in their suite.

So at last we have space! Now we need staff! We plan to keep our office services open three days a week, namely Monday, Wednesday and Friday, from 1 p.m. to 4 p.m. But we need volunteers for typing, filing, telephone/reception, tour planning, fund raising, questionnaire assessments and equipment handling. It is the aim and desire of your Board to keep expenses down so that all savings can be passed on to the



C.C.C.T. Society. Your help on a volunteer basis, however limited, will enable us achieve our aim. And remember, not only will you find the work rewarding, it is interesting too. Contact Anne Ives on 733-9882. .

You know, we really do have a very active and responsible group of Director but we are now proposing to add to this Board by appointing "Directors-at-Large", members who reside outside Vancouver and who will organize activities in their areas such as weekly rides, training schedules, social meetings, etc. After all, B.C. is a pretty large province! Although these Directors would probably not be able to attend Board of Directors meetings in Vancouver, their opinions would be sought on various items of a pressing or important nature. What do you think?

warmest wishes and welcome to the following new members;

Nadine Asante, Richmond; Olive Beston, Vancouver; George Broadhurst, Fort St. John; Ella Caramée, Richmond; Dorothy Galley, Ottawa; C. Gluska, Delta; Bill Gutentag, Willowdale; G. & E., Hawkins, Calgary; Joyce Horton, Vancouver; Mary Moilliet, Victoria; and William Riel, Surrey.

SUNDAY RIDES: For those who are interested, Sunday rides will be starting up after the Annual General Meeting. You should contact M. McCready (736-4980) Rides will probably be organized through Surrey and Ladner, etc. SUNDAY RIDES on Vancouver Island and into the Interior will be handled by other people and details will be made available at an early date.

TRAINING SCHOOL: Arrangements have been made for a training school and this will be run by Decima Mitchell (872-4874). New members/riders should phone Decima for details about this Cycling Skills Course for Seniors. The 8-week courses will be taught twice weekly in 2-hour sessions for a total of 32 hours of instruction. Each course will be taught by an instructor who has been certified by the Canadian Cycling Association. Classroom and on-road sessions will include such topics as buying a bicycle, fitting the bicycle to the rider, gearing and cadence, cycling clothing, outfitting a bicycle, cycling in traffic, basic bike maintenance, hazards awareness and avoidance, etc. Every participant will receive a reference manual. In addition, the effective cycling film, "Bicycling Safely on the Road", will be shown. Courses will be held at Carnarvon Community School at 19th Avenue and Balaclava Street, Vancouver. Class size is limited to ten participants. Cost of course \$60.00. Classes start March 4 at 1 p.m.

A Cheery Hi



from Renie Marshall,
- Editor (in
cooperation with
Jack Beckow).
and New Member.

AND.

Gentlemen! Just
one last word, if
I may?
Remember Feb. 14th
is
Valentine's Day!

If you plan to attend the REUNION on March 1, please complete the form below and mail, with your cheque (\$20 per person) to:

Marten McCready, Apt 302, 1290 West 13th Avenue, Vancouver, B.C., V6H 1N6.
(Tel: 736-4980)

PLEASE REPLY BY FEBRUARY 18:

C.C.C.T.S. REUNION - MARCH 2, 1985

Name: _____

Address: _____

Telephone: _____

Number in your party: _____

Amount of cheque: \$ _____

SALE OF BIKES: New Horizons, who are the funding agents for the federal government insist upon us appraising each and every bike. The members of the Board of our Society are of the opinion that any member who would like to purchase the bike they have been riding, should have first refusal, otherwise bikes will be sold on a first come, first-served basis. Estimated price: \$250-\$300.

No one has to tell you that AGE HAS NO LIMIT WHERE TRAVEL AND ADVENTURE ARE CONCERNED, but if I mention San Francisco to Sydney, Australia for US \$255 return, or Hong Kong \$200 return, are you going to demand your Editor's resignation? Possibly! But what you need to do is join the INSIDE-TRACK TRAVEL GROUP - an independent travel information service dedicated to bring you great value for your travel dollar. Membership entitles you to four issues of their new glossy quarterly publication, "The Boarding Pass", chock full of vacation bargains and travel advice, a hotline for lastminute travel savings, and a membership card which entitles you to savings of up to 50% at various hotels. Now, just for the period of this Newsbrief, you can receive a membership to The Inside Track Travel Group, #212, 525 Seymour Street, Vancouver, V6B 3H7, at a reduced price, namely \$30 (regularly \$36). Or you can subscribe only to the quarterly magazine THE BOARDING PASS for a reduced price of \$9 (regular \$12).
Name: _____

Address: _____

I wish to subscribe to: The Inside-Track Travel Group ...

or: The Boarding Pass

CROSS-CANADA CYCLE TOUR/SENIOR CITIZENS
1200 Hornby Street, Vancouver, B.C., V6Z 2E2.

GENERAL MEETING

NOTE: The General Meeting concerns all applicants. If they wish to bring their friends, they will be most welcome.

DATE OF MEETING: March 2, 1985.

TIME OF MEETING: 10:00 a.m. to 03.00 p.m.
(An interesting program; please be prompt).

LOCATION: Richmond Inn,
7551, Westminster Highway, Richmond, B.C.

Parking available.

LUNCH: At Restaurant.

MEETING AGENDA.

1. President's opening remarks.
2. Reading of last year's Minutes.
3. Meet your Board of Directors.

President:	J.A. Beckow	263-3676
Director	Ian Cassie	433-9715
Director	Marten McCready	736-4980
Director	Ernie Addicott	922-0335
Treasurer & V.P.	Bob Douglas	435-3893
Director	George McVey	266-8916
Director	Frank McCall	734-8587
Director	Eric Hodge	435-8881
Director	Mel Kerr	985-5038
Director	Anne Ives	733-9882
Director	Leo Comeau	939-0392
Editor	Renie Marshall	734-1081

4. Report of the Directors - Ernie Addicott.
5. Financial Report - Bob Douglas will report to Membership.
6. Nominations of Officers for a 3-year term commencing 1985.
7. Discussions on future Plans - Frank McCall.
Suggestions from floor.
8. Treasury and Finance - Bob Douglas and Anne Ives will collect your fees at the door as you enter the meeting and issue membership cards and other material. so as to be able to report the number of active members.
9. Appointment of an Auditor.
10. Training - Ian Cassie will discuss training, stress tests and doctors' certificates.
11. Such other business as, under the by-laws, ought to be transacted at an annual meeting, or business which is brought under consideration by virtue of the Report of the Directors.
12. Purchase of New Bikes and Sale of Equipment - Mel Kerr.

An Australian Odyssey

Editor's note: Margaret and George Whitford of Parkville recently returned from a lengthy bicycle tour of Australia, taken with 91 other riders between the ages of 55 and 73. The following is Margaret's report of the trip.

My husband George and I recently returned to Parkville from a 3,200-mile bicycle tour of Australia's south and eastern states, Queensland, New South Wales, Victoria and South Australia. We went with the Cross-Canada Cycle Tour Society in a group comprising 93 men and women between the ages of 55 and 73.

We left Vancouver airport Aug. 26, landed in Cairns, Queensland and three days later headed for our target Adelaide, South Australia, which we reached a day ahead of schedule Oct. 23.

In the course of the eight weeks, we travelled 2,200 miles by bike, 832 miles by train and the remainder by bus. Our number dropped gradually from 93 to 50. Some left due to injury or illness while others were unable or unwilling to keep up the stiff pace laid out for us and went off on their own. Others simply decided to see Australia by other means.

It was early spring in the far north Queensland when we arrived and the weather was warm and delightful, the palm trees standing proud against a pure blue sky and parrots flitting from tree to tree, bushes pushing forth new leaves and flowers, birds doing their mating displays and the sugar cane just ready to harvest.

Every night a section of the cane fields was burned off preparatory to harvesting the next day (only the undergrowth, snakes and insects were burned — the cane was unharmed). The flare of orange flames lighted up the night sky and the warm sugary smell in the air became things for which to remember Queensland.

We swam at beaches around Cairns in a warm sea, free at that time of year of sharks or jelly-fish. We took a boat trip out to the Great Barrier Reef where we were able, either by snorkelling or in a glass-bottomed boat, to view the many colorful varieties of coral on the sea floor, giant clams, sea anemones, sea urchins and myriads of brightly-patterned fish.

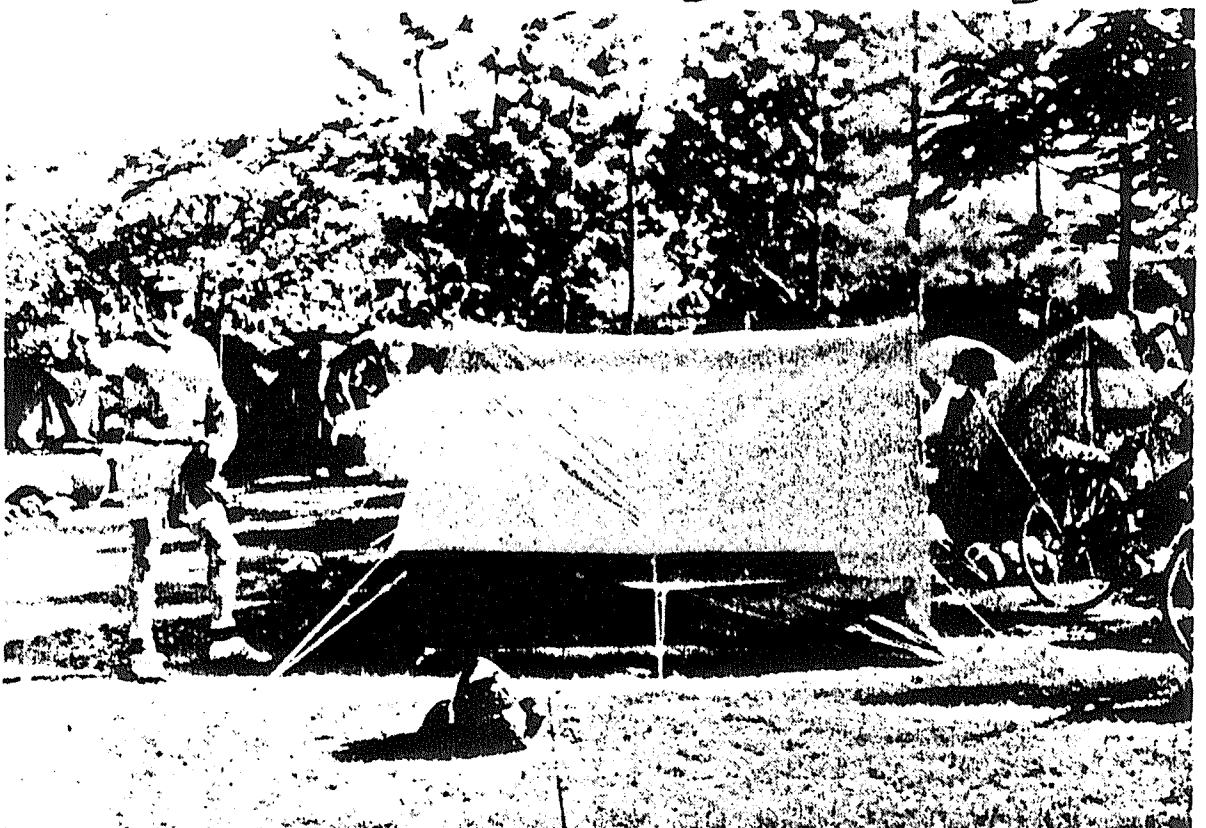
Biking through the rolling Atherton Tablelands, we passed cattle ranches, banana and pineapple plantations, paw-paw trees and cane fields and met the most hospitable people in the world, even being invited to a polo-cross tournament, which is what it sounds — a game played on horseback with lacrosse sticks. At this point we averaged about 50 miles a day.

Our tents, sleeping bags and panniers of personal clothing, plus cooking stoves and equipment and food preceded us in a rented five-ton Budget truck driven by our colorful Australian camp cook "Snow" Arthur. A seven-passenger Mazda wagon followed to help those having breakdowns or spills and to carry anyone who was temporarily indisposed.

At Innisfail we boarded the "Sunlander" for a 26-hour train ride to Maryborough — the road over this section reportedly not being suitable for bicycles. A few days later we rode in to Brisbane in a convoy with a police motorcycle escort straight through the heart of the city and out to our campsite in the suburb of Oxley. This was virtually the last of the warm weather.

From Brisbane on we encountered rain, sleet, wind, frost and on two occasions snow. Though many times the days were warm and sunny, the mornings and evenings were cold, necessitating visits to second-hand clothing stores by most of us to buy sweaters, underwear, track suits, scarves, socks and toques. And this was sunny Australia.

By now we were averaging between 50 and 60 miles a day, our longest day being 69 miles. Our route took us through Sydney where the famed opera house was a must on our sight-seeing list; Canberra, where we had a



TENTING . . . across Australia, a band of 93 Canadians took part in a lengthy bicycle tour between August and November. The cyclers tented almost every night and in some rather rough weather. Above, Rev. George Whitford of Parkville sets up in Maveeba, Queensland. Left, he poses with Lloyd Armstrong at the same location. The pictures were taken by the community newspaper in Maveeba.

barbecue on the lawn of the Canadian High Commission hosted by His Excellency Ed Schreyer and his charming wife and family; Melbourne — a reception in the city square; and concluding in Elder Park in Adelaide being greeted by a cabinet minister and the mayor of the city.

We passed through empty bush, cattle and sheep ranges (where we saw the shearing sheds in action) and grain-growing prairie. We encountered hills, mountains, plains and rolling terrain and everywhere the gum trees — more than 200 varieties — grew in abundance.

The rivers were wide and low-banked and evidence of flooding was very obvious — markers by the road indicating the depth of flood waters in metres. At the top of one valley a post warned us of 42-metre depths during flash floods.

The wild animal life we saw included koala bears, kangaroos, possums, wallabies, deer and a host of brilliant birds of all sizes.

The roads were paved with a very coarse tarmac, often heavily patched, making our progress bumpy and sometimes slow and accounted for many flat tires in the group, though George had none and I had only one.

But the Australian people were unfailingly friendly and hospitable. The CWA (Country Women of Australia)

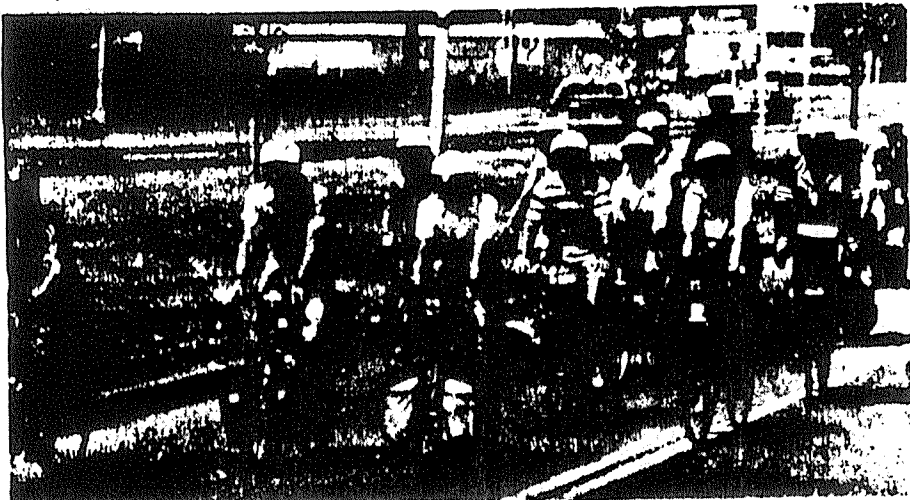
put on lunches, teas and suppers for us as did various senior citizens' organizations and the RSLs (Returned Servicemen's Leagues).

Invariably the chairman of the local shire would come and greet us. The children of all ages were a joy to meet, being articulate and friendly and without embarrassment at meeting so many grandparents at once.

Australia is a big, sparsely-populated country with enormous potential for growth and development and is just beginning to feel a sense of pride in its history. The aboriginal people at present take a back seat in decision-making about their problems, which are similar to those of our own native Indians. The country is completely metric and only a few oldtimers refer to miles or pounds, so we British Columbians felt right at home.

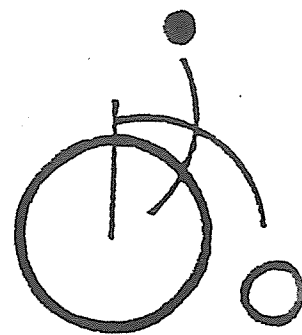
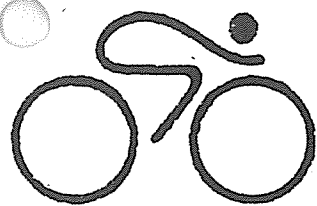
The 50 of us who completed the trip as planned finished feeling fit, slim and as though we had succeeded in demonstrating that people of 55-and-over have many active, exciting years ahead. Some have gone on to bike in New Zealand, some to Tasmania — John and Grace Hargrove of French Creek among those, some to other places in Australia and some, like us, have come home.

Despite the disappointing weather, the Australian odyssey was certainly an experience worth remembering. We are keeping in shape for the next trip.



PRACTICE TIME . . .
The cyclers, most from B.C., put in some practice miles to get ready

NEWSBRIEFS



Vol. 2 No. 3

The Cross Canada Cycle Tour Society

March, 1985.

THE REUNION!



Remember the day we took off from B.C.
Excited, keyed-up, full of smiles?
And now, here we are, reunited again
After thousands and thousands of miles.

Remember the gum trees? The jacarandas?
The colours? How we held our breath!
(Well - I sure remember the "Sunshine
State"

Where we nearly all froze to death!)

Remember the city of Sydney? The bridge?
And wasn't the Opera House great?
And what about Canberra's Carillon?
And Victoria, the "Garden State".

Remember the dingoes? The kangaroos?
The sheep? The platypus aquatic?
The trees? The parrots? The cockatoos?
(I remember the weather ERRATIC!)

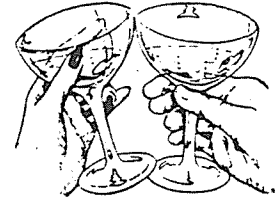
Remember New Zealand - the "Kiwi Land"?
Mudpools; and geysers that steamed?
The "Windy City"? Rotorua?
More impressive than one could have dreamed!

Ah, yes, we will always treasure this trip -
An ODYSSEY, thrilling! Alive!
But let's not waste time reminiscing too much -
Let's get going on '85!

Riches are not in money alone;
How many wanderers were the richest of all men? (Kahil Gibran)

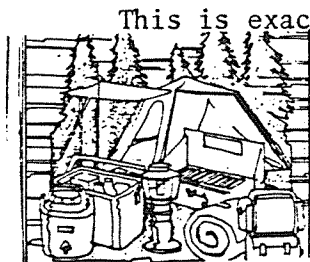
Speech of Past President, Jack Beckow, at the Reunion Dinner held March 1.

Making speeches in public, isn't something I really like;
I'd rather be out in the open, pedalling away on my bike!
But this is a special occasion tonight, as I think you will all agree.
And I'd like to say a few words - so fill up, in case you get bored
with me!



The greater part of our lives today consists of routine and predictable events and, I guess the habits, actions, and emotions with which we meet them. With this way of life, few possibilities are open to us; only options - a set of choices from which we are obliged to select. These predictable boundaries are always there, rooted in our attitude: "Well, that's the way it has always been!"

However, there is another possibility. A possibility that is unlimited, and unconfined to the options that exist in our present reality. This possibility is CREATION. The opportunity to live life as a daring adventure. A daily opportunity to bring something into existence that never was before.



This is exactly what our Odyssey group DID. What WE DID! I say we, because I too had the good fortune to take part in the first tour. We undertook an extended bike tour, down under, sleeping outdoors, braving the elements, facing hills and fatigue, to demonstrate to the WORLD that Seniors are "not over the hill". The Australians had the right idea: "LIFE! BE IN IT!" They called us the "Silver Streakers from Canada!" What a wonderful encouraging comment! What we found ourselves doing, was embracing the risks and challenges of life. No longer were we restricting ourselves to what was attainable, but we found ourselves enjoying the "coming to grips" with the demands of life itself.

There were enriching side effects to our new way of life: an added vitality and aliveness - no doubt from our state of fitness; a sense of wellbeing; an increased awareness; an improved self-realization and self-confidence; these encroaching self-developments coped with and overcame the daily inconveniences, trials, and tribulations that were encountered. The weather was adverse and abnormal. For some riders, the itinerary was too rigorous. For some, the rest periods were inadequate. But all these things constituted an experience that none of us will ever forget. It was an "experience of a lifetime"; an experience shared by ninety-two people, as they biked along the fascinating coast of Australia and then up over the verdant hills and mountains of New Zealand, covering a total of some 5,600 kms on actual cycling mileage. This was a feat of accomplishment that we, as Senior Citizens, have a RIGHT to be proud of.





Let's reflect a little. We started off as a group of people, many of whom did not know each other; in fact, we were strangers to some extent. Through this "down-under" experience, we became a close-knit family, caring about each other's welfare, concerned when illness or accident struck, and all doing their best to contribute to the welfare of the group. Truly, I believe we made a difference to the world! As we progressed on our tour, a transformation was taking place unbeknown to us; a transformation in the way we related to people generally.

We had started off by making a terrific commitment in taking this trip together, as Senior Citizens who considered themselves "special" only insofar as we declared ourselves to the world when we made the decision to undertake this very ambitious tour. As the tour progressed, gradually we progressed; we dropped our judgements of each other; we dared to risk more by putting ourselves on the edge of acceptance of each other; we learned to get along with each other. We had to! We knew this meant survival as a group. Learning to accept each other on a daily basis was absolutely essential if we were going to overcome, together, the rigors of the planned trip.



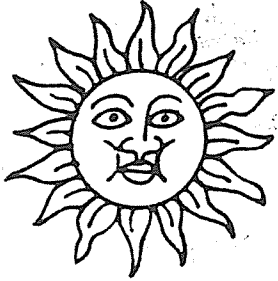
One of the first things we had to do, in order to meet the overall challenge, was to set up an organization to handle the logistics of ninety-two touring seniors! So as to communicate easily in a foreign country, we broke down the participating cyclists into groups of ten, each of which was led by a group leader. Daily group leader meetings were held to pass information on to members. A Safety Officer was delegated to see to the safety of the group, and a Security Officer was appointed to take care of camp security. But after about a month, we began to make all this part of our way of life. It became no longer necessary to hold the established meetings. They were replaced by Information Meetings as and when required. We all became more responsible for our own individual care, more self-reliant, more confident. Of course we wouldn't get lost if we were separated from the group! And we really did NOT have to wait for others to do things for us. Now we could cope, ourselves! We did not have to depend upon the group leader any more. If we felt exhausted, it was easy to take a train to the next stop, in accordance with how we felt and without having to rely on someone else's decision. And how great it was, having taken the decision and taken the train, to reunite with each other, however short the absence!



As the trip progressed, we started to form very close bonds of friendship with our comrades. It is obvious some of these friendships will not last a lifetime... friendships held together by loyalty, nourished by care and understanding, evidenced in the sharing of meals, riding together, just wanting TO BE together! It became obvious that it wasn't just a biking experience; this tour for all of us was a life learning experience. We were finally learning how to get the most out of the trip, too! This was US, enjoying each other, and having fun



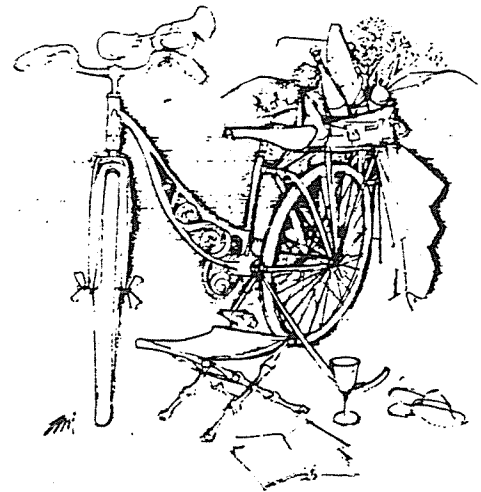
doing it! Listening to each other, and responding more to what each had to say; making choices and accepting responsibility for the outcome. To our surprise, there was more confidence in our decisions. At that point of the tour we knew for sure that, even though things were different and unexpected maybe, we would survive.



We also began to appreciate that apart from physical changes - well, all the time we were feeling increasingly fitter; we were getting suntanned we were beginning to look very healthy for seniors - we were also undergoing a mental, psychological, and spiritual transformation, becoming apparent on the one hand in our changing relationship with friends and, on the other, with our reaction to the outside world, a world that now began to express an understanding of our aims, our reasons, and our underlying beliefs. Let's face it, we revelled in the reaction of the Australians and the New Zealanders when they admired our stamina, our courage, and our imagination, in undertaking this challenging and arduous tour, but it was not a personal thing; we were now, at this point, in the development of our own personal understanding, representatives of the "new world" of Senior Citizens. However, in truth and fact, we almost began to feel like the heroes that they made us out to be! Fortunately, we also knew the job that lay ahead - to climb one hill after another, and to prepare ourselves in order to achieve this.

Did it strike us then, that maybe, this is what life is all about? Just a series of hills, one after another? And we have to be strong enough, positive enough, and aware enough to CREATE the route, the way to overcome them.

And did it not strike us then, with this deeper thought in mind, that of course we would push on, through rain and adverse conditions, and that, of course we would achieve our goal - in this case, the warmth of the hot sun in Adelaide or Auckland - WHICH WE DID!



I thank you.

A generation crisis in reverse occurred when a teenager drove his car into the garage and ran over his father's bicycle! T.D. Bonham.

S T O P , T H E P R E S S !

Mel Kerr has had a fall from his truck, and is in Lions Gate Hospital for an operation on his hip. We are sure he would love to have visitors but check with the hospital first.

GET WELL FAST MEL!

Report on the Annual General Meeting held on March 2, 1985.

The Minutes of the previous meeting were accepted as read and likewise the Financial Report for the previous year was approved.

The following amendment to the by-laws was proposed and agreed.

That the directors confirm to the following financial regulations: Namely that a director on his/her own initiative may incur up to \$100 at his/her discretion, and up to \$500 with the prior consent or concurrence of three other directors; and that any monies paid out by a director must be accounted for at the next full meeting of the Board of Directors.

Leo Comeau proposed a vote of thanks to Jack Beckow for his excellent service to the Society as President.

The following amendment to the by-laws was proposed and agreed.

That By-law Part IV Section 16-3 be changed to read:

- 3 A quorum of directors shall be 5 members present
- 3A A quorum for a general meeting shall be 20 members present including directors.

The slate of directors presented to the Annual General Meeting was approved as follows:

President	-	Eric Bennett
Treasurer	-	Bob Douglas
Secretary	-	Ernie Addicot
Director (and Past President)	-	Jack Beckow
Directors	-	Leo Comeau
		Eric Hodge
		Ann Ives
		Mel Kerr
		Pat Lilley
		Frank McCall
		George Macvey
		Marten McCready
		John McLean

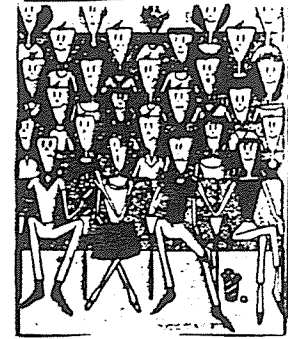
Regional Representatives were also approved to represent the Directors, guide training, and advise on policy decisions:

Ottawa	-	John Gray	Vernon	-	Ron Francis
Victoria	-	Monty Moundrel	Sunshine Coast-		Jack Hermiston

PRESIDENT'S REPORT

ANNUAL GENERAL MEETING - March 2, 1985.

Last year saw us move into a terrific period of growth and expansion, when we planned and carried out a tour that, as became obvious, baffled the imagination of the general public, juniors and seniors alike.



Ninety-two Senior Citizens of this Society committed themselves to a 5,600 kms. bicycle tour through Australia and New Zealand, which won them the admiration of the entire world. Fifty of the hardest bikers carried on after the Australian tour to complete the New Zealand portion as well. After sleeping out, overcoming devastating hills, formidable mountains, and abnormal weather, they arrived in Auckland, acclaimed heroes! On the way, they encountered seniors who, time and time again, confessed regretfully, "If the truth were known, we couldn't even go around the block without puffing and wheezing!" Well, in all honesty, there was a time when no doubt this applied to many of us! But, luckily, through a period of rigorous training, we got ourselves into shape and able to pass the stress tests prior to the 3-day trial runs. But it took time! A little at a time!

I think we all learned an awful lot during this trip. We learned about compassion for others. We appreciated the fact that everyone was entitled to conform to their own individual level of excellent; that it was in no way a question of hard riders versus soft riders. We were all in the adventure together, and we had to help each other if we wanted to survive.

As a result of our experience, our thinking and our wishes, a new policy has now evolved:

1. Trips should be of shorter duration, with a maximum of 45 days.
2. Daily mileage should be restricted to a maximum of 45-55 miles. General preference is for 35 miles.
3. There should be more rest days, particularly in large cities where sightseeing is an attraction.
4. The maximum number of cyclists on any tour should be restricted to 25-30.
5. Trips and tours should be graded for easy, medium and hard riders.
6. Maybe the most important intent above all:
that whatever we do is a FUN event.
Life HAS to be lived, day by day,
at EVERY AGE.

I like to feel that because of our "down under" experience, we have a more positive, open-minded, caring approach. And I would just like to call on everyone here to acclaim the fantastic achievements of the ODYSSEY RIDERS!



Today we are gathered here to talk about our future, map out plans regarding the tours that are listed in the handout, and obtain the wishes of the meeting. Ernie Addicott will read the Minutes of the last Annual General Meeting. Then we will elect a new slate of officers. We will have a report from the Directors, by Ernie Addicott. We will hear the Financial Report from our Treasurer, Bob Douglas; appoint an Auditor; deal with any matters arising out of the meeting; and discuss the purchase of old bikes. Then time permitting, which I hope will be the case, we will see some slides taken by Monty Moundrel.

Acknowledgements are due to Mel Kerr and Frank McCall for acting as Tour Leaders; to all the wonderful people who helped out, such as the Scorahs, George McVey, John McLean, Eric Hodge, Bert Robinson, Mara Majors, Charlie Winch, Ken Brothers, Monty Moundrel and Ron France; to the Biking Directors, Ernie Addicott, Ian Cassie, Cliff Braggins, Marten McCready, and the Group Leaders - to mention only a few.

On a personal basis, I would like to thank all the directors and members who cooperated with me in making this past year truly special and successful. I would also thank Karen Middleman of the Department of Kinesiology at Simon Fraser University.

As most of you know, we have now been able to set up an office which is adequately staffed with volunteer help. I feel this is an important step since it gives us a focal point from which to work, and I hope that the Society will grow as a result of all our efforts.

Again, I wish to thank you for the privilege of having served you.

Jack A. Beckow, President.

TRAINING FOR 1985.

Our new members will be interested to know that on our 1984 Australian and New Zealand cycle tours, we cycled from Cairns to Adelaide in two months and did an average of 50-60 km. per day. Total approximate distance cycled was 5,600 kilometers. A remarkable feat, we think. However, we had occasions when the support vehicle picked up riders who were having difficulties. Not all of this was due to lack of training, nevertheless it was felt that our training schedule MUST be adhered to, prior to tours, to result in maximum pleasure being obtained from the cycle ride. Before leaving on any of our projected 1985 tours, all members participating should be able to cycle approximately 400 to 480 km. per week; and in cases where a sag wagon is not being used, bikers will have to carry a full load of 4 panniers (40 lbs). The following chart may be a guide for your training. It covers up to 15 weeks' training. We suggest a training period of at least 12 weeks and the week prior to a tour, mileage should be reduced to something like 25 to 30 miles. Normally we would recommend following the entire chart, but since tours this year are starting somewhat earlier, we suggest you start as soon as possible and follow the indications given above.

SET UP A CHART TO RECORD YOUR PROGRESS. This is only a suggested sample on a Progress Chart. It is YOUR decision how you want to chart your progress. Remember - one rest day a week only.

	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday	Day 6 Saturday
WEEK 1 10 Miles	Cycle 10 miles	Swim Aerobic Fitness Weights	Cycle 10 Miles	Swim Aerobic Fitness Weights	Cycle 10 Miles	Cycle 10 Miles
WEEK 2 48 Miles	Cycle 12 Miles	ditto	Cycle 12 Miles	ditto	Cycle 12 Miles	Cycle 12 Miles
WEEK 3 60 Miles	Cycle 15 Miles	ditto	Cycle 15 Miles	ditto	Cycle 15 Miles	Cycle 15 Miles
WEEK 4-5-6-7-8-9	R E P E A T W E E K 3					
WEEK 10 135 Miles	Cycle 30 Miles	ditto	Cycle 30 Miles	ditto	Cycle 30 Miles	Cycle 45 Miles
WEEK 11-12-13	R E P E A T W E E K 10					
WEEK 14 190 Miles	Cycle 45 Miles	ditto	Cycle 45 Miles	ditto	Cycle 45 Miles	Cycle 55 Miles
WEEK 15 295 Miles	Cycle 50 Miles	Cycle 50 Miles	Cycle 50 Miles	Cycle 50 Miles	Cycle 30 Miles	Cycle 65 miles

A fair number of replies have been received to the questionnaire that was included in the January issue of NEWSBRIEFS, and the following is a rough estimate of people's wishes.

1. Preferred daily mileage or daily hours on bike?

87% indicated 45-55 miles maximum.

2. Desire for a first and second choice of route?

Less than 50% would like a choice if possible.

3. Preferred duration of trip?

80% said 30-45 days.

20% said 60-90 days.

In no case should trips exceed 90 days.

4. Preferred dates?

99% prefer warm weather and summer months!

5. Sag wagon for preparation of meals for entire group or self-contained groups of 10 or so?

98% voted for the SAG WAGON!

6. Maximum number of people for any one tour?

94% answered maximum of 50 but general preference is 30.

7. Training and shakedown rides?

Replies are being passed to the attention of the Training Officer; however, it was clearly indicated that a more structured training schedule should be adhered to, including, if possible, 3 or 4-day rides over hilly country.

- 8/10. Replies to these questions re assistance in volunteer time, storage space, and provision of vehicle etc. have been passed for the attention of the Training Officer.

11. 15 members are interested in purchasing bikes from the Society.

12. 29 members sent in "other suggestions" and these have been brought to the attention of the relevant Board Members and Tour Organizers.

Thanks to all of you who took the trouble to complete the questionnaire and to those of you who obviously gave quite a bit of thought to those questions requiring more detailed answers. All this feedback is tremendously helpful in making the Society - your Society - the kind of group that you Members want to see.



DID YOU KNOW THAT:

If the Stanley Park Master Plan is implemented, bikers will be bounced from the seawall. In effect, the plan calls for the development of a bicycle path "along Park Drive in the area of Coal Harbour, Brockton Point, Lumberman's Arch, between Second Beach and the Georgia Street entrance, Second Beach, Beaver Lake and the north end of Pipeline Road". Cyclists would be banned from certain areas of the seawall while phase one of the bicycle path is completed, and totally banned when the two-way bicycle path is finished.

Coffee or tea stains in plastic cups, dishes and containers can be scoured out with baking soda. OR fill the stained item with hot water and drop in a few denture cleanser tablets and let soak for one hour.

To rid plastic containers of "foul" odors, place crumpled-up newspaper (black and white only) into the container, cover tightly and leave overnight.

To clean thermos bottles, put a few tablespoons of baking soda in bottle and fill with warm water (or drop in a few denture cleanser tablets) and let soak for an hour or so.

Relief from sunburn can be attained : cool down affected areas by rubbing gently with apple cider vinegar, patting gently with wet tea bag, or applying a paste of baking soda and water.

Ever notice that when you reach a certain age, everything you have seems to wear out, spread out, or fall out?

On sale are our yellow T-shirts. We have about 42 left, mainly small size. These make excellent gifts, by the way, and you can purchase them at \$5 each. Please write into the Society if you are interested.

The use of travelling is to regulate imagination by reality, and instead of thinking how things may be, to see them as they are. Johnson.



ELIZABETH II

Useful hint for the Sag Wagon Cook: How to know when a boiled egg is cooked "just right" if you don't have an egg timer? Sing three verses of "God Save our Queen"! (Never fails!)

By the way, if you pierce the end of an egg with a pin, it will not break when placed in boiling water.

IMPORTANT!FUTURE TOURS - 1985.

Preliminary investigations and suggestions have now been coordinated regarding possible future tours. Here is a brief summary of our proposals and we would be grateful if you would indicate your interests. If you did not attend the Annual General Meeting, where this information was handed out, please get your answer back to us WITHOUT DELAY!

Trip around British Columbia. Possible starting date July 3.

Duration 30 days, starting off with train to Prince George. With camping out (and facilities and availability of camp grounds are excellent) - two trucks - group cooking - self-supporting. The trip could be extended to take in Vancouver Island and ferry crossing from Port Hardy to Prince Rupert, in which case duration would be about 45 days.
LEADER: Marten McCready.

Taking into account the terrain to be covered, this trip would probably be most suitable to our more experienced riders.

Trip to Europe. Possible date : June 3

Duration 6 weeks, starting off with group plane flight to, say, London, or Paris, or Amsterdam. People could all fly to and return from one destination, splitting up into smaller groups on arrival to "do their own thing".
LEADER not yet determined.

That part of the European trip comprising cycling over the Alps into Italy would probably be best suited to experienced riders, whereas the U.K., France, or Holland portions would be perfectly suitable to less experienced cyclists.

Trip to the Gaspé. Possible dates: end August through September.

Duration 35 days. Suggested itinerary: plane Vancouver to Montreal (and return). Train to Mont Joli and from there 10-12 days of cycling around the Gaspé coast. The tour could also be extended by taking train to Moncton and cycling to Prince Edward Island. Suggest groups of 20. Trucks would be rented. Velo Quebec are interested to help the Society during passage through Quebec.
LEADER not yet determined.

This trip would be suitable for both experienced and less experienced riders.

I would be interested in: B.C. Trip ☐ European Trip ☐ Gaspé Trip ☐

Name: (please print clearly): _____

Address: _____ Telephone: _____

SHORTER TRIPS of, say, 2 weeks' duration are also being planned such as a tour of (1) the Nappa Valley, California (April 15-29), and (2) Washington (maybe in June).

Are you interested?

Yes (TOUR 1) Yes (TOUR 2)
Enter name and address above.

BY THE WAY:

CORRECTION RE TRAINING SCHOOL : Please note that Decima Mitchell's telephone number was given incorrectly in our last Newbriefs and should be 872-4874. Also there is a change in the starting date, which is now March 11 (at 1 p.m.).

WANTED -- FOR INCLUSION IN NEWSBRIEFS AND EVENTUAL INCLUSION IN ODYSSEY SCRAPBOOKS - Clippings, articles, notes, letters, anecdotes, etc. on the Australian and New Zealand trips.

KINESIOLOGY RESEARCH STUDY - Karen Mittleman thanks all members who took part in her study during 1983.

NEW MEMBERS - A warm welcome to the following new members: Charles and Gwendlyn Dick; Enid Ford; G. Gabriel Coupal; Richard Gore; Betty Jennings; Anne Marie Labourdette, and Frank Carlyle Thompson.

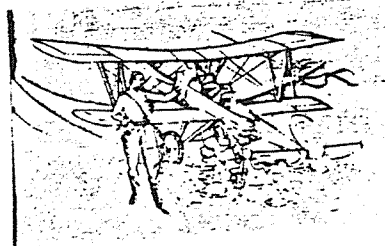


Will the person or persons who exchanged the Society's triple crankset (on C. Winch's bike) for a higher geared double crankset, please return the triple. The same applies to the Society's 700C wheels exchanged for 27 x 1 1/4 wheels. Your OLD PARTS are with Bob Douglas, 435-3893.

T-SHIRTS. Bert Watch has a number of T-shirts, white and blue, or white and red, carrying the Society's name and the stylized cyclist, as on our letterhead, at \$7.50 each. He also has some crests, like the type he wore in Australia, at \$16.50 each. Bert can be reached on 689-0961, local 255, if you are interested.

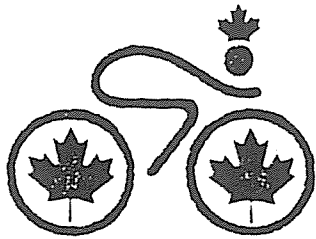
TO IDENTIFY A STOLEN BICYCLE, even though the serial number may have been filed off. Roll the file card around a pencil, remove the bicycle's seat-post, and drop the card into the bicycle frame. It can be easily removed as proof of ownership.

The chilly December day!
Two shivering BICYCLE MECHANICS from Dayton,
Ohio
first felt their homemade contraption
Whittled out of hickory sticks
gummed together with Arnstein's BICYCLE CEMENT
stretched with muslin they'd sewn on their
sister's sewing machine
in their own backyard on Hawthorn Street, in
Daytona, Ohio,
soar into the above
Above the dunes and the wide beach at Kitty Hawk!



An' the top o' the marnin' to ye.

Renie Marshall, Editor, in conjunction with Jack Beckow



NEWSBRIEF

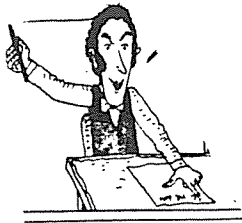
1200 Hornby, Vancouver, V6Z 2E2

Tel: 733-4169

Vol.2 No.4

The Cross Canada Cycle Tour Society

April 1985.

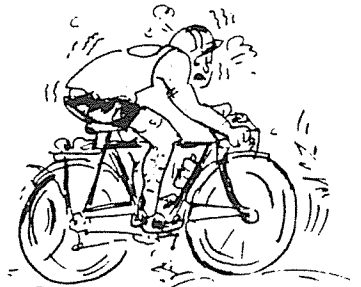


Greetings! In my first message to you as President, I shall try to review some of the reasons for the existence of the CCCTS.

We have about one hundred paid-up members who, no doubt, joined because due to media coverage or by personal contact, they were touched by the vision of our founder, Bert. He saw a group of energetic and dedicated seniors rejecting the stereotyped image of being confined to watching t.v. from an easy chair. Rather, they would demonstrate their emancipation by cycling regularly to keep fit and periodically taking on extensive tours.

CCCTS does NOT stand for Comfortable Cake and Coffee Television Social Club. There are already enough groups serving that purpose.

So, to fulfil the special aims of CCCTS, we should each be as fit as we can. Then, when the Tour Committee comes up with a tour, we shall be ready for it, even if personal demands on our time occasionally prevent us from going. Meanwhile, our improved physical and mental tone, plus a general feeling of well-being, make the time and effort spent on training well worth while. The March Newsbriefs contained an excellent training guide. It is interesting to note that if you plan on going on the July 3rd B.C. tour, the 15 weeks on the training guide started on March 18, and you should be cycling 60 miles in the week this Newsbrief reaches you!



I have stressed fitness in my first message because many of us are in less than top shape at winter's end. Now is the time to seriously start building ourselves for a good cycling year.

I look forward to a great year with all of you purposefully-peddalling people! HAPPY EASTER!

Eric Bennett.

The long, dull, monotonous years of middle-aged prosperity or middle-aged adversity are excellent campaigning weather for the Devil!

C.S. Lewis.



HAVE YOU GIVEN THOUGHT TO NOT KNOWING what the Cross Canada Cycle Tour Society is doing or planning? If your 1985 dues are not paid, you will be left out in the cold! Keep up with us. Pay \$20 for your membership and continue to receive your NEWSBRIEFS. No further issues will be sent to you if you are not a member in good standing.

ACTIVITIES THIS YEAR.

The tours that we have in mind for this year are now being planned in detail and you are giving us an idea of what you want to do. Below are details of the members who are taking on responsibility for the various trips and we suggest that you get in direct touch with them if you have not already indicated your interest.

Trip around British Columbia.
Organizer: Marten McCready

Starting July 3. 30-45 days.
736-4980 (See details pages 5-8.)

Trip to the Gaspé.

Organizer: Ernie Addicott

for this trip is June 30 and he will require a minimum of 20 riders).

Trip to Europe.

Organizer: Mel Kerr

Starting end August 35 days or more

922-0335 (Ernie advises that the deadline

for this trip is June 30 and he will require a minimum of 20 riders).

Postponed until next year.

985-5038

Mel writes as follows:

Our present plans for a European tour in 1985 have failed so far due to insufficient lead time to determine the wishes of the membership. Without sufficient interest shown to date, it was not possible to acquire any reductions from normal fares. We would therefore ask you, if you are interested in the 1986 trip, to write the CCCTS at 1200 Hornby, Vancouver, V6Z 2E2 or advise Ernie Addicott by mail or telephone: 627 Duchess Street, West Vancouver - 985-5038. In August of this year we will assess the situation whether or not to proceed.

This advice is not intended to deter you from going to Europe on your own. You are encouraged to do so to keep our group active in exploring exotic places. Travelling in foreign countries or through the British Isles is very rewarding but you should have someone in your group who is conversant with the language of the country in question.

Last May and June Maurice Leduc, Bette and Mel Ferr visited England, France, Belgium and Holland and had a super time. Ann and Bill Parker made a tour of Europe in July and August and are also good people to discuss European cycling.

Roads are reasonably good. There are chuck holes, broken edges, coarse surfaces, steep hills and heavy traffic but mostly the surfaces are

quite good. The traffic problem can be avoided in most places by going on narrow country roads, if you have good maps (Michelin of scale 1:200,000 in France). But you will go into a number of towns and villages where the roads are narrow and the traffic unfriendly. Some of the streets are still cobblestoned. Bill Powell's mountain bike would be at home here!

The groups of 1984 stayed at bed-and-breakfast homes in England, in farm homes (gîtes) and youth hostels in France, and in small hotels and bed-and-breakfast places in Belgium and Holland. Accommodation in France cost from 50-200 francs (\$7.00 to \$27.50) per person, which included breakfast. Food is mostly very good, except that the continental breakfasts in France were inadequate for hungry cyclists. Wine is plentiful, inexpensive and good.

Foreign consulates are good sources of information and all have offices in Vancouver. They are eager to help and do impart a little atmosphere of their country.

Would any member who is fluent in a European language and willing to participate and act as interpreter, please send name and particulars to the Society at 1200 Hornby St. or phone Mel Kerr 985-5038.

There are pamphlets available of conducted tours of both Europe and Vermont. If you are interested, call Mel Kerr 985-5038. These tours are for a duration of from 5 to 20 days, with emphasis on the tourist rather than the cyclist. They are rather expensive - from Can.\$1,400 - \$2,500, excluding air fare, depending on length of tour and accommodations.

Old men ought to be explorers. T.S. Eliot.

As regards shorter trips:

Nappa Valley, Cal.)	
)	This has been revised to a "Winter Doldrums"
)	series. Planner: Frank McCall - 734-8587.
Washington)	

The following members have agreed to lead our Saturday and Sunday training runs. Please call the one shown for the date you want to go and let him know you will be there. He will give you details of the outing.

Saturday	April 6	Ian Cassie	433-9715
Sunday	April 14	Bob Douglas	435-3893
Saturday	April 20	Eric Hodge	435-8881
Sunday	April 28	Gordon Crossley	325-7350

Saturday	May 4	Ian Cassie	433-9715
Sunday	May 12	Marten McCready	736-4980
Saturday	May 18	Eric Bennett	929-1319
Sunday	May 26	Bob Douglas	435-3893



May we take this opportunity to remind you that accompanying tour vans are intended solely for riders who are ill or injured. They are not intended for those who "just don't feel like it" or are tired. Some of us NEVER "feel like it" first thing in the morning, but things always improve as the miles pass.

TIRED usually means OUT OF TRAINING!

PLEASE NOTE that bikes belonging to the Society will not be available for sale until we get the legalities sorted out. More on this in a later NEWSBRIEF. Meanwhile, bike rental will be \$75 per annum, plus a damage deposit of \$25. Society bikes are equipped with toe clips, two carriers, four pannier bags, fenders, and a helmet.

Helmets are also available for rent separately at \$15 per annum, as are panniers at \$15 per annum.

The Board of Directors has regretfully accepted the resignation as a Director of Ernie Addicott. The good news is that Ernie will still be with the Society and is organizing the Gaspé tour.

FITNESS OFFICERS for 1985-6.

John McLean and George Mcvey have graciously accepted this important office. Our thanks to them both!

WEDDING BELLS IN AUSTRALIA!

For those who would like to write to the happy couple, Founder Bert's address is:

Bert Robinson,
74 Frank Street,
Frankston 3199, Victoria, Australia.



USEFUL TIPS: Always lock your bike; an unlocked bike invites thieves. Always secure your bike, even when at home. Lock your bike properly, namely to an immovable object. Always pass the chain or cable through the wheels and frame tube of the bike. Never lock your bike by wheels or frame alone. Use a high security lock. Your locking mechanism should consist of a hardened chain or cable at least 7/16" thick with a lock of the same size.

 BRITISH COLUMBIA TOUR

<u>Destination</u>	<u>Route</u>	<u>Kms</u>	<u>Miles</u>
1. Prince George - Purden Lake Park Purden Lake Park campsite, 78 campsites.	HWY 16	64	40
2. Purden Lake Park - Dome Creek There is a small grocery store at Dome Creek but few other facilities. No campsite reported so camping may be in the wild. Highway is excellent with shoulders. Up and down road - moderate hills.	HWY 16	61	37
3. Dome Creek - McBride Three private campgrounds are listed within 1, 3 and 5 kilometers of the town. Excellent highway with moderate hills. Campsites are east of town on Hwy 16.	HWY 16	90	56
4. McBride - Tête Jaune (Yellowhead) - Mt. Robson Park. Tête Jaune is 40 miles from McBride. The highway divides and we continue on 16 to Mt. Robson Park 10 miles further. 4 campgrounds, 179 campsites. Highway steepens after Tête Jaune but also widens. Gradual climb to Red Pass.	HWY 16	82	50
5. Mt. Robson Park - Jasper Wapiti campsite on Hwy 93 after Jasper. 340 sites with kitchen shelters, flush toilets, and showers. Highway levels off after Red Pass.	HWY 16	110	68
6. Jasper - Sunwapta Falls. Honeymoon Lake campsite - 30 sites, kitchen shelters. We are in beautiful mountainous country with breathtaking scenery - in other words, it's hilly. Onward and upward.	HWY 93	60	36
7. Sunwapta Falls - Columbia Ice Fields. Columbia Ice Fields campsite - 22 tent sites, kitchen shelters. Also Wilcox Creek - 46 sites and shelters.	HWY 93	48	30
8. Columbia Ice Fields - Lake Louise Lake Louise camp site 221 sites, flush toilets, kitchen shelters. The miles are long with some hills to climb but after Bow Pass it is mostly downhill to Lake Louise (about 25 miles). An alternate campsite could be at Yellow Creek if the distance seems excessive (about 40 miles from the Columbia Ice Fields camp).	HWY 93	115	71
9. Lake Louise - Banff There are numerous campsites in the Banff area. The Information Center will have a list. Tunnel Mountain Village has 622 sites 2.5 kilometers east of Banff and Tunnel Mountain Tent-Trailer Park has 246 (4 kilometers east of Banff).	HWY 93	57	35
10. Banff - Radium Hot Springs This route takes us through the Kootenay National Park, through some of the most spectacular scenery in the world. However, it will be a challenging ride but a most rewarding ride. There are 6 good campsites well spaced in the park if we decide to cut down the daily distance. Dry Gulch Park Camp.	HWY 93	126	78

11.	Radium Hot Springs - Invermere (8 miles) - Fairmont Hot Springs (13 miles) - Canal Flats (16 miles). We are now in the Rocky Mountains Trench and the land levels out considerably. The day should allow ample time for a swim at Fairmont before a short ride to Canal Flats Thunder Hill Park.	HWY 93/95	61	37
12.	Canal Flats - Cranbrook This route takes us to Ta Ta Creek and we follow Hwy 93/95 to Fort Steele (a restored pioneer village) on to Cranbrook. Jimsmith Lake Park Campsite is 2 kilometers south of Cranbrook on Hwy 95.	HWY 93/95	88	53
13.	Cranbrook - Yahk. Yahk Park at Yahk on Moyie River. 18 campsites.	HWY 95	64	40
14.	Yahk - Creston Littlejohn's Sherwood Forest Campground (27 sites).	HWY 3	44	27
15.	Creston - Stagleap. This section of the road to Salmo has wide shoulders but is also a steep 5-7% grade for 17 kilometers to Stagleap Park. Stay Stagleap Provincial Park.	HWY 3	47	28
16.	Stagleap - Salmo (HWY 3) - Beaver Creek Park Stay Beaver Creek Park Campsite.	HWY 38	62	37
17.	Beaver Creek Park - Train (13 kilometers) - Rossland (eight kilometers) - Christina Lake (60 kilometers) Christina Lake Tent and Trailer Park. Christina Lake is a beautiful lake ideal for swimming. To get there, however, we have to get over some very hilly country. If a closer campsite is necessary, we could stop at Nancy Green Provincial Park about 15 miles out of Rossland making the total distance only 28 miles.	HWY 38/3	81	48
18.	Christina Lake - Greenwood Boundary Creek Park - 3 miles past Greenwood. Greenwood is the start of the Kettle River Valley and we will be riding along parts of the Dewdney Trail bushwacked along the Kettle River.	HWY 3	62	38
19.	Greenwood - Rock Creek Stay Kettle River Rec Area - 5 kilometers past Rock Creek. The terrain has lots of ups and downs. The low mileage should make the trip more relaxing.	HWY 3	38	23
20.	Rock Creek - Osoyoos. Stay Haynes Point Park - 2 kilometers south of Osoyoos.	HWY 3	58	36

-
- | | | | | |
|-----|--|----------|-----|----|
| 21. | Osoyoos - Keremeos
Stay Riverside Camping in Keremeos or ride 13 kilometers further along Hwy 3 and stay Luck R. Campsite. We will be noticing the hills becoming a bit steeper. | HWY 3 | 41 | 25 |
| 22. | Keremeos - Bromley Rock Park.
Stay Bromley Rock Park Campsite. | HWY 3 | 50 | 30 |
| 23. | Bromley Rock Park - Princeton
Many riders may feel the effect of the mountains at this point. This would be a good place for a breather. After Keremeos some cyclists may have opted to stay at Stenwinder Park at Hedley. Their ride today would be 36 kilometers instead of 19. After Princeton we are faced with the most challenging part of our journey. There are no campgrounds from here to Manning Park Lodge, a distance of 42 miles. We will climb 2000' to Sunday Summit then descend about 800' and climb again to the same height at Allison Pass (just past Manning Park Lodge). | HWY 3 | 19 | 12 |
| 24. | Princeton - Manning Park
No doubt today was our toughest day. We will have a great feeling of accomplishment after our effort. There are two consolations for us, however. First, there are five good campgrounds close together. Secondly, after Allison Pass, a short climb a little ways down the road, it will be almost downhill all the way to Vancouver. | HWY 3 | 66 | 42 |
| 25. | Manning Park - Hope (42 miles 68 kilometers) -
Sasquatch Park.
Our reward for climbing those mountains is now realized. The 42 miles into Hope will be easy. After Hope we pick up Hwy 7 on the other side of the Fraser River and continue 17 more miles to Sasquatch Park - 3 campgrounds, 165 campsites. | -HWY 3/7 | 96 | 59 |
| 26. | Sasquatch Park - Mission - Maple Ridge -
Port Coquitlam - Burnaby - Vancouver.
This should be an easy ride. After all, we are heading for the barn. Hwy 7 runs into the Lougheed Highway which then becomes Broadway. | HWY 7 | 117 | 73 |
-

Campgrounds in B.C. cannot be reserved. It's first come, first served. For this reason no rest days were taken into consideration. Days for rest and sightseeing can be added any time at the wishes of the group. There is no question that this will be a challenging tour because of the terrain. The rewards will be greater as a result. The level of fitness attained will be considerable, not to mention the breathtaking beauty of the countryside being enjoyed while in the company of your cycling friends.

Leaving Vancouver, B.C. Rail for Prince George, Wednesday, July 3, 1985.
Begin tour Thursday, July 4.

Number of days - about 30 cycling days plus 5 rest days.

Total mileage - 1807 kilometers or 1109 miles.

Average daily ride - 43 miles

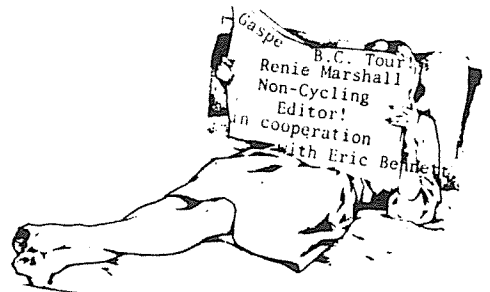
Cost (approximate - based on about 30 people):

Food @ \$6 per day for 35 days	\$210.00
Camp fees @ \$6 per day for 35 days	\$210.00
Truck rental (\$1050).....	\$ 35.00
Truck gas (\$30 per day)	\$ 35.00
Train fare (Vancouver to Prince George).....	\$ 60.00
Bicycle freight	\$ 6.00
	<u>\$556.00</u>

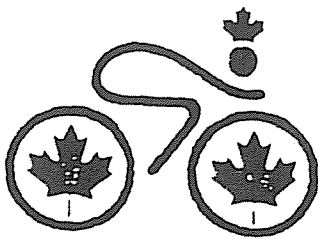
For further information contact Marten McCready,
302-1290 West 13th Avenue,
Vancouver, B.C.,
V6H-1N6
Tel. 736-4980

NEW BIKE PROGRAM PROPOSED FOR VANCOUVER. The Chairman of the Bicycle Advisory Committee (BAC) proposed that Vancouver needs to accommodate the recent upsurge in cyclists created from last summer's bus strike. There are over 150,000 cyclists in Vancouver and it is probable that this number will increase in 1986 with the advent of EXPO. Chairman Joe Arnaud suggested an upgrading of the status of BAC, the creation of a position of Bicycle Program Coordinator, and the reinstatement of a bicycle registration program. To register a bicycle would cost \$3, generating an income of \$135,000, and the recovery of unlicensed bicycles would incur a \$16 charge plus the \$3 registration fee. The Parks Board approved these proposals and will also investigate the suggestion that a "Bicycle Sunday" be initiated on the Stanley Park Roadway.

There will be a free and interesting lecture, "Cycling the Annapurna Circuit" by Don Whittaker on May 9, 7 p.m. at Mountain Equipment Co-op.



HAVE A VERY PLEASANT EASTER-TIME!



NEWSBRIEF

The Cross Canada Cycle Tour Society

Vol.2 No.5

1200 Hornby, Vancouver, V6Z 2E2

Tel: 733-4169

May 1985

HAVE YOU ANY SUGGESTIONS ???

We are creating a file of tours and need your help. Have you been on a cycling tour anywhere that you think club members would enjoy? Have you heard of one that you think we should investigate? Remember the success of our Society depends on us all. Let us know ! Thanks. See Ernie's and Mel's letters in this issue for the kind of material we hope to get on file for tours, long and short and medium!

Society Secretary- Our thanks to Pat Lilley who has graciously agreed to assume this office upon the resignation of Ernie Addicott.

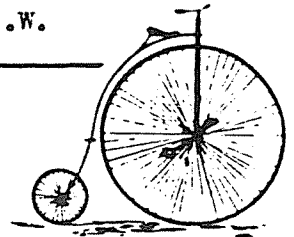
Our appreciation to Ernie for his long time selfless efforts toward making the C.C.C.T.S. a success.

Remember BUNDADOON ?

Excerpt from a letter from Helene Jessep,
BUNDADOON N.S.W.

Ye Olde Bicycle Shoppe

David & Helene Jessep
9 Church Street,
Bundanoon 2578
Ph: (048) 836043



There was a story about your trip in our local paper, plus a picture on the front page. I should imagine that many older people would have been surprised and encouraged by your efforts at cycling, as well as the age of your group.

The people here in Bundanoon are probably as you remember them - quiet, not much excitement. Easter has come and gone, and I am now gearing up for the school holidays at the beginning of May. It is generally our busiest time and Bundanoon's population swells to an incredible amount of people.

Bette Kerr would like to know the name and address of the young boy at Sheffield, New Zealand (the campsite before Arthur's Pass) who wanted Canadian stamps. She has some to send to him. Please phone Bette at 985 5038. Thanks.

GASPE TOUR Information from Ernie Addicott

Dates:

Aug. 19 (Mon.) - - - Sept. 19 (Thur.)

Cost: \$6 a day for food, &c.

\$6 a day for support vehicle

Total for food & vehicle for 30 days - \$360 each rider

Transportation to and in Quebec & P.E.I. - \$1,000 each person.

Dates and costs are tentative and will be confirmed later.

A truck will be rented in Quebec and picked up in Mont Joli (gateway to the Gaspé).

Approximate length of trip ---1,600 Km (1,000m.)

Number of days riding, number of rest days and location of rest stops not firmed yet.

Tentative routes: Fly to Montreal (or Quebec City)

Train to Mont Joli (probably overnight)

Start cycling on Aug. 20. Follow road on right bank of the St. Lawrence round the Gaspé Peninsular to Pointe -a-la-Croix (Get map to follow route) Across river to Campbellton. Entrain at Campbellton for Moncton.

Cycle from Moncton to Cape Tormentine (those on the '83 Cross Canada will remember this).

Ferry from Cape Tormentine to Borden P.E.I.

From Borden hit road to Summerside - Cabot Prov. Park - Park Cavendish - Corran Ban - Crowbush Cove - Campbell's Cove (all on N. coast of P.E.I.)

Red Point Prov. Park (Rest days?) - Brudenell River Prov. Park -

Charlottetown - Borden and home.

Approximate time in each province, two weeks.

Approximate average daily ride 60Km (40m.)

Some directions and suggestions for a happy tour.

1. After all discussions have taken place and all deliberations weighed, the Tour Leader's decisions will be final.
2. A group consisting of : Ernie Addicott (Vanc.) 922-0335
Georgette Courchesne (Richmond) 270-3481
Leo Comeau (Coquitlam) 939-0392
plus any Co-opters will administer the daily rides and activities.
3. Meal times, etc., will be at the times decided on by the tour directors, and no individual will take it upon her/himself to alter them.
4. All riders will be expected to 'muck in' and help with the chores
NO exceptions.
5. The success of the tour may depend on some imponderables being solved by the riders in toto; by the co-operation of all, and a cheerful acceptance of unforeseen hardships. 'Griping' does not resolve difficulties. Chronic 'grippers' may be asked to leave the tour.
6. 'Bull sessions' will be held regularly to air criticisms and complaints and to receive constructive suggestions.

Equipment &c.

You provide your own. There may be some available for rent from the Society, but we recommend having your own.

Cooking Will be communal, unless someone wants to look after her/himself.

Suggestions re. clothing, equipment, &c. will come later.

Essentials:

Unless the Society is already in receipt of a medical and stress certificate, you must provide them if you wish to participate in our tours.

You should be in training now. Training should mainly consist of getting on a bicycle 3 or 4 times a week and riding at least 30Km (20m.) each time, plus some running, energetic walking, swimming &c.

When riding you should find some long hills to ride up and down. Also, some of your riding should be in traffic.
Final date for application: June 30.
Final date for cash to be in Society's hands July 15
(unless otherwise amended)
Number of applications so far - -20.
Do not lose this information, it will not be repeated.
E. Addicott.

EUROPEAN TRIP More information from Mel Kerr.

Last Newsbrief advised that this year's European project was abandoned. Our job now is to collect all the information on Europe from you, our members, who have biked in the various countries of Europe.

You are all requested to write to the above address outlining your experiences and suggestions for future trips. How would you like to travel in Europe? Tell us about accommodations, size of party, general routes, what to carry, sag wagon, sources of information, language problems etc.

It is hoped of course, that a number of you will travel overseas this year on your own and give us your advice.

From personal experiences of a trip last May 25 to June 25 through Southern England, France, Belgium and Holland, my thoughts are listed in the following paragraphs.

In preparation for the trip maps and books on accommodation were gathered. The maps were purchased from Renouf Books And Maps, 949 Granville St. Vancouver phone 687-3320

Maps chosen were Michelin of scale 200,000 : 1. These gave quite good detail of all roads with symbols where there were major hills.

At times it would have been advantageous to have even larger scale maps. Michelin maps , 200,000 : 1, cost \$3.95 (Apr. 1985). This map store also had very good books on accommodation, some too heavy and bulky for bikers.

Much of the route information and accommodation can be duplicated cheaply for all members of a group.

Foreign consulates are a good source of general, large scale maps and some have pamphlets on accommodation. Youth Hostel members can get lists of hostels all over the world. Annual membership is \$15 and can be obtained from Pack & Boot Shop, 3425 West Broadway Vancouver B.C. V6R 2B4 Ph. 738 3128.

This store has a good supply of Gortex jackets designed for bikers, in various colors including yellow. Tourist Information booths in all countries have a good supply of maps and lists of accommodation for their local areas.

In Holland these booths or offices are called 'V-V-V' offices and are located in or very close to the town's railroad station. The attendants are excellent for getting accommodation for you and they have people who speak English.

From a survey of the major airlines serving European destinations it was evident that few, if any, concessions could be gained for groups of seniors.

Travel agencies appear to provide better rates as they deal with airlines and charter companies. The charter companies do offer some bargain rates. They require a deposit to reserve seats and full payment four to six weeks prior to departure. There are three seasonal rate schedules for air fares. The busy season is late June to Labor Day, when fares are approximately \$130 more than the 'off' season rates applicable October 1st. to late May. The remainder of the year, in two periods, called 'shoulder' seasons have rates about halfway between the busy and slack periods.

The language problem in France and Belgium is quite important to travellers not fluent in those languages. In Holland most young people can speak English but they make rude remarks about cyclists wearing helmets. They don't wear them;

On our trip last year we were fortunate to accompany Mauric Leduc who is fluent in all the language in the countries we toured. He was able to phone

ahead each morning for our night's accomodation. In this way the trip was determined on a day to day basis and for us, was ideal. We stayed at farm bed and breakfast homes and at youth hostels in England and France.

In Belgium and Holland we stayed at homes or hotels providing bed and breakfast services. We travelled light with a minimum of clothing and bike tools. Occasionally we packed supplies for lunch. At other times lunch was purchased at roadside cafes & hotels.

The evening meals were all purchased from various interesting sources. Living costs were generally less than \$30 per day per person although a good record was not kept to confirm this figure.

It is hoped that there will be sufficient response for a European trip in 1986. The trip planning will be determined by the reaction to the Newsbrief.

Cycling in Britain or the Continent is fabulous, with a great diversity of interests.

We must have lots of lead time for planning so you are asked for your answers prior to August 1, 1985.

M.L.Kerr.

Let us have contributions to be included in your Newsbrief.

Personal cycling experiences, ideas for getting more fun out of cycling, bicycle care and maintenance tips, what you have found good to wear, diet suggestions.

Anything on the subject or related matters.

This is our monthly communication, let's all communicate!

~~~~~

-----NOTES-----



# NEWSBRIEF

No. 6  
June 1985

The Cross Canada Cycle Tour Society  
1200 Hornby St., Vancouver, B.C. V6Z 2E2 Ph. 733-4169

## EDITOR'S NOTE

You will notice that we are trying out a new method of producing Newsbrief. Hope you like it. We have some good articles this month dealing with upcoming tours for this year and possible tours for next year. We could use more entries from the club members at large and would especially like to hear from our Area Representatives.

## CYCLING IN EUROPE

### Proposed Cycle Tour in Great Britain

We must maintain our interest in touring abroad. With this in mind - and the weather here being unsuitable for cycling at this time anyway - I took out my atlas on Great Britain with a scale of four miles per inch (253, 440: one). We used some of these maps for our cycle tour of southern England in May 1984 and found this scale is quite good.

My proposed tour commences at Gatwick Airport and terminates at Prestwick Airport. After landing at Gatwick and assembling the bicycles, we cycle 16 kilometers to Dorking where we have a Rest Day to gain our cycling legs and assembling things that were forgotten. The route passes Oxford, Cheltenham, Gloucester into Wales to Caernarvon, Bangor, Colwyn Bay, Chester, Warrington, Preston, the Lakes District, Carlisle, Dumfries, Ayre and Prestwick.

The route traverses parts of scenic southern England, then through very beautiful, if a bit hilly, Wales where the people are definitely not English. They are happy and courteous but quite reserved. You'll hear the Gaelic language in most cafes and pubs. A highlight of Wales is a visit to Caernarvon Castle. The area between Warrington and the Lakes District may be the least interesting and the most difficult area in which to find accommodation.

The Lakes District is the tourist mecca of England and normally full of tourists in July and August. Just north and east of Carlisle you will find the remains of the Roman Wall which was built during Roman occupation from Solway Firth to Newcastle. North of here you are in hospitable Scotland where you can sample some super whiskey, shortbread, oat cakes and wide open spaces.

The route in detail is as follows:

- Gatwick to Dorking, 16 km. via back roads
- To Tetworth, 72 km. via A25, A247, A3046, B383, B482 and A40
- to Cheltenham, 92 km. via A40
- to Hereford, 65 km. via A40 and A49
- to Llangurig, 80.5 km. via A438, A4079 and A470
- to Machynlleth, 72.5 km. via A44, B4343, A4120 and A487
- to Beddgelert, 72.5 km. via A487, back road, A470, A497 and A4085
- to Bangor, 35.5 km. via A4085 and A487
- to Connah's Quay, 80.5 km. via A55 and A548
- to Wigan, 63 km. via A550, A548, A56, A50 and A4573
- to Lancaster, 67.5 km. via A49, A6, B5272 and A588
- to Windermere, 47 km. via A6, A590 and A592
- to Thursby, 72 km. via A591 and A595
- to Dumfries, 89 km. via A595, A69, A6071 and A75
- to Carsphairn, 56 km. via A75, A712 and A713
- to Prestwick, 48.5 km. via A713 and A79

The total mileage is 1,029.5 km. in 16 days or an average of 64 1/3 km. per cycling day. There should be at least five rest days as there are some fascinating historic places to visit. If the weather cooperates, it should be a good trip for either June, July or August.

The cost of the trip, based on leaving on May 28th and returning up to July 23rd, would be:

Air fare - \$723.00 - D.C.8  
              \$768.00 - D.C.10  
Airport tax \$15.00  
Bed and Breakfast - 25 days x \$15.00  
                          = \$375.00  
Lunches and dinners - 25 days @ \$15.00  
                          = \$375.00  
  
Total - \$1,533.00 (\$1,488 with D.C.8)

Plus spending money for tours, amusements, extra food and drink, bike supplies and repairs, and gifts.

This will provide a base to work on for a 25 day trip. If I were going to England, I would like to bike more than 16 days and 1,029.5 km., but this would depend on the weather and, to some extent, on the wishes of the group.

One should expect to find "Bed & Breakfast" or hostelling accommodation by phoning ahead each day.

There are many other interesting countries for cycle touring: Spain, Italy, France, Netherlands, Germany, Scandinavia or combinations of these. Several countries can be covered using trains to facilitate movement from one area to another. Your interest in these projects is required and for some of these countries we need interpreters.

Any trip to Europe (or anywhere else) requires organization, so we must start planning NOW! All members interested in such a trip, even tentatively, must let the Society know immediately. Please comment on the outline above, give constructive criticism and make suggestions on a trip YOU would like to take. For each trip we must have people—a committee—willing to organize and lead.

If twenty or more applicants are not received by August 1st, 1985, the project will be dropped for 1986.

Mel Kerr  
Telephone No. 985-5038

Mel and I have just received the Mountain Equipment Co-op. Summer 1985 catalog which has many items of interest to the cyclist. The author of the article "Cycling in Europe" notes that they stock a book called "Let's Go to Europe - 1985".

Mountain Equipment Co-op is situated at 428 West 8th Avenue, Vancouver V5Y 1N9. You have to take out a lifetime membership to make purchases, which costs \$5.00, but is well worth it as their prices are very good. They give a 2% discount for paying cash.

\*\*\*\*\*

CANADIAN YOUTH HOSTEL membership is very useful if you are going to cycle tour, particularly in Europe, but in most countries. It is not confined to the young traveller, although they are in the majority. Mel and I have stayed in hostels in France, Australia (Melbourne) and New Zealand (Bay of Islands).

The Youth Hostel Office is at 3425 West Broadway, Vancouver, and annual membership fee is \$15.00, which requires a photograph. There is an outdoor equipment store "Pack and Boots Shop" in conjunction with the Canadian Youth Hostel office and this is where Mel and I bought our new Gore-Tex jackets which are made in Vernon, B.C.

\*\*\*\*\*

Since returning from New Zealand at the end of December, Mel and I have given talks to two seniors groups on the North Shore about our Australian and New Zealand Odysseys. We went in full cycling regalia, including bicycles, as we thought it might arouse more interest.

The talks included a description of clothing and equipment. Maps, photographs, posters and slides were shown to illustrate the talks.

One group was the Highlander Club from the Highlands United Church where we had a very good crowd of over 70. The other was the Seniors Group at Highlands Community School. These talks were enthusiastically received by all who were present.

Bette Kerr

\*\*\*\*\*

### THE B.C. TRIP

18 members have indicated their desire to join the tour through B.C. (8 women, 10 men). To finalize the arrangements, we will need a partial payment of \$200.00 by June 15th. This date will be the final date for all new members to sign up, also, as the truck size will need to be determined and contracted for. Cheques should be made payable to Cross Canada Cycle Tour Society and sent to:

Marien McCready  
302 - 1290 West 13th Avenue  
Vancouver, B.C.  
V6H 1N6

Baggage - Try to travel as lightly as you can. All personal gear must be carried in your panniers. Don't forget to bring your own cutlery, cup, bowl, plate, as well as spare tube, patch kit, etc. Tents and sleeping bags will be carried on the support truck. We can also expect cool weather in the mountains, so bring a sweater and, Heaven forbid, rain gear, just in case!

More information will follow as plans are finalized.

M. McCready

\*\*\*\*\*

### N.B. -

We have had more than sixty inquiries from Ontario re: the Cross Canada Cycle Association Club following Bill Saunders story in the Toronto Star.

On Shirley Izzard's return to Toronto, she arranged a meeting of interested parties. The meeting held on April 24th was chaired by Shirley and Bill. A second meeting was scheduled for May 22nd.

Shirley has promised to mail the results of the meetings to us.

\*\*\*\*\*

Decima Mitchell will be starting her 10 speed plus instructions shortly within the next two weeks. If interested, phone Decima at 872-4894 or phone Anne Ives at 733-9882.

G.R. SPORT of Richmond  
manufactures cycling clothes -

If you are interested in seeing their line of shorts, jerseys, caps, Georgette is having a small gathering on June 12 at 7:30 pm at her place. Phone 270-3481 for more information.



# NEWSBRIEF

The Cross Canada Cycle Tour Society  
1200 Hornby St., Vancouver, B.C. V6Z 2E2 Ph. 733-4169

Vol. 2 No. 7 July 1985

Marten McCready's B.C. trip is all set to take off July 3, 1985 as planned.

## Gaspe, P.E.I. trip

### CROSS CANADA CYCLE TOUR ASSOCIATION - BULLETIN GASPE-P.E.I. TOUR

We would refer you to the May NEWSBRIEF, but here is an update.

DATES: August 19 - September 19 (Confirmed)

|                                                        |          |
|--------------------------------------------------------|----------|
| <u>COSTS:</u> \$6.00 a day for food                    | \$192.00 |
| \$6.00 a day for support vehicle & fuel                | \$192.00 |
| + camping fees (to be paid by individuals on the spot) |          |

### TRANSPORTATION COSTS

Sears Travel Service have quoted these figures (subject to change):

Air: Vancouver - Montreal Return \$441.50  
(includes tax)

Rail: Montreal - Mont Joli \$32.00  
(individuals will make their own sleeping arrangements)

Ferry: Unknown (not more than \$10.00 each way) \$10.00

Rail: Campbellton - Moncton \$16.00  
Moncton - Montreal \$46.00  
(individuals will make their own sleeping arrangements)

Bicycle Charges:  
Vancouver - Montreal \$46.00  
(\$20.00 each way and \$3.00 each way for a bag)

Other Bicycle Charges: Unknown

Cooking and Camping Equipment:  
There may be excess baggage charges for these.

TOTAL \$1,000.00

Total of \$1,000.00 is approximate, it may be more or less. In addition to this total are camping fees (approximately \$200.00) and spending money. There may be extra charges for unexpected expenses.

If travelling with the main party, your cheque or money order for \$1,000 should be in our hands (CCTA, 1200 Hornby Street, Vancouver or #109-2182 West 12th, Vancouver) by July 1, 1985.

If going on before the main party, your cheque or money order for \$560 should also be in our hands by July 1.

Cheques should be made payable to: The Cross Canada Cycle Tour Association.

Part of the \$1,000 paid will be non-refundable, i.e. \$180 for food, and \$50 for airfare, in the event of cancellation. Cancellation insurance could be bought to cover the \$50 penalty for a charge of \$7.

If you wish to go ahead of the main party, or stay some extra time, you should do your own airfare booking, just so long as you meet with the main party at Mont Joli on August 20.

Because the Montreal - Mont Joli train leaves at 6:30 p.m. and arrives at 2:35 a.m., we may decide to spend the night of August 19 in Montreal. We'll need contacts in Montreal to arrange sleeping accommodation (perhaps), and transport from the airport to the sleeping accommodation, and/or the train station. If you can help, please contact one of the participating committee members.

No. of riders (so far) - 16  
No. of volunteer drivers - 4

As we only require one driver and Audrey Dobree was the first to volunteer, (she drove our support vehicle in New Zealand), we have accepted her offer. There's absolutely nothing to stop the other volunteer drivers riding bicycles with us.

Detailed itinerary not ready yet. Leo Cameau (Coquitlam 939-0392) is arranging the itinerary.

Information about clothing and cycling equipment will follow.

Any queries regarding the trip, send letter to:

Georgette Courchesne  
6160 No. 4 Road  
Richmond, B.C.  
or phone 270-3481

Queries about equipment can be addressed to:

Ian Cassie  
5457 Inman Ave.  
Burnaby, B.C.  
or phone 433-9715

Any queries about travel should go to:

Carol Attrell  
Sears Travel Service  
4750 Kingsway  
South Burnaby, B.C. V5H 2C2  
Phone: 438-6408

Other enquiries to:

Ernie Addicott  
627 Duchess Ave.  
West Vancouver, B.C.  
or phone 922-0335

#### DATES TO REMEMBER

Last day for applications - June 20

Money should be in to us by July 1

Another Bulletin will follow in July.

The Prince Edward Island part of the trip sounds especially interesting. More information to follow from Leo Comeau.

#### Cycling in Europe 1986

Those members interested should contact us now. Long term planning is needed for this endeavour.

Phone Mel Kerr 985-5038, Eric Bennett 929-1319, or any of the directors.

Bernice Gregory and Bill Saunders are joining a tour of Ireland in July 1985. They should have some great stories for us on their return. Did you know Bill was on Toronto T.V. recently about his cycling experiences?

#### ITEM

Georgette Courchesne's Bike Clothes Party on June 12th was a great success. Enid Ford and Tom Tuma modelled the clothes while Georgette's french pastries were "out of this world". The prices were good. The jersey, in a variety of colours, sold for \$18.00. The source - a small manufacturer in Richmond, G.R. Sportswear, 12191 Bridgeport Road.

I hope the weather is fine for Margaret and George Whitford's Vancouver Island trip, August 11-25. They promise a fun time. Anyone wanting information on this trip, contact Ann Ives 733-9882.

Rumor has it that Dorothy Sharkey may join us on the Whitford's trip if her potatoes will let her go.

#### Sunday and Thursday rides

Did you know that you all are welcome to our Lower Mainland day trips? We usually gather on Thursday, leaving Ladner Community Centre at 11:00 a.m. for a picnic lunch at Point Roberts and, after the refreshing 30 mile ride, a little social tea at Ladner around 3:00 p.m.

On the Thursday ride, we gather suggestions for and agree on a Sunday ride. Past Sunday rides have included flat and rural Barnston Island, Lynden and Everson, with a visit to new member Richard Gore's estate and prize bull farm, getting lost while searching for Kanaka Creek Park, Fort Langley and the Bradner Road Hill, Steveston Fish Docks, Belcarra Park, the fragrant Iona Island, Stave Falls and Westminster Abbey, plus tea and cookies graciously served by Bernice Gregory.

If you are tempted, just show up on Thursday or phone one of the regulars, i.e.,

|                 |     |          |
|-----------------|-----|----------|
| Ian Cassie      | --- | 433-9715 |
| Gordon Crossley | --- | 325-7350 |
| Bob Douglas     | --- | 435-3893 |
| Anne Ives       | --- | 733-9882 |
| Marten McCready | --- | 736-4980 |
| Frank McCall    | --- | 734-8587 |

#### Society Equipment

Will members using Society equipment, please submit their annual rental fees. The rental charges set by your directors are:

|                                                  |         |
|--------------------------------------------------|---------|
| Bicycle, including panniers and helmet . . . . . | \$75.00 |
| plus \$25.00 damage deposit                      |         |
| Panniers only . . . . .                          | \$15.00 |
| Helmet only . . . . .                            | \$15.00 |
| Sleeping bag . . . . .                           | \$15.00 |
| Tents - in poor shape - no charge                |         |

Decima Mitchell, who promises to instruct us on cycling with 10 speed plus bicycles, is swamped with personal responsibilities in June. However, she will phone me about instruction time in July. Those interested may contact ANNE IVES at 733-9882.

I promised you further information from Shirley Izzard about our many Ontario applicants.

Re: Report of Meeting Results and Recommendations

The first meeting, thirty-four people gathered. Several turned out to be younger than the "Senior" group. We planned a Sunday ride. Although it was dull, seven of us met and rode about twenty miles - got soaking wet but had a wonderful time. We also planned a second meeting, when ten people gathered, but several others phoned me assuring their interest. At the meeting, all wished to form a Club but each one had a legitimate reason for not taking on the responsibility of President, so agreed at this time to go into a holding pattern. Everyone expressed the value and pleasure of the meetings that were held.

Several problems faced us:

- (1) The only meeting place I could get free was very far west and was difficult to get to. In addition, it is being closed, so even that meeting place will be unavailable in the future.
- (2) There is no Provincial assistance available. All budgets have been pared to the bone and with the unstable situation right on, there is not hope of change for a while.

Recommendations:

To those writing in, I suggest you tell them to:

- (a) Get in touch with the Ontario Cycling Association.
- (b) Join the Masters Group.
- (c) Join a local club - can be contacted through their local Parks and Rec. or Ontario Cycling Association.
- (d) Get in touch with their local Parks and Recreation Departments and/or Seniors Group and start a Seniors Cycling Group. (O.C.A. has a pamphlet on how to form a club.)

Addresses of the above mentioned groups:

Ontario Cycling Association  
1220 Sheppard Ave. E.  
Toronto, Ontario M2K 2X1  
Phone: (416) 925-3311

Ontario Masters Association  
(for over 40's)  
Mr. Bill Hernes  
R.R. #3, Caledon East  
Ontario, LON 1E0  
Phone: (416) 880-0051

Bicycling Women  
Laura Robinson  
Hepworth, Ontario  
Phone: (416) 935-2443

The above information comes from Shirley Izzard in Port Credit, Ontario, 5 Carlis

(3) We could eventually apply for a ~~See~~ Horizons Grant but needed an Executive Board Members (total) and permanent meeting place which, of course, we didn't get into place.

(4) The Ontario Cycling Association had severe budget cuts and also its Director last month, so no "new-club" assistance.

There were quite a number of pluses:

A very congenial relationship has been formed amongst the group and people realizing what can be done and may start local Bureaux clubs.

I have become very friendly with one woman who lives quite near. In addition to becoming good friends and riding mates, she did a great deal of work to help me. Elizabeth Morris is her name and will probably join the Vancouver group.

Elizabeth learned that the various communities would give a great deal of assistance in publicity, meeting room, newsletters and other communiques. We got together and composed a little blurb to send out. We hoped the Toronto Star would print it long enough before our meeting so we could get a response, but they didn't so we didn't, but her address was used and we shall see. Mississauga used it in their Fall and Winter Parks and Recreation Catalogue. Elizabeth is going to start a Mississauga Club and has been promised all kinds of help.

CORRESPONDENCE

From Bill Saunders: "I still look on the trip to Australia and N.Z. as a dream. I can't believe it really happened. What a trip, what an experience!"

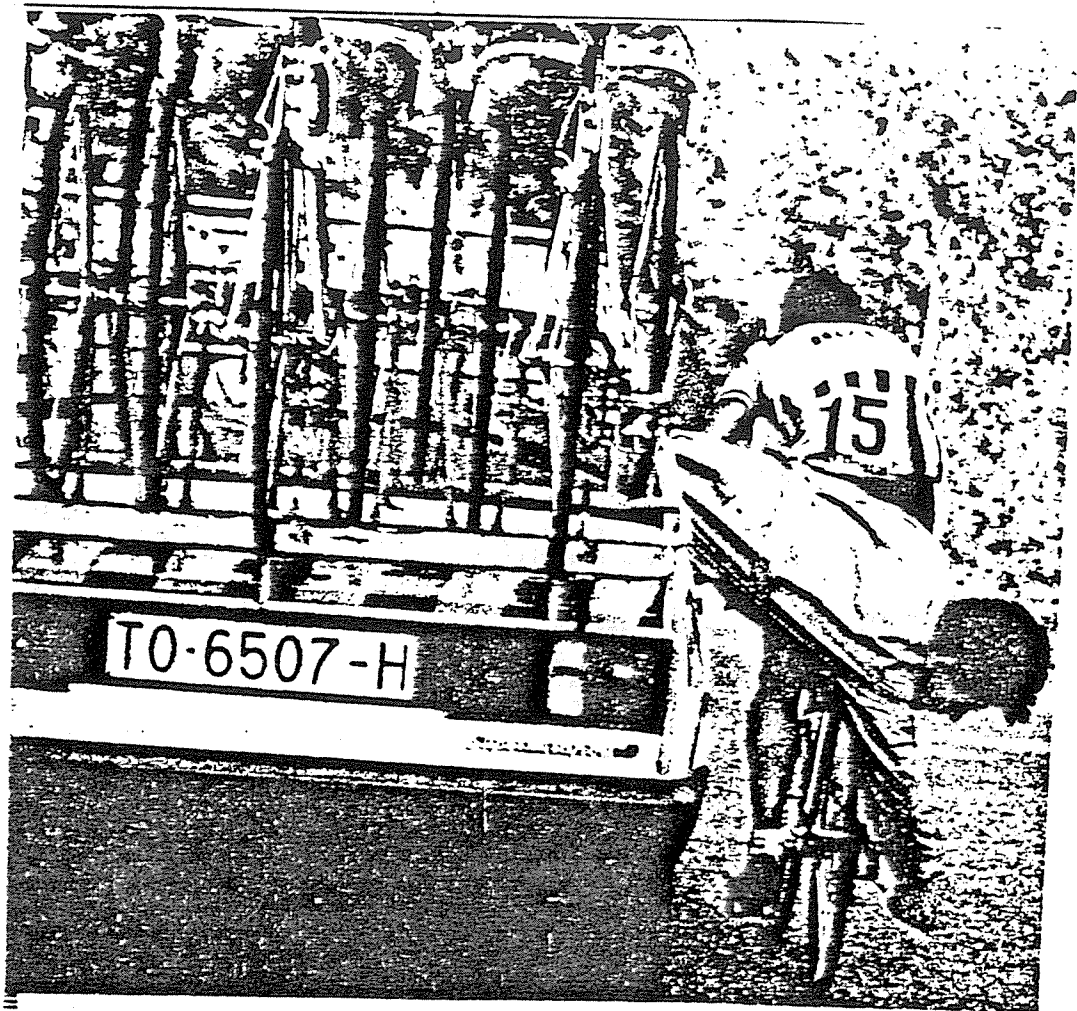
From Maria Kost-Smith: This year I am training a few weeks to get ready for the Gaspé Tour which I selected because of a daughter and brother living there.

Marie Hackinen has heard from Margaret Wells from Melbourne. Margaret wants to keep in touch with us. Maybe meet us in Europe.

If you have any further news for the Newsbrief, please send it to:

C.C.C.T.S.  
1200 Hornby Street  
Vancouver, B.C. V6Z 2E2  
or phone: Anne Ives - 733-9882





## Road Service

Every second counts in the prestigious three-week Tour of Spain bicycle race

— and to really make the most of precious time, this team actually takes care of a minor adjustment from a moving truck while the racer keeps pedaling away!



# NEWSBRIEF

Vol. 2 No. 8 August, 1985

The Cross Canada Cycle Tour Society  
1200 Hornby St., Vancouver, B.C. V6Z 2E2 Ph. 733-4169

Did you find a monetary bonus with your July Newsbrief and wonder where it came from? It was a \$50.00 rebate (for most of us) on the excess funds from the Australian Tour. The directors suggested this method of returning it to the members who participated in the tour.

\* \* \* \* \*

What a disappointment! Whitfords Island trip was cancelled. Only five people signed up. However, George and Margaret say they will schedule it again next year.

\* \* \* \* \*

And now for the good news - Marten McCready comments on his successful trip - the B.C. Tour:

## THE B.C. TOUR

On Friday, July 26, the members of the B.C. tour arrived back in Vancouver after cycling 870 miles from Jasper through B.C.'s interior to the coast. Conditions for the tour were almost ideal - twenty-three days of clear skies, no rain, wide shoulders for most of the way, vehicle traffic for the most part of little concern, no flat tires, and no mishaps. Campgrounds were plentiful, inexpensive, well spaced along the route and with ample choice of sites at all times. The scenery, especially between Jasper and Banff, is unsurpassed and to ride along the highway in the quiet cool morning air is an unforgettable experience.

We met many cyclists along the road and at our campsites at night and enjoyed sharing experiences with them. We also met some former Cross Canada and Australian tour members. Shirley Izzard chanced upon us at Banff and visited us later at camp. Gino Pagnan saw us on the road out of Keremeos and later met us at Stenwinder Park. At Greenwood Maria Kost-Smit had all of us over to her home for supper and then joined us the next morning at 6:30 to cycle with us to Osoyoos.

One of our nicer stops was at beautiful Christina Lake. Our campground was a grassy section among trees beside the lake. One of our cyclists, John Cameron, has a daughter and son-in-law, Lorraine and John Lum, who

invited us to their home for supper. In their backyard amid flowers and shrubs and a natural flowing creek, we had a barbecued salmon meal. Since we had chosen Christina Lake for our stopover, we were again invited the next night for a turkey dinner.

These were the highlights and the pleasurable parts of our trip. There were, however, times when cycling conditions were less than ideal. For example, from Osoyoos to Hope we met rather gusty wind conditions. The summer heat in the interior created a strong flow from the coast which increased as the day wore on. For this reason we tried to get away as early as possible but by 10 a.m. we were usually facing somewhat of a headwind. Also, the road to Hope a few miles out of Princeton lost its shoulder and we had to share the rest of the road with rather heavy truck and camper traffic. This caused no great problem but cycling is far more pleasant with a shoulder to ride on unless you don't mind rubbing elbows with semi-trailers.

Our biggest concern, the mountains, were not as nearly as bad as anticipated. There were, of course, some long hard climbs, but low gears and determination made them manageable. For two of our members, this was their first cycling tour and they found the hills quite an effort the same as we but they coped well. After particularly bad days of climbing and battling winds they arrived in camp exhausted but they recovered fully after a night's rest and were ready and eager to go the next day. This is, of course, an indication of their increasing fitness.

It seems Nature compensates well for effort expended in some worthwhile activity. It shows not only in increased health and physical endurance but also in an inner feeling of well being and confidence and in perhaps a new way of looking at life. And this is what it is all about anyway, isn't it?

Marten McCready

\* \* \* \* \*

One of our directors has had to resign from the executive due to personal pressures. Is there a volunteer who has the interest of our enthusiastic group of cyclists, plus the time and energy to act as a director? If so, please contact any of the directors, including Anne Ives, 733-9882, or write to the C.C.C.T.S., 1200 Hornby St., Vancouver, B.C., V6Z 2E2.

## BASIC BICYCLING/CYCLING FREEDOM

A six-week course of 3-1/2 hours each week, taught by Canadian Cycling Association certified instructor, Decima Mitchell. Saturdays 10 a.m. to 1:30 p.m., September 28 to November 2. Classroom and on-road instruction in road riding skills, gearing, basic maintenance, etc. A multispeed bicycle in good working order is required. Course will be held at 21 West 23rd Avenue, Vancouver. Cost is \$42.00. Call 872-4894 or 876-7721, and leave a message.

### HAVE YOU EVER WONDERED WHAT LIFE IS REALLY LIKE IN A THIRD WORLD COMMUNITY??

It's not too late to find out. Volunteer with Canadian Crossroads International, a non-profit government-funded organization, which sends Canadians to live and work in one of 30 developing countries, on short-term placements. There is no upper age limit and a profession is not necessary, although a skill or vacation is helpful. More important, is a demonstrated interest in cross-culturalism, a concern for the problems of underdevelopment and a commitment to promoting international awareness at home.

Anyone, from a young university student to a middle-aged mother to a retired school teacher or businessman, can qualify. The Vancouver local committee will be recruiting soon for the 1986 program. Get involved, meet interesting people of like mind, learn about other cultures.

For information about Crossroads and recruitment, phone Gillian Elcock at 228-9171 or Tina Hansen at 584-7031, both evenings.

\* \* \* \* \*

- Note from Pat Lilley, Vice-President - "We need input regarding proposed trips for the Newsbrief - especially from people who have had good trips."
- Any cyclist who paid his or her own airport tax on the Australian tour, please submit a request for rebate in writing to the Society.
- Does anyone know Phil or Mimi Hunter's new address?
- Bill Powell has an excellent tape of Australian bird calls.
- Please correct your mailing list re Roy Towler's phone number, 929-1963. Roy is going on the Gaspé trip.
- For Sale: 10-Speed Bike - 21" frame (with rat trap) - \$60.00. Ask Donna in Homesharers, Phone 263-5152.

\* \* \* \* \*

- Latest news on Ernie Addecott's Gaspé, P.E.I. Tour.

12 Cyclists are leaving August 19/85. They are flying to Montreal then taking the bus to Mont Joli, Quebec. They will be returning Sept. 19th.

## CYCLE TOURING IN AUSTRALIA AND NEW ZEALAND 1984

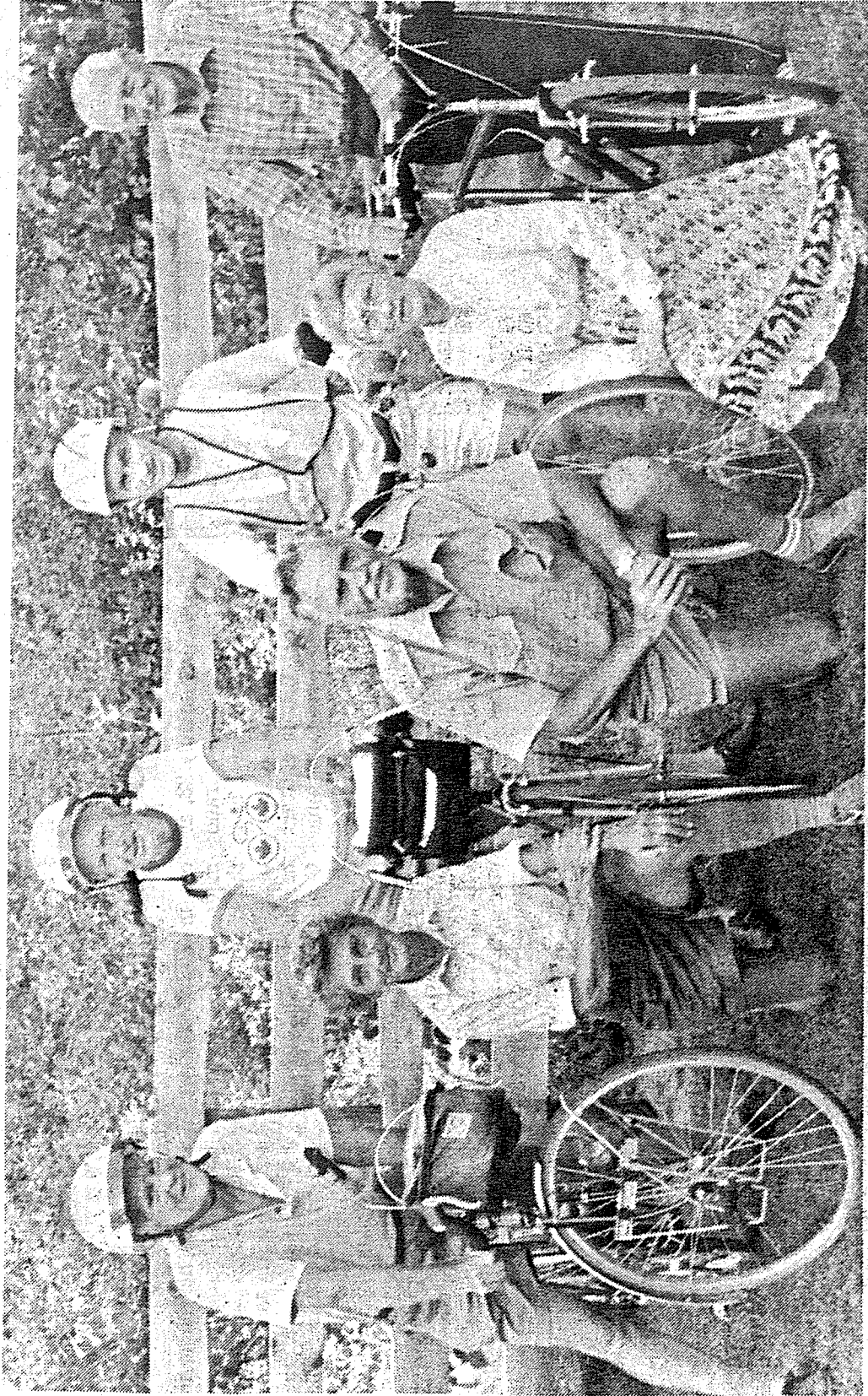
Sorry, but you had to be 55 or older to qualify for my last cycle tour, which was with the Cross Canada Cycle Tour Society, headquartered in Vancouver. This is the same group of seniors who cycled across Canada in 1983.

I learned of the society's four-month cycle-camping tour of Australia and New Zealand through ex-OBC member, Frank McCall. I quickly submitted the required medical and stress test and, fortunately, Frank was able to assure them of my ability to meet the 65-95 km six days a week schedule, so I was accepted. Apart from having my bicycle in top running order, I was required to have front and back carriers with four panniers, tent, sleeping bag and mattress, along with my eating utensils. We were to meet one day before departure from Vancouver with bikes, boxes and panniers tagged, so that they might be containerized by Qantas Airline for our August 26th departure. Seven of us from Ontario and 87 from throughout B.C. ranging in ages from 55 to 72 landed in Cairns, North Queensland, Australia, at 6 a.m. on Tuesday, August 28th.

We spent four days in the tropical resort town of Cairns getting bikes and gear ready and generally becoming acclimatized. Among other things, I went snorkeling off the Great Barrier Reef. The odyssey started on the first day of Spring, September 1st, with a 332-meter climb up from the coast to the Atherton Tablelands. The four-day run in this area took us to Innisfail after having passed through a tropical forest, a bleak and barren scrub area with six-foot ant hills, followed by a run through dairy country with its green hills. A train ride of 29 hours took us from Innisfail to Maryborough over flat country and then the real cycling began. From Maryborough to Adelaide we cycled 3800 km and it was over great hill country with all sorts of road surfaces to contend with. For example, while all the roads that we travelled were black-topped, many of them had a heavy crushed stone in the mix, thus giving cyclists vibration and resulting in slower speeds, even though I was using the heavier 700x32c tires. Sufficient is it to say that most cars driven outside the city areas had wire mesh covering windshields and headlights, and we were all wearing helmets.

The coastal road from Maryborough to Sydney reminded me of the Trans-Canada Hwy. and is very heavily travelled and none too wide. Fortunately, most of the shoulders were sun-baked and firm, with transports and general traffic most accommodating. I must mention that in our run to Sydney we passed the most beautiful beaches, but alas, after my swim at Surfer's Paradise just outside of Brisbane, it was just too cold to enjoy body surfing on those lovely breakers. Fortunately, the cycling and scenery more than compensated for the lack of swimming.

We visited Brisbane where we were given a police escort through the center of town to our campsite on the other side of the city. We were also accorded this police escort courtesy in Canberra, where we were introduced to the Speaker of the House of



**BIKING ACROSS THE PROVINCE ....** These 65-year-and-over cyclists stopped at Christina Lake and took a short break to view the Boundary area. The group cycled from Jasper park. From left to right back row are: Bob Douglas, John Cameron, Gordon

Crossley, Frank Thompson. In the front row [left to right] are: Mavis Worthington, Marten McCready, and Betty Crossley. One of the members of the group, John Cameron, enjoyed his stop at Christina Lake visiting daughter Lori Lum and family.

Parliament by the Canadian High Commissioner, Mr. Ed Schreyer. Escort was provided in Melbourne where we met Sir Hubert Hopperman, an 80-year old "world record setting" cyclists, some of whose records in Australia still stand. The day after we arrived in Adelaide, the police escorted us to the lawns of Government House for a welcoming reception. In addition to police escorts, we had local cycle clubs picking up where the police left off. In Brisbane the cycle club picked us up at 7:30 a.m. and escorted us through the suburban traffic and put us on the road to our next town. In Adelaide the cycle club met us outside of town and escorted us through the city to our coastal campsite. I can assure you that I was most impressed with all this attention and goodwill.

Now, a little bit about the weather. In Cairns it was warmer than I like at 95°F. But fortunately it cooled down as we went south. Did I say cooled down? Well, at Bundanoon on September 29th we had a snow squall. The next day at Goulburn I found the water tap near my tent frozen and we were still one day out of Canberra. It was in this area of the snowy mountains that more cars passed carrying skis than I could care to count. I think the weather from New South Wales was best described by a thirty year resident of Sydney. In the morning she got up and put on her fur coat, at lunch time she was in her bikini, and by dinner time she was back in her fur coat. I must say the weather took us all by surprise. I found that I had to purchase a toque, a wood blanket and several sweaters to offset the sundown chills.

Our days started out with a 6:30 a.m. breakfast which was prepared by a team of ten who did KP for four days. As well, they laid out the luncheon goodies of bread, cheese or sliced meat for us to make our lunches with. During this time everyone would have packed his/her tent and gear and loaded them on the 8-tonner we had, and the campground would be cleared before 8 a.m., rain or shine. Everyone would have arrived at the next campsite before 3 p.m. and this is when the camp crew came one to prepare dinners of stew, chili, chicken with potatoes, vegetables and desserts for a 5:30 p.m. presentation. The day's ride would be broken by stopping at the luggage truck, which would stop about halfway through the day's run, heat up the billy and serve tea and cookies. A truly pleasant break.

Australia impressed me with its beaches, cities, scrub country, rain forests, colourful birds and animal life, mountains and deserts. But most of all, the people impressed me. Those of whom we met in the shops or on the streets were friendly, considerate and very interested in our tour. We were invited and entertained at nine luncheons, six sit-down dinners and four barbecues. Ed and Lilly Schreyer hosted a similar affair on the lawn of their residence in Canberra, having also invited 70 local cyclists to meet us. We were interviewed by press and TV almost daily, taken on bus tours of the bigger cities, and all in all I was more than a bit humbled by the hospitality of these people who are so quietly proud of their country.

In summary, I would be remiss if I did not acknowledge that our reception did not "just happen". Sincere thanks go to Bert Robinson, Executive Director, and Mara Majors, the Itinerary Coordinator, who provided the advance notice of our coming to the people in Australia, and they, God bless them, made us welcome.

Ken Hanna

[Editor's Note: Read next month's Newsbrief for the New Zealand story.]

## Find the twelve hazards...

THERE ARE TWELVE HAZARDS FACING THE CYCLIST AT THE BOTTOM OF THIS PICTURE. IDENTIFY EACH ONE AND THINK OF THE BEST WAY TO AVOID ITS DANGER. ALWAYS RIDE WITH A PLAN FOR EMERGENCIES. THOSE WHO HAVE A PLAN ARE MORE LIKELY TO AVOID HAZARDS.

